

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

Postal Customer Local

Embracing Unique Abilities: You Can Help Through the Westonwood Ranch Rodeo

By Lori Leath Smith

A lot of families with a young child with Autism are thinking, "What if something happens to me? I just want to know that my child is safe, and someone will love them just as much as I do."

More than five years ago, Lindy Wood had a dream – a dream of a program geared toward older youth and young adults with autism and special needs developmental differences. She wanted to be able to offer more for her son, Weston, diagnosed with Autism at age 2, and other teens and young adults affected by Autism. So, with a hope to create opportunities to develop and cultivate independent, life-changing skills, surrounded with love, Lindy and her husband, founders of Westonwood Ranch, purchased a 40-acre tract of land in Freeport to begin a farm and, eventually, birth a new local non-profit.

Westonwood Ranch is designed to fill in the service



gaps where other transitional programs fall short. "But it's also about advocacy for this population and breaking barriers," said Kelly Thompson, Westonwood Ranch Executive Director. "Due to the individual's diagnosis, so- providing programs focused ciety already puts labels and on teaching life and vocabarriers to their abilities and tional skills for adolescents Westonwood wants to break and young adults in our area down those barriers."

In just a short time, Westonwood Ranch has grown into

RODEO continued on page 3

kwench **Cafe** DESTIN Breakfast | Lunch | Espresso 985 Highway 98, Destin (850) 424 6777 | CafeDestin.com Newly Reopened! See coupon pg. 47.

Heroes Don't **Always Wear Capes PLASMA:** A Source of

Life to Share

By LISA WOODRUM

Are you aware that you possess a source and gift of life inside you that you can share with others? It's called plasma. Fifty-five percent of your blood is made up of plasma and science cannot duplicate it.

People in our community and worldwide experience health conditions which require medicines containing this key component. Plasma donations are used to produce med-

> **HEROES** continued on page 4



YEAR ROUND DEEP SEA FISHING

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

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





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



LOCALLY KNOWN. NATIONALLY RECOGNIZED. GLOBALLY RESPECTED.



4729 PAPAYA PARK Destiny East | Destin 3 Bed | 2 Bath | 2,076 SF | Listed at \$1,150,000 Contact Justin Wilkerson 850-502-6472



8499 GULF BOULEVARD UNIT 1106 The Pearl of Navarre | Navarre Beach 3 Bed | 3 Bath | 1,770 SF | Listed at \$1,200,000 Contact Mary Skinner 850-803-5834



8135 GULF BOULEVARD Navarre Beach | Navarre 5 Bed | 3 Bath | 2,465 SF | Listed at \$2,350,000 Contact Terry Taylor 850-261-0800



9500 GRAND SANDESTIN BLVD UNIT 2401 Sandestin Resort | Miramar Beach 2 Bed | 2 Bath | 1,016 SF | Listed at \$599,000 Contact Sheila Coffee 850-797-5998



44 TRANQUILITY LANE Destiny East | Destin 5 Bed | 5.5 Bath | 4,750 SF | Listed at \$3,599,000 Contact The Walton Group 850-797-7930



8265 GULF BOULEVARD Summer Place | Navarre Beach 5 Bed | 3 Bath | 2,446 SF | Listed at \$1,985,000 Contact Terry Taylor 850-261-0800



4457 WATER LEAF COVE Tiger Point | Gulf Breeze 4 Bed | 3 Bath | 2,304 SF | Listed at \$467,000 Contact Brian Ligon 850-855-7311



775 GULF SHORE DRIVE UNIT 2047 Sandpiper Cove | Destin 1 Bed | 1.5 Bath | 708 SF | Listed at \$425,000 Contact Sheila Coffee 850-797-5998



38 MARLBOROUGH ROAD Woodland Shores | Shalimar 5 Bed | 3 Bath | 2,716 SF | Listed at \$829,000 Contact Hana Hawkins 850-499-8102



BEACH PROPERTIES OF FLORIDA





©2023 BHH Affiliates, LLC. An independently operated subsidiary of HomeServices of America, Inc., a Berkshire Hathaway affiliate, and a franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway affiliate. HomeServices and the Berkshire Hathaway affiliate. Equal Housing Opportunity.

Community

RODEO

continued from page 1

with varying developmental disorders differences. The farm offers a comprehensive, holistic learning program for fulltime students, ages 12 through adult, that focuses on providing functional learning opportunities. Through hands-on ranch operations, students learn skills in aquaponic farming, animal husbandry, kitchen operations, creative art exploration and fitness classes. The overall goal is for these young individuals and adults with developmental differences to learn to transition



To Advertise 850.688.9886

To submit events: Cali Hlavac cali.hlavac@gmail.com

Destin Life assumes no financial liability for errors on ssions in printed advertising and reserves the right to reject/edit advertising or editorial submissions. © Copyright 2023 Destin Life

into the next phase of their lives. Part of Lindy's dream was for the farm to be self-sustaining

with a revenue stream to help support the non-profit. Today, it IS a working farm with several social enterprises that not only serve as hands-on, job skill training and employment opportunities, but contribute back into the program.

"There are two social enterprises currently," said Kelly. "There is a 3,500-sq.-ft. commercial greenhouse where we grow lettuce and sell to local businesses," she said. "And there is the Westonwood Ranch Brew Chews - our signature dog biscuit company. This company got off the ground last fall and we are currently selling wholesale to local businesses, but plan to open up online sales to the public soon." Odd Pelican Brewing Co. in Freeport donates the grains. "Participants help with all aspects of business, from baking to packaging and delivering," she said, "and all sales go back into the company to allow us to hire more individuals with developmental differences."

In the fall of 2020, Westonwood received a grant from Impact 100 of Northwest Florida to start a job training program and launched Program LIFT-OFF in April 2021. It is a job skills training grant with an end goal of gainful paid employment at Westonwood Ranch. Program applicants must be age 18 or over with developmental differences and must want to obtain employment at program completion. "This is a 4-phase program with a focus on soft skill acquisition as well as social skills," she said. There are 15 in the program currently with three additional students joining in the spring. "We just hired the first four participants within



First 4 LIFTOFF participants hired as employees in Westonwood Ranch's two microbusinesses, the Aquaponics Farm and Brew Chews Dog Biscuit Company. Jake - Grower, Aquaponics; Shelby - Baker, Brew Chews; Trenton - Office Support, Aquaponics; and Blake - Office Support, Brew Chews.



our social enterprises who will receive their first paycheck at the end of the month. They've made it through the LIFTOFF phases and have shown progress through onboard training.'

"Society is the one that puts limits on them," said Kelly. "We want to teach society that with the right resources and right training, they are capable of so much more and should have the same workforce opportunities as their neurotypical counterparts."

Westonwood Ranch is laying the groundwork to hopefully be a model to other companies and communities about how to hire individuals with developmental differences. "We want our local community and society as a whole to not look past these individuals just because they may be different. Our motto is "Embrace Unique Abilities" and we are here to challenge our community to do just that through our grass roots movement." Kelly noted some big businesses ARE starting to do these things and her hope is that it will trickle down into our communities.

How can you help? One way is to dust off your boots and participate as a sponsor or attend the 4th Annual Westonwood Ranch Professional Rodeo at the Freeport Sports Complex March 24-25 where some of the nation's top cowgirls and cowboys will be competing in bareback riding, calf roping, saddle bronc riding, steer wrestling, breakaway roping, barrel racing, team roping and bull riding. Westonwood Ranch partners with the PCA and Bo Campbell Rodeo Productions, who help produce and source the entertainment and riders. "Last year was a record-breaking year," said Kelly. "We sold out both nights with more than 2,200 people coming out each night. And we were able to raise \$175,000, which is huge in contrast to the past couple of years." The rodeo is an important fund-raising event that supports Westonwood Ranch's mission and programs.

This year's rodeo gates open at 6 p.m., with rodeo events starting at 7:30 each night and live pre-rodeo entertainment by David Gautreau, food by Mozey's Mobile Cuisine, children's inflatable play area and more! To become a sponsor, email Kelly@westonwood.org, call (850) 880-2220 or visit www. westonwood.org.

So, what's next for Westonwood Ranch? Kelly said they plan to embark on a capital campaign for the next phase of Westonwood - a residential community where individuals would live and work. "We plan for these 40-acres to be developed into a holistic, supportive residential community where individuals are loved and cared for as long as they are with us," she said. "We hope to continue to grow and be a resource to individuals with developmental differences as they age into adulthood and a residential community is the next step to bridging the gap for these individuals



TIRED OF WAITING ON YOUR ROOFING CONTRACTOR? We are fully staffed and available now! **Transform Your Damaged Roof into an** Eye-Catching Roof with Impressive Curb Appeal Manufacturer Backed Warranties

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









Community

HEROES

continued from page 1

icines that treat rare and chronic conditions. For example, plasma medicines can be used to treat more than 80 different autoimmune diseases, immunodeficiencies and rare blood disorders, saving lives or improving the quality of life for a multitude of men, women and children in 110 countries!

The Fort Walton Beach Grifols Donor Center is one of 300 Grifols centers in the U.S. and also has a strong global presence. Grifols has the foremost leading plasma collection/ donation centers in the world. During its five years here in Fort Walton, it has been managed by Kacy Torres who was originally a donor herself in Pensacola. She learned of Grifols' mission, "Improving the health and well-being of people around the world," which resonated with her heart to make a difference.

- 2021 BUILDER OF THE YEAR

AND ALL OF 30A

11

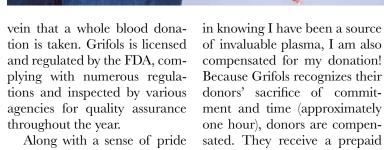
- SERVICE FROM DESTIN TO PCB.

"I saw what it actually entailed and their mission [motivated me to pursue this as a career]," said Kacy.

Grifols is careful to steward every person's wellbeing, from the donor giving the plasma to the millions of patients receiving their life-saving services and medication produced from the plasma.

As a donor, I can testify from personal experience of the strict, consistent adherence to high standards of safety and professionalism of the staff every time I've donated since December of 2022. Every appointment has been a safe, pleasant and positive experience.

Dr. Jose Antonio Grifol developed the technique of plasmapheresis in 1951; this is a process of safely drawing the plasma from the donor, separating the plasma and returning the red blood along with saline back to the donor; all completed with one needle from the same



compensated for my donation!

the ages of 18 and 69 must weigh over 110 lbs. to donate. For your initial screening, it is best to come early in the day as it can take approximately two hours. Bring a valid photo ID, proof of social security number or border crossing card and proof of address (such as a bill that matches your ID).

From my experience as a donor, I am motivated to be more conscientious about my diet as donors are required to maintain sufficient levels of iron and protein as well as staying hydrated. From my research, I have also learned some extra benefits of donating plasma: It can potentially reduce bad cholesterol levels (thus lowering blood pressure) and increase good cholesterol!

In your giving, you and multitudes are gaining! It's a "win-win" situation! For more information about Grifols, the process and compensation, visit the website at Grifolsplasma. com (And tell them FWB Life sent you!)

Because Grifols recognizes their donors' sacrifice of commitment and time (approximately one hour), donors are compensated. They receive a prepaid debit card after an initial orientation and health screening confirming eligibility. A deposit is automatically applied after your second donation and thereafter each time you donate, which can be withdrawn at the participating ATM. (Compensation totals vary; check with center/ website for details).

Healthy individuals between

RAGIO

EMERALD LADY JEWELRY In the Best Buy Plaza, Destin 850-424-3823



SERVICES INC.

Your Total Service Center

Indoor perfection. Brought to you by Trane. **Air Conditioning • Heating**

Buy now, pay over time.* *With approved credit.

Electrical

850.897.5559 4618 E Hwy 20, Niceville • Visit HoltPhillips.com



March 2023

HOME, KITCHEN AND BATHROOM REMODELING ATTIC BUILDOUTS • ADDITIONS • OUTDOOR LIVING • CUSTOM HOMES - 24 YEARS OF EXPERIENCE

Page 5

By Doug Stauffer

Kayleigh McEnany opened this year's President's Speaker Series at Mattie Kelly Arts Center. While introducing Kayleigh, President Devin Stephenson of Northwest Florida State College invited stated, "Northwest Florida State College is certainly honored to do our part in improving the quality of place in our community by enhancing our regional cultural activities." Last year's speakers were former federal prosecutor and congressman Trey Gowdy and financial journalist Charles Payne with Fox Business Network. February's speaker was Dr. Ben Carson.

My impression of McEnany is: authentic, personable, sacrificial, fearless, patriotic, conservative and Christian. Then I could add: working mom, brave and articulate, and, no, she is not the One that walked on water, but she often speaks of her personal relationship with the Creator. And she was born and raised in the Free State of Florida.

Who is Kayleigh McEnany? She was the former White House Press Secretary and the national spokesperson for the Republican National Committee (RNC). She now co-hosts Outnumbered on the Fox News Channel. Before joining the RNC, she worked as the lone conservative political commentator at CNN and as a producer for the Mike Huckabee Show. She has also authored several outstanding books.

As I read her book, I was overwhelmed to learn about the many sacrifices her family experienced for the American people. Some may recall that her tenure at the White House commenced during the earliest days of the COVID-19 lockdowns. The CDC guidelines curtailed (or discouraged) travel, forcing some difficult choices. It was also during the death of George Floyd. Unfortunately, some people used this tragedy to threaten Kayleigh and her family.

Kayleigh tells of balancing her concern for her family with her job's demands. She strove to be much more than a press secretary. Kayleigh wanted to be a voice for those who do not "qualify" for national attention

Former Trump Press Secretary Opens NWFSC Speaker Series



and are often ignored and certainly overlooked. She strove for substance over sensationalism.

Her motto in the press secretary's office was "Offense!," intending to challenge the media, never allowing others to drive the narrative. She insisted on holding the press accountable.

When President Donald Trump called to ask if Kayleigh was interested in becoming press secretary, she was in the backseat of her car with her baby girl while her mother was behind the wheel. The phone rang with the White House switchboard on the line. "Would you take a call from the president?" A quick answer of "yes" followed an even faster prayer. The president asked if she would consider becoming the White House press secretary. Without hesitation, she responded, "Mr. President, that would be the honor of my lifetime."

She was understandably nervous about taking on this enormous task, especially in the middle of a novel pathogen just entering the country. However, she also realized the honor it would be to communicate clearly to the American people. She began reading everything, calling everyone for advice, but her dad sent her the best advice. "Kayleigh, maybe you were made for such a time as this," a direct reference to the book of Esther. She knew God wanted her to hear this and believes He wants us all to understand that we are on this earth for a specific purpose and reason.

Her first day at work was April 13, 2020. It had been

PHOTO: NWFSC

400 days since a press secretary, Sarah Sanders Huckabee, had gone to the podium. Her first press briefing was less than three weeks later. On that day, she tweeted out Philippians 4:13 about being able to do all things which strengthen us through Christ. She had prepared herself academically. Still, the spiritual preparation gave her peace – listening to sermons on faith over fear, Christian music, and prayer. As she sat in the press secretary's office wondering how the first day would go, the Chief of Staff's office called and told her to go to the Oval Office because the President was preparing to do a Coronavirus task force briefing. She was asked for input and then watched as the President used some of her feedback during the briefing.

That week, she fielded texts from Christians who said they were praying for her. One text was from Sarah Sanders Huckabee with advice: "Pray and let God carry you through the tough times and give you strength when you don't have the wisdom."

Sarah sent Kayleigh the day's devotional from when Sarah was press secretary – "You are on the path of my choosing. There is no randomness about your life ... As you give yourself more and more to a life of constant communion with me, you will find that you simply have no time to worry." Her assistant entered her office and got her parents on speaker phone to pray together. As she walked through the president's private dining room, the vice president motioned with praying hands that he would continue praying for her.

Finally, she slipped into the private West Wing bathroom, got on her knees, and prayed yet again. She retells the story of going to the podium and everything changed. Her fears and worries vanished and turned to complete serenity. That divine intervention made her feel like she had been on that podium her whole life. She pointed out that the peace came from the millions of Christians who prayed for the administration. She mentioned being a personal testament to the fact that those prayers made a difference. Her speech contained so much more thought-provoking, uplifting, and inspirational material.

Her family almost moved to this area, but settled in the Tampa Bay area. She agrees with many of us that Northwest Florida has the best beaches and promises to vacation here during the offseason.

¡ACOMPAÑANOS EN NUESTRO GRAN FESTIVAL INTERNACIONAL!



The community

Page 6

Legion

Cali's To Do In Destin! MARCH 2023

6 Free Beach Bonfire/SIN Night | 5pm | Royal Palm Grille Spring Youth Climbing Club A | 5:30pm | Rock Out Climbing Bingo Night | 6pm | Destin American

•••••• 7 •••••

Winston Churchill: Through the Storm by Bruce Collier | 7:30pm | Emerald Coast Theatre Co. Music Bingo | 6pm | Fatboys Destin Salsa Lessons | 7pm | Enlightened

Studios Trivia | 7pm | World of Beer Bachata Lessons | 8pm | Enlightened

Studios **Open Jam Night** | 9pm | Enlightened Studios

Bonfire on the Beach | 5pm | The

Bay Spring Youth Climbing Club B | 5:30pm | Rock Out Climbing Women in Business | 6pm | Palms

Women in Business | 6pm | Palm Coffeehouse Darts & Music | 6pm | Destin

American Legion **Open Mic Night** | 7pm | Enlightened

Studios

Country Line Dancing | 7pm | The Block FWB

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

50th Anniversary Reception to Honor Okaloosa Vietnam POWs | 5:30-7:30pm | Air Force Armament

Museum A Taste of Jazz Fundraiser Emerald Coast Theatre Co. | 5-7 pm | Ruth's Chris Steakhouse

50th Anniversary Homecoming Okaloosa Vietnam POWs, | 5:30

to 7:30 p.m. | Air Force Armament Museum

Latin Dance Lessons | 7pm | The Block FWB

Open Comedy Night | 9pm | Enlightened Studios Ladies Night | 10pm | McGuire's Destin

•••••••• 10 ••••••

Soiree on the Bay | 6 - 9 pm | Dugas Family Estate | Santa Rosa Beach ECCAC Gala in the Garden | 5:30 pm | Hilton Sandestin Beach Golf

Resort & Spa | Miramar Beach Classical Connections feat. Geneva Lewis, Violin | 7:30 pm | Destin High School | Destin

Clue: On Stage! | 7:30pm | FWB Civic Auditorium

NWF Ballet Presents: Peter Pan | 7:30 pm | Mattie Kelly Arts Center Soiree on the Bay | 1:30 - 7 pm | Dugas Family Estate | Santa Rosa Beach

Choctawhatchee Audubon Bird Walk | 7:30 am | Destin Beaching and Birding Spots 2023 Eye Ball | 6 pm | Hilton Pensacola Beach Free Beach Bonfire | 5pm | Royal Palm Grille Karaoke | 7pm | Destin American Legion Latin Dancing | 9pm | Bric

a Brac

Lucky Leprechaun 5k/10k Run/Walk | 8 am | The Landing Park FWB Farmers Market | 8am-1pm | FWB Landing

Farmers Market | 9am-1pm | Grand Boulevard Women's Climbing Circle |

9am | Rock Out Climbing Gym Destin **Touch-A-Truck** | 10am | Destin

Commons Clue: On Stage! | 7:30pm | FWB

Civic Auditorium **Comedy on the Boulevard** | 7:30 pm | Emerald Coast Theatre Co.

