



AUGUST 2023  
VOL. 7, NO. 1

# DESTIN Life

Celebrating  
**5 YEAR!**  
ANNIVERSARY

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

Postal Customer Local

## Gateway to the Harbor Opens

BY TAMARA L. YOUNG, PHD,  
CITY OF DESTIN PUBLIC  
INFORMATION MANAGER

It was 2006, the year of the Sago Mine disaster, the Enron trial and Italy scored a penalty shot to win the World Cup.

In Destin, the chatter amongst City Council was about a park that would serve as the "Gateway to the Harbor." At an Oct. 16, 2006, council meeting, then City Manager Greg Kisela explained the background behind the acquisition. He said one of the city's constant priorities was to increase and enhance public access to its beaches and waterways; preserving public access to the Harbor was a high priority. The property closing was scheduled within a week's time. Not long after, resolution 07-16 named the park to be located at 206 Harbor Blvd. as "Capt Royal Melvin Heritage Park."

Seventeen years after that resolution was adopted, Melvin's great granddaughter helped cut the ribbon at the park's official opening July 18.

"It has always been great



hearing the stories growing up about my great grandfather," said 14-year-old McKenzie Harris. "I didn't get the chance to meet him, so this park means a lot to me to be able to have that piece of history for my generation to be able to enjoy for a long time to come. It makes me proud to have that heritage in my blood. It was a

great honor to be able to cut the ribbon for the park and help introduce the Melvin heritage into a new generation."

"We are the sons of Capt. Royal Melvin," began Bo Melvin, as he and his brother, Scott, took to the podium. "It is an honor to be here today. It has been a long, long journey."

Bo and Scott said it all circled back to their grandparents. "If it wasn't for them settling on this piece of property right here, five generations of Melvins wouldn't have been able to live here or play here," said Bo. "Our father and grandparents would be humbled and honored."

"My brother and I were very fortunate to have grown up on our family property on the Destin Harbor when we were kids," said Scott. "We were on the bridge between old Destin fishing and the beginning of a new era. We knew and fished with most of the old-time legendary captains and then later made our own path to becoming captains. Growing up in Destin was like living in paradise. But the memories of being with our father and the rest of our family are what stands out the most. It was just wonderful."

Mayor Bobby Wagner said, "We could never have done this without the partnership of the private entities,

**GATEWAY**  
continued on page 3



## Resilience and Courage Define OHP's Sherry Jones

BY DOUG STAUFFER

This story began four decades ago and details the extraordinary journey of a local girl who, at the tender age of 18 and fresh out of high school, found herself unwittingly intertwined with a drug kingpin. This captivating narrative chronicles a story of redemption and second chances, a tale of reclaiming life from the depth of despair.

In the grand tapestry of human existence, redemption and second chances form the core of our most captivating narratives. They are

**SHERRY JONES**  
continued on page 3



## 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](http://www.DestinPartyBoatFishing.com)  
or Call Us at (850) 837-5088 | (888) 837-5088



Experience You Can Trust • *The Locals' Real Estate Pro*

*Mary Anne Windes*  
CCIM, CRB, CRS, GRI, RRS, e-PRO.

REAL ESTATE  
PROFESSIONALS  
• OF DESTIN, INC. •



REAL ESTATE  
PROFESSIONALS  
• OF NW FLA. INC. •

[www.Destin-Real-Estate.com](http://www.Destin-Real-Estate.com) | 210A Harbor Blvd. | 850.837.2211





**LOCALLY KNOWN. NATIONALLY RECOGNIZED. GLOBALLY RESPECTED.**



**601 WALTON WAY**  
Whispering Oaks | Miramar Beach  
4 Bed | 3 Bath | 2,993 SF | Listed at \$3,100,00  
Contact Lauren Scott 904-955-4728



**3596 ROSALIE DRIVE**  
Destin Pointe | Destin  
4 Bed | 5.5 Bath | 3,164 SF | Listed at \$2,495,000  
Contact The Wasson Group 850-376-7625



**4767 WESTWINDS DRIVE UNIT 4767**  
Westwinds at Sandestin Condo | Sandestin Resort  
2 Bed | 2 Bath | 1,090 SF | Listed at \$1,300,000  
Contact Lisa Egstad 850-543-8033



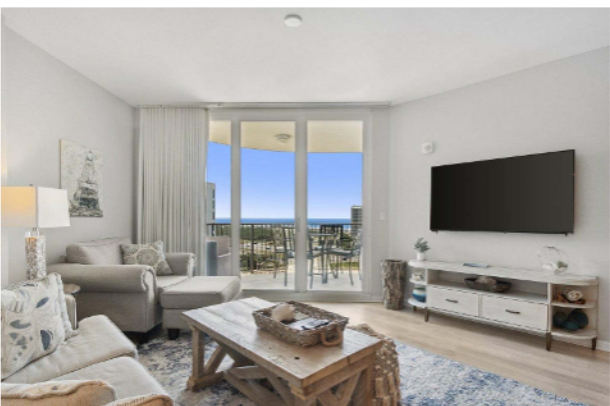
**506 GULF SHORE DRIVE UNIT 514**  
Inlet Reef Club | Destin  
2 Bed | 2 Bath | 1,362 SF | Listed at \$929,000  
Contact Heather Harshman 850-612-4053



**10 HARBOR BOULEVARD UNIT W524**  
Emerald Grande | Destin  
2 Bed | 2 Bath | 1,220 SF | Listed at \$795,000  
Contact Susan Adamson 770-289-7567



**1030 HWY 98 UNIT 40**  
Silver Dunes Condo | Destin  
2 Bed | 2.5 Bath | 1,200 SF | Listed at \$750,000  
Contact Alex Maddox 850-238-6168



**4207 INDIAN BAYOU TRAIL UNIT 21009**  
The Palms of Destin | Destin  
2 Bed | 2 Bath | 970 SF | Listed at \$545,000  
Contact Abby Diebolt | 903-237-9893



**5898 DANBURY BOULEVARD**  
Arbor Place | Pace  
4 Bed | 2 Bath | 1,768 SF | Listed at \$339,000  
Contact Brian Baker 706-573-4428



**262 EDGE AVENUE**  
Valparaiso Plat 1 | Valparaiso  
2 Bed | 1 Bath | 1,203 SF | Listed at \$299,000  
Contact James Ruckel 850-240-7705



BEACH PROPERTIES  
OF FLORIDA



**151 Regions Way, Suite 4A**  
**Destin, FL 32541**  
**850-502-5995**

## SHERRY JONES

*continued from page 1*

the vital elements that enable countless individuals to resurrect their lives and produce meaningful change in the world. This account serves as a heartfelt testament that everyone, despite their missteps, deserves a chance at redemption.

Sherry Jones grew up in Fort Walton Beach, graduated from Choctaw High School, and entered such a narrative in March 1983. This narrative began when she visited her stepfather at the Eglin AFB Federal Prison, unofficially known as “The Country Club.” Her stepfather, incarcerated for suspected tax evasion but later cleared, had been befriended by a charismatic prisoner named Jorge Valdes. This magnetic Cuban man would assert, in no uncertain



terms, that he was destined to marry Sherry.

Jorge, an intelligent, sophisticated and attractive figure, was serving time for conspiracy to import cocaine into the U.S. However, he avowed that he had turned over a new leaf as a born-again Christian and left his criminal past behind. Young

and naïve, Sherry was drawn into Jorge’s orbit, her parents’ approval strengthening the allure. In October 1983, Sherry and Jorge tied the knot, and Jorge regained his freedom on July 25, 1984.

Unbeknownst to Sherry and her family, Jorge had ascended to U.S. chief of operations for

the infamous Colombian Medellín Drug Cartel, headed by the notorious Pablo Escobar. Jorge’s journey into this world began innocuously with a position as an accountant at the Federal Reserve Bank. Soon after, he established his own business, taking on what appeared to be a simple grocery store as his first client. However, this store operated beneath the surface as a front for illicit drug activities. Jorge’s adeptness didn’t remain hidden for long, eventually drawing the attention of Pablo Escobar and Manny Graces, resulting in their collaboration in the growing drug trade.

While Sherry joined Jorge’s affluent lifestyle, complete with housekeepers and nannies, the origin of his wealth remained obscured. Sherry’s life had all the trappings of a fairytale: dinner trips from Miami to Los An-

geles on a Lear Jet, an array of luxury cars, a waterfront home in Coconut Grove, Miami, and a 200-acre horse breeding ranch named Santa Barbara in Clewiston, yachts, along with a beach house in Ft. Myers. Sherry remained blissfully ignorant of the real money-making scheme, assuming it to be quarter horse breeding and horse racing. Sherry did not speak Spanish, so the language barrier cloaked his discussions when people came to their home. Before Pablo Escobar became a visibly recognizable figure, he was already a regular visitor to their home.

In 1986, they welcomed their first child into the world. However, the following year, Sherry’s life took an unexpected turn. An accidental discovery of a hidden room filled with money from

*Continued on page 4*

## GATEWAY

*continued from page 1*

the city council, the citizens and the family members that this is in honor of. This is really what community is about.”

He then presented Bo and Scott with challenge coins, bearing the engraved city seal and

meant to honor special community commitment or service. “With over five generations, I believe that very much puts you guys in this category,” he said. “I really appreciate you guys being a part of it and allowing us to carry on your legacy and the name with a new city park.”

Undersheriff Charlie Nix, representing the Okaloosa County Sheriff’s Office, remarked how the family played an integral part in bringing folks to the area. “They established roots in Destin long before the nickname ‘World’s Luckiest Fishing Village,’” he said. “We are excited for the City of Destin, its residents and visitors alike, that we’ll be able to enjoy this beautiful new city park in their honor and in their memory. Scott, Bo and other family members, I’m sure your father, Royal, and others are smiling down today.”

City Manager Lance Johnson echoed the appreciation to the Melvin family, and thanked the current and past council members “for sticking with this project. I also want to thank all the staff members for pitching in and always keeping the faith. The residents, you guys stayed behind this project and I cannot express my appreciation enough.”

With a small playground, restrooms, signage sharing history, water fountain, picnic pavilion, benches and priceless views and access to the water, the park is already living up to its nickname



of Gateway to the Harbor.

While the park and surrounding area is for everyone,

it will always hold abundant memories for the Melvins. “As a young child, my morning job was to walk to my grandparents’ house, located on the same land, and bring back a cup of hot coffee in an old white Navy mug to my father,” reminisced Bo. “It was always a challenge to make the 300 steps back to our house without spilling the majority of it. Around the age of 12, our father bought my brother and me a 14-foot Kennedy Craft fishing

boat that was built in Destin. We were allowed to explore and fish the Harbor from one end to the other. As we got older, my brother and I worked for our father on two of our charter boats, the Venture II and the Venture III, as mates and eventually captains. Growing up in Destin was an exciting time, and we got to watch it turn into the World’s Luckiest Fishing Village.”