•••••• 12 •••••

Get Lucky Half Marathon | 7 am | The Landing Park FWB Beach Church Service | 7:30am |

Crab Trap Destin International Food Truck Festival |

11am | Liza Jackson Park Sunday Funday Musician Showcase | 1pm | Enlightened Studios Clue: On Stage! | 2pm | FWB Civic

Auditorium **NWF Ballet Presents: Peter Pan** | 2:30 pm | Mattie Kelly Arts Center |

Niceville **Pittman's Magical Variety Show** | 6:30pm | Niceville, FL

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

Spring Youth Climbing Club A | 5:30pm | Rock Out Climbing Bingo Night | 6pm | Destin American

Legion **14 Music Bingo** | 6pm | Fatboys Destin Trivia | 7pm | World of Beer **15**

Bonfire on the Beach | 5pm | The Bay

Spring Youth Climbing Club B | 5:30pm | Rock Out Climbing Darts & Music | 6pm | Destin American Legion

Open Mic Night | 7pm | Enlightened Studios

Country Line Dancing | 7pm | The Block FWB Wednesday Night Concert Series |

7pm | Village of Baytowne Wharf **Silent Disco** | 7pm | Harborwalk Village

Bubbly Baytowne | 5pm | Village of Baytowne Wharf Game Night | 5pm | Enlightened

Studios



St. Paddys Day Delight

Under The Sea Family Event | 5pm | Harborwalk Village Trivia | 7pm | Lucille's Kitchen Latin Dance Lessons | 7pm | The Bonfire on t

Block FWB **Stoked Comedy Hypnosis Show |** 8pm | Harborwalk Theater **Open Comedy Night** | 9pm | Enlightened Studios

Ladies Night | 10pm | McGuire's Destin

17 Free Beach Bonfire | 5pm | Royal Palm Grille

St Patrick's Day Pub Crawl | 6pm | Downtown FWB

St Paddy's Day Delight | 6pm | Village of Baytowne Wharf St Paddy's Day Bingo March |

6:30pm | Harborwalk Village **Karaoke** | 7pm | Destin American Legion

Clue: On Stage! | 7:30pm | FWB Civic Auditorium

PixLz: A Video Game Style EDM Show | 9pm | Enlightened Studios Latin Dancing | 9pm | Bric a Brac

Choctawhatchee Audubon bird

walk | 8:30 am | Eden Gardens State Park | Santa Rosa Beach Farmers Market | 9am-1pm | Grand

Boulevard **Easter EGGstravaganza** | 10am-12pm | FWB Yacht Club

Chess Social | 10am | Enlightened Studios St Paddy's Day Family Party | 2pm |

Harborwalk Village Stagecrafters' Clue: On Stage! |

7:30pm | FWB Civic Auditorium IMEC Monthly Latin Night | 8pm | Enlightened Studios

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

Summer Haze Spring Fling Music Festival | 11am-9pm | North Beach Social

Sunday Funday Musician Showcase

EVENTS · LIVE MUSIC · FOOD

WWW.TODOINDESTIN.COM

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

Clue: On Stage! | 2pm | FWB Civic Auditorium

Chakra Sound Bath | 5pm | Prana Maudra Center

Scallywag Sunday | 7pm | Village of Baytowne Wharf

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

Spring Youth Climbing Club A | 5:30pm | Rock Out Climbing Bingo Night | 6pm | Destin American

Legion Movie Monday | 7:15pm | Village of

Baytowne Wharf 21 Music Bingo | 6pm | Fatboys Destin Boomin' Tuesday | 6pm | Village of

Baytowne Wharf Trivia | 7pm | World of Beer Movies on the Beach | 7:30pm | Als

each Club 22

Bonfire on the Beach | 5pm | The Bay Spring Youth Climbing Club B |

5:30pm | Rock Out Climbing Darts & Music | 6pm | Destin American Legion Open Mic Night | 7pm | Enlightened

Studios Country Line Dancing | 7pm | The

Block FWB Wednesday Night Concert Series

7pm | Village of Baytowne Wharf Silent Disco | 7pm | Harborwalk Village

Village 23 Under The Sea Family Event | 5pm | Harborwalk Village

Game Night | 5pm | Enlightened Studios

Fly Guy Thursday | 6:30pm | Village of Baytowne Wharf

Trivia | 7pm | Lucille's Kitchen Latin Dance Lessons | 7pm | The

Block FWB Stoked Comedy Hypnosis Show | 8pm | Harborwalk Theater Open Comedy Night | 9pm |

Enlightened Studios Ladies Night | 10pm | McGuire's Destin

••••••• 24

Free Beach Bonfire | 5pm | Royal Palm Grille Karaoke | 7pm | Destin American

Legion Latin Dancing | 9pm | Bric a Brac 25

Farmers Market | 8am-1pm | FWB Landing

Farmers Market | 9am-1pm | Grand Boulevard Westonwood Ranch Professional

Rodeo | 7:30 pm each night | Freeport Sports Complex Rock The Docks | 7pm | Harborwalk Village 26 Beach Church Service | 7:30am | Crab Trap Destin

Annual Crawfish & Bluegrass Jamboree | 12pm | Odd Colony Brewing Sunday Funday Musician Showcase | 1pm | Enlightened Studios Westonwood Ranch Professional Rodeo | 7:30 pm each night | Freeport Sports Complex Scallywag Sunday | 7pm | Village of

Baytowne Wharf

Spring Youth Climbing Club A

5:30pm | Rock Out Climbing

| Royal Palm Grille

Baytowne Wharf

Baytowne Wharf

American Legio

Harborwalk Village

of Baytowne Wharf

Studios

Studios

Block FWB

Destin

Palm Grille

Block FWB

Legion

Bay

Free Beach Bonfire/SIN Night | 5pm

Bingo Night | 6pm | Destin American

Movie Monday | 7:15pm | Village of

Music Bingo | 6pm | Fatboys Destin

Boomin' Tuesday | 6pm | Village of

Bonfire on the Beach | 5pm | The

Spring Youth Climbing Club B

Open Mic Night | 7pm | Enlightened

Country Line Dancing | 7pm | The

Wednesday Night Concert Series

7pm | Village of Baytowne Wharf

Village 30

Game Night | 5pm | Enlightened

Ladies BUNCO Night | 5:30pm |

Destin American Legion Fly Guy Thursday | 6:30pm | Village

On Your Feet! The Story of Emilio

& Gloria Estefan | 7:30 pm | Mattie

Kelly Arts Center | Niceville

8pm | Harborwalk Theater

Trivia | 7pm | Lucille's Kitchen

Latin Dance Lessons | 7pm | The

Stoked Comedy Hypnosis Show |

••••••

Free Beach Bonfire | 5pm | Royal

Karaoke | 7pm | Destin American

Latin Dancing | 9pm | Bric a Brac

Hot Girl Comedy Show | 9pm |

Enlightened Studios

Ladies Night | 10pm | McGuire's

Under The Sea Family Event | 5pm |

Silent Disco | 7pm | Harborwalk

5:30pm | Rock Out Climbing

Darts & Music | 6pm | Destin

Trivia | 7pm | World of Beer

36 Years of Being the Best!

Sandestin Wine Festival is the Kentucky Derby of Wine Festivals

Thursday, April 13th – Sunday, April 16th | Friday 5-8 p.m. and Saturday 1-4 p.m. | The Village of Baytowne Wharf

Grab your friends and get ready to uncork some wine and fun in the sun in April at The Sandestin Wine Festival! Celebrating 36 years of being the best, the Sandestin Wine Festival is one of the most established and continuously running coastal wine festivals in the region as evidenced by its continued success; thousands know there's no substitute for this coveted fourday event that takes place in the charming setting of The Village of Baytowne Wharf at Sandestin.

Regarded as one of the top wine festivals in the country, voted "Best Event" by Visit South Walton and known as the "Kentucky Derby of Wine Festivals," the festival offers wine aficionados a wide range of experiences!

The main events, the Grand Wine Tastings, Friday, April 14th, 5-8 p.m., and Saturday, April 15th, 1-4 p.m., showcase more than 500 domestic and international wines throughout the weekend. You'll enjoy the opportunity to talk to vineyard owners and wine makers about their favorite appellations in all varieties, styles and price ranges, and perhaps try something new. Treat yourself, family and friends to a gourmet experience courtesy of some of the best chefs on the Emerald Coast from your favorite local restaurants who pair delectable bite-sized appetizers with their current glass selections-the Savor South Walton experience! A festival favorite, the Bubbly & Boozy tent, returns to the Grand Sandestin Lawn, featuring bubbles and specialty liquors. Local and regional music also set the vibe for fun days of discovery.

All ranges of knowledge are encouraged to attend – wine novices to aficionados alike. Festival goers can learn more about wines and through tasting wines from a comprehensive selection from all major producing countries in all varieties, styles and price ranges. Guests are invited to find a favorite or several. Ticket holders also receive a beautiful Riedel glass etched to





commemorate each year's event for their tastings.

Wine novices are able to learn more about wines and sample from a comprehensive selection in all varieties, styles and price ranges. Wine afficionados enjoy meeting winemakers, asking detailed questions and acquiring hard to get selections. Everyone gets to enjoy the live music, interactive experiences at the Culinary tents, and shops and dining of the Village of Baytowne Wharf.

Featured event sponsored by Spa Lilianna at Hotel Effie—**Seas The Day:** Rejuvenate your body and mind with a special beachside yoga session complemented by the peaceful waves of the gulf and followed by mimosas to get in the spirit for a day of discovery at the Grand Tasting.

So, come on and join wine novices and connoisseurs to witness an event that has aged to perfection— just like a fine wine. Benefitting the Fisher House of the Emerald Coast and Sandestin Foundation for Kids, purchase your tickets at sandestinwinefestival.com.

Rain or Shine, we will have wine!

Spring has Sprung in Baytowne Wharf!

March Wednesday Night Concert Series Wednesdays, March 8-29, 7-9 p.m.

Sit back and relax as you take

in the cool crisp air and enjoy live entertainment. This concert series features both local and regional talent from a variety of genres. Concerts begin at 7 p.m. on the Events Plaza Stage each Wednesday!

March 8: Boukou Groove March 15: Cadillac Willy March 22: Six Piece Suits March 29: Modern Eldorados

Bubbly Baytowne Thursday, March 16, 5-7 p.m.

Join The Village of Baytowne Wharf for an evening full of FREE champagne and shopping during its Bubbly Baytowne. Sip and Shop through the village streets! Stop in various retail merchants as you enjoy a selection of premium champagnes.

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

St. Paddy's Day Delight-Paint the Village Green! Friday, March 17th, 6-9 p.m.

Celebrate the Luck of the Irish at The Village of Baytowne Wharf on Friday, March 17th from 6-9 p.m. featuring Carpenter Academy of Irish Dance and Live Music from Shenanigans!

Scallywag Sunday Sundays, March 19th -April 2nd, 7-9 p.m.

Join the magic, music and

mayhem! Watch as featured pirate Captain Davy takes you on an adventure with two magic shows on stage at 7 and 8 p.m.!

Movie Monday Mondays, March 20th -April 3rd, 7:15 p.m.

Grab a lawn chair or blanket and cozy up on the Events Plaza Lawn for a featured film. March 20 | Minions: The Rise of Gru March 27 | Encanto April 3 | Hop

Boomin' Tuesday

Tuesdays, March 21 – April 4 | 6:30-8:30 p.m.

Enjoy singing and dancing with DJ Mike Whitty in the Events Plaza from 6:30-8:30 p.m. Then watch as we light up the night sky with a breath-taking fireworks show over the Lagoon at 8:30 p.m.

Fly Guy Thursday

Thursdays, March 23rd - April 6th, 6:30 and 8:30 p.m.

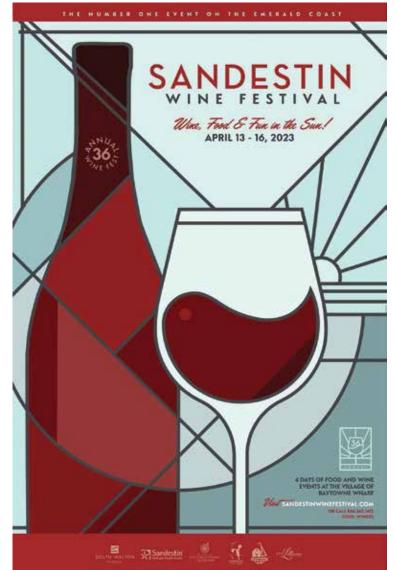
Enjoy shows from fly-board extraordinaire Ben Merrell over the lagoon! Watch as he soars to the sky and makes waves at Baytowne Wharf.

The Farmers Market at Baytowne Wharf

Come shop with local farmers and bakers on Saturdays and Sundays for local fresh seafood and gourmet beef, local honey, fresh pressed juices and much more all year long from 10 a.m.-2 p.m.

All March Baytowne Wharf events are FREE to attend.

And, don't forget to tune in on Beach TV to watch all that's going on in The Village of Baytowne Wharf LIVE—each day all year long!



The community

Around Town

Destin Charity Wine Auction Foundation's (DCWAF) 2nd Annual Galentine's Day Fundraiser raised a record-breaking \$92,500 for young women in need in Northwest Florida, \$30,000 more than last year's inaugural event. The event brought influential women in the community together to support one another while raising money for programs designed to empower young girls through the foundation's 16 partner children's charities. All individuals and businesses affiliated with the production of the event are female owned and operated. The funds raised at this year's fundraiser will benefit the following charity's initiatives:

Boys & Girls Clubs of the Emerald Coast, Children in Crisis, Habitat for Humanity of Walton County, Point Washington Medical Clinic, Shelter House of Northwest Florida and Youth Village.

Join Military Family Appreciation Day to Honor Local Service Members and Their Families

The Greater Fort Walton Beach Chamber of Commerce is excited to announce that Military Family Appreciation Day is scheduled to take place on Satur-



day, April 15th from 11 a.m. to 5 p.m. at The Landing in downtown Fort Walton Beach - 139 SE Brooks Street.

Military Family Appreciation Day is a community event that aims to honor the brave service and sacrifices made by military families and veterans in our area. The event will feature live entertainment on the Eglin Federal Credit Union Stage, a free children's play area and veteran service organizations, including the USO, Healing Paws for Warriors, Food For Vets, and Homes for Heroes. In addition, attendees will enjoy complimentary on-site lunch from Sonny's BBQ sponsored by Step One Automotive Group and Forever Warriors.

There is still time for businesses in the community to become involved in this event. Opportunities include Presenting Sponsor, Kids Play Zone Sponsor, Participating Vendor Spots, premier giveaway sponsors, and volunteers to serve lunch.

"We are thrilled to host Mil-

itary Family Appreciation Day and honor our local military families and veterans," said Ted Corcoran, President/CEO of the Greater Fort Walton Beach Chamber of Commerce. "This event is a great way for the community to show its support and appreciation for the sacrifices made by our service members and their families."

For more information about Military Family Appreciation Day or to become a sponsor or volunteer, please contact the Greater Fort Walton Beach Chamber of Commerce at (850) 244-8191 or www.fwbchamber.org.

Air Force Armament Museum 50th Anniversary Homecoming!

The Air Force Armament Museum invites you to the 50th Anniversary Homecoming of our Okaloosa Vietnam POWs, Thursday, March 9, 5:30 to 7:30 p.m. at the Air Force Armament Museum, 100 Museum Drive, outside the West Gate of Eglin Air Force Base. Eglin Federal Credit Union and Forever Warriors presents this complimentary reception to honor Brig. Gen. George "Bud" Day, USAF, Ret, Col. Keith Hall, USAF, Ret., Col. Howard Hill, USAF, Ret., Col. Ed Hubbard, USAF, Ret.,

Col. Rob Webb, USAF, Ret., Lt. Col. Dave Gray, USAF, Ret. All are welcome. The program starts at 6:15 p.m. with Hors d'oeuvres sponsored by Magnolia Grill. Beer and Wine will be available as well as the opportunity to bid in the silent auction. All proceeds benefit the Air Force Armament Museum Foundation.

Emerald Coast Autism Center (ECAC) is launching the 11th Annual ONE Campaign to provide scholarships to students with autism. ECAC's ONE Campaign is an annual effort to raise funds and awareness of autism within Okaloosa and surrounding counties. ECAC is kicking off the campaign with the 11th annual ONE Run 5K Saturday, April 1, 8 a.m., at Emerald Coast Autism Center on the campus of Northwest Florida State College, 80 College Blvd. East, Niceville. An after party with food, music and raffle drawings will follow. The ONE Campaign will continue with a golf tournament at Blackstone Golf Course in Mossy Head Friday, Sept. 29, with a 9 a.m. shotgun start.

Vertex Solutions and Republic Airways' LIFT Academy Announce Partnership

Vertex Solutions, a leading developer of high-fidelity learning technology, including extended reality (XR) pilot training and Republic Airways' LIFT Academy, will integrate Vertex Immersive Training Devices (ITDs) into LIFT Academy's cutting-edge training curriculum to increase the throughput, rigor and efficiency of LIFT's already industry-leading pilot training program.

Proven by the U.S. Department of Defense (DoD), Vertex ITDs have shown a 40% decrease in training time, a 70% decrease in time to solo and a 15% increase in performanceresults that directly align with LIFT's vision for increasing the efficiency of their flight training program to meet industry demands. LIFT Academy recognizes that this partnership-a first for pilot schools-will sustain them as a leader in flight training. For Vertex, this partnership opens a new pathway into commercial aviation, proving the dual-use versatility of their military offerings in the commercial sector.

For both DoD and commercial aviation, the high cost and limited availability of current Flight Training Devices (FTDs) and Full Flight Simulators (FFSs) have created barriers to achieving the number of pilots' industry demands. The lightweight, small-footprint Vertex ITD improves student access by allowing a more widely spread distribution of devices, and its truly immersive learning environment prepares pilots for safer, more ef-

Continued on page 13





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

ORTHODONTIST









2 LOCATIONS TO SERVE YOU

4633 E Highway 20, Niceville, FL • 850-678-8338 11394 Highway 98 Unit B, Miramar Beach, FL • 850-678-8338 (next to the Melting pot)

STUBBSORTHO.COM



invisalign* | teen provider



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

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

ORTHODONTIST

The community



Newness of Spring Brings New Designs! Beyond Measure Fine Jewelry

Let's design something for you this spring! With so much colorful variety like the colors of spring, your only challenge is choosing! Whether you are shopping for an engagement ring or are on the golf course and remember it's your anniversary, Beyond Measure is here for you!

Stop by the shop and try to decide which shape suits you best! Owner Ashleigh Woolly has been making a lot of two stone rings lately, even ones with a twist. Specializing in diamond, gemstone and precious metal jewelry pieces, the Beyond Measure Jewelers' showroom, in its new location at City Market is full of diamond and gemstone bracelets, rings, necklaces and earrings! Ashleigh is passionate about exquisite and custom-designed jewelry and selling it. 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! Beyond Measure designs hundreds of custom projects! Whether it's an engagement, wedding or special occasion, you can trust your custom project to Beyond Measure. "I am grateful 'beyond measure'!" says Ashleigh. No matter what your taste, plan to be amazed! At Beyond Measure Fine Jewelry, a one-on-one exquisite jewelry experience is waiting!

(850) 424-7011 | Facebook. com/beyondmeasurejewelers

beyondmeasurejewelry.com



Rejuvenate For Spring! CRYO850 Performance and Recovery Center

What better way to celebrate the newness of the season than rejuvenating damaged cells? Red Light Therapy, a.k.a. Photobiomodulation (PBM), is changing the health game due to its ability to renew your body at the cellular level, rejuvenating damaged cells from the inside out! Red Light Therapy aids healing both on the surface and at the cellular level. The Mito Red Light Therapy system offers three wavelengths of light that offer full-body exposure. CRYO850's Near Infrared Lighting boosts ATP (energy) and balances hormones.

You'll find a long list of drug-free services beyond the cold also. Take advantage of the Wellness Circuit—access to six therapies including: Infrared Sauna, Red Light Therapy, Whole Body Cryotherapy, Localized Spot Treatment Cryo, Vibration Plates and Compression Therapy. Membership offers access to the Circuit on a consistent basis. Visitors and first-time guests can enjoy the same services via a day, week or two-week pass. Beyond the Circuit, Pagani Muscle Recovery Therapy is a favorite for sore and strained muscles. Alternating hot and cold application creates the same healing as hours with heat and cold packs. For additional pain management and relief, the all-new Cocoon Fitness POD takes recovery to a higher level with combined heat, light and full body vibration. Visit CRYO850 and make March a time to focus on you! Pre-register online at www. cryo850.com.

(850) 279-4145 | Facebook. com/CRY0850 www.cryo850.com



Spring is the Time to Feel Purely Pampered! Pure & Couture Salon

Want to brighten up for spring? Let Pure & Couture pamper YOU! When you're in the chair, you're the priority. From being greeted with a beverage to a scalp massage during your shampoo, Pure & Couture will try to make your experience the best. When you walk out of a salon, your hair says it all! Sashaving out with a blonde sparkle, brunette curls, or a gorgeous blonde blend + extensions will give you gorgeous texture for the outdoor spring weather! Warm up the color for warmer weather! Like magic. Pure & Couture's hand-tied hair extensions are a game changer for anyone, adding thickness and volume-a BIG answer for hair struggles! Add styling, makeup, color, a pampering facial, kinesiology or even a therapeutic massage and you will adore your mighty spring makeoveryou are spring beautiful with a spring vibe! Pure and Couture Salon's team of stylists listen to what YOU want your hair to look and feel like and work with your skin tone, face shape, lifestyle and budget. Then show you how to maintain it with the best products. You were made to do beautiful things! Feel beautiful doing them this spring! Offering curbside pick-ups and online ordering, too!

Now open – second location: Pure Collective Salon, 600 Grand Blvd., Suite 102.

(850) 424-3935 | facebook. com/PureandCouture bureandcouture.com

pureandcouture.



Be On The Coast[™] Real Estate Group 30A Mansion For Sale

Imagine waking up to the sounds of waves crashing on the beach, the salt air fills the room as you open the doors to your beach front balcony and listen to the seagulls flying by in the distance. That's the type of morning you could have on 30A, everyday, at the Emerald View on 30A, now on the market and available for purchase.

When you own a home like this luxurious three-story Gulf front, six-bedroom home, you can soak up the sun at sunrise and toast a day well spent at sunset. Towering over the Gulf of Mexico with breathtaking beach views from each of the home's three levels, this home's design is spacious, with an open floor plan for relaxing and entertaining. whether it's extended family for summer vacations, dinner parties with friends, or sunset watch parties. A separate carriage house offers additional sleeping quarters with stunning west facing beach views.

Beachfront homes are the most sought after property type along 30A and they sell fast. "Families are looking for multi-generational beach homes-places where the owner can bring their grown children and grandchildren and all stay under one roof, enjoy the beach and make memories day after day," says Brian K. LoCicero, REALTOR founder of the Be on the Coast Real Estate Team at Keller Williams. Brian's new 30A listing pictured above, MLS #917390, is being sold furnished.

To schedule a showing or for the full listing, call (850) 739-3800 or view 30A homes for sale now at BeOnTheCoast.com.



Create Fine Stationery Featuring Your Home for Spring Frill Seekers Gifts and Personalized Fabulous Finds

Frill Seekers Gifts, Destin's popular gift and stationery design studio, not only creates beautiful save the dates, invitations, wedding programs and traditional thank you notes, but it also creates custom house rendering stationery sets. "Some residences take your breath away or conjure up nostalgic feelings. We find that homeowners really enjoy having fine stationery featuring a place they hold dear," said Heidi LoCicero, founder and designer at Frill Seekers Gifts. "By adding the home rendering to a set of custom fine stationery, you are creating your very own "house stationery." The shop uses exquisite double thick paper stock in elegant ecru or winter white to imprint the image on, in raised ink thermography. Created in sets of 200, fold over note cards and matching envelopes, this makes for a memorable housewarming gift from a friend, family member or realtor. You can even use your builder's or architect's drawing of the home to create the notecard set. Once the rendering of the property is created, the image can also be used on shatterproof cups, beverage napkins, neoprene koozies, stir sticks, hats, bags or even a charcuterie board. This image will quickly become known as your very own "house brand!"

To learn more, visit the shop in City Market Bayside or visit FrillSeekersGifts.com. Open Monday-Friday, 10 a.m. to 5 p.m. and on Saturdays from 10 a.m.-2 p.m.

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

Trends & Treasures!



Page 12

The community

Around Town Events



The Mattie Kelly Arts Center hosts the Northwest Florida Ballet as they perform **Peter Pan**, **March 11 and 12.** Purchase tickets online at nfballet.org or by calling the box office at (850) 729-6000. Showtimes Saturday, March 11, 7:30 p.m., and Sunday, March 12, 2:30 p.m. The Mattie Kelly Fine & Performing Arts Center is located at 100 College Blvd. E., Niceville.

The International Festival March 19

Make plans to attend the 5th Annual International Festival Sunday, March 19 from 10 a.m. – 7 p.m. at Fort Walton Beach Landing Park. To benefit One Hopeful Place, the festival kicks off our beautiful spring season displaying the multiculturalism of our region. It offers top-quality live and DJ music, food, folklore and art from more than 60 nations and participants travel from as far as Tallahassee, Panama City and the states of Georgia, Mississippi and Alabama.

The festival will launch a series of events, led by Conexión Media Group and partners, that will comprise the "Emerald Coast International Week" celebration in our area March 12-19.