Published Monthly  
Mailed FREE to the communities  
of Destin, FL (32541)

P.O. Box 1424  
Santa Rosa Beach, FL 32459

### Editor & Publisher

Lori Leath Smith  
Lori@LifeMediagr.com

### Director, Advertising Sales

Scott Miller  
Scott@LifeMediagr.com

### Editor

Kenneth Books

### Production & Layout

Kim Harper

### Contributing Writers

Christopher Manson

Doug Stauffer

Will Estell

Tamara Young

Frank Berte

Barbara Palmgren

### To Advertise

850.688.9886

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

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

© Copyright 2023 Destin Life

# pink waves



## BEACHY CHIC

Because life’s too short to wear boring clothes!

Pink Waves was created to represent the beach lifestyle by people who live it everyday.

Use Code DESTIN20 for 20% off!



www.PinkWavesApparel.com

 Community

## Cheers to 5 Years Destin Life!

As we approach the end of five full years, **Destin Life** has much to celebrate!

For starters, I'd like to congratulate our graphic designer Kim Harper, our Advertising Director Scott Miller, as well as our talented team of writers, contributing photographers and valued partners on five years of excellence! We're honored to represent the Destin community and serve as a platform for YOUR community voice. Each month is a celebration of success in our thriving community!

Little did we know when we embarked on this mission, the community connection and interaction **Destin Life** would foster and its impact. You confirm continually how you adore reading about the locals within its pages and prefer doing business with those in our local community—and how great you feel after reading each all-positive, all-the-time monthly edition.

Thank you to those who support us through advertising, many we've promoted since the

very beginning and who came on board with the very first issue (Check out August 2018 at [MyDestinLife.com](http://MyDestinLife.com))—Mary Ann Windes (Real Estate Professionals/Destin Fishing Fleet), City Market Merchants, Otto's Car Wash, Maurice Stouse and Amy Parrish (Raymond James—The First Wealth Management), The Hormone Restoration Center, Ava's Furniture & Consignment, The Ships Chandler, Cali Hlavac (To Do In Destin), Lisa Turpin Fitness and Beachworx (also celebrating five years)!

Additional current and long-time partners, some signing on with the second and third issues, include Village of Baytowne Wharf, Stubbs Orthodontics, Claimology, Gulf Coast Dental, Smileology, Pitell Law Firm, Gail Pelto (Realtor Keller Williams), Electric Cart Company, Specialty Roofers, ECCO Motors, Overhead Door Company, What's Up Dog, Boathouse Oyster Bar, The Melting Pot, Tequila's, Tailfins, AJ's, Auston's on 98, AirServe, Have Trav-



Lori Leath Smith, Publisher and Scott Miller, Director of Advertising Sales

el Memories, Journey Bravely, Emerald Coast Compounding Pharmacy, Emerald Coast Energy Solutions, Insurance Zone (Agora), Carrow Window Films, A Superior and Mattie Kelly Arts Foundation/Sinfonia—ALL a testament, I believe, of **Destin Life's** value. We appre-

ciate those who have patronized our advertisers. Many, many others have joined the Life Media family since then and we are thankful and honored to promote ALL of you! YOU are the flavor of **Destin Life**!

We've met remarkable people and established long-term relationships. We've learned a lot about what YOU want and need as a business. And we're determined to continue getting your message and story out to the 12,000 homes and businesses in Destin through direct mail and distribution—a market of almost 30,000!

**Destin Life** is now part of the Life Media family which has grown to seven publications serving our region, with the newest launch of FWB Life in Fort Walton Beach and a new digital division. But, we've not wavered in our mission to deliver impactful, meaningful and informative community information directly to your mailbox. It's our passion to come alongside our local businesses to fos-

ter awareness, generate more business and go the extra mile in offering value-added ways to do that.

As we begin our sixth year, we'll continue to tell stories about your neighbors, local pros and heroes—your accomplishments, positive and valuable activities, sports, education, dining, entertainment and events. We'll continue to provide an affordable, effective way to promote through valuable content and marketing with affordable rates.

Visit [www.MyDestinLife.com](http://www.MyDestinLife.com) to access the online version of **Destin Life**, blog posts of feature articles, coupons and archived issues. Connect with us: Facebook/DestinLife or Instagram @MyDestinLife.

Thank you Destin community, business owners and loyal readers for believing in us and supporting your hometown newspaper!

~ Lori Leath Smith, Publisher

**“Our Business is to Promote Your Business!”**

### SHERRY JONES

*continued from page 3*

the floor to the ceiling shattered her illusions about Jorge's wealth and his proclaimed innocence. Upon confronting Jorge, she faced a cold reality: exiting the drug trade could have life-threatening consequences.

Sherry felt trapped with only a high school education, lacking job skills and expecting their second child. When she discovered Jorge's infidelity, she opted to leave him, returning to Fort Walton Beach. Subsequent efforts attempted reconciliation

which resulted in the birth of their third child. In 1989, Sherry could not handle the constant fear and insurmountable turmoil, so she filed for divorce. An attorney advised Sherry to copy records for proof of income. Jorge caught her, thinking her intent was dubious, and warned her that she could get everyone killed. She left without the records or proof for future support.

In 1991, prompted by concerns for Sherry's safety and that of their children, Jorge insisted that they leave Florida. This cautionary move was due

to his impending role as a federal witness in the high-profile trial of Sal Magluta and Willy Falcon. His testimony was a means to extricate himself from the charges he faced and a protective measure to prevent Sherry's potential indictment due to the federal law's guilt-by-association outcome. It was Jorge who had originally ushered these two infamous figures into the drug trade. Witness assassinations and alleged juror bribes marred the subsequent trial. Although initially acquitted in 1996, Magluta and Falcon were later convicted of money laundering and

bribery charges. The cult film, “Cocaine Cowboys,” and Netflix's six-part documentary, “Cocaine Cowboys—The Kings of Miami,” portrayed their infamous stories. Jorge chronicled his own experience in a series of books, including his autobiography, “Coming Clean,” where he details Sherry's life with him during that time.

Jorge, who had been re-arrested in 1990, faced eight life sentences for conspiracy to import narcotics. Following a 5-year prison stint, he earned a Ph.D. at Loyola University in Chicago, authored a biography

and established the Tres Hermanos Foundation for criminal reform. The government estimated that the cartel had brought 75 tons of cocaine into the United States; the cartel estimated it to be 175 tons, valued at almost five billion dollars.

Sherry's journey continued as she remarried in 1992, leading a discreet life in Texas. Later, she returned to Fort Walton Beach after another divorce following 26 years in an increasingly turbulent marriage. Meanwhile, Sherry experienced a drastic

*Continued on page 14*



**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

**PROFESSIONAL ROOF REPAIR AND REPLACEMENT!**

**PROUD SPONSOR OF HOMETOWN HEROES!**

**ASSURANCE**  
RESIDENTIAL  
Professional Roofing

Eric Sawyer

**850-790-ROOF (7663)**

[eric@assuranceresidential.com](mailto:eric@assuranceresidential.com)  
[AssuranceResidentialFlorida.com](http://AssuranceResidentialFlorida.com)

**FREE Consultation!**



# ORTHODONTIST



ORTHODONTICS  
VOTED BEST 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



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

Community

Cali's To Do In Destin! AUGUST 2023

..... 5 .....
Tin Cup Classic | 9:30 a.m. | Emerald Bay Golf Club
Farmers Market | 9 a. m.-1 p.m. | Grand Boulevard
Rock The Docks | 7 p.m. | HarborWalk Village
Karaoke | 8 p.m. | The Island Resort
Karaoke | 8 p.m. | Harry T's Lighthouse
..... 6 .....
Beach Church Service | 7:30 a.m. | Crab Trap Destin
Sunday Breakfast | 8:15 a.m. | Destin American Legion
Queen of Hearts | 4 p.m. | Destin American Legion
Mullet Toss | 6 p.m. | AJs Oyster Bar
Sallywag Sunday | 7 p.m. | Baytowne Wharf
Karaoke | 8 p.m. | The Palms Good Vibes Bar
..... 7 .....
Free Beach Bonfire/SIN Night | 5 p.m. | Royal Palm Grille
Bingo Night | 6 p.m. | Destin American Legion
Silent Disco Party | 7 p.m. | HarborWalk Village
Fireworks | 9 p.m. | Harborwalk Village
..... 8 .....
Music Bingo | 6 p.m. | Fatboys Destin
Fat Tuesday Parade | 6:30 p.m. | Harborwalk Village
Trivia | 7 p.m. | World of Beer
Boomin' Baytowne | 7:15 p.m. | Baytowne Wharf
Bachata Lessons | 8 p.m. | Enlightened Studios
Movies on the Beach | 8 p.m. | AJs Burger Bar
..... 9 .....
Bonfire on the Beach | 5 p.m. | The Bay
Cheers to Five Years | 5:30 | Beachworx
Bingo in the Ballroom | 6 p.m. | American Legion FWB
Open Mic Night | 7 p.m. | Enlightened Studios
Country Line Dancing | 7 p.m. | The Block FWB
Wednesday Concert Series | 7 p.m. | Baytowne Wharf
Music Bingo | 8 p.m. | Harry T's Lighthouse
..... 10 .....
Bingo | 10 am. | Salvation Army FWB
Back to School Celebration | 10 p.m. | AJs Grayton Beach
VFW Post Bingo | 5 p.m. | Fort Walton Beach
Wine Walk | 5 p.m. | Gulf Place
Karaoke Night | 6 p.m. | Beach Weekend
Music Match | 6-8 p.m. | The Island Resort
All American Thursday | 6:30 p.m. | HarborWalk Village
Outdoor Concert Series | 7 p.m. | Mattie Kelly Arts Foundation
Trivia | 7 p.m. | Lucille's Kitchen
Bachata / Zouk Classes | 7 p.m. | Enlightened Studios
Latin Dance Lessons | 7 p.m. | The Block FWB