Conexión Media Group is currently accepting many types of sponsorships—deadline for



sponsors is March 15. For more information, contact David Triana at 850.368.3505 or via conexionflorida@gmail.com

On April 6th, The Northwest Florida Symphony Orchestra, under the leadership of Music Director and Conductor Todd Craven, will perform its final classics of the season at the Mattie Kelly Arts Center in Niceville. The concert, entitled "A Dream of America" features all works by American composers. Beginning with Samuel Barber's first work for full orchestra written in 1931, the Overture to The School for Scandal, the first half also spotlights George Gershwin's jazzy and vivacious Piano Concerto in F featuring internationally-acclaimed pianist Brian Ganz.

Brian Ganz is widely regarded as one of the leading pianists of his generation. A laureate of the Marguerite Long Jacques Thibaud and the Queen Elisabeth of Belgium International Piano Competitions. Mr. Ganz has appeared as soloist with the St. Petersburg Philharmonic, the Baltimore Symphony, the London Sinfonia, and the Taipei Philharmonic Orchestra, and has performed with such conductors as Leonard Slatkin, Marin Alsop, Mstislav Rostropovich, Piotr Gajewski and Yoel Levi.

The second half of the program presents young actors from the Northwest Florida State College theater department portraying early 20th century immigrants reaching the United States for the first time. The music of Los Angeles based composer Peter Boyer provides the emotional backdrop to these powerful stories drawn from the Ellis Island archives; the perilous journeys across the Atlantic to reach Ellis Island and the relief and emotion of seeing the Statue of Liberty for the first time.

Join the **Emerald Coast Children's Advocacy Center** (ECCAC) for its annual signature **Gala in the Garden and Golf Weekend**, presented by George and Janice Hendricks. The Gala features a cocktail hour starting at 5:30 p.m., with dinner at 6:30 p.m. Friday, March 10, at the Hilton Sandestin Beach Golf Resort & Spa. Guests will enjoy live entertainment by The Will Thompson Band, live auction and a featured guest speaker.

The Golf Tournament, also to benefit ECCAC, will take place Sunday, March 12, at Kelly Plantation Golf Club with registration and a cookout meal 10:30-11:45 a.m. for a tournament shotgun start at noon. Cost is \$400, which includes two tickets to the Gala. Gala tickets only are \$250 per couple. Make reservations online at eccac.org. Sponsorships are still available. Contact Lee Curtis at (850) 684-4422, or email Lee@eccac.org.



The **Coastal Conserva**tion Association's 29th Annual Emerald Coast Banquet & Auction will be held Thursday, March 9 at Destin/ FWB Convention Center. Tickets \$90 at https://ccaflorida. org/event/emerald-coast-banquet-and-auction-23/.

Spring Up for CALM 2023. The 7th annual spring fundraiser to benefit CALM is Saturday, April 15th from 5 to 8 p.m. at Christ our Redeemer Catholic Church in Niceville. Tickets are on sale for \$75 per person. The Spring Up for CALM event will feature music by The John Galt Band, food courtesy of local eateries and live and silent auctions. The ticket price reserves your seat and includes food and two beverage tickets. All funds raised benefit CALM, including CALM Village, the exciting new phase of affordable housing. Visit nicevillecalm.com for tickets, donations and more and the Facebook page at (1) CALM | Niceville FL | Facebook.

Musical Echoes Festival 2023, a family-friendly, Native American flute, art, music and cultural festival, returns to FWB Landing Friday, April 21-Sunday, April 23 at 9 a.m. each day. Admission is free! Experience the unique sounds of the Native American flute as it is brought to life and featuring solo performers and full bands with live music during the entire festival. Dancers offer colorful, rhythmic traditional dances and they share the meaning of each dance offering us a rare experience. Flute makers selling their handcrafted flutes will collaborate with you to find your perfect flute! They'll provide a few tips on playing as well. Visit art and craft vendors as they share their custom jewelry, baskets, leather work, and more. Traditional Native American fry bread and other delicious festival food add to the fun. Visit the silent auction and raffles at the main tent. Purchase the annual festival t-shirt featuring the butterfly, this year's totem created by artist Kenneth Maines, Tshirtfactoryfwb.com.

Internationally acclaimed authentic Native American musicians and dancers are part of the festival line up including Nation of Change Native American Dancers, Gareth and award-winning Shelley Morning Song, to name a few. Don't miss the special performance by Michael D'Maria. A Torchlight Ceremony takes place Saturday at 6pm featuring the Thunderbird Honor Guard and Poarch Creek Indian Traditional Dancers. Visit www.musicalechoes.org for the complete schedule and lineup.

Are you interested in blacksmithing? Think about joining the **Florida Artist Blacksmith Association** (FABA). Its mission is to teach and preserve the noble art of blacksmithing.

Recently popularized by programs like "Forged in Fire" and "Men at Arms," blacksmithing has experienced a renaissance. However, FABA has been actively teaching and setting up historical blacksmith shops throughout the state of Florida for the last 35 years. Part of the FABA educational program is to host monthly meetings at eight locations throughout the state. Our local chapter known as "The Far West Panhandle Blacksmiths" is headquartered at Traditions Workshop in Fort Walton Beach and sponsors meetings throughout the panhandle.

Your first meeting with FABA is always on us. After that, we encourage you to join this fine organization. For a family to join, visit https://blacksmithing.org. The cost is only \$30 per family, per year. An annual membership allows you and your clan to participate at any FABA event throughout the state (usually one every weekend). Plus, you get generous discounts at our annual convention as well as an e-copy of the monthly newsletter, The Clinker Breaker, featuring Florida blacksmithing news and events. The next Far West meeting will take place Saturday, March 25th (9 a.m.-4 p.m.) in Navarre at St. Michael's Brewery (2199 Highway 87, Navarre, FL 32566) . Plan to make bottle openers and "might hamster swords."

For more information, contact david@traditionsworkshop. com or call/text David at 850-974-1548.

Destin Library Celebrates 20 Years!

Ballisch of DAG Architects, the

lead designer of the award-win-

ning library building. "Even

before the Library was built, I

was collecting pieces for it," said

The Destin Library is celebrating 20 years in its current Sibert Ave. building on March 17, and an entire week of festivities is planned to mark the occasion. On Friday, March 10 at 6 p.m., the celebration begins with a Spring Fling on the lawn including face painting, lawn games and craft activities. All ages are welcome.

Throughout the day on Monday 13, there will be a special origami craft for patrons to try. On Tuesday, March 14 at 2 p.m., author and Coast Guard vet-

AROUND TOWN

continued from page 8

ficient aircraft evaluations. The use of Vertex ITDs in USAF undergraduate pilot training has shown up to a 70% decrease in the time it takes students to get to their first solo flight. Not only that, students retain information at a much higher rate, decreasing error rates during initial check rides, significantly increasing the training value of those flights. The XR ITD developed by Vertex Solutions, combined with LIFT Academy's innovative, cutting- edge flight training program, will become the standard in commercial aviation training.

If you are an aspiring pilot, contact LIFT Academy at www. flywithlift.com. If you are an aviation training academy, contact Vertex Solutions at www.vertexsolutions.com.

Step One Automotive Group dealerships earn 2022 CARFAX Top-Rated LIFE-TIME Dealer Titles. CARFAX, the leading provider of vehicle history information, recently announced that Buick GMC Cadillac Fort Walton Beach, Chrysler Dodge Jeep Ram South Savannah, and Volkswagen Fort Walton Beach have earned the title of 2022 CAR-FAX Top-Rated LIFETIME Dealer. This achievement is based on verified ratings and reviews from customers on CAR-FAX.com, demonstrating their commitment to providing exceptional customer service and high-quality vehicles. https:// www.steponeautomotive.com/.

LiveOak Fiber is bringing fast internet and world-class service to Northwest Florida. In Director Jurate Burns and Pat she said.

February, LiveOak Fiber held a ribbon cutting with the Destin, Greater Fort Walton Beach and Niceville Valparaiso chambers of commerce. It also included a groundbreaking ceremony for internet service for Shalimar. LiveOak Fiber is a new Internet Service Provider headquartered in Brunswick, Ga., with offices extending west to Niceville. It offers fast internet speeds, world-class customer service, accessibility and localization. Its application allows you to control all your devices. No contracts are required, and there is no data cap. Find out more at liveoakfiber.com or call (850) 635-6755.

eran Ashlee Leppert will offer

an inspirational talk centered

around her book. There will be a

Scavenger Hunt on Wednesday,

March 15 with prizes for every-

one who completes the hunt,

and guests can test their Destin

Library knowledge with a Trivia Challenge on Thursday, March

On Friday, March 17 at 4

p.m., the 20th Anniversary wraps

up with a special reception and

panel talk with notable library

figures including former Library

16.

Debra "Debi" Riley-Broadnax has joined the **Emerald** Coast Children's Advocacy Center (ECCAC) as the non-profit's new CARES Program Manager. Debi will be responsible for creating, managing and sustaining the CARES (Community, Awareness, Resources, and Support) Program. She will also oversee the non-profit's successful

Prevention and Safety Matters programs, already in the schools. Debi is a native of Fort Walton Beach and a product of the local public school system. She received her bachelor's

Burns. "I bought the portholes for the boat storytelling room, and the anchor was donated by Chester Kroeger, who was the founder of Fudpucker's." Burns said the Destin Library Friends Guild provided over \$100,000 in statues and other extras that make the Library unique. "A lot of love went into that building," degree from Troy University,



"The architects even allowed me to pick the colors - different shades of green - inside and out." Guests at the reception will be able to ask questions and view

and her master's degree in so-

cial work from the University

of West Florida. Visit www.ec-

cac.org or call (850) 892-0280

for more information. If abuse

is suspected, call the anony-

mous Florida Abuse Hotline at

Florida Power & Light

Company has donated \$5,000

to OCSD Summer Camp Pro-

grams which will enhance the

summer camp experience for

rising fifth graders to help spark

interest in coding, construction,

biomedical, automotive, weld-

ing, culinary, entrepreneurship,

digital design and cosmetology.

Visit www.okaloosaschools.com.

has shattered glass ceilings her

Jennifer (Cannon)

Okaloosa County native

Kunz

1-800-96-ABUSE.

displays of library artifacts. Registration for the reception will open on March 6. To register, go to okaloosa.librarycalendar. com, click on the 20th Anniversary Reception event, and fill out the form under the event details. Registration will be required to attend as seating is limited. Light refreshments will be served while the panelists talk about library history.

For questions, contact the Destin Library at 850-837-8572 or library@cityofdestin.com.

entire life - first, as one of only a very few females enrolled in Auburn University's Aerospace Engineering program, and now as the Associate Director, Technical at NASA's Kennedy Space Center. Please join One Okaloosa EDC for an enlightening Roundtable Breakfast on March 15 (7:30-9 a.m.) at the Island Beachside Resort to hear more about Jennifer's journey. She will also discuss recent NASA successes - including the first launch of the much-heralded Artemis program, which will see mankind return to the moon. Tickets are \$20 for One Okaloosa EDC members and \$30 for non-members. Advance registration is required by March 2. Visit https://florida-edc.org/ our-organization/one-okaloosa-events.



The community

From the Okaloosa County Sheriff's Office Grab the sunscreen! Spring Break 2023 runs through April 23.

Spring Break seems to bring a wide-ranging combination of emotions to residents of Okaloosa County. However, there's no getting past the fact that our beaches continue to be a major Spring Break hot spot for college and high school students, families and locals. The influx brings an economic boost to local businesses, but also the stereotypical crowded beaches and roadways.

Voted

Best Local

Boutique!

(850)837-5565

Reservation numbers for the 2023 Spring Break season appear to indicate Spring Break activity will meet or surpass 2022 levels. Okaloosa County focuses on attracting families during the two-month period but is also a popular spot for high school and college Spring Breakers.

In an effort to ensure visitors enjoy our area in a safe, respect-

We moved

locations! Come

see us at the

Destin Commons

near Belk.

4106 Legendary Dr.

Destin, FL

BOUTIQUE

Shop TODAYSBOUTIQUE.COM



ful, and lawful manner, we have a plan that includes multiple public safety goals and objectives each Spring Break. That plan begins with designated units monitoring beach and vacation rental areas for unlawful activities and using proactive patrol methods to detect and apprehend anyone involved in criminal activity - which can range from underage possession of alcohol to open house parties, or possession of controlled substances, to violations of Okaloosa County and City of Destin ordinances.

Another top priority is to assist Okaloosa County and City of Destin lifeguards with the prevention of drowning incidents.

During the 58 days of Spring Break in 2022, 659 Notices to Appear (NTA) were issued for violation of Underage Possession of Alcohol. The 659 issued NTA's during Spring Break 2022 was the second highest number (700 in 2021) of underage possession of alcohol ar-



rests during Spring Break in the history of the Okaloosa County Sheriff's Office.

Those arrests in 2022, consisted of 573 adults and 86 juveniles. 502 took place in Destin, 153 on Okaloosa Island, and 4 were other locations in Okaloosa County.

456 were College students, 144 were in High School, and 59 were not in school.

This protocol will continue in 2023: If caught with alcohol, juveniles ages 17 and under will be issued a notice to appear and released to an adult. Individuals 18, 19 or 20 years of age in possession of an alcoholic beverage will be arrested and given a notice to appear before a judge.

Our public safety efforts are part of a partnership with the Tourist Development Council, the City of Destin and other first responder partners to include Fire, EMS, Florida Fish and Wildlife and the Florida Highway Patrol. This year a dedicated dispatcher will be used to assist with our Spring Break details as well.

Property owners and managers also play a big role. We recommend they take preventative safety measures as well. Good strategies are to have your security disperse larger groups loitering on your property before the situation gets out of hand, monitor for law violations and report those promptly, evict guests who won't comply with the rules and, of course, contact us with any questions.

"Despite the influx of a younger crowd, our Spring Break beaches are often primarily packed with families," said Sheriff Eric Aden. "We want to see everyone who pays a visit have a SAFE, fun-filled vacation. That means respect others, be courteous and follow the laws. The majority of our Spring Breakers do just that, but for those who cross the line, there will be repercussions. We hope everyone makes safety the top priority."



Signature treatments designed to rejuvenate, restore and relax. Spa Lilliana at Hotel Effie is the only spa on the Emerald Coast to offer exclusive treatments by Biologique Recherche. Call (833)-718-1941 to book your appointment and experience the luxury.

Located at Hotel Effie Sandestin

SPA Jilliana

Page 15

Between Land and Sea A Nonfiction Tom Clancy-type Book

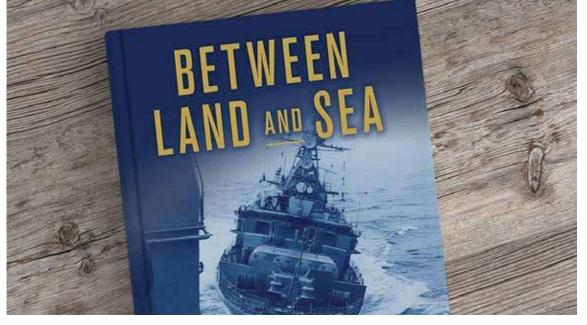
BY DOUG STAUFFER

Rear Admiral Philip Dur's rare combination of intellect, military expertise and true patriotism helped shape this country during the Cold War and post-Cold War eras. He has a deep knowledge of naval operations at sea and this nation's national security affairs. His career as a surface warfare officer specializing in national policy helped him funnel his Cold War experiences into the geo-political environment. Imagine rising from the rank of ensign to flag officer to serve at the highest levels in the Navy and the U.S. government's executive branch - that's Phil Dur!

His book, "Between Land and Sea," offers the reader a front-row seat to 30 years of American and world military and diplomatic history. This fact-based analysis and reflection centers around the national security bureaucracy and operating at sea throughout the Cold War.

Read about challenges commanding ships and a Carrier Battle Group and strategy and policy assignments, including leading the Navy's strategy division and serving as Director of Political-Military Affairs on the NSC staff, advising and briefing President Ronald Reagan on critical events in the Middle East. Discover opportunities overseas, such as the admiral's assignment as a U.S. Defense attaché in Paris, working with the highest levels of the French national security establishment as the Cold War ended and as War erupted in the Persian Gulf.

Dur witnessed history and had a hand in shaping its course! From growing up in post-WW2 Europe and Japan, through historical events including the behind-the-scenes views of the



Destin Resident

Rear Admiral Philp Dur, USN

attack on USS Liberty, the gun line off Vietnam, the Reagan White House and more, he was on the scene, not as an observer, but as an engaged and aggressive participant and contributor.

Dur participated in the last great act of the Cold War: a serious and intentional bumping of his command ship, the USS Yorktown, by the Russian Navy during maneuvers in the Black Sea. This confrontation was one of those cat-and-mouse events that could have started World War III.

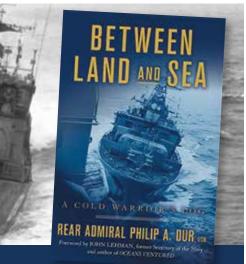
As a flag officer, he was the chief architect of the Navy's strategy. His story provides a concise description of the Navy's role in the Cold War from the 1960s to its end with the fall of the Soviet Union. His seat at the table during most of the critical events of that period offers an insightful perspective of policy formation and execution.

This book is highly relevant and essential reading today for anyone seeking to understand the current European security environment, including the Russian-Ukranian conflict. As someone completely unfamiliar reading about his command of with the workings of the Navy, two great warships – a destroyer

and a cruiser – was mind-boggling and fascinating. "Between Land and Sea" is a must-read for those interested in a better understanding of military, political and national security issues.It's fast-moving, a real page-turner, very well-written and hard to put down.

Vice Admiral Doug Crowder, USN (Ret.), former Commander, U.S. Seventh Fleet, reviewed the book as follows: "If you have loved Tom Clancy's novels of Cold War intrigue, military operations, grand strategy, and political policy making, then you will enjoy Admiral Philip Dur's new book, Between Land & Sea."





BETWEEN LAND AND SEA recounts Admiral Dur's vast experience over thirty years in the US Navy. Read about challenges commanding ships and a Carrier Battle Group as well as strategy and policy assignments, including leading the navy's strategy division and serving as Director of Political Military Affairs on the NSC staff, advising and briefing President Ronald Reagan on critical events in the Middle East.

With pointed insights on the complex challenges that lie ahead, Between Land and Sea is a must-read for the next generation of operators and strategists.

Available now on amazon





(Across from Regatta Bay) 850-837-2600 | EccoMotors.com

From the City of Destin State of the City Address Focuses on Partnerships

By Tamara Young, PhD, PIO, City of Destin

Bobby Wagner, Mayor of the City of Destin, addressed the crowd at the City Annex on February 23 with a State of the City Address aimed at creating possibilities through connections.

He spoke about the importance of partnerships at all levels of government, and he said that the City Council and City staff stood unified in agreement that the residents of Destin must remain the number one priority

the number one partner.
"Speaking directly to the citizens of Destin was my only focus when I gave the address," said Mayor Wagner. "To pro-

Your Perfect Home Is Waiting... Are You Coming?



Spectacular sunsets abound in this completely renovated, corner penthouse overlooking Destin Harbor, Crab Island and East Pass. 4/4, wrap around balconies, lots of entertaining area, covered parking, pool and more. Priced below current appraisal at just **\$1,550,000**



1/1 Condo in Destin Newly Renovated **\$269,900**



WILL ESTELL (256) 310-0653 (mobile anytime) Will@21BMP.com

CENTURY 21 Blue Marlin Pelican

www.WillSellsTheBeach.com

Destin - 30A - Miramar Beach - Fort Walton Beach - Navarre - Pensacola



vide them with the confidence that as we look into newly revitalized areas of Destin, we will do so with open ears and an open heart toward our full-time residents."

From safety to enjoyment of green spaces to parking and traffic concerns, he offered details on what the City has accomplished in the last year to keep a resident-first mentality. He also gave a bottom line monetary example to show how much of spending for infrastructure and projects is derived from outside sources. As stated in the fiscal year 2023 budget, the City expects to expend \$23 million of capital grant funds along with \$1 million of general funds for park improvements and stormwater infrastructure improvements. This is new external revenue that is not generated from residents.

The address referenced at least a dozen major city successes thanks to various partnerships:

• The overhaul of the Harbor Pump which cycles 14.4 million gallons of low nutrient gulf water into the harbor daily during peak season;

• The valuation of construction projects requiring permits rose from over \$98 million in 2021 to \$172 million in 2022; and

• Destin's beachfront park footage has been extended by around 450 feet.

Mayor Wagner said he hoped the recap of 2022 and the projection of the future "... brings imagination to our citizens, enthusiasm to our small business community, and honor to our heritage."

The State of the City address was followed by a workshop on the Joe's Bayou Recreation Area Improvements project. "What gets me fired up about Joe's Bayou is it brings much needed improvements to not only our human amenities, but to the natural environment," said Mayor Wagner. "It's a great example that shows that we are all interconnected with our environment. What's good for the environment is also good for our citizens and the future generations that will call Destin home."

Page 17

Sandestin Resort Celebrates 50 Years!

In 2023 the Sandestin Beach and Golf Resort in Miramar Beach will celebrate its 50th anniversary. For decades, the resort has drawn visitors to its beautiful white sand beaches, made from quartz carried from the Appalachian Mountains 20,000 years ago. After 50 years, it's no surprise that the largest resort situated in Florida's Gulf Coast, spanning over 2,400 acres, and the only one to lay claim to waterfront access to both beach and bay, remains the ultimate destination for generations of coastal adventurers, families, couples, reunions, winter vacationers, and getaways.

In celebration of their 50th anniversary, there are so many milestones to highlight during its five-decade history. The Sandestin as we know it today wasn't always destined to be a worldclass residential golf and beach resort. In the 1950s it almost became the home for "Disney World" as Walt Disney almost bought the land. Later on, In the 1970s, the land eventually fell into the hands of devel-



opers keen on building a resort community and finally in 2010 it was acquired by the Becnel family. The newest luxury offering at the Resort, which started

construction in 2019, is Osprey Pointe.

Sandestin is a special and unique place, deeply rooted in community and values, steeped in a culture of genuine hospitality. Over the years the landscape has changed a bit and their story continues to evolve, but one thing remains the same — Sandestin has solidified its place as one of the premier resorts in the Southeast, welcoming thousands of families each year to experience the resort and make cherished memories.

In 2021 the resort welcomed Hotel Effie, a luxury hotel with a rooftop pool, full-service spa and a 3-meal restaurant by James Beard winner, Hugh Acheson. In the near future, The Cascade, a new luxury development will open, creating more options for travelers and residents.

As for 2023, there are many exciting happenings to celebrate this milestone anniversary, including: 30A Songwriters Festival - Jan. 13-16, Mardi Gras Parade - Feb 19, 36th Annual Sandestin Wine Festival -April 13-16, Blue Marlin Classic - June 22-26, and the Baytowne Beer Festival in Oct. The Cascade, the latest residential development and luxury project, will be opening in 2023.