Game Night | 7 p.m. | Enlightened Studios
Karaoke | 8 p.m. | Harry T's Lighthouse
Ladies Night | 10 p.m. | McGuire's Destin
..... 11 .....
Destin Chamber Business Before Hours | 7:30 p.m. | Emerald Grande
Free Beach Bonfire | 5 p.m. | Royal Palm Grille
Music Singo | 5-7 p.m. | The Island Resort
Karaoke | 7 p.m. | Destin American Legion
Karaoke | 8 p.m. | Harry T's Lighthouse
Latin Dancing | 9 p.m. | Bric a Brac
..... 12 .....
Farmers Market | 9 a. m.-1 p.m. | Grand Boulevard
Autos in Aug. | 11 a.m. | Baytowne Wharf
Destin For Success | 5:30 p.m. | Harbor Docks
Rock The Docks | 7 p.m. | HarborWalk Village
Karaoke | 8 p.m. | The Island Resort
Karaoke | 8 p.m. | Harry T's Lighthouse
..... 13 .....
Beach Church Service | 7:30 a.m. | Crab Trap Destin
Sunday Breakfast | 8:15 a.m. | Destin American Legion
Chakra Sound Bath | 5 p.m. | Prana Paudra Center
Mullet Toss | 6 p.m. | AJs Oyster Bar
Sallywag Sunday | 7 p.m. | Baytowne Wharf
Sublime with Rome | 8 p.m. | Club LA
Karaoke | 8 p.m. | The Palms Good Vibes Bar
..... 14 .....
Kids Fishing Day with Boathouse Oyster Bar | 7 a.m. | American Spirit Party Boat
Free Beach Bonfire/SIN Night | 5 p.m. | Royal Palm Grille
Bingo Night | 6 p.m. | Destin American Legion
Silent Disco Party | 7 p.m. | HarborWalk Village
Fireworks | 9 p.m. | Harborwalk Village
..... 15 .....
Music Bingo | 6 p.m. | Fatboys Destin
Fat Tuesday Parade | 6:30 p.m. | Harborwalk Village
Salsa Lessons | 7 p.m. | Enlightened Studios
Trivia | 7 p.m. | World of Beer
Boomin' Baytowne | 7:15 p.m. | Baytowne Wharf
Movies on the Beach | 8 p.m. | AJs Burger Bar
..... 16 .....
Ladies Who Launch Powerhouse Series | 11:30 a.m. | Destin Chamber
Bonfire on the Beach | 5 p.m. | The Bay
Bingo in the Ballroom | 6 p.m. | American Legion FWB
Open Mic Night | 7 p.m. | Enlightened Studios
Country Line Dancing | 7 p.m. | The Block FWB
Wednesday Concert Series | 7 p.m. | Baytowne Wharf



Music Bingo | 8 p.m. | Harry T's Lighthouse
..... 17 .....
Bingo | 10 am. | Salvation Army FWB
Bubbly Baytowne | 5 p.m. | Baytowne Wharf
VFW Post Bingo | 5 p.m. | Fort Walton Beach
Karaoke Night | 6 p.m. | Beach Weekend
Music Match | 6-8 p.m. | The Island Resort
All American Thursday | 6:30 p.m. | HarborWalk Village
Outdoor Concert Series | 7 p.m. | Mattie Kelly Arts Foundation
Trivia | 7 p.m. | Lucille's Kitchen
Bachata / Zouk Classes | 7 p.m. | Enlightened Studios
Latin Dance Lessons | 7 p.m. | The Block FWB
Game Night | 7 p.m. | Enlightened Studios
Karaoke | 8 p.m. | Harry T's Lighthouse
Ladies Night | 10 p.m. | McGuire's Destin
..... 18 .....
One Blood Drive | 10 a.m. | The Market Shops
Free Beach Bonfire | 5 p.m. | Royal Palm Grille
Music Singo | 5-7 p.m. | The Island Resort
Black Creek Music Fest Kick-Off Party | 6 p.m. | The Outpost
Karaoke | 7 p.m. | Destin American Legion
Karaoke | 8 p.m. | Harry T's Lighthouse
Latin Dancing | 9 p.m. | Bric a Brac
..... 19 .....
Farmers Market | 9 a. m.-1 p.m. | Grand Boulevard
Pool Deck Party | Noon | Emerald Grande Pool Deck
Black Creek Music Fest | Noon | The Outpost
Rock The Docks | 7 p.m. | HarborWalk Village
Karaoke | 8 p.m. | The Island Resort
Karaoke | 8 p.m. | Harry T's Lighthouse
..... 20 .....
Beach Church Service | 7:30 a.m. | Crab Trap Destin
Sunday Breakfast | 8:15 a.m. | Destin American Legion
Farmer's Market | 11 a.m. | Destin Commons
Chakra Sound Bath | 5 p.m. | Prana Paudra Center
Mullet Toss | 6 p.m. | AJs Oyster Bar

Celebrating Women in Fly Fishing | 6 p.m. | Seaside Assembly Hall
Sallywag Sunday | 7 p.m. | Baytowne Wharf
Karaoke | 8 p.m. | The Palm Good Vibes Bar
..... 21 .....
Kids Fishing Day with Boathouse Oyster Bar | 7 a.m. | American Spirit Party Boat
Free Beach Bonfire/SIN Night | 5 p.m. | Royal Palm Grille
Bingo Night | 6 p.m. | Destin American Legion
Silent Disco Party | 7 p.m. | HarborWalk Village
Fireworks | 9 p.m. | Harborwalk Village
..... 22 .....
Music Bingo | 6 p.m. | Fatboys Destin
Fat Tuesday Parade | 6:30 p.m. | Harborwalk Village
Silent Disco | 7 p.m. | Harborwalk Village
Trivia | 7 p.m. | World of Beer
Boomin' Baytowne | 7:15 p.m. | Baytowne Wharf
Movies on the Beach | 8 p.m. | AJs Burger Bar
..... 23 .....
Bonfire on the Beach | 5 p.m. | The Bay
Bingo in the Ballroom | 6 p.m. | American Legion FWB
Open Mic Night | 7 p.m. | Enlightened Studios
Country Line Dancing | 7 p.m. | The Block FWB
Wednesday Night Concert Series | 7 p.m. | Baytowne Wharf
Music Bingo | 8 p.m. | Harry T's Lighthouse
..... 24 .....
Bingo | 10 am. | Salvation Army FWB
VFW Post Bingo | 5 p.m. | Fort Walton Beach
Music Match | 6-8 p.m. | The Island Resort
All American Thursday | 6:30 p.m. | HarborWalk Village
Outdoor Concert Series | 7 p.m. | Mattie Kelly Arts Foundation
Trivia | 7 p.m. | Lucille's Kitchen
Latin Dance Lessons | 7 p.m. | The Block FWB
Game Night | 7 p.m. | Enlightened Studios
Karaoke | 8 p.m. | Harry T's Lighthouse
Ladies Night | 10 p.m. | McGuire's Destin
..... 25 .....
Free Beach Bonfire | 5 p.m. | Royal Palm Grille
Music Singo | 5-7 p.m. | The Island Resort
Karaoke | 7 p.m. | Destin American Legion
Karaoke | 8 p.m. | Harry T's Lighthouse
Pandora's Box | 8 p.m. | Club LA
Latin Dancing | 9 p.m. | Bric a Brac
Comedy Show | 9 p.m. | Enlightened Studios
..... 26 .....
Farmers Market | 9 a.m.-1 p.m. | Grand Boulevard
Slacker Olympics | BoatHouse Oyster Bar

CCA Kids Fishing Tournament | Noon | Grayton Beach
Harbor Docks Annual Charity Auction | 6 p.m. | Harbor Docks
Dog Day Pawty | 6:30 p.m. | Baytowne Marina
Rock The Docks | 7 p.m. | HarborWalk Village
Karaoke | 8 p.m. | The Island Resort
Karaoke | 8 p.m. | Harry T's Lighthouse
..... 27 .....
Beach Church Service | 7:30 a.m. | Crab Trap Destin
Sunday Breakfast | 8:15 a.m. | Destin American Legion
Queen of Hearts | 4 p.m. | Destin American Legion
Chakra Sound Bath | 5 p.m. | Prana Paudra Center
Groovin' on the Green Concert | 7 p.m. | Carillon Beach
Sallywag Sunday | 7 p.m. | Baytowne Wharf
Karaoke | 8 p.m. | The Palms Good Vibes Bar
..... 28 .....
Free Beach Bonfire/SIN Night | 5 p.m. | Royal Palm Grille
Bingo Night | 6 p.m. | Destin American Legion
Silent Disco Party | 7 p.m. | HarborWalk Village
Fireworks | 9 p.m. | Harborwalk Village
..... 29 .....
Music Bingo | 6 p.m. | Fatboys Destin
Fat Tuesday Parade | 6:30 p.m. | Harborwalk Village
Silent Disco | 7 p.m. | Harborwalk Village
Trivia | 7 p.m. | World of Beer
Boomin' Baytowne | 7:15 p.m. | Baytowne Wharf
Movies on the Beach | 8 p.m. | AJs Burger Bar
..... 30 .....
Bonfire on the Beach | 5 p.m. | The Bay
Bingo in the Ballroom | 6 p.m. | American Legion FWB
Open Mic Night | 7 p.m. | Enlightened Studios
Country Line Dancing | 7 p.m. | The Block FWB
Wednesday Night Concert Series | 7 p.m. | Baytowne Wharf
Music Bingo | 8 p.m. | Harry T's Lighthouse
..... 31 .....
Bingo | 10 am. | Salvation Army FWB
VFW Post Bingo | 5 p.m. | Fort Walton Beach
Music Match | 6-8 p.m. | The Island Resort
All American Thursday | 6:30 p.m. | HarborWalk Village
Outdoor Concert Series | 7 p.m. | Mattie Kelly Arts Foundation
Trivia | 7 p.m. | Lucille's Kitchen
Latin Dance Lessons | 7 p.m. | The Block FWB
Game Night | 7 p.m. | Enlightened Studios
Karaoke | 8 p.m. | Harry T's Lighthouse
Ladies Night | 10 p.m. | McGuire's Destin



EVENTS • LIVE MUSIC • FOOD

your local guide for everything

WWW.TODOINDESTIN.COM

TO DO IN DESTIN @TODOINDESTIN TO DO IN DESTIN



# Save the Date for the 15th Annual Baytowne Beer Fest!

**Friday, Oct. 6 -  
Saturday, Oct. 7**  
TICKETS ON SALE NOW!  
[BaytowneBeerFestival.com](http://BaytowneBeerFestival.com)



Time to roll out the barrel and discover unique suds and ales! The Village of Baytowne Wharf at Sandestin presents the 15th Annual Baytowne Wharf Beer Fest on October 6-7, 2023. American specialty beers from around the nation will be available for participants to sample and savor.

The main event on Saturday, October 7, will feature more than 200 domestic and international craft beers available for sampling. Brewery representatives will be available at the event, offering an opportunity to learn about the different types of lagers and ales from a variety of styles. Live music will be featured also during the festival.

**Friday, October 6**  
Beer From Around Here  
6-8 p.m. | Baytowne Wharf Events Plaza

A BeerFest favorite, Beer From Around Here hosts local breweries that feature their product for a more intimate night of learning about craft beer culture. And, restaurants in The Village showcase their best dishes – combining their unique lite bites with the many complimentary flavors of a good brew. Live Music by Duchess from 6-8 p.m.

This event is more intimate—limited number of tickets available. \$65 General Admission and \$75 the day of the event if not sold out. Tickets include admission to Friday nights' event from 6-8 p.m. only.

**Saturday, October 7**  
Grand Craft Beer Tasting  
General Admission  
2-5 p.m. | Baytowne Wharf Events Plaza  
\$50 General Admission and \$60 the day of the event

Tickets include admission to the Saturday Beer Tasting event from 2-5 p.m. only. Live Music by Six Piece Suits from 2-5 p.m.