For more information, please visit www.sandestin.com.

Florida Breaks Record for Visitations

Gov. Ron DeSantis has announced that Florida had record visitation in 2022. VISIT FLOR-IDA estimates that Florida welcomed 137.6 million visitors in 2022, an increase of 5 percent over 2019 and 12.9 percent over 2021. **Okaloosa County** counts for more than 5 million visitors, with **Destin** counting for approximately 4.5 million of those annually, according to the Florida Department of Environmental Protection, Florida Guidebook. In 2021, the number hit 7.5 million, according to Destin-Fort Walton Beach Tourism

Florida welcomed 33.2 million travelers between October and December 2022, marking a 6 percent increase from Q4 2021, and the sixth consecutive quarter of overall visitation surpassing pre-pandemic levels. According to VISIT FLORIDA, 30.1 million domestic visitors traveled to Florida in Q4 2022, representing 21 months of domestic visitation growth from 2019.

"People continue to make Florida their vacation destination, because they know that in the Free State of Florida, they can enjoy all that we have to offer without mandates or restrictions," said DeSantis.

"We could not be more excited with the incredibly impressive record-breaking visitation seen in 2022," said Dana Young, VISIT FLORIDA President and CEO. "Quarter after quarter, Florida continues to dominate the travel market and our competition, which could not be achieved without the hard work of our local tourism partners."

Additional highlights from VISIT FLORIDA's latest visitation estimates include:

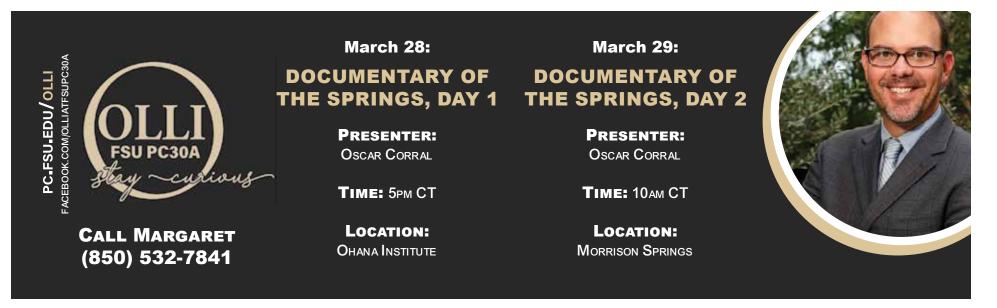
• Florida welcomed 2 million overseas travelers in Q4 2022, an increase of 35.5 percent from Q4 2021.

• Canadian visitation during

Q4 2022 accounted for 1 million visitors, an increase of 278 percent from Q4 2021.

• Air travelers accounted for 38 percent of visitors, compared to 41 percent in 2019.

• Hotel room nights sold at Florida hotels increased by nearly 13 percent in 2022 compared to 2021. Occupancy rose by 9.4 percent to 70.5 percent, as demand growth significantly exceeded the expansion of supply.



Will Interest Rates Continue to Climb?

Community



By MAURICE STOUSE, FINANCIAL Advisor and Branch Manager

As we head into March, we are seeing some early trends or patterns for investors. First among these are short-term interest rates. The Federal Reserve raised rates to 4.75 percent in early February. That was a .25 percent smaller rate increase than in its previous meeting. We are seeing short-term savings rates and CDs yielding at or near this level as well. Investors are left wondering if rates will continue to climb.

The Federal Reserve is keeping a close watch on inflation which, after the February report, has prices going sideways for now (as opposed to continuing to go down). Digging deep into those numbers, we see that goods are down to 3 percent and wages are now growing at working again. 4.3 percent.

The cost of services continues to be resilient in the face of inflation. Wages may continue to wane as the white-collar labor force is seen as over employed and the same for many blue-collar professions. Restaurant and hospitality businesses continue to be seen as under-employed. There has been a lot of news about layoffs in the tech sector. While significant, those workers account for less than 2 percent of the workforce. Many of those returning to the workforce also see being productive and industrious as a key to a happy and fulfilled life.

We are also learning more about the Great Unretirement or the growth of the so-called "unretiring." Many Americans who retired during the pandemic are coming back to work. That is a sign of relief to employers who report they need the talent and more workers. The recent passing of Secure Act 2.0 pushes back for many the required minimum distribution from their retirement savings. Perhaps they can let those assets grow longer if they are

Nowhere is the need greater for workers than in health care - nurses and other medical professionals are in demand. Next, we see the growing interest and return in bonds or the bond market. Bond prices have continued to firm, and many investment institutions recommend that investors look at bonds or fixed income again as they see the total return potential much brighter for investors. They also continue to suggest that investors keep their duration at or around six years, which is in line with the Barclays bond index. That would indicate intermediate maturities or average life of bonds.

We continue to suggest investors will see greater potential with longer term bonds and duration, particularly in municipal bonds. We take note that issuance of municipal bonds is down significantly year over year with a decline of over 20 percent. Many issuers may not want to lock themselves in to long-term rates and might still be in the condition where they do not have the pressing need to issue new bonds.

We also see and hear a lot about higher yielding lower quality bonds. While those can be attractive, we suggest caution because if the economy were to weaken, that could hurt the market value of these securities.

Next, are returns. The S&P (which is tech-heavy) is up 6.8 percent, the Dow is up 1.7 percent, the Nasdaq 13.3 percent. Bonds are up approximately 1 percent and the U.S. dollar is up .3 percent (that is a bit of recovery after the dollar has been down for the last few months). Gold is up 1.4 percent. Note - we recently learned, after researching the World Gold Council, that the U.S. by far has the highest stores of gold in the world at more than 8,000 tons.

The strongest performing sectors are consumer discretionary (Tesla, Amazon, Lowes are examples of that) at 16.4 percent. Tesla, and now Ford, have announced price cuts of their electrical vehicles. The adoption of EVs worldwide has been strong but has yet to catch on in the USA. Automotive News reported recently on potential concern among dealers with regard to EVs.

Communication Services with stocks like Disney, Meta (Facebook) and Alphabet (Google) are up 13.9 percent and technology (with stocks like Apple and Microsoft) is up 13.8 percent at this writing. We observe there are just a few stocks where investor appetite has helped drive these strong returns. It is interesting that socalled growth stocks are off to a stronger start than value stocks. Value stocks would tend to have lower volatility and higher dividends but obviously they have not had as strong returns. The Dow, it could be argued, is more value-oriented and is off to one of its slowest starts since 1934.

Real estate (many being made up of **REITS** like Realty Income Corp, financials (banks) and materials (like Alcoa for example) have had strong starts to the year as well. Banks, both large and small, have seen loans growing. It is interesting to note that with layoffs in the tech sector, rising federal funds and mortgage rates and decreasing money supply have not hurt the jobs sector. Unemployment in the USA is near a 53-year low.

Energy, after almost two strong years, is flat for the year. The winter in Europe has been milder, the release of the strategic petroleum reserve and other factors have contributed to a strong supply and hence the prices of oil and natural gas have come down, natural gas the most dramatically of the two. We continue to watch the future of alternative sources of energy and see that many firms (Raymond James, Energy Stat, Jan. 30) openly wonder if nuclear energy is to start growing again. Construction of nuclear plants, mainly outside the USA, is growing. Within the USA, only one utility has a new nuclear facility coming online, that is Southern Company.

Health Care (pharmaceuticals like Johnson and Johnson, or broad based like CVS), utilities and consumer staples (like Walmart or Coca Cola) have lagged the market. In an environment such as this, we would expect consumer staples and healthcare to outperform so we suggest that investors be sure they include these in their equity plans.

Please note that this is not a recommendation to purchase or

sell the stocks of the companies mentioned. As investors contemplate their needs and objectives, we add that we believe that a portfolio should be diversified by security selection as well as asset class and that time frame, risk tolerance, tax status and ultimate objective should be the guiding light in a well-balanced portfolio.

There are special risks associated with investing with bonds such as interest rate risk, market risk, call risk, prepayment risk, credit risk, reinvestment risk and unique tax consequences. Investments in municipal securities may not be appropriate for all investors, particularly those who do not stand to benefit from the tax status of the investment. Municipal bond interest is not subject to federal income tax but may be subject to AMT, state or local taxes. U.S. government bonds and Treasuries are guaranteed by the government and, if held to maturity, offer a fixed rate of return and guaranteed principal value. CDs are insured by the FDIC and offer a fixed rate of return, whereas the return and principal value of investment securities fluctuate with changes in market conditions. An investment in a money market fund is neither insured nor guaranteed by the FDIC or any other government agency. Although the fund seeks to preserve the value of your investment at \$1 per share, it is possible to lose money by investing in the fund. A fixed annuity is a long-term, tax-deferred insurance contract designed for retirement. Fixed annuities have limitations. If you decide to take your money out early, you may face fees called surrender charges. Plus, if you're not yet 59¹/₂, you may also have to pay an additional 10 percent tax penalty on top of ordinary income taxes. You should also know that a fixed annuity contains guarantees and protections that are subject to the issuing insurance company's ability to pay for them. The S&P 500 is an unmanaged index of 500 widely held stocks that is generally considered representative of the U.S. stock market. Inclusion of this index is for illustrative purposes only. Keep in mind that individuals cannot

Continued on next page



Up, down or sideways: Keep your head on straight when markets move.

Some investors have learned how to ride out the most stomach-churning market cycles. Others follow the urge to jump out mid-ride. So what can you do to play it smart in a roller coaster of a market?

For starters, you can turn to us. We can help you find a clear way forward before fear or concerns take over with a strategy tailored to your situation. In our experience, perspective is the ticket to helping endure the ups and downs as you pursue your financial goals. Contact us to learn how we can help.



The First Wealth Management A Division of The First Bank, NA 2000 Ninety Eight Palms Blvd. Destin, FL 32541 850.654.8122



es Financial Services, Inc. Member FINRA/SIPC, and are e, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by t are subject to risks, including the possible loss of principal. Investment advisory services offered through Raym inancial Services Advisors, Inc. The First Wealth Management and The First Bank, NA are not registered broker dealers and are independent of Raymond James Financial Services.

What to Check Before the End of Open Enrollment for Medicare

month's article).

This article will cover what you should be checking up on before the March 31 deadline rolls around and locks you in until the next Annual Enrollment Period (Oct. 15-Dec. 7).

So, what should you do to make sure this year's coverage selection treats you well and is something you will be happy with until next year?

First, you should have had some time to try out your new coverage. Whether that is a visit to the doctor of your choice or a trip to the pharmacy, you likely have had a chance to use your current coverage. If you are one of those folks that needs neither, bully for you! However, you should still take this time to conduct further research into whether the doctors, hospitals and pharmacies you favor are included in your network at a reasonable cost.

If you find some changes would be required of your intended selections, you have until MEDICARE HEALTH INSURANCE Name/Nombre JOHN L SMITH Medicare Number/Número de Medicare 1EG4-TE5-MK72 Entitled to/Con derecho a HOSPITAL (PART A) MEDICAL (PART B) MEDICAL (PART B)

March 31 to do something about that.

One point of note: if you have already made a change during this Open Enrollment Period, you have used your last bite at the apple for the year. Changes made during this period are final and cannot be changed. If you have yet to use this last chance opportunity then, you still have that one chance available.

Second, have you reviewed the functionality of your plan? What I mean is, are you able to easily use your new insurance card and have the providers accept it without a hassle? Do you find it difficult to know why your neighbor with a PPO has a much easier time finding an in-network doctor or facility (especially when traveling) than you have with an HMO? Has your doctor or medical group suddenly stopped accepting your coverage with little to no explanation?

If so, it is time for you to get busy with the business of taking care of you. If you have read my articles for any length of time, you know I am no fan of the grand promises made by the sports figures and celebrities on television about the benefits. They love to use the kicker statement, "you MAY be eligible to receive these benefits". Talk about slick!

The fact of the matter is, the proof is in the pudding. Nobody but you can get you what you need. Do the work. Do the research. Call local, knowledgeable people and get the details that matter to you.

Once you make that final call for the Open Enrollment Period, you can sit back and relax in the comfort of knowing you did the very best for you. Happy 2023!

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

INTEREST RATES

continued from previous page

By Greg Durette,

country.

FLORIDA HEALTH CONNECTOR

The end is near! Not in the

mortal sense, but rather the end

of the Open Enrollment Period

for predominantly Medicare Ad-

vantage plan members in 2023.

We will leave the mortality proc-

lamation to the crazy guy wear-

ing the sandwich board roaming

various city streets around the

Keep in mind, if you are

"aging-in" this year, you have

a whole different set of dead-

lines and circumstances (see last

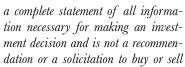
invest directly in any index, and index performance does not include transaction costs or other fees, which will affect actual investment performance. Investing involves risk and you may incur a profit or loss regardless of strategy selected. Diversification and asset allocation does not ensure a profit or protect against a loss. Holding investments for the long term does not ensure a profitable outcome.

Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management/ Raymond James. Main office located at The First Bank, 2000 98 Palms Blvd, Destin, FL 32451. Phone

850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com.

Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc. First Florida Wealth Group and First Florida Bank are not registered broker/dealers and are independent of Raymond James Financial Services.

Views expressed are the current opinion of the author and are subject to change without notice. Information provided is general in nature and is not



any security. Past performance is not indicative of future results.



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



The community

Timid Salespeople Have Skinny Children!



By Gail Pelto, Realtor

An adage which still rings true today is, "Your Net worth is equal to your Network." Your business grows faster when you form relationships with people you know, like and trust and who know, like and trust you. They will be more likely to send business to you and why market alone when you can have an army out there touting your attributes and working for you? You also create a circle of trusted professionals that you can feel comfortable recommending to your clients. As a business professional, you want to associate with the best people in their fields.

Last year, a group of local business professionals, mostly solopreneurs, and I formed Emerald Coast Networking. Like many other networking groups, we meet regularly, we have one seat in the chapter per industry, and we share referrals once we have gained the trust of our fellow members. Plus, this group has meeting agendas for creative thinking and sharing of best business practices including how to master the skill of networking effectively. If you want more information about this networking group and how we may help you in your business, please reach out to me.

Now, as a consumer, why is it important for you to hire a businessperson who strategically



networks? Let's take my profession, real estate agent. What is the value to you as a seller or buyer of real estate in hiring an agent, like me, who networks efficiently and effectively:

For sellers, a great networker has more skills to drive more traffic, more buyers to your property

For buyers, a great networker has more access to finding opportunities that are not readily available to non-networkers

A great networker is naturally better at marketing. They know how to find opportunities - they are trained to connect people with other people.

A great networker has more marketing channels through their networks – that army I mentioned above!

A great networker draws to them a net-

work of the best people – some you may need are inspectors, repair specialists, HVAC people, landscapers, bankers, insurance writers, mortgage lenders, chiropractors, dentists –.a buyer or a seller! The list goes on!

40 percent of buyers come through a referral network or through the connections of the agent – and that percentage is much larger than any other buyer resource.

As a trained networker, first and foremost, I am not timid. It is easy for me to ask, "who do you know who...." Trained networkers know how to look for and ask for business (and therefore do not have skinny children). So, the next time you are ready to hire a real estate agent, or any business professional, ask, "how big is your network?" Because the bigger their network?" Because the bigger their network, the more knots in their net, the more fish they can catch, right? And if there are gaping holes in their net, well, not so much.

Gail Pelto is a full-time real estate professional with Keller Williams. She is also a Board Member with the Rotary Club of Destin as well as the Mattie Kelly Arts Foundation and is currently co-chair of the Education Committee of Emerald Coast Networking. For information about real estate or If you are a local business professional and would like to learn more about networking, please call her at 850.374.0454 or email to gail. pelto@kw.com. On Facebook, Destin Agent Gail – Emerald Coast Realtor.

VISIT MYDESTINLIFE.COM TO READ THIS ISSUE ONLINE





Largest Selection of Electric Vehicles Club Car • Polaris GEM StarEV • Tomberlin • Garia Moke • Yamaha

Full Service • Wheels & Tires Accessories • Rentals Pickup & Delivery



ElectricCartCompany.comSanta Rosa BeachPanama City Beach850.622.2000850.233.0020

Community



By Joe Capers

Although I encourage everyone to engage in an insurance review at any time during the year, this time of year is the perfect time to resolve to better protect your family's home and belongings.

When was the last time you reviewed your insurance?

The review should include an analysis of current exposures, a review current policies and limits, with recommendations to maximize protection by offering competitive alternatives.

As a good rule of thumb, when there's a change in your life, more likely than not, your insurance will need to change, too. Some of the more common events that you may have experienced are if you have gotten married, had a baby, added a four-legged friend to your family, sent a kid off to college, a major renovation, bought a car, boat, RV, ATV or trampoline, replaced your roof, added a pool, made a big purchase like a diamond ring, fine art or a set of golf clubs, or started a business, your insurance is most likely out-of-date and it is time for a review.

There are many benefits to an annual insurance review. First of all, in the instance of a loss, you'll want your policy to be up-to-date to ensure that you're covered. During an insurance review, your agent will go over specific details about your life and insurance policies to make sure that all your needs are met. Secondly, you may find something that you don't currently have covered, a discount that you aren't taking advantage of, or an extra coverage to add at no additional cost. Finally, your agent can help you understand your current coverages and go over any changes in your premium cost.

Below are a few important items to address in an annual review and this checklist will keep you prepared:

• Your Auto Policy. Don't

make the mistake of setting it and forgetting it and letting the policy automatically renew every period.

• Change in Vehicle Use. Maybe you no longer commute to work or the distance may be shorter.

• Older Vehicles. Vehicles depreciate so review increasing deductibles or eliminating coverage.

• New Drivers. Additional or youthful drivers should always be added to prevent gaps.

Your Home Policy. Like the Auto Policy, don't renew without a review each year.

• Home Value. Reconstruction costs have risen significantly, so the limits need to increase.

• Renovations. This cost must be considered and coverages adjusted accordingly.

• New Collections and Valuables. Did you add valuables to insure?

• Home Inventory Checklist. This comprehensive list should be extremely detailed with photos and receipts, updated often and securely stored

• Umbrella and Flood should be evaluated as well.

• Your Life Insurance. Placing life insurance on those we care most about is a perfect act of love.

• Life Events. Marriage, children, and retirement should trigger a coverage change.

• Beneficiaries. Knowing who should receive the benefits sometimes without any disputes is the key.

• Lifestyle Changes. As are income, assets and standard of living increase, so should the amount of benefit.

• The time is now. The best time to establish or expand the protection foundations is when we are the youngest and healthiest.

There's a reason to review your insurance policies each year. And there's an even better reason to listen to your agent's professional recommendations based on your situation and their experience and expertise. Your insurance policies are there to protect not just your life and property, but your bank account as well.

Insurance Zone, founded by Joe and Lea Capers, is now Abora Insurance Group. Voted Top in the Market for 10 years in a row, Abora is



Your Annual Insurance Review is Vital

a full-service commercial and personal lines insurance agency serving Destin, Miramar Beach, Fort Walton Beach, Niceville, Freeport, Santa Rosa Beach (30A) and Inlet Beach. Abora can find solutions from a wide variety of the best insurance carriers in the market for Home, Auto and Life insurance on your terms. Call (850) 424.6979 or visit Getabora.com.





The community

Do the Math: 100 Men Who Care Emerald Coast

Destin Life www.mydestinlife.com

By Christopher Manson

Scott Rude calls himself "the founding member" of 100 Men Who Care Emerald Coast. Rude (pronounced Rudy) is "semi-retired" and spent three years teaching business management at the University of Iowa in Iowa City.

After leaving the university, he worked for Shell Oil in New Orleans. He and his family visited our beaches on the weekends and decided this is where they wanted to live. Jean, Rude's wife of 24 years, was very happy with the choice they made.

In Iowa, Rude was a member of the Hawkeye chapter of 100 Men Who Care. Upon relocating, he looked for a local chapter, but there wasn't one around. "The only thing to do was start one," he says. In 2021, 100 Men Who Care Emerald Coast launched with considerable help from Fort Walton Beach's 100+ Women Who Care honcho Kelly Bomar-Fuller.

Rude recently attended a check presentation for Healing Hoof Steps. "I hadn't heard of them," he says. "I had no idea how many organizations there were in Okaloosa and Walton counties that are trying to help people in our community." The Crestview-based nonprofit offers horse therapy to veterans with PTSD, as well as young children



who have autism.

The 100 Men Who Care have given to Crossroads Medical Center, too. The Valparaiso free clinic serves homeless people and folks trying to make ends meet. "They do an unbelievable service," says Rude. "We gave them a little over \$3,000 and they showed us how they could turn it into \$9,000."

Other nonprofits that have benefited from the 100 Men Who Care include Children in Crisis and A Bed for Me, which provides beds for children – and,

llassical

SINTONIA

in turn, helps them feel "more empowered and have more self-esteem.

"We've learned so much and been able to get involved in so much in less than a year and a half. It's eye-opening."

The process is simple. Members throw in \$100 every quarter and attend quarterly meetings where various charities are pitched, followed by a vote on who will receive that quarter's funds.

Rude and his fellow Men Who Care number 45, a bit

BEETHOVEN V. COLDPLAY

transformation of the Eroica into an oratorio weaving the

melodies and lyrics of Coldplay's Yellow, Viva La Vida and

SAT. APRIL 29

BOX OFFICE:

SinfoniaGulfCoast.org | 850.460.8800

DESTIN-FORT WALTON BEACH CONVENTION CENTER

A Merging of Musical Giants

Music visionary Steve Hackman conducts this

Clocks into Beethoven's original score.

short of 100 but well on the right track. Joining up is a breeze. Email 100mwcec@gmail.com or call/text Rude at (319) 325-1025. You can also find 100 Men Who Care Emerald Coast on Facebook and at Grapevine.org.

"If we find a way to get the word out, it's going to be an organization that makes a strong impact on this community at a really meaningful level," he says. "The beauty of it is, everyone is the same. Whether you're a CEO or a maintenance worker, everyone is equal. You don't have to spend a lot of time, but you can make a difference."

The next meeting is set for May 8 at Niceville's 3rd Planet Brewing, starting at 5:30 p.m. "We welcome all to come out, meet new friends and see what we're all about," says Rude. "We're out of there within 90 minutes. Time enough for a couple beers!"

BUY TIC

Get the Smile You Deserve Smile with Confidence Again

· Are you embarrassed about smiling in front of people?