**Saturday, October 7**  
Grand Craft Beer Tasting  
VIP | \$90 General Admission  
Tickets include admission to VIP event at Landshark Bar & Grill from 1-2 p.m. and the Saturday Beer Tasting event from 2-5 p.m. only.

Limited 2-Day Ticket is \$110, General Admission for Friday and Saturday. Tickets include admission to Friday Night's Beer From Around Here Event from 6-8 p.m. AND Saturday's Grand Tasting Event 2-5 p.m.

For tickets, a lineup of beers and additional information, visit [baytownebeerfestival.com](http://baytownebeerfestival.com).

## Upcoming September Event!

### Perfect Hues: Baytowne Wharf Art Festival!

Friday, Sept. 1 - Sunday, Sept. 3 | 5-10 p.m. nightly FREE

This Labor Day Weekend join us for Perfect Hues: Baytowne Wharf Art Fest. Each evening from 5-10, stroll The Village streets as you browse a variety of artwork from local and regional artists. Enjoy LIVE music throughout the festival and a spectacular fireworks show over the lagoon on Sunday at 9:30 p.m.

Also, on Sunday night, be sure to check in by the breezeway to enjoy a Sip & Shop through The Village. We love kicking off the fall season with such a unique, moonlit weekend.

### Music Line up:

Friday  
5-7:15 p.m. | Mike Whitty

7:30-10 p.m. | Mari Gleason  
Saturday

5-7:15 p.m. | Mike Whitty

7:30-10 p.m. | Christon Birge  
Sunday

5-7:15 p.m. | Jared Herzog

7:30-10 p.m. | Emily Bass

Vendor Registration ends Aug. 11.

**Enjoy these events ALL August in the Village of Baytowne Wharf!**

### Autos in August

Saturday, Aug. 12  
11 a.m.-3 p.m.

Calling all Muscle Cars, Jeeps, Vettes, 4x4s, Exotics, Imports, and others! Join The Village of Baytowne Wharf and Emerald Coast Customs for a day of fun, sun and cars. Prizes will be awarded in more than six categories and trophies will be given for nine different classes. The event is open to the public and attendees can enter raffles and win FREE prizes. Join us for a fun day and help raise money for Children in Crisis! For participation information, email [ECCDestin@gmail.com](mailto:ECCDestin@gmail.com).

\$20 Pre Registration  
Venmo: @Emeraldcoastcustoms  
Cashapp: @Emeraldcoastcustoms  
Paypal: Me/Eccsautosinaugust  
<https://www.instagram.com/emeraldcoastcustoms/>

### The Farmers Market at Baytowne Wharf



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

### Boomin' Tuesday

Tuesday, Aug. 8  
7:15-9:15 p.m. | FREE

Turn your eyes on the sky and watch as Baytowne Wharf lights up the night with a breathtaking fireworks show over the Village Lagoon at 9:15 p.m. PLUS now enjoy a DJ Dance Party with DJ Mike Whitty in the Events Plaza at 7:15 p.m.

### Can't Miss Wednesday Night Concert Series

Wednesdays through August 30th  
7-9 p.m. | FREE | Events Plaza Stage

Sit back and relax, take in the cool crisp air and enjoy live entertainment featuring both local and regional talent from a variety of genres.

### Live Music Schedule

August 9: Modern Eldorados  
August 16: Cadillac Willy  
August 23: Catalyst  
August 30: Dion Jones & The Neon Tears

### Fly Guy Thursday

Thursday, Aug. 10  
6:30 & 8:30 p.m. | FREE

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

### Bubbly Baytowne

Thursday, August 17  
5 p.m. | FREE

Bubbly Baytowne is BACK! Sip and shop through The Village streets and an evening full of FREE champagne during Bubbly Baytowne. Check in by the fountain to receive your complimentary Baytowne Wharf glass and a map outlining specific merchants to visit starting at 5 p.m.

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



 Community

# Beachworx Celebrates Fifth Anniversary

Beachworx, the Emerald Coasts' premiere flexible real estate and coworking concept, is celebrating five years with an open house on International Coworking Day. Coworking day passes are discounted 50 percent Wednesday, Aug. 9, to give people the opportunity to experience the space. A networking event follows from 5-7 p.m., with catering from Hooters, desserts from former member Bon Vie Specialty Custom Cakes and Desserts, beer, wine and a champagne toast.

"We want to celebrate all the people who have helped us get to this point and welcome new faces who haven't yet real-

ized the value a community like Beachworx offers," said CEO Steven Franco. "And we're excited to say that our success operating this business over the last five years has brought us to the next stage of growth – franchising this concept for landlords who want to convert their space to coworking."

Coworking is the flexible alternative to long-term real estate commitments.

"Coworking accommodates your business as it grows through the business life cycle," Franco said. "The flexibility to scale up or down with 30 days' notice is critical to helping businesses realize cost savings."

Franto opened Beachworx



in May 2018. The concept has gained traction with locals and tourists alike. Its open coworking area and hot desks are popular with tourists who, for \$35 per day, can escape the condo and kids to access a professional office environment with reliable wifi, printing and teleconferencing amenities.

The Harbor conference room seats 10 at the boardroom table and can be rented for \$50 per hour. "It's a great neutral ground for negotiating between two parties and a distraction free space for teams to meet and actually get work done," said Vice President of Operations Melissa Fertitta.

Persistent demand for private

offices led Beachworx to expand its concept to the second floor of the Destin Commerce Center with the Beachworx Executive Suites.