- Do you ever put your hand up to cover your smile?
- Do you dislike your smile in photographs?
- When you look through magazines, do you envy the models' smiles?
- Do you wish your teeth were whiter?
- Do you think you show too much or too little of your teeth when
- you smile?Would you like to change the way your teeth or gums are shaped?
- Do you have gaps or spaces in between your teeth?

If the answer is "yes" to any of these questions, you may be a good candidate for A Smile Makeover.

GULF COAST

GULF COAST DENTAL Steven G. Robinette, DDS (850) 897-9600 4566 Hwy 20 East Ste 108 Niceville, FL 32578 gulfcoastdental.com



Call today

SECOND ANNUAL



CALL FOR SPONSORS & SUPPORT

7:30 PM

SENTING MEDIA

SOUTH WALTON

An elegant evening under the stars benefitting the Emerald Coast Fitness Foundation and their mission to produce community aquatic facilities and programs in Crestview, Destin, and Fort Walton Beach.

May 20, 2023

 $Limited\ sponsorship\ opportunities\ are\ now\ available,\ email\ jessica@proffittpr.com\ to\ learn\ more.$



RENEFITTING



PRESENTED BY

🔅 Pets

Alaqua Animal Refuge Opens New Facility with Month-Long Events

By Mary Chris Murray

Alaqua Animal Refuge has formally opened its new, oneof-a-kind facility, located at 155 Dugas Way, and invites the community to celebrate the momentous occasion with a monthlong celebration of events titled "Celebrate! Alaqua" beginning March 4.

As the Southeast's premier 501(c)3 refuge and sanctuary, Alaqua believes that every abused, neglected, and homeless animal deserves a second chance. Originally located on 10 acres in Freeport, the new 100acre facility will allow Alaqua to continue to do the important work of animal rescue and rehabilitation, as well as be an educational and training center for animal welfare advocates as a place that will inspire, empower and educate others to make change in society and recreate the model worldwide.

"We are so happy to finally be in our permanent home," said Alaqua Founder Laurie Hood. "We have welcomed the animals to their new sanctuary and now we want to welcome our community to come see what their love, fundraising, and support throughout the years has built. After eight years of creating this space, we invite everyone to come 'Celebrate Alaqua' and honor this momentous move for our organization."

During the month of March, Alaqua will host a featured event every Saturday, kicking off with the highly anticipated Seventh Annual 100 Point and Cult Wine Dinner on Saturday, March 4. The sold-out, exclusive evening will offer guests a one-of-a-kind experience as they will be the first to dine in Alaqua's permanent home. Guests will also enjoy a private concert with musical guest performances as well as a silent and live auction.

On Saturday, March 11, the community is invited to the new facility for the Inaugural Alaqua Wellness Festival from 10 a.m. – 5 p.m. The event will celebrate animals, humans, the earth and how each coexist with one another. The festival, which will become an annual event at the new facility, will showcase wellness facilitators, art and holistic vendors, nature trail tours, ed-

ucational seminars, children's activities, live music, vegan food, and local breweries. The day will conclude with a ceremonial bonfire.

Alaqua will officially open its doors to the public once again on Tuesday, March 14 for visits, tours, and adoptions, and will be open daily Tuesday through Sunday of each week from 11 a.m. -4 p.m.

The following weekend, Alaqua will host their first Adoption Event, Volunteer Drive and Fun Run/Walk at the new facility on Saturday, March 18 from 10 a.m. – 5 p.m. The community is invited to meet, interact, and learn more about adopting one of Alaqua's available animals including cats, dogs, rabbits, birds, and farm animals. The volunteer team will also be available to answer questions and sign up those interested in becoming volunteers themselves. There will be food trucks, education booths, dog training tips, and tours of the grounds and nature trails throughout the afternoon.

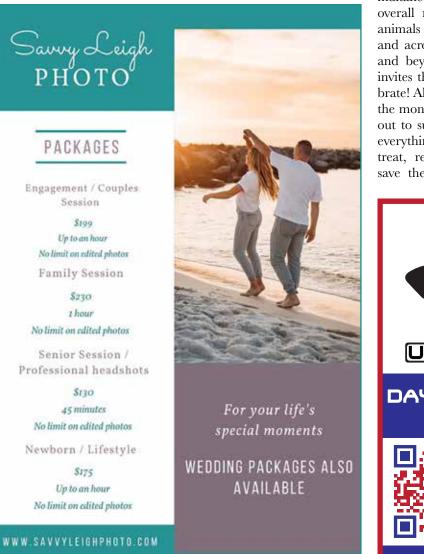


The month of celebrations will conclude with a Wild and Free Festival on Saturday, March 25 from 10 a.m. - 5 p.m. This event will highlight Alaqua's Wildlife Rehabilitation Center, a state and federally permitted facility, providing a much-needed resource for rescue, rehabilitation, and release of sick, injured, and orphaned native Florida wildlife across an 11-county area. The festival will kick off with a "baby shower" to raise awareness and gather supplies for the upcoming "baby" season where the Refuge takes in hundreds of orphaned wildlife patients. Following the shower, guests will have access to food trucks, craft beer stations, and live music throughout the day. Alaqua's new wildlife rescue ambulance will be onsite for tours and will be filled with animal ambassadors. There will also be kid's activities including a wildlife scavenger hunt, face painting, and birdhouse decorating.

Each of these events will highlight a different area of Alaqua's new home while simultaneously honoring Alaqua's overall mission and vision for animals within the community and across the state of Florida and beyond. The organization invites the community to 'Celebrate! Alaqua' every Saturday in the month of March by coming out to support and learn about everything they are doing to treat, rescue, rehabilitate, and save the animals who need it most. There are multiple sponsorship opportunities available for "Celebrate! Alaqua" and those interested should email sponsorships@Alaqua.org to learn more.

"Everything that was once around me used to be a dream, and now it's a reality," Laurie said. "We couldn't have done this without all the support within our community and across the state. Our volunteers, builders, donors and supporters are the ones who made this happen and are the ones who are going to be making a difference in animals' lives for years to come."

With the exception of the 100 Point and Cult Wine Dinner, all of the weekend events are open to the public and free to attend. However, donations are appreciated at the entrance to support Alaqua's mission. For more information, call (850) 880-6399 or visit www.Alaqua.org.





🐲 Travel

The Biggest Cruise Ship in the World



By JODELL HAVERFIELD, HAVE TRAVEL MEMORIES

I am writing this month's editorial while sailing on the biggest ship in the world. The Wonder

of the Seas is the newest member of Royal Caribbean Cruise Lines "Oasis Class" fleet of the largest ships at sea. The Wonder began her reign as the largest ship on March 4, 2022, as she sailed her maiden voyage from Port Everglades. The first ship of this fleet was the Oasis of the Seas, with never-before-seen innovations and one of the best cruise ships for couples yet still perfect for families with more adventures and activities for all ages

Now the Wonder has taken all these innovations and added more. She is even more impressive with her Boardwalk and Central Park neighborhoods,

along with her even wider array of adventures and entertainment, while still being multigen perfect. One passenger celebrated her 90th birthday this week. The Wonder is well designed for scooters and more to assist the needs of everyone from wide elevators to hallways and staterooms.

Upon embarking on the Wonder, we could see her interior was obviously elegant and expansive, however we didn't fully appreciate her sheer mass until the first port day, as we disembarked and walked down the pier between the Wonder on one side and another ship on the other. We were in awe; we could see how massive she really is. Just to give some perspective I have a few stats to help you compare. The Oasis is 1,181 feet long and 154 feet wide, the Wonder is 1,188 feet long and 200 feet wide. The average cruise ship today is 1,000 feet long and 120 feet wide. The Titanic, at the time she first sailed in 1912 was the largest ship afloat and measured a mere 882 feet long and 92 feet wide.

Growing up, I spent a fair amount of time with my mother and sister as guests along with other Navy families on ships and submarines for dinners, tours, holidays and events. Perhaps this is why I love cruise ships! For me, cruising is the best way to see the world. Having been travel agents for the last 30 years, we have had the opportunity to see a good part of the world, most-



ly from cruise ships, because we like the convenience, as well as generally being more cost-effective. We have stayed in economy interior cabins to luxury suites on a variety of cruise lines. We have sailed with our children. grandchildren and aging parents. We have even enjoyed the privilege of sharing our cabin with teenage granddaughters and every bit of it was amazing. We still talk about and cherish those memories.

My husband and I agree we have been spoiled by our spacious balcony cabin on the Wonder as it is superb with a comfortable bed and several modern and convenient touches that make me think this time a woman designed it. I wish I could write all about our experience, but limited time won't allow it. I will go into more detail on our recent cruises including The Wonder of the Seas in my podcast and social media after I return home next week. Our staff is planning to share their perspectives as well as our teenagers who came along.

As magnificent as she is, the Wonder won't hold her title for long. Soon there will be a new queen. The Icon of the Seas will debut later this year measuring 1,196 feet long and 216 feet wide.

A Little History

A year ago, I wrote about one of my favorite cruise ships, the SS Norway, built in France in 1962 and originally named the "SS France." I discovered several years after I first sailed on her in 1999, that the Norway blazed the trail for the cruise experience as we know it today. She was a luxury ocean liner known for her exquisite contemporary French art and décor. She was also known at the time for being the longest ocean liner ever built

at 1.035 feet and her width was 110 feet wide. As the SS France, she did 377 crossings before transatlantic cruise travel gave way to the more efficient crossing of the Atlantic by air. By this time, it had become too costly to continue to offer her services, which were advertised at a mere 6 cents a mile.

The SS France was then purchased by Knut Kloster, founder of Norwegian Cruise Line (NCL) for \$18 million and renamed the SS Norway. Knut's vision was to make the Norway into a luxury yet affordable recreational cruise ship sailing in the Caribbean. He was ridiculed for his decision to buy the France because cruise ships were smaller vessels for the wealthier clientele, however Knut believed he could use the extra space to add entertainment such as Broadway Shows. After spending another \$65 million, his vision was validated, as today the industry is dominated by cruise ships much larger than the Norway.

He was so successful that in 1990 he added atop the Norway superstructure two more decks, creating 135 more cabins increasing total decks from 13 to 15 and creating 600 first-class luxury suites. Her total passenger capacity went from 2,040 to 2,181 with a crew of 800.

Nine years later in 1999 we hosted a group of more than 30 on the Norway, which was then the largest cruise ship, where we saw the Broadway Musical "Grease." Now, 24 years later, we are exploring again the currently largest cruise ship. The Wonder offers a number of dining options, many of which are complimentary, as well as a rock-climbing wall and several multilevel water slides, all of which twist and turn over Central Parks 10 decks below. The entertainment doesn't disappoint either, with skydiving, ice skating, live bands and my favorite, Voices, a performance on a grand scale of world class singers and dancers who take the stage for a powerful new production.

Look for our social media posts, podcasts and more as we share our experience on this amazing ship and more. We will give an honest review.

Thanks for Travelin with JoDell!



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

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



You

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

JoDell Haverfield, CEO



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



\$100 OFF a new WI-FI DOOR OPERATOR and FREE DECORATIVE **DOOR HARDWARE**

with each door purchase. (No other discounts apply.) Financing as low as \$79/mo. w.a.c.

Don't wait until an emergency - we offer savings with an Annual Service Plan - includes complete diagnostic of door systems!

Discounts for Sr. Citizens, Veterans, Active Duty and First Responders.

(850) 502-8615 • destinoverheaddoor.com





8 Quick & Easy Ways to Refresh Your Space



By Kim Schneider

Spring will be here before you know it and if you're like me you want to open the curtains and let the sun shine in. Whether you want to revive a room or you want a quick fix to





holdover until next year's renovation project, here are a few ideas that are easy to conquer and they won't break the bank.

Paint – The power of a coat of paint can take your space from drab to fab! There are so many color choices to choose from. You can add a pop of color for a fresh and invigorating change or keep the color you have. Either way it will be clean and may also hide a DIY project you weren't so thrilled with. Paint does magical things when you use the proper sheen.

Add A Mirror – I'm a big fan of mirrors – the bigger the

better! Mirrors make a statement, maximize lighting, produce the illusion of space and they keep us looking good (think – is my hair a mess or do I have something stuck in my teeth?). Mirrors come in a variety of shapes and styles that allow you to make a statement.

Update Cabinet Hardware – Spice up your cabinets and drawers by adding new hardware. There are plenty of styles and color choices that are readily available, but if you're going for a unique look, shop antique stores. Keep in mind that size is important.

Storage For Your Entryway – Are you lacking a closet in your foyer/entryway? You can be storage-savvy by adding a small-scale decorative cabinet or repurposed table. While it may be small, it should have functional shelves or drawers to hold all of your drop-zone items. **Brighten A Dark**

Corner – Need more light in the corner of your favorite room? Add a lamp. It sounds simple and yet it's often overlooked. Be sure to choose a wellmade lamp that has the appropriate height and weight for your space. Your new lamp should also be able to withstand the wattage you need to brighten the area.

Add Ceiling Details

Paint the ceiling an eye-catching color or add wallpaper. There are so many great wallpaper patterns to choose from. There's even peel & stick options if you're afraid to make the commitment. A little overhead flair is always an unexpected welcome.

Update Your Rug - Rugs add warmth and texture to a room. They add comfort over hardwood and tile floors. Rugs also help to absorb sound and establish zones in an open floor plan. Make sure you select the appropriate size rug and pad for your space.

Hang Art – Purchase a new piece of art! Go to a local flea market or thrift store and buy an old piece of art! Attend a "paint night" and create your own piece. Art is the finishing touch that will give your space a fresh new look. What's the most outdated feature(s) in your home? What recent updates have you done in your space? There are so many ways to update your home without doing a full remodel. Contact us at (850) 904-6622 or via email at kim@coastaldesignbykim.com to discuss your refresh options. We're here to help YOU love your space all over again!



Page 26

Destin Nining, Entertainment, Specials

AJ's Seafood & Oyster Bar

AJ's Seafood & Öyster Bar loves sports fans and boasts the one and only Jumbotron, on the Harbor in Destin.

Serving up delicious daily specials, mouth-watering drinks plus entertaining live music all month, make AJ's your destination for food, dining, sports and fun. Come join us every Sunday at 1pm for our world famous CrawFish Boil.

AJ's March 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 for any season's sports. Happy Hour Specials from Monday-Friday, 2pm - 5pm, \$2 Off all bar drinks and Monday-Friday from 3pm - 5pm \$3 off dozen raw oysters. Bucket Specials



All day Every day. Auston's on 98 is open daily from 11 a.m. to 9 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, 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

Café Destin

Looking for dining the entire family can enjoy? Looking for a place to work with free WiFi while enjoying your cup of coffee? For breakfast and lunch, Café Destin offers an expanded menu serving breakfast staples, such as pancakes, waffles with Nutella, omelets, eggs benedict, biscuits and gravy and more. For a lighter take, it also has a variety of fancy toasts (avocado, salmon and more), along with pastries and muffins. For lunch, choose from a variety of burgers, sandwiches and salads. You will love the full-service coffee shop, offering everything from hot or iced fresh, local Amavida coffee to espresso and lattés. 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, 7 a.m.-

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

FATBOYS - Destin/ Miramar Beach

Craving a delicious burger or some tasty wings and an ice cold beer? Game Day and FAT-BOYS go hand-in-hand. So, be sure to come on down for some of the best, most delicious food around. Meatless and gluten-free options, too! Be sure to enjoy a tall glass of FATBOY'S Lager and bring the crew with you, too. There's always a great seat waiting for you at either of their two convenient locations, Destin and Miramar Beach.

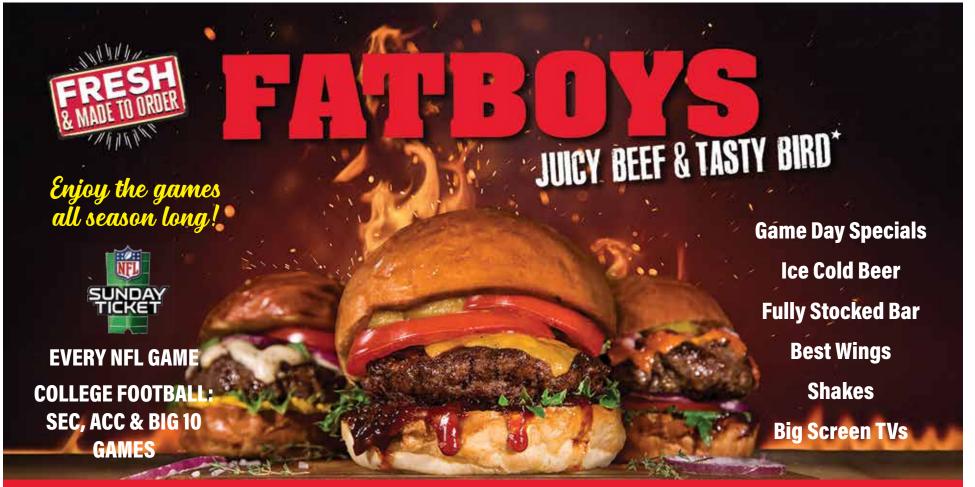
Happy Hour Monday-Friday, 3-6 p.m. Half off beer, (bottle, can, draft). Daily lunch Specials are Monday-Friday, 10 a.m.-3 p.m. – original FATBOY or classic chicken (crispy or grilled) w/fries and a drink. Daily specials: Monday – BOGO half off any burger or sandwich entree, Tuesday – BOGO half off any appetizer, Wednesday – Kids eat free with purchase of an adult entree. Visit Fatboys' Facebook page for exciting updates.

(850) 842-3190 104 Harbor Blvd. Destin (850) 842-2807 10859 Emerald Coast Pkwy. Miramar Beach Ilovefatboys.com

Melting Pot Destin

Fondue into spring at locally-owned The Melting Pot Destin. Enjoy several fondue cooking styles and a variety of unique entrées, salads and unforgettable desserts. Slow down and talk while you "play" with your

Continued on next page



104 Harbor Blvd., Destin • (850) 842-3190 10859 Emerald Coast Pkwy., Miramar Beach • (850) 842-2807 ILoveFatboys.com

Destin Dining, Entertainment, Specials

DESTIN DINING

continued from previous page

four-course choice of six classic cheese dish appetizers, unmelted in a hot, six-inch melting pot and choice of salads. Cook your main entrée. For dessert, choose a warm fondue bowl of fresh melted chocolate of your choice. There's also "fast fondues" and one-course fondues with cheese, salad, entrée or chocolate. Melting Pot's Thursdate® is perfect for a date night, complete with candles and rose petals at your table. You'll enjoy four romantic courses, featuring the most decadent dessert yet - Sparkling Chocolate fondue. Accompanied by signature drinks and the one you cherish

service to go along with your dinner." Contact Amy, (850) 401-9149, to arrange your dinner party.

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

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

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! (850) 279.6402 11225 U.S. 98 W., Miramar Beach Tequilasmiramarbeach.com



most, Thursdate might just become your best date night ever! Simply make a reservation, and we'll take care of the rest. Turn your moments into memories. Reservations encouraged.

11394 US-Hwy. 98 Miramar Beach (850) 269-2227 www.meltingpot.com/destin-fl

Oasis

A heartbreaking fire last year 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 offers 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

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. Tailfins is a go-to destination for sports watching featuring more than 70 big screen TVs. Be sure to check out the new Video Wall upstairs, possibly the largest indoor TV on the harbor.

some of your favorite food and

DAILY CRUISES: Introducing Tailfins Island Adventure. Departures seven days a week aboard "Always Workin'," Tailfins' 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.

(850) 842-3333 On the Harbor in Destin, 172 Harbor Blvd. tailfinsdestin.com



SUSHI & RAW BAR Happy Hour 4-6 Enjoy \$7 Select Rolls

Voted Best

Sports Bar

LUNCH SPECIALS Mon.-Thurs. 11am-3pm

EARLY BIRD DINNER SPECIALS Mon.-Fri. 4-6 pm Tail Fins MATERFRONT Grill

SPO

MIRAMAR BEACH

(850) 279-6402

11225 US-98 W, Miramar Beach, FL 32550

FOLLOW US ON 🙀 👩 @tequilasmiramarbeach

Destin Harbor



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

Nestin Nining, Entertainment, Specials

30A Eats Recipe of the Month: Shrimp Remoulade

By SUSAN BENTON

New Orleans has been on my mind quite a bit lately, especially with Mardi Gras still in the rearview this month. When recently invited to create a recipe for Stonewall Kitchen using one of their mustards, I chose the horseradish as I knew it would make a delicious Shrimp Remoulade. There are two types of Remoulade sauces in Louisiana. One sauce is white and mayonnaise based, similar to the French classic, Celeriac Remoulade. The other is a red version made with ketchup (below), and I love both!

Shrimp Remoulade (pro-

nounced ruma-lahd) is simple to prepare, and when served on elegant china, it is an impressive dish for entertaining. The fresh Gulf shrimp tossed in the spicy sauce, served on a bed of crisp lettuce ribbons is a delight to savor as a full meal, or as an appetizer.





I live on the Gulf Coast, so I'm partial to our local seafood, but you just need to look for the best and freshest wild caught shrimp in your local area for this recipe.

Remoulade Recipe:

Ingredients:

1 1/2 cups heavy-duty mayonnaise like Blue Plate, Duke's or Hellman'

1/4 cup Heinz ketchup 1/2 cup Stonewall Kitchen

Horseradish Mustard 1 tbsp Worcestershire sauce 1 tsp hot pepper sauce such

- as Tabasco 1/2 cup finely diced green
- onions 1/4 cup finely diced celery
- 2 tbsp minced garlic

1/4 cup finely chopped parsley

- 1/2 tbsp lemon juice
- salt and cracked black pepper to taste

3 dozen 21-25 count boiled shrimp, peeled and deveined Shrimp

Preparation:

In a mixing bowl, combine all of the above ingredients, whisking well to incorporate the seasonings. I usually prefer to stop here and leave my sauce chunky, but many prefer a smooth sauce which requires the use of a food processor or emulsion blender. If the consistency is too thick, loosen by adding 1-2 ounces of good olive oil and pulse with blender or processor. Once blended, cover and place in the refrigerator, preferably overnight. A minimum of four hours will be required for flavor to be developed. When ready, remove from the refrigerator and adjust seasonings to taste. Toss in the shrimp and coat. Place six shrimp on a leaf of romaine, sliced iceberg, or your favorite leafy green cut into ribbons (slicing on bias), and spoon a generous serving of Shrimp Remoulade on top of the greens. You can also toss the shrimp in the sauce right before serving. Do not sauce the shrimp at leave at length prior to service, as the shrimp will lose their firm texture. This recipe serves 6.

Note: For readers who do not have immediate access to Stonewall's delicious and intensely flavored Horseradish Mustard, use Creole mustard and add 2 tablespoons of horseradish to substitute. I also prefer to chill the salad plates prior to serving. I decided to include my boiled shrimp recipe below, just in case there was to be any confusion. Many cooks like to use Old Bay seasoning or Zatarains. Feel free to boil your shrimp to your preference, toss with the remoulade sauce, and laissez le bon temps rouler!

Boiled Shrimp Recipe:

Ingredients:

- 1 tsp Mustard Seed
- 1 Tbsp Black Peppercorns
- 3 Tbsp Kosher Salt
- 1 Tbsp Cayenne 2 Fresh Bay Leaves
- 1 Rib Celery Quartered
- 1 tsp Whole Allspice
- 5 Whole Cloves Garlic
- 2 Lemons Quartered
- 12 Cups Water

Preparation:

Combine the ingredients in a large stock pot and bring to a boil. Reduce the heat and simmer partially covered for 20 minutes. At a different station, prepare an ice bath with 8 cups ice and 8 cups cold water. Return the stock pot liquid to a boil, and add the shrimp. Turn off the heat immediately. Wait 3 minutes making sure the shrimp are white all the way through, and then remove them to the ice bath. When they're completely cooled, peel by removing the shell and tail, then devein.

Destin Diving, Entertainment, Specials

Indian Spring Tradition Comes to the Emerald Coast



Destin Commons Market Spring starts this month and Holi Indian Restaurants will ring it in with the traditional Festival of Colors. The community is invited to participate in this joyous holiday on March 20 at the Fort Walton Beach Landing,1-7 p.m.

Holi Indian Restaurants brings the Indian tradition of Holi to the Emerald Coast with Florida's largest Holi Festival of Colors. In celebration of spirituality, community, love and diversity, the festival has live music, multi-cuisine food trucks, drinks and family activities.

Admission is free and attendees are encouraged to wear white, as all are welcome to throw gulal, the traditional colored powder, on one another. The powder comes in many colors, each carrying a special meaning, including red, symbolizing love and passion; yellow, symbolizing happiness and peace; and blue, symbolizing calm and serenity. The gulal is non-toxic and will wash out of most clothing. To become a vendor, email info@holirestaurants. com. For updates and additional event information, visit the Holi Festival of Colors Facebook event.



Loving the option to shop hyper-local? As the weather warms up, more and more guests are looking for an outdoor shopping experience. The Destin Commons Market gives you a second opportunity to shop outside, meet local vendors and interact with vendors.

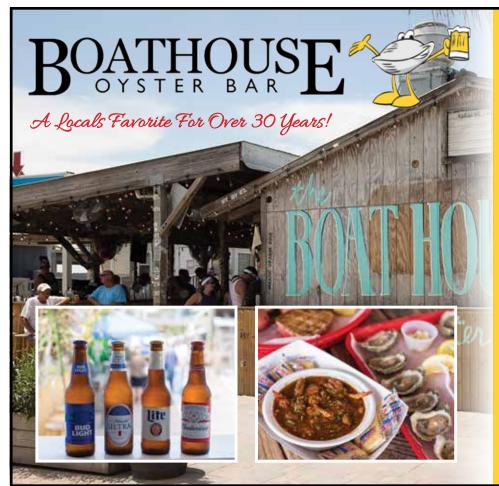
Thanks to its popularity, The Destin Commons Market is adding a second Sunday per month, March and May, and again in the fall, September to November. Starting Sunday, March 12, guests can access their favorite vendors and shops twice; once mid-month and a second time on the last Sunday of every month.

Guests can visit The Market at Center Plaza, located in front of the AMC theatre, from 11 a.m. to 4:30 p.m. The local community is invited to shop at a variety of vendors selling handmade goods, home decor, tasty treats, original artwork and much more. Those interested in being a vendor at The Destin Commons Market can apply at destincommons.com.



www.pecanjacks.com • 850-427-3080 • Follow us on Facebook & Instagram

NOW OPEN IN DESTIN!



MARCH LIVE MUSIC!

Mondays:	5
Tuesdays:	!
	8
Wednesdays:	4
	9
Thursdays:	4
	8
Fridays:	4
	8
Saturdays:	-
	4
0 1	
Sundays:	-
	4
	- 8

5pm Cole Jordan 9pm Roshambo 5pm Kyle LaMonica 8pm Austin Jennings 4pm Hunter & Tony 9pm Squeely Dan 4pm Flash Flood Duo 8pm Austin Jennings 4pm Jason Findley 8pm Airavata 12pm Kelly Byrd 4pm TBD 8pm Gunner 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 Destin Diving, Entertainment, Specials

11th Annual Destin Rotary Cajun Crawfish Bash

The Rotary Club of Destin will hold its annual Cajun Crawfish Bash Charity Fundraiser at The Towne Centre at Seascape with co-host Mezcal Mexican Grill on Friday, May 19, 5:30-9 p.m.

This fundraiser is designed to

help further education and help eradicate hunger by supporting the Destin Rotary Club Scholarship Fund and local nonprofit organizations such as Food For Thought, Harvest House, Boys & Girls Club of the Emerald Coast and Mattie Kelly Arts

Foundation.

The Rotary Club of Destin is known for serving up the best Cajun crawfish, libations and live music. Back by popular demand is Fais Do-Do Band, performing its unique genre of zydeco music. Integrating a





11394 US-98 W, Destin | (850) 269-2227 | meltingpot.com



Call Today to Book Your In-Home Private Dinner! | **850.401.0149** Visit www.OasisSRB.com for Menus.







CAJUN CRAWFISH BASH

blend of R&B, soul, brass band, reggae, hip hop, ska, rock and Afro-Caribbean, attendees are guaranteed to be dancing! You can also enter an incredible raffle drawing and/or participate in a silent auction for themed packages from beach activities, bourbon baskets, concert tickets, golfing, restaurants, a grilling package including a Kamado Joe grill, and vacation stays - all to help fund the growing needs of the club's charitable causes and making a difference in our community.

Suitable for families of all ages and open to the public, Destin Rotary volunteers will dish up fresh crawfish from Louisiana with the traditional potatoes, sausage and corn on the cob. For kids and those who don't crave crawfish, there will also be grilled hamburgers, hot dogs and chicken available. A Kid's Zone will be onsite with activities for children.

Tickets are \$40 per person for a large flat of crawfish and fixings, \$50 for All-You-Can-Eat crawfish and fixings, and \$15 for children or a non-crawfish meal; kids age 3 and under are free. Each ticket includes one free drink (beer, margarita, soda or water). Tickets can be purchased online at eventbrite. com, Lori@LifeMediaGrp. com, Rotary Club of Destin Facebook page or from any Destin Rotarian.

The Towne Centre at Seascape is located at 80 Seascape Drive, Miramar Beach (one mile west of Silver Sands Premium Outlets).

Sponsor benefits include reserved seating, dedicated food servers (no waiting in the food line!) and free drink tickets. Email dmoniz@handfirm.com if interested.

Øff the Hook

Off the Hook: Tight Lines in Destin

By Cali Hlavac

Crystal LaFosse had a vision of starting a fishing club through all her work in the fishing industry, and 2022 was the year she brought that dream to life: The Emerald Coast Big Game Fishing Club was born.

As the Founder and Director of the Emerald Coast Big Game Fishing Club (ECBGFC), Crystal has experience running marinas, tackle shops, tournaments and events, boat provisions and is passionate about all things fishing. "The momentum of ECBGFC is going strong and it's exciting to see my vision come to life," LaFosse said.

Last year was an incredible first year for ECBGFC, with more than 225 members and many supporting sponsors. They held four themed club meeting events for members to get together and discuss hot fishing topics, stories and upcoming events. They also kicked off the year with a Billfish Extravaganza tournament, including 15 boats participating and paying out more than \$100,000. A Youth Tournament was next, with more than 60 youth anglers participating and tons of prizes awarded. Then Hit the Gulf, a month-long tournament where teams compete by picking two consecutive days to fish with a payout over \$20,000. They concluded the year with a black-tie Sportsman's Ball hosted at the Destin FWB Convention Center, with more than 300 attendees and an awards presentation



to top teams and anglers.

ECBGFC's mission is more than just bringing anglers together. It is the only group hosting tournaments on the Gulf Coast that are catch and release for the billfish division to support conservation. "Education, conservation, and giving back to the community is what we strive for," LaFosse said. ECBGFC was able to donate over \$10,000 in 2022 to causes like the Destin High School Fishing Class, and the new Destin For Success Scholarship Program awarding scholarships to art students in Okaloosa and Walton County.

In 2023, LaFosse plans to expand. "We now have a Destin Advisory Board consisting of great people who play a big part in our community and a new team in Panama City Beach, she said." With plans to add a new chapter in Panama City Beach, more club meetings and tournaments are expected, on top of a new tournament for the Destin Chapter. LaFosse also plans to expand the Hit The Gulf tournament by adding a private and charter boat division, along with a tournament later this year in Los Suenos, Costa Rica.

Membership is expected to increase as well in 2023. ECB-GFC offers individual and team memberships, which include spouses at a very affordable price. "Don't let the words Big Game fool you! Our Club is open to inshore and offshore anglers and anyone that just wants to be part of a great community organization," said LaFosse. Memberships are inclusive to ECBGFC events and tournaments at all locations and include a ticket to the Sportsman's Ball.

"We truly appreciate the support and welcome everyone on board," said LaFosse. "Our community can get involved by not only joining the club, but also being a part of our Destin for Success Fundraising Event that makes giving back possible."

For more information, visit the website at www.ECBGFC. com or get social with us on Facebook & Instagram @ecbgfc.

SCHEDULE OF EVENTS Destin Chapter:

April 1 - Inshore Tournament at Boathouse

- April 13 Club Meeting at Harbor Docks May 11-13 - Billfish
- Éxtravaganza Tournament at Harbor Docks
- June 1 Club Meeting at Harbor Docks
- July 29-30 Youth Tournament at Harbor Docks
- Aug. 10 September 11 Hit the Gulf Tournament at Harbor Docks
- Aug. 12 Destin for Success Fundraising Event at Harbor Docks
- Sept. 16 Sportsman's Ball at the DFWBF Convention Center





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



Airs on World Fishing Network HOSTED BY CALI HLAVAC

Sponsored by Walton County TDC

0

@misscalimarie @southwaltonfishingadventures

twork.com/show/south-walton-fishing-adventures/362386

🐞 Off the Hook

Fishing News March 2023

Apply for the 2023 Youth **Scholarship Program**

Applications for the 2023 Y.S.P. are NOW OPEN! Current high school sophomores and juniors are encouraged to apply for the program taking place June 11 - 15.

The Y.S.P. is an all-inclusive educational experience. Students will learn from marine biologists, conservationists, businessmen and women who are leaders in the fishing industry and more. Plus, the students will be able to have some fun with a fishing trip and other local activities. The Y.S.P. is also an opportunity for students to earn college scholarships. Students will compete throughout the week based on merit, attention, focus, creativity, speeches and more.

This educational program will take place in Orlando and students must provide their own transportation to and from Orlando. Meals, accommodations and activity expenses will be covered by CCA Florida. To learn more, visit ccaflorida.org/ event/ysp/.

Gray Triggerfish and Spotted Seatrout Now Open for Recreational Harvest

Gray triggerfish opened in Gulf state and federal waters



COURTESY NOAA FISHERIES

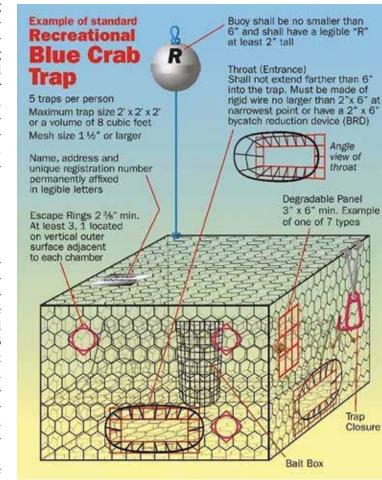
March 1. If you plan to fish for gray triggerfish in state or federal waters from a private recreational vessel, you must sign up as a State Reef Fish Angler (annual renewal is required). To learn more, visit MyFWC.com/ Marine and click on "Recreational Regulations" and "State Reef Fish Survey" under "Reef Fish." Sign up today at GoOut-

fishing ational regulations at My-FWC.com/Marine by clicking on "Recreational Regulations" or download the Fish Rules App at Instagram.com/Fish-Rules or Facebook. com/FishRulesApp.

Keep Crabs In and Terrapins Out

The FWC rule for recreational crab traps went into effect March 1 where recreational crab traps in Florida will be required to have rigid funnel openings no larger than 2 x 6 inches at the narrowest point or 2 x 6-inch bycatch reduction devices installed to reduce accidental trapping of diamondback terrapins, which has been

sailing



cidental terrapin mortality by preventing them from entering crab traps, while still allowing blue crab catch. With this requirement, the FWC hopes to ensure the continued survival

114

lations in Florida. BRDs can be installed on existing crab traps and a limited supply of these devices are available for free to Florida's recreational crabbers. Contact FWC's Division of Marine Fisheries Management by phone at 850-487-0554 or by email at Marine@MyFWC. com for more information on where to get BRDs at no cost.

COURTESY FWC

Diamondback terrapins are medium-sized turtles that live in brackish water habitats statewide, including salt marshes, barrier islands, mangrove swamps, tidal creeks and rivers. They eat a variety of foods including snails, crabs, clams, mussels, worms, fish and plants. Five of the seven subspecies occur in Florida, three of which can be found nowhere else in the world. More information on diamondback terrapins can be found at MyFWC.com/Terrapin.

For recreational blue crab trap regulations, visit MyF-WC.com/Marine and click on "Recreational Regulations" and "Blue Crab" under the "Crabs, Lobster and other Shellfish."







Email wildadventurepontoons@gmail.com wildadventurepontoons.com

11th Annual Paddle at the Park: New Location and Date

The 11th Annual Paddle at the Park, sponsored by HCA Florida Destin Emergency, is moving its location and date. This standup paddle board race will take place in the Gulf of Mexico behind The Boardwalk on Okaloosa Island on Saturday, May 6. It features 1- and 3-mile recreational races, a 6-mile elite race and a kids' fun out-and-back paddle, to be followed by awards. Kayaks and inflatables are welcome too. Registration is now open on Paddleguru.com.

Race Start Times

9 a.m. - 3/6-mile races start 10:15 a.m. - 1-mile race starts 10:45 a.m. - kids' fun race (for ages 12 & under only) starts

Awards

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

l-Mile Beginner - Men's, Women's, Men's Inflatable, Women's Inflatable

3-Mile Recreational - Men's Displacement, Women's Displacement, Men's Surfstyle, Women's Surfstyle, Men's Kayak, Women's Kayak

6-Mile Elite - Men's Elite, Women's Elite

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

Registration

and hat.

Registration is now open on Paddleguru.com. Pricing is as follows:

1-Mile Beginner - \$45 until May 5 / \$55 on May 6

3-Mile Recreational - \$50 until May 5 / \$60 on May 6

6-Mile Elite - \$65 until May 5 / \$75 on May 6

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

Racer Welcome Party

Join us at Al's Beach Club from 4 - 6 p.m., on Friday, May 5, for live entertainment! Pack-





ets will be available for pickup at the nearby Daiquiri Bar. Explore the race venue and catch up with racers old and new. Racers who pick up here will receive a drink ticket for Al's Beach Club.

Race Packet Pickup

Packets are available for pick up at the Destin Chamber, located at 4484 Legendary Drive, Suite A, in Destin, on Friday, May 5, from 9 a.m. - 2 p.m. They may be picked up at the Racer Welcome Party and on the day of the race beginning at 7 a.m., at The Boardwalk on Okaloosa Island.

Follow Facebook.com/PaddleAtThePark for event details.

Sponsorships Want to sponsor? Email bryana@Destin-Chamber.com.





Run With It has Moved to a New Location!

Providing top-of-the-line Technical Running, Walking, Tennis and Pickleball Shoes, Apparel, Accessories and Individualized Shoe Fittings

Coming Soon: New Indoor Pickleball Court!

Locally owned since 2008, stop in to see owners Jeff and Donna Harris in their new location:

21 Racetrack Road, NE Fort Walton Beach

Monday – Saturday: 10:00 am to 6:00 pm • Sundays: Noon to 4:00 pm (850) 243-1007 • Runwithitfl@gmail.com

Join Run With It for One of These Great Races in March!

It's the 2023 Lucky Leprechaun 5k/10k and Get Lucky Half Marathon Weekend at the FWB Landing.

The Lucky Leprechaun 5K/10K will take place Saturday, March 11th at 8 a.m. at the FWB Landing. After your run, join the party at KC's Sandbar. Packet Pickup is March 10th at the New Run With It Location, 21 Racetrack Rd., NE FWB, 32547. Register at ItsYourRace.com for the Lucky Leprechaun

5K/10K.

The **Get Lucky Half Marathon** will be held Sunday, March 12th at 7 a.m. at the FWB Landing.

Then stay for the Awards Ceremony and After Party! 21 Racetrack Road, NE FWB, 32547. Register at Active.com for the Get Lucky Half Marathon.

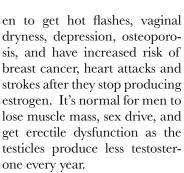
Packet pick up for both races is at the NEW Run With It location!

runwithitfl.com

Wellness



By Dr. Richard Chern, MD How many times have you been told, "Labs look normal, see ya next year?" But that voice inside says "I don't feel normal." Why is that? Well, because it's normal to age, get tired, gain weight, have achy joints, thinning hair, move slower, and have brain fog. It's normal for wom-



Are you happy with normal? I was living a normal life before I started The Hormone Restoration Center. I had normal testosterone and a normal thyroid. I thought falling asleep after lunch was normal, I thought my cold feet were normal, I thought my brain fog was normal. Let me tell you what most doctors

What is Normal?

don't know, don't understand or don't believe. We don't want to live a normal life. We want to live an optimal life.

After I got treated I realized I had been on the wrong path for years. Living every day feeling optimal is something that cannot be described, it has to be experienced. I felt so indescribably fantastic that I stopped everything else and opened The Hormone Restoration Center. Our goal at The Hormone Restoration Center is not to get you back to normal, go see your doctor for that. We want you to feel optimal! Do you remember the last time you had a great day? How about two great days? How about a month of great days? Can you even imagine how that feels?

The Hormone Restoration Center starts with a simple blood draw done right here in our office. You can choose from the \$99 basic or the \$295 comprehensive lab which includes nearly 60 different tests and a genetic test. The "big labs" charge \$1700 for the same tests. You can see the doctor the next week! At the consultation you will receive an in-depth lesson about what is going on, why you feel like you do and how to fix it.

Many patients (and doctors) have no idea that a normal testosterone, estrogen and thyroid

can wreak havoc to the body. When was the last time a doctor listened to you instead of the piece of paper with the normal labs?

"Great news Mrs Jones, the labs are normal, you just need to diet and exercise."

"But I feel..."

"Now, now, Mrs Jones, you're not getting any younger. This is just a normal part of aging."

Yes, it is, and I don't want any part of it!

Dr. Richard Chern, MD uses bio-identical hormone pellet therapy and his staff and providers are all BioTE certified. Call 850-837-1271 to make an appointment.

What Teens Want Us to Know

By Michelle Ruschman In this ongoing series, What

Teens Want Us to Know, we "adulting" skills do you want to asked the question, "What be taught before you leave home?



(Consider what you might want to know in the areas of physical and emotional health, relationship building, professional success, lifestyle, creativity, practical skills, and education.)" At school, there's a focus on social, academic, and extracurricular activities, but what about what they want to know...need to know... as they prepare to launch into life beyond graduation? In the busyness of working jobs, getting kids from one activity to another, church life, etc it's hard to know what our kids don't know. One mom mentioned, "My college-age son called me the other day and asked me how to make a grilled cheese sandwich! I didn't know he didn't know how to do that until that moment!" It's easy for a modern family to miss the things that we, as parents and grandparents, took for granted growing up. Back then, there was time to learn how to cook together, we assisted our dads in the workshop or garage, and families lived closer together so elders could pass on what they knew to the younger ones. Kids still need this training and mentorship but

there don't seem to be the same opportunities.

When our teens answered, there were clear themes they wanted to learn most:

Financial Literacy - How to pay for different expenses, how to do taxes, and how to create a budget. They also want to know what kind of insurance is needed, how to pick the best one, and how to use it.

Lifestyle Skills - Basic car care, how to do a job interview, how to schedule an appointment with a dentist or doctor, how to clean and maintain a bathroom.

Mental Health - How to stay motivated, how to put themselves first but in a healthy way, and learn how to be patient and reasonable.

Relationship-building skills were probably the one area in which the participants reflected their hearts the most. It would be so easy to see a teen on their phone and believe they didn't want to be social. The truth is, there is still a longing to stay connected. It's just now, there

Continued on page 37



Controlling Acid Reflux



By Kay Leaman, Health Architect

Acid Reflux happens occasionally to many of us and for many others it is a consistent problem and concern. So, what is it?

Acid Reflux happens when the sphincter muscle located at the lower end of the esophagus relaxes at the wrong time (fails to close), allowing stomach acid to back up into the esophagus. We can experience a burning in the chest (heartburn), belching, nausea, a bitter taste, discomfort in the upper abdomen or a dry cough. Complications that can arise from regular episodes such

as ulcers (stomach lining is exposed to bacteria that damages the cells which create the ulcer), inflammation or difficulty swallowing.

Risk factors include obesity, Hiatal hernia (bulging at top of stomach above the diaphragm), connective tissue disorders like scleroderma or delayed stomach emptying. If you smoke, overeat (clean your plate syndrome), eat late at night, use aspirin on a regular basis or enjoy a frequent diet of coffee, alcohol or fried and fatty foods, you can aggravate this condition.

Rolaids/Tums, etc. are not the answer. These products neutralize stomach acid, which hampers the absorption of nutrients such as iron and B12. The same occurs with medications that coat the stomach. Taking these products on a regular basis can increase the chance of becoming anemic or developing osteoporosis. NOTE: If you're experiencing the first signs of GERD, consuming these for a short period of time can give the esophagus time to heal.

From a holistic view, GERD is caused by low stomach acid. To determine if you have low stomach acid: On an empty stomach drink 1/4 tsp. baking soda in 1 cup cold water. If you burp within five minutes, your stomach acids are low. Some things you can do to increase stomach acids: never drink during a meal, relax and focus on breathing before eating, don't overeat, only take medications/supplements with food unless the directions specifically say otherwise.

Natural medications:

Aloe: Decolorized and purified aloe vera juice may be a safe and effective treatment for reducing reflux symptoms. It also has gastro protective properties and can help us protect our esophagus from reflux. If the reflux has already caused damage the healing capacity of aloe vera will also come in handy to combat those small ulcers that may have resulted.

Digestive Enzymes with or without HCL or Pylori Plex (deglycyrrhizinated) and lastly,

Gaviscon-Advanced (alginate). If you consider the Gaviscon-Advanced, verify it has only this name. This product creates a physical barrier preventing the stomach acid from coming up. After taking this medication drink no more than one or two swallows of water to ensure the foam is not watered down.

Diet:

Less fatty food, alcohol, spicy foods, coffee :(.

More whole grains and fibers such as ginger, leafy greens, brown rice, coconut, celery, berries, melon bananas, fennel, avocado, apples and pears.

As we learn more we can become better advocates for our health. To your health.

HealthyDay HealthyLife succeed@hdhl@gmail.com

Self-Care Corner: Get Ready for Spring!

By Krisy Anderson, Owner

It's almost spring! So, let's get your skin–all over–healthy and ready for the outdoors, beach and warmer weather!

I want to introduce the Curve, a powerful skincare device that uses four innovative and effective techniques for rejuvenation and smoothing of your skin and optimal body shaping. It excels at boosting collagen production and reducing cellulite and treating areas all over your body to firm and contour your skin, increase collagen and reduce cellulite on your face or body. Along with accompanying skincare solutions at Beverly Hills Day Spa, just like the newness of spring, you can experience the newness of your skin!

To treat your body specifically, the radio frequency creates heat which liquefies the unwanted fat while stimulating collagen to tighten your skin and reduce the appearance of cellulite. The biomechanical vibrations improve tone, stimulate muscle and tissue fiber, speed up dispersion of fat cells and boost elimination of toxins. I treat problem areas and help to shape the body by working the skin and the tissue. It's particularly suitable for flaccid, tired skin or cellulite on buttocks, thighs, upper arms, stomach and hips. With regular treatments, it results in longterm and lasting rejuvenation and tightening of the skin and connective tissue.

For facial toning, it provides both deep penetration as well as toning, which is particularly helpful to tone the neck and jawline.

The four modal techniques combine to produce this transformation:

Radiofrequency 500 Kilohertz: Selective heating of fat cells and collagen fibers.

Ultrasound: 670,000 vibrations per second vibrate tissue to

measurably increase cell activity which causes collagen formation to occur.

LED Light 625 nanometer: Warming effect on tissue that increases blood circulation and triggers the healing process. The red light stimulates the metabolism and the removal of toxins and undesirable metabolic deposits.

Biomechanical Vibration: Sends gentle vibrations that stimulate muscles. The effects are particularly beneficial for speeding up metabolism by improving the supply of nutrients and oxygen to the tissue for smooth healthy skin. This is the mode that induces the toning.

For best results, I recommend treatment two or three times a week initially for four to six weeks. After that, once every three or four weeks. If time is tight, once a week will deliver results, but results will take longer.

Ready to make a positive major change in YOUR skin health for Spring? Schedule an appointment with me at Beverly Hills Day Spa for an in-depth consultation.

Cost is \$135 per treatment or the Spring Special: Buy 5 get 1 FREE! Call me at (850) 654-8544. Or visit us at beverlyhillsdayspa.com.





Wellness

Life Changing: From Victimhood to Empowerment



By Stephenie Craig, Journey Bravely

Ever find yourself feeling like life is happening to you and you have no control? Maybe a person did something that was unfair or hurtful. Maybe a storm disrupted your home or event. Maybe airlines canceled your flight. Maybe a health condition is making your life difficult. Living life inevitably results in discomfort. It can often feel like things are being done to you and you are a victim of people, your environment, or conditions you can't control.

Human nature extends us a tempting invitation to see ourselves as victims because victimhood lets us off the hook for taking responsibility for what we can control and casts the blame onto someone or something else. For a moment, embracing victimhood can feel comforting because it keeps you from having

JOURNEY BRAVELY

Todd Craig

Stephenie Craig, LCSW

918-221-9987 | stepheniecraig@journeybravely.com

Life & Leadership Coach 918-740-1232 | todd@journeybravely.com

www.journeybravely.com

to self-reflect or take meaningful action toward change. However, in the long-term, victimhood ends up creating helplessness, hopelessness, bitterness, and resentment.

In reality, life throws curveballs and there are many things outside our control. But, even when the curveballs come, there is a helpful alternative to seeing yourself as a victim. Regardless of what is happening in your environment, you have been granted the gift of self-control. When someone does something unkind and when hard things happen, you have a choice about how you will respond. You can slide into victimhood, blame others, feel helpless, harbor resentment. Or, you can acknowledge the pain of your situation and then shift toward using your self-control to decide how you're going to show up in the given situation as a healthy version of yourself.

David Emerald writes about the shift from seeing yourself as a "victim" to seeing yourself as a "creator" in his book, "The Power Of TED." I highly recommend the short read. Shifting to a creator mindset is accomplished by figuring out where your self-controlled power exists in any given situation and to take meaningful action toward what you'd like to be true that is within your control. Determining what healthy control you have and how you want to respond to people/circumstances creates empowerment. So, what are the practical ways to begin shifting from victim to creator?

6 Ways to Shift from Victimhood to Empowered Creator

Acknowledge the discomfort of a person, situation, or condition affecting you in ways you can't control. For example, your friend betrays your trust. Admit to yourself this has happened, that it hurt you, and that it affects trust in the relationship. Don't skip the pain.

Sort what you can and can't control. You can't control your friend's behavior, the weather, illness, traffic, etc. You can control or manage yourself, your thoughts, your feelings, your behavior, your responses.

Notice the invitation to victimhood. Notice feeling helpless, blaming, telling others your story of being wronged when you did nothing to deserve it, your internal story of life happening to you.

Don't over focus on someone else's bad behavior or negativity of circumstance rather than focus on what you can do.

Gently decline victimhood's invitation. No thanks, victim-

hood. Yes, this situation is uncomfortable and there are some things here I can't control, but, I'm going to figure out where I do have power and I'm going to use it.

Ask yourself, "What do I want to be true in this situation?" I want my friend to know his betrayal hurt me. I want to set a boundary to let him know I won't continue the friendship as it has previously existed without loyalty. I want to have friends I can trust.

Use the healthy self-control (not others control) you have to help create the reality you desire through meaningful action. Have the uncomfortable conversation with your friend. Change the closeness of the relationship if he continues to betray your trust. Explore deepening other relationships that feel more respectful.

Stepping from victimhood into a creator role is certainly work, however, the resulting empowerment is life-giving, healthy, and produces mature growth in yourself and your relationships. As you continue to pursue personal growth, you can connect with us along your journey at journeybravely.com.





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



Fitness: Traditional vs. Functional



By LISA LEATH TURPIN, HEALTH & WELLNESS COACH

Many of you set New Year's resolutions to lose weight and get healthier. Through diets, cleanses and exercise, some are well on their way to success.

Is this you? If it is, you're probably ready to: A) bump it up a notch, or B) freshen and change things up to keep it interesting. If this is not you, and you've struggled with what to do, read on, because the following should help either way-and it's never too late to start.

We've all heard of weight training or lifting weights to gain strength and increase muscle size. Traditionally, athletes, body

builders and power lifters have used machines, dumbbells and various bars to focus on targeting and isolating certain muscles individually to create size and optimal change to that single muscle. They work in very specific rep ranges and repeated sets. This is now coined, Traditional Fitness Training.

But, fairly recently, the buzz word, Functional Fitness Training, came about and many became confused. The differences between the two are their goals and outcomes. Where traditional fitness focuses on the single muscle dynamically, functional fitness focuses on movements that help prepare the body for everyday life activities. Functional exercises are compound, multi-joint combinations that when done frequently, will create synergy, balance and coordination for overall body strength. So, functional training focuses on the body as a whole, instead of focusing on any single muscle alone. Examples of traditional training would be resistance exercises, such as arm curls, leg presses, dip machines, bench press, lat pulldowns, etc. Examples of functional training would be body-weight movements such as pushups, planks, squats, lunges, power movements or using an apparatus such as battle ropes, kettle bells, medicine balls, etc. Push, pull, twist, bend and balance are concepts used in functional training. It's about movement and developing core muscles and muscle movement balance. Pilates and Yoga are great examples of functional training.

Both functional and traditional expend calories; both strengthen muscles, so which is better? It depends on your goals, but I feel that both are important and both should be incorporated to create a balanced exercise regime. This is called cross training (not to be confused with CrossFit, which is a franchise). Cross training means to change up your training styles so that you get benefits from a mixture of modalities to become well-rounded. Cross training is commonly used in cardio fitness to keep your workouts challenging and more interesting. Rotating through running, biking, swimming or rowing, for example, will ultimately burn more calories and minimize overuse injuries one gets from performing the same motion over and over again.

When I was studying Exercise Science in college, the term "functional training" didn't exist. We used the term, "sports specific training,"which meant you use certain exercises that mimic and will enhance/train an athlete for THEIR sport. You train a line-backer differently than you train a gymnast; and you train a gymnast differently than a swimmer. So, in the same way, functional training is for everyday "lifestyle athletes" such as moms, dads, teachers, carpenters, fishermen, etc. If you lifestyle athletes cross train the two methods, traditional training will develop more strength in each muscle and then functional training will teach those muscles how to use that strength more fluidly and precisely. In doing this, your body will be more prepared and

less caught off guard when life throws a curve ball.

My advice? Mix it up, be active and enjoy life more!

Do you want a personal trainer or have a fitness question for Lisa? Email BeActive850@gmail.com. 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 almost 30 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.

TEENS

continued from page 34

are electronic devices our kids are growing up with that make it harder for them to practice. Regardless, they still want relationship advice, to know how to maintain healthy boundaries, to know how to make the right friends, and how to talk to people confidently. One teen wrote they want to know "how to behave in a likable manner in a social situation." Another participant thought it was important to be able to offer better support. "I'd like to be able to tell when people are having a rough day."

Kids are also longing for clarity in the confusion of our current culture. "Adults could teach us better how to understand the world we live in."

"I just want to be aware of what's out there. My whole childhood was sheltered from what was happening in the world and now I wish I'd gotten to know more so I didn't have to be so confused."

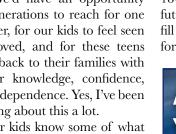
As a parent who works multiple jobs, it feels a little overwhelming to think I'm not teaching my child enough to confidently go into the next chapter after grad-

uation. Anyone else? I think of the single parents, grandparents who are raising grandchildren, foster families, and families who deal with travel and deployment. There's a real opportunity here for communities to come together, parents to band together, and churches to serve their youth, all for the sake of our kids leaving confidently.

Imagine a program called Launching Well where retirees, parents, and leaders in our community come together to teach their skills, passions, and expertise to our future leaders,

consumers, and decision-makers. We'd have an opportunity for generations to reach for one another, for our kids to feel seen and loved, and for these teens to go back to their families with greater knowledge, confidence, and independence. Yes, I've been thinking about this a lot.

Our kids know some of what



they will need to be contributing citizens in this world and we've lived it out for decades. Hopefully, with some deliberate action and collaboration, we can pass on what we know so it all becomes a little less daunting.



If you'd like your 13 to 18-year-old to be included in future articles, please have them fill out this anonymous Google form, shorturl.at/npr79.

Michelle Ruschman is a local writer, speaker and jewelry artisan. To contact her, go to her website, www.michelleruschman.com or email michelleruschman@gmail.com.



Environment

Deepwater Horizon 2022 Gulf of Mexico Deep Sea Cruise Season, By the Numbers

By NOAA FISHERIES

The data samples, imagery and sonar scans gathered by Deepwater Horizon restoration program scientific cruises will advance restoration in some of the Gulf's most inaccessible yet crucial habitats.

The 2010 Deepwater Horizon oil spill damaged deep-sea habitats over a large area. These complex ecosystems include corals, fish, anemones, sponges and sea cucumbers – but limited knowledge about these habitats creates challenges for their restoration.

From April through October 2022, NOAA and collaborators embarked on eight scientific cruises in some of the Gulf of Mexico's deeper waters in the vicinity of the oil spill. The data, samples, imagery, and sonar scans gathered during these cruises will advance restoration in some of the Gulf's most inaccessible yet crucial habitats.

The cruises support a set of Mesophotic and Deep Benthic Communities projects approved by the Open Ocean Trustee Implementation Group. They're part of the Deepwater Horizon restoration effort across the Gulf of Mexico.

Using remotely operated and autonomous underwater vehicles, the crews mapped thousands of square miles of seafloor. They collected deep sea coral samples for reproductive studies and created valuable reference data sets near the site of the Deepwater Horizon oil spill.

Despite occasionally challenging conditions – including one ship being temporarily disabled at sea after a lightning strike – the cruises were intensely productive. Here's a snapshot of some of the work the projects completed in 2022.

Mapping, Ground-Truthing, and Predictive Habitat Modeling Cruise: 1

The Ferdinand R. Hassler spent 59 days at sea between April and June, mapping nearly 1,040 square miles of seafloor from a depth of 160-660 feet. The new maps have four times better seafloor resolution than the previous U.S. Geological Survey maps produced in 2001.

Preliminary data from this expedition is already being used to improve existing habitat suitability models for subsequent deep-sea remotely operated vehicle (ROV) dives.

Habitat Assessment and Evaluation Cruises: 3

The Pisces spent 28 days at sea, sending an AUV to depths of 160-490 feet, collecting images of habitats and gathering data and water samples for nutrient and environmental (eDNA) analysis. Environmental DNA can identify which target species are present in an area of interest.

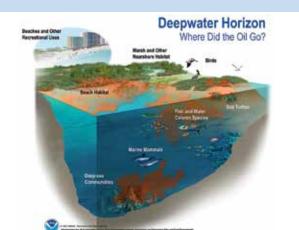
The Nancy Foster spent 12 days at sea performing nine surveys at depths down to 6,600 feet – within 10 miles of the Macondo wellhead. The data gathered will help assess deepsea coral habitat health and estimate recovery rates for im-



pacted corals and organisms in seafloor sediments, compared to unimpacted sites.

The Point Sur spent most of September gathering samples of sediment from the seafloor, and profiled seafloor areas to verify previous mapping efforts. The chemical, environmental, geological, and biological information in these sediment samples

Deepwater Horizon – Where Did the Oil Go?



The largest oil spill in U.S. history affected coastal beaches and marshes all the way to the deepest parts of the Gulf of Mexico, as well as the fish and wildlife that call those habitats home. The 2010 Deepwater Horizon spill affected a broad array of linked resources and ecological services over a large area. The impact can best be described as an injury to the entire ecosystem of the northern Gulf of Mexico. It affected habitat at the coast, off the shore and at the bottom of the Gulf. It affected species like fish, marine mammals, sea turtles, birds and deep-sea coral. It also affected our ability to go fishing, boating and other recreation.

This infographic was adopted from the 2016 Deepwater Horizon Final Programmatic Damage Assessment and Restoration Plan.

Reprinted with permission from NOAA Fisheries. Learn more about the historic Gulf Spill Restoration effort at www.gulfspillrestoration. noaa.gov. For more information, visit NOAA Fisheries at www.fisheries.noaa.gov/. will help scientists gain insights into climate and environmental change.

Coral Propagation Technique Development Cruises: 4

The Point Sur's 11-day cruise in June used an ROV to survey the seafloor and collect coral samples for propagation, population genetics, and reproductive biology studies. The scientists used data loggers for long-term site monitoring. This information will help scientists better understand how deep-sea corals reproduce, and improve the ability to grow corals in the lab that can be transplanted in the future.

The Manta spent five days at sea in July conducting visual surveys of coral habitat, collecting octocoral samples for reproduction studies and propagation. Researchers also deployed and recovered data loggers to understand the environmental cues that trigger octocoral spawning.

The Manta's return to sea for five days in September featured a full moon, during which scientists collected corals that were ready to spawn. They also documented timing for the spawning of coral species like Swiftia exserta. Scientists also took video surveys of mesophotic (low light) communities.

The Point Sur had its moment in the moonlight as well. It spent 12 days at sea in October for another coral spawning event and collection of corals for reproductive and genetics studies to support their restoration.

For more information, visit NOAA Fisheries at www.fisheries.noaa.gov/.





BY CHRIS BALZER, ECES

If we could go back in time to 1797, we would witness John Adams become the 2nd U.S. President, the first ship of the United States Navy, the frigate USS United States, being commissioned and the first washing machine being invented. Yes, the first washing machine, a simple tub and ridged board was used to wash clothes. So, what do washers and dryers have to do with energy savings? They are among the costliest appliances to operate, so it's worth taking steps to reduce energy use while using them.

Here are some things you can do to save in the laundry room and reduce wear and tear on clothes.

Wash with cold water.

Using cold water instead of hot can cut a load's energy use by more than in half. Many detergents clean just as well in cold as they do in warm or hot. So save the hot water for your shower.

Wash full loads.

Your washer will use about the same amount of energy no matter the size of the load, so fill it up.

Dry right-sized loads for your machine.

If the dryer is too full or too small, it will take longer for the clothes to dry. You spend more per item when running the dryer to only dry a few things.

Use dryer balls.

Wool or rubber dryer balls will help separate your clothes and get more air to them, cutting drying time. The wool balls are said to absorb some moisture, further cutting drying time.

Switch loads while the dryer is warm.

This will allow you to use the remaining heat inside of the dryer for the next cycle.

Clean the lint filter on the dryer.

The dryer will run more efficiently and safely. If you use

The Year Was 1797

ENERGY TIPS

by Emerald Coast Energy Solutions



dryer sheets, scrub the filter once a month with a toothbrush to remove film buildup that can reduce air circulation.

Use the high-speed or extended spin cycle in the washer.

This will remove as much moisture as possible before drying, reducing your drying time and the wear on your clothes from the high heat of the dryer.

Use lower heat settings in the dryer.

Even if the drying cycle is longer, you'll use less energy and

AIR CONDITIONING, IN

Replacements & Repairs

All Major Brands

Veteran Owned & Operated

Since 2004

850-267-0000

www.beachsideac.com

be less likely to over-dry your clothes.

Dry towels and heavier cottons separately from lighter-weight clothes.

You'll spend less time drying the lighter-weight clothes.

Check with your utility company on time of use rates

Utility companies' offer reduced kWh rates everyday called off peak times, almost by half. Check with your utility company when off peak hours are and use high demand appliances: washers and dryers, pool pumps, dishwashers and sprinkler pumps, during those times, saving you money.

Quick Tip: Over 25 perecent of energy loss is through under-insulated attics and over 10 percent of energy loss through improperly sealed gaps in your home. By taking a few simple steps, you can save energy and increase comfort. Contact a local insulation pro and Beat the Heat. Chris Balzer is Founder and President of Emerald Coast Energy Solutions which is a Smile Provider Company. We provide smiles to our customers after installing our high energy efficient products, increasing comfort and lowering energy bills. For more information on how to save this summer and become energy efficient schedule an inspection by calling (850) 588-2870, visit www.trusteces.com or email wecare@trusteces. com.



Call Today for Service 850-678-9522 www.aireservec.com



Serving Walton, Okaloosa and Bay Counties

LIC # CAC1819748 Family, Locally and Veteran owned

> Better Buildings



Green Solutions to High Energy Bills: Radiant Barrier - Blow In Insulation Thermal Inspections - Max Cap Crawl Space System - ERG Window Film Financing Available

(850) 588-2870 www.TrustECES.com

Committed to Excellence & Integrity

Business

What Sets Specialty Roofers Apart

At Specialty Roofers, the same person who wrote your contract, whether it be commer-

cial or residential, is the person who will manage every aspect of your job moving forward. Many other companies have a sales team that is followed by a production team, which can make the flow of the project choppy and disconnected.

"My customers are my customers from beginning to end,





When only the best will do.

Specialty Roofers, Inc., is one of the fastest growing roofing companies in Northwest Florida. Our company specializes in residential, commercial, and solar projects and take pride in our commitment to quality workmanship.



850-974-ROOF | SPECIALTYROOFERS.COM 124 TROUT BRANCH DR. FREEPORT, FL 32439

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

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

With 3400+ of us in our local association, selecting your Real Estate Agent shouldn't just be a **roll of the dice**...should it? After all, you're dealing with one of your biggest investments, right? Before you make this BIG decision, ask the agent:

- Do they have a Full-Time Marketing Agency and Coach?
- Do they have a "Pro-Active" Marketing Plan of Action?
- Do they have an Iron-Clad Performance Guarantee?
- Do they have the **Power of 170,000+ Agents around the world?**
- Do they "Pro-Actively" search daily for Buyers for their Sellers
- and Sellers for their buyers...<u>there is a difference!</u>

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

- Melanie Kercher, Crystal Beach

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



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

KW GAIL PELTO

KELLERWALLIAMS

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



and it is my responsibility to manage my projects and the production crew so that the process is seamless for all," says Gary Henson, "Customers should be given realistic expectations of the timeline of the job upfront so that communication is clear."

Henson is referring to details such as when the roofing materials and dumpster will be



EXPAND YOUR BUSINESS PRESENCE WITH A Beachworx Virtual Membership:

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

Optional mail/package receiving and mail forwarding available (additional fees apply).

List your profile in Beachworx's member network – connect with members who need your service.

Be featured in Member Spotlight – a social media feature exclusive to Beachworx members.

Enjoy tax benefits of registering a business in Florida. More credible than a P.O. Box and safer than using a home address.



thebeachworx.com

delivered to the job site and exactly how that needs to be done to cause the least inconvenience for the customer. He likes to stop by the home a month after job completion to do a double check and check for nails again.

That is just one example of his ownership of each project he takes on. Once you are a customer at Specialty Roofers you are a customer for life.

The details matter, and attention to detail is a part of the culture of Specialty Roofers in all aspects of the business. Reputation is something the company prides itself in. It has dominated the roofing market in Northwest Florida since 2011 because it is a company you can truly trust.

Aside from the countless certifications and accolades it has received over the years, its team is made up of hardworking, honest people who love what they do. It has office staff and project managers who have been with Specialty Roofers since the day it opened the doors, which speaks to its care for its employees.

SRI's hundreds of online customer reviews and 5-star ratings were earned by its hardworking team. It is unmatched by any local roofing company with its community service and involvement in nonprofit work. In 2022, SRI took its philanthropy to the next level by hosting the first Sports Clay Shooting Tournament benefiting Westonwood Ranch. That event, which will become an annual affair, raised more than \$60,000 for Westonwood Ranch. Community service will always be thread through the fabric that makes up Specialty Roofers, and its customers recognize that.

BY DR. JEFF AND ROBIN CERNY

Currently there is much con-

fusion and strife in our world.

In uncertain and trying times,

people seek guidance and un-

derstanding. So, what would

you think if we stated that what

we really need is WAR for our

to though is Wisdom and Rev-

where do we find wisdom?

There are two types of wisdom

The WAR we are referring

What exactly is wisdom and

time?

elation.

Helping Develop Wisdom Workplaces On the Emerald Coast and Beyond

noted in James 3:13-18.

Earthly wisdom which refers to knowledge and understanding that is acquired through personal experience and observation of the physical world. It is limited to the things that can be perceived by the senses and is subject to change and therefore error.

In Ephesians 1:16-18 the apostle Paul asks the God of our Lord Jesus Christ to give believers the

spirit of wisdom and revelation so that they can have a deeper knowledge and understanding of God. Godly wisdom refers to wisdom that is derived from a spiritual perspective, beyond what can be perceived by the physical senses. It comes from above and is rooted in a deeper understanding of the spiritual realm. This wisdom is more insightful and absolute since it is based on divine knowledge and is not subject to change or error. Our revelation is knowing the difference between earthly and Godly wisdom and walking accordingly. This wisdom and revelation provides divine insight and discernment to those who humbly ask.

C12 Emerald Coast serves Business Leaders in helping develop "Wisdom Workplaces" on the Emerald Coast and beyond. As in Ephesians 2:10, we seek to apply biblical principles for purposeful and profitable businesses, lives and communities. We conduct monthly business forums of peer advisors that are guided by a proven C12 framework to both encourage and challenge one another to make better decisions, avoid costly mistakes and create wise plans for growth.

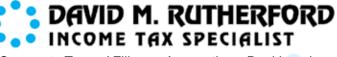


Cox Gives Back

Last year, Cox Media gave over \$1.6 million in cash and in-kind donations to Gulf Coast charities and non-profits with a primary focus on youth, education, diversity and conservation initiatives. Last November, Cox also presented the Boys and Girls Clubs of the Emerald Coast with a \$20,000 grant to create a new Innovation Lab at the Pensacola Club. In addition to the annual corporate giving, Cox Charities, a grant program 100 percent funded by local Cox Gulf Coast employees, awarded approximately \$25,000 to local non- profits and schools. In 2022, Gulf Coast employees awarded Innovation in Education Grants to Beulah Elementary School, Bob Sikes Elementary School, Escambia Westgate School, Exceptional Student Educational Department in Escambia County, Plew Elementary School, Shalimar Elementary School, Shoal River Middle School and West Florida High School. Emerald Coast Fitness Foundation, Lutheran Services of Florida, Navarre Beach Area Chamber of Commerce Foundation, Northwest Florida Guardian ad Litem, Pensacola Little Theatre and the USO each received a Cox Charities Community Investment Grant. Along with the monetary support, employees

served on over 50 local nonprofit boards and committees and volunteered over 1,500 hours to support community organizations. Finally, after a two-year move to virtual due to the pandemic, the 2022 Cox Inspirational Student Hero Awards Ceremonies were once again held in person in Escambia and Okaloosa counties. Cox turned the spotlight on a record 90 students that were chosen by their school due to their inspirational journeys. Whether it was overcoming a disability, tragic life event or other obstacle in life, these children were celebrated for their impact on others.





Corporate Taxes / Filings • Accounting • Bookkeeping Business & Personal Taxes • Financial Reporting Startup Specialist • Full Payroll Services 35+ Years Experience

127 Harbor Blvd. Ste. 3A | Destin, FL 32541 (850) 460-2995 | Countrypro1@aol.com

A Wisdom Investment Group On the Emerald Coast & Beyond

Monthly Peer Advisory Business Forums

Building Great Businesses for a Greater Purpose.

- Encourage & Challenge One Another

- Create Wise Plans for Growth
- Make Better Decisions
- Avoid Costly Mistakes

Dr. Jeff Cerny

C12_™

C12 Emerald Coast Chair 850.752.5327 | jeff.cerny@c12forums.com linkedin.com/in/drcerny/

C12EmeraldCoast.com youtube.com/@C12BusinessForums/videos





BY SEAN DIETRICH

She was trash. At least that's how she was treated. She was found wandering a rural Mississippi highway. Beneath the stars.

It was a wonder the girl hadn't been hit. This was a busy highway. The kind with transfer trucks.

The dog was walking in the center of the road. On the yellow line. Clearly there was something wrong with her. Animals don't walk open highways. But the black-and-tan dog was moving by feel. Because she is blind

All she knew was that she liked open highway because the surface was smooth, and there were no obstructions. And when vou're blind, no obstructions is a good thing.

She was a skeleton. Every rib visible. Every spinal disc showed. There were scars all over her, as though she'd been involved in a host of dog fights.

10% Off Purchase

w/Coupon (Excluding cigarettes)

Sean of the South

A scar on her face. A scar on her chest. One behind her ear. On her side. Another on her right forelimb.

Probably, she had been caged with other hunting dogs. The dogs were probably mistreated and hungry. Hunger makes dogs mean

Nobody knows how the blindness happened. But it didn't take a rocket engineer to figure it out.

"Someone hit this animal with a blunt object," the veterinarian later said, choking back tears. "Someone beat this poor dog. Maybe with the butt of a rifle. Maybe with rebar."

People say that dogs use smell above all other senses. That's a lie. A dog doesn't use her sense of smell to avoid walking headfirst into walls. A dog doesn't

350

use smell to detect body language in other animals or humans.

A car stopped on that lonesome highway. A Samaritan picked up the dog. The dog was apprehensive to get into the car, but then, she was so hungry.

The Samaritan placed her into the backseat. Samaritan The

CONCRETE

took photos of the animal and posted them to Facebook. Nobody claimed the animal. Nobody even commented. Nobody wants a blind dog.

A local hound rescue was called. They bathed her multi-



ple times. The bathwater was almost black each time. They doctored her wounds. They took her to the vet. The vet removed her eye and sewed her eyelids shut.

Not long thereafter a guy heard about this animal through a friend. This guy is a flunky redhead with an overbite and a nose so big he can smell the future. He is not handsome, but he has a weakness for animals. Dogs in particular.

Within hours, the guy and his wife drove to the Mississippi-Alabama state line. They met the dog and her foster mother at a barbecue joint. The dog sat beside the guy while he ate. She pressed her body against his.

He fed most of his pork sandwich to the animal. She ate the meat. He ate the bread.

When it was time to leave, the lady with the animal shelter said, "So do you want to foster her?"

"No," said the guy, "I want her to be my daughter." And we haven't been apart since.

Within the months I've had her, she's gained 14 pounds. She sleeps beside my bed. She travels with me. She has visited 18 U.S. states. Slept in dozens of hotel rooms. She has met a lot of people. And I would even venture to say she's happy.

At least I hope she is.

Also, I hope the man who hurt her reads these words someday. I hope this man recognizes her photo on Facebook. I hope he realizes that he was wrong about her. She isn't trash. No way. No how.

Her name is Marigold. And while I'm sad the last face she ever saw was his. I'm thrilled the first face her little eyes will ever see will be God's.

DESTIN SMOKE SHOP 16055 Emerald Coast Pkwy., Destin **Next to the Destin Walmart**

CBD - Delta 8 - Kratom - E-Cig - Walking Humidors Hookah - Pipe - Vape - Cigarette - Tobacco - Novelty Items

0 f





CALL CHRIS FOR A FREE ESTIMATE 850.974.2264



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

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





We clean up nice... So you don't have to.

S & F Cleaning Services **Residential / Commercial** Move Ins - Move Outs Vacation Rentals • Deep Cleans

Mo job too big...no job too small. (850) 333-3943

🐲 Musing



By PASTOR DAVID HOLLAND

The expert in the law replied, "The one who had mercy on him." Jesus told him, "Go and do likewise." Luke 10:25-37

How can we know we are truly a Christian? Being born into a Christian family doesn't make you a believer any more than sitting in a McDonald's makes you a hamburger. Nor can you simply be a good person and earn your way into heaven.

Jesus reveals the test of tangible Christian faith through the parable of the Good Samaritan. A young religious lawyer approached Christ asking, "What must I do to inherit eternal life?"

Jesus asks the lawyer about what he believes, and the man

shares remarkable insight as he ge says, "Love God" and "Love Ch others." These two great comimandments are not only a "S summary of the entire Old bo Testament, but are the guiding principles of successful living. on

The lawyer questions Jesus further. "Who is my neighbor?" It's as if he were saying, "How do I know the kind of love and faith God requires?" Christ answers with a story aimed at challenging the man while assuring him of salvation.

The parable begins with a man robbed, beaten and left for dead. The priest walking by is unwilling to get involved with this messy situation. So, he avoids the man in need. Ironically, he was en route to the temple to serve people in need while a man lies suffering right in front of him.

A Levite also passes by; but in a hurry to fulfill his religious duties, he leaves the poor man lying on the road.

But, along comes a despised, irreligious Samaritan who has compassion for the man and

A Pastor's Ponderings: The Mercy Test

generously attends to his needs. Christ concludes the parable with a question for the lawyer: "So, who was the good neighbor?"

The lawyer answers, "The one who had mercy on him." Christ's conclusion and mes-

sage to us, "Go and do likewise."

It is easy to love God and love others in theory. The difficulty comes in actually doing it in ways that matter. The Lord showed us how. Through the priest, Christ reveals you can serve the Lord in non-religious places.

The response of the Levite shows hurting people sometimes surface at the most inconvenient times. It is in the random and unpredictable times that people challenge us to stop and show mercy.

Who is our neighbor? It is the needy person set in our path or the difficult situation that people lay on our doorstep. Often, our neighbor is a stranger.

We could shirk responsibility and ask ourselves, "Why is this person my problem?" We can go down the guilt path and assign blame. "What did they do to get themselves into this situation?" Or we can take the mercy road and help the needy person.

When I was age 17 and a new Christian, my mother went out drinking. Late that night, she came home with a male friend who had drunk way too much. Because I had two twin beds in my room, the stranger slept in the empty bed. I remember his smell to this day. Internally, I fumed with anger. But I also sensed that this man needed to know Christ as his savior.

I explained the good news of Jesus Christ to this inebriated person, and he prayed the prayer of faith. I went to sleep doubtful he would remember anything. In the morning, I drove him home, and as I was dropping him off, he paused and said, "I remember what we did last night. I'm a Christian now." Despite my lack of compassion, God's grace powerfully affected this new brother.

Mercy does not earn your entrance to heaven, but it shows you have genuine faith. Micah 6:7-9 says, "What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." Be the Christian who shows mercy.

I know simple faith in the Lord Jesus Christ saves us from sin. But, I also know we need to act on that faith by loving our neighbors. Walking down the road of life, you will encounter struggling, hurting people. In my experience, these tests occur in the most inconvenient times and are costly in time and money. Are you ready to meet your neighbor and pass the mercy test?

Dave Holland pastored churches 38 years before retiring in Destin. This devotional is from his book, "Extraordinary Jesus." You can get a copy of his books from his website, DaveHolland.org or at Amazon.com. Pastor Dave is available to preach and teach at churches and conferences. Contact him at DavidvHolland54@ gmail.com.



MIRAMAR PLAZA | DESTIN, FL | 850-424-6767 | MON-SAT, 10AM-5PM | LOCATED IN BETWEEN DESTIN & SANDESTIN | AVASATTICINDESTIN.COM

Arts & Music

Award-Winning Violinist Geneva Lewis Featured at Classical Connections

Maestro Demetrius Fuller to Conduct Sinfonia Gulf Coast Orchestra

Sinfonia Gulf Coast (SGC) presents award-winning violinist Geneva Lewis as part of its Classical Connections program on Saturday, March 11 at 7:30 p.m. at Destin High School.

Lewis will perform Felix Mendelssohn's Violin Concerto in E Minor, Op. 64 with the full Sinfonia Gulf Coast orchestra conducted by Music & Artistic Director Demetrius Fuller. The orchestra will also perform Robert Schumann's Symphony No. 2, Op. 61.

"We are thrilled to welcome an artist of Geneva's caliber to Sinfonia Gulf Coast. Supporting the development of a young musician already on a trajectory of a major career is as rewarding as watching this talent blossom and flourish for years to come," Demetrius says.

New Zealand-born, Lewis has forged a reputation as a musician of consummate artistry whose performances speak from



and to the heart. Lauded for "remarkable mastery of her instrument" and hailed as "clearly one to watch," Lewis is the recipient of a 2022 Borletti-Bui-

PRESENTING MEDIA

SOUTH WALTON

toni Trust Award, 2021 Avery Fisher Career Grant and Grand Prize winner of the 2020 Concert Artists Guild Competition.

Deeply passionate about col-

laboration, Lewis has performed with many prominent musicians such as Jonathan Biss, Glenn Dicterow, Miriam Fried, Kim Kashkashian, Gidon Kremer, Marcy Rosen, Sir András Schiff, Mitsuko Uchida among others.

Born in Hamburg, Germany, Mendelssohn (1809-1847) is usually regarded as a conservative composer, who despite his allegiance to Romanticism, closely followed the classical forms and feelings of Mozart and Haydn. But Mendelssohn also was a true Romantic who felt free to break the rules of classical concertos which you'll hear in this piece.

Robert Schumann (1810-1856), born in Zwickau, Saxony [Germany], was widely regarded by musicologists as the new "hero" of the Romantic Era. In his approach to composition, Schumann was the musical dissenter of his time. As a result, the adventurous Schumann was uncertain and melancholy even during his most productive years. In 1841, at the end of one of his convalescent periods, he began working in symphonic form. The movements in Symphony No. 2 are interrelated by a recurrence of themes.

General admission seating tickets range from \$20-\$35 for adults; active-duty military are \$20 and student tickets are \$15. Proceeds benefit Sinfonia Gulf Coast and its education and community engagement initiatives throughout Northwest Florida. Purchase tickets online at SinfoniaGulfCoast.org or by calling the box office at (850) 460-8800.

For information or volunteer opportunities, email at info@ sinfoniagulfcoast.org or call (850) 460-8800. Follow Sinfonia Gulf Coast on Facebook, Twitter, and Instagram. Join us and be a part of the conversation using #SinfoniaGulfCoast.



CLASSICAL CONNECTIONS

feat. Geneva Lewis, violin

SATURDAY, MARCH 11 7:30 PM | DESTIN HIGH SCHOOL



PRESENTING CONCERTS SPONSOR:



CLASSICAL CONNECTION PRESENTING SPONSOR:

SILVER SANDS PREMIUM OUTLETS A HOWARD GROUP AND SIMON CENTER BOX OFFICE: SinfoniaGulfCoast.org | 850.460.8800

Arts & Music

The Hills are Alive with the Sound of Music!

By Anna Fisher, Associate Artistic Director, ECTC

Raise your hand if you've ever come upon an open grassy field and spread your arms out while twirling and singing, "The hills are alive, with the sound of music?" No one? Just me? Okay even if you ignored that impulse, I know you wanted to breathe in the fresh spring air and twirl with abandon as you embodied one of your favorite moments from "Sound of Music." We all have our favorite memories from this beautiful Rodgers and Hammerstein classic stage play and movie. Everyone learned to sing the notes along to "doe, a deer, a female deer" and find our dreams when we "climb every mountain."

I am so excited to bring this beautiful, based-on-true-events story to life this spring at Emerald Coast Theatre Company. We have a cast of extremely talented adult and child actors who are already working hard in rehearsals to bring this gorgeous musical to our stage.

One of the greatest challenges of casting is finding the right actress to play Maria. She has to not only be able to sing like an angel, but to also be angelic in her demeanor. We have to believe that she would come to love a group of children as her own and embrace a life that she did not plan for herself. If you have met Anna Joy Powell, you know that she is the perfect actress to tell this story of love, family and overcoming. She is a pastor's wife and mother of four with the voice of an angel.

You won't want to miss Anna Joy and the rest of this incredible cast as they create all of those beautiful moments we cherish from this beloved classic. This family-friendly show opens May 5th and runs through the 14th. Green flag beach days, the scent of fresh lemons and The Sound of Music at ECTC—these are a few of my favorite things.



Three of Anna's children from left to right: Selah, Naomi and Vera

Local Author Bookshelf Author Project Winner Launches Fantasy Series

With his final novel, Time's Orphan, officially launched this month, Niceville local award-winning author Hayley Reese Chow now offers the complete Odriel's Heirs series, a fast-paced, young adult fantasy adventure.

The Odriel's Heirs series tells the story of a world in which the powers of fire, invisibility and healing are passed down to three Heirs to protect their land from a demon necromancer and his armies of undead. Spanning decades and generations, the Odriel's Heirs series features three stand-alone novels connected by two bridge novellas to comprise a darkly epic saga across a new world both extraordinary and perilous.



Walking in the footsteps of Sabriel, Graceling, and Avatar: The Last Airbender, Odriel's Heirs features strong female protagonists, slow burn romance and high stakes fantasy in a new world of magic, monsters and the undead, where the lives of all depend on the strength of three.

Hayley Reese Chow is an Air Force veteran, reservist, engineer, ex-ultramarathoner, retired fencer, mother of two and up-and-coming author, publishing seven books in the last three years. Her books have won the Florida Author Project, a Literary Titan Gold Award, a Book Reader's Appreciation Group Medallion, and have been finalists in the Book Blogger Novel of the Year Awards and the Wishing Shelf Book Awards.

For more information, visit hayleyreeschow.com



Destinites

Ask Destinites: Positive Change Wish List for Destin Part 1



By Patricia Lee, Owner Destinites.com

This month in our locals Destinites Facebook group (www.Facebook.com/Destinites), I asked the following question...

"What is one positive thing you would like to see implemented in the Destin area for 2023, which you feel would benefit or even partially benefit the community? I will start the thread by saying I would like to see crosswalk bridges placed in certain areas along Hwy. 98 which lead over to the beach area(s). And, I would especially like to see one that goes over to HarborWalk Village." Below are just some of the more than 400 responses I received. Our new mayor, Bobby Wagner, participated and is reviewing all.

 "Traffic is my primary concern, so here are my suggestions: A). Road construction proj-

ects should be started only when the resources are available to complete the work in the evenings, and completed in full during the off season ONLY.

B). Traffic light controls need to be examined for efficiency, and adjusted for repeatedly slowing the flow of traffic (see intersections of 98 and Mack Bayou, and 98 and Holiday Road for example)

C). Okaloosa and Walton County resident discounts (or exceptions) for the toll bridge. It severely hampers staffing in Destin, resulting in higher costs for businesses."

2. "Speed bumps on Indian Trail would be helpful for the kids playing. Talking about a speedway."

3. "I would love to see a crackdown on speeding. Hwy. 98 across Okaloosa Island is like try-

ing to navigate the Indianapolis Speedway. Then they slow down to 55 mph crossing the Destin Bridge. You take your life in your hands if you try to cross Hwy 98 anywhere between the end of the bridge and Whataburger! Write some serious tickets!"

4. "Make it to where locals don't have to pay \$4 to go to Destin or Niceville for work. I find it insane that locals have to pay for that. (Sunpass)."

5. "Banning all chair vendors on all beaches within Destin city limits. Those areas are empty while the tiny slivers of "public" beach are full of people squeezed in like sardines. The chair vendors don't respect the law that the public can sit in front of the water up to 20 feet from the waterline on ALL beaches. They yell at tourists and tell them they can't sit there and put their chairs right up on the waterline, which violates law. They push their chairs out onto public beach space outside of their ropes they put up to try to take up even more space. There is no enforcement for this. No official tells chair vendors to move their chairs back. If the public tries, the vendors get nasty. The police say they can't enforce it. Why? I've seen multiple posts about this, seen it happen myself, and still nothing is done. Why does Destin let chair vendors do whatever they want? What's the point of having the 20-foot law if it's not enforced? Chair vendors ruin our beaches."

6. "A solid sports complex center for kids from young age to teenage. We love Destin, but this town caters more towards tourists than locals and more importantly to our kids who will be Destin's next generation."

7. "Bathrooms for beach goers! Osteen Beach and Norreiga Point. I mean really, the lifeguards?"

8. "I would like a giant overhead sign about 2,000 ft. from the east side of the track that says "Right lane ends!" FDOT should've done that a long time ago!"

9. "Public transport/bus system/trolley system for tourists or visitors during high season."

10. "Why are rents going up astronomically during such dif-

ficult times? It's pure greed and the whole community will suffer from it. If prices are raised, fewer patrons will frequent your establishment. This is easy economics! This will cause an even quicker downward spiral with businesses closing and less customer service."

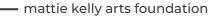
11. "Performing Arts Center!"

12. "I would say there are some street lighting problems around Commons Drive/ Walmart and other areas. Some sidewalk or street lighting would be safer for pedestrians walking in really dark areas on the sidewalk."

Stay tuned for Part 2 next month. If you are a Destin resident or close surrounding area, join our private locals Destinites Facebook group at www.Facebook.com/Destinites — more than 7,400 members. Check out the monthly newsletter and local business directory at Destinites. com. If you own a local business, to advertise in our targeted locals group or in our newsletter, email DestinitesGroupBox@gmail. com.







THURSDAY NIGHTS | APRIL 20 - JUNE 22

Annual Thursday evening concert live music series featuring family-friendly premier musicians and bands performing everything from classic rock, reggae and disco to modern pop.

- April 20 | Post Modern Jukebox April 27 | Roman Street Party Band May 4 | Ozomatli May 11 | Lucky Chops May 18 | Yacht Rock Revue May 25 | Sinfonia Gulf Coast feat. Morgan James
- June 1 | Gotta Groove Band
- June 8 | Adam Ezra Group
- June 15 | Journeyman: A Tribute to Eric Clapton
- June 22 | Big Bad Voodoo Daddy



CONCERTS

ARE FREE!

BECOME A MEMBER

Become a Member

JOIN NOW!

MKAF.org

SCAN ME

Purchase Tickets at

MKAF.org/events





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





Private Charters on 40 of Destin's Finest Charter Boats



On-Site Booking Service: 850.837.1995 210 Harbor Blvd.



Charter Boat



DESTIN **★** FLORIDA

850.837.2320 Book on-line at www.CharterBoatOuttaLine.com Party Boats DESTIN PRINCESS & DESTINY



850.837.5088 Purchase Individual or Group Tickets Book On-line at www.DestinPartyBoatFishing.com