"The original third floor space is, at its core, a community," Fertitta said. "There is usually a good bit of laughter and conversation in the kitchenette and soft seating area. The second floor is an attractive alternative for our more experienced office professionals. The aesthetic there is more traditional, dark wood, large executive desks. It's a popular option with our financial services members who appreciate the more subdued atmosphere."

Completed in April, the Beachworx Executive Suites features six large furnished suites from 198-363 square feet and is notably quieter than the main third floor coworking area.

The studio features a RODECaster Pro II switchboard, four Shure SM7B Cardioid Dynamic Vocal Microphones and four Shure SRH840 Closed-Back Over-Ear Professional Monitoring Headphones. The team points out these are the most fundamental elements for podcasting and for an additional fee, users can bring in their own video equipment to record their studio sessions. The studio is open to the public and can be

rented for \$120, per two hour time block.

Virtual memberships are another special offering. Virtual address memberships are a solution allowing businesses to build their digital marketing and online presence by using an address in the Destin Commerce Center.

"For \$75 a month, you receive inbound mail, managed with an app that instructs us how to handle your mail and packages. Mail can also be forwarded to another address for additional fees. We are compliant with the USPS as a commercial mail receiving agent."

Virtual members also take advantage of the multiple signage options at Beachworx, which includes license display compliance and digital advertising facing Highway 98. "The DOT estimates the average daily traffic count is 52,000 drivers. That's 52,000 people who could be learning about your business whether you have an office in the space or you're a virtual member," said Fertitta.

Beachworx is open Monday - Friday, 8 a.m.-5 p.m.. Find more information at [www.thebeachworx.com](http://www.thebeachworx.com)

To purchase your discounted International Coworking Day Pass, contact us at: [info@thebeachworx.com](mailto:info@thebeachworx.com).







# A Destin Tradition Celebrating 45 Years!

Oct. 6-8 | Friday 4-10 p.m., Saturday 10 a.m.-10 p.m., Sunday 10 a.m.-6 p.m.

One of the locals' favorite times of year is the **Destin Seafood Festival**, back for its 45th year! So popular is this exciting, delicious, delectable event that more than 60,000 locals and visitors are expected to walk through. The entire Destin Seafood Festival is a two-mile stretch, beginning at Harborwalk Village and stretching all the way to Heron Harbor, with stages on each end. The 2022 Festival included more than 110 food and craft vendors in addition to local restaurants, and this year is expected to be even bigger.

Happening Friday through Sunday, Oct. 6-8, the festival kicks off October's month-long Destin Fishing Rodeo. You need no ticket to attend and you'll get the opportunity to take in some of the best local and coastal musicians at the beach with four stages beckoning you to a variety of live rock, reggae, country, tropical tunes and more. Local Destin restaurants and eateries will serve up scrumptious sea-



food specialties on the docks and along the new, pedestrian-friendly Harbor Boardwalk. Cold drinks, including beer and wine, are available and will keep you cooled off while you take it all in. You can stroll along the Destin Harbor enjoying the arts and crafts where artists and vendors display their jewelry, clothing, sculpture, glass, watercolors, oil paintings, designs and more. And don't forget your seafood festival T-shirt!

Enjoy the festival that has always been free – or buy a VIP ticket and enjoy our VIP area.

Call to Chef is a local seafood experience that brings back the flare of local seafood to our festival. Located inside the larger festival, the VIP/Call to Chef will require a paid ticket to browse the local restaurant tents, sample their food flavors and vote for your favorites. For more information on participating as a chef or being a sponsor for this great event, visit [www.destinseafoodfestival.com](http://www.destinseafoodfestival.com).

All the food and fun began in 1978 when the Destin Charter Boat Ladies Auxiliary decided to establish a festival to cele-

brate local fishermen. It has always been held in conjunction with the Destin Fishing Rodeo. Proceeds are donated back to the community, including the Destin Charter Boat Association which works to maintain the fishery our community was built on, the Miss Destin scholarships, Destin Fisherman's Fund to help those in need and more.

This year's musical entertainment, with four different stages, will feature local bands playing throughout the festival. Harbor restaurants and bars will offer a full lineup of local favorites as well, performing throughout the day and evening. You can bring a chair and chill or don your dancing shoes! Bands and schedule TBA. Visit [DestinSeafoodFestival.com](http://DestinSeafoodFestival.com).

This year, the Kids Zone has expanded with multiple games for all ages. Sponsored by Fudpuckers, the Kid Zone will include a Mingo Toss, painting oyster shells, sand art and more. The HarborWalk Kids Fun Zone has Hamster balls,

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

Parking will be available at Heron Harbor, the HarborWalk Village, the Marler public parking lots, the Destin Community Center and the Destin Fishing Museum. Shuttles will also be provided from the Morgan Sports Complex to the Harbor, free of charge.

Admission is totally free or you can go as a VIP with passes that include a complimentary unlimited food that include a variety of seafood, gumbos and catered treats and more. Tickets also include private bathrooms, cash bar, additional vendors, TVs, live music and more. To purchase a VIP pass, visit the official Destin Seafood Festival website.

For a site map, to become a vendor and other information, visit [DestinSeafoodFestival.com](http://DestinSeafoodFestival.com). Email [info@destinseafoodfest.com](mailto:info@destinseafoodfest.com)

**45TH ANNUAL DESTIN SEAFOOD FESTIVAL**  
SEAFOOD • MUSIC • ARTS • COMMUNITY  
OCTOBER 6-8TH, 2023

**VIP ON SALE**

**BUY TICKETS | ENJOY SEAFOOD SAMPLES**  
Local restaurants competing for the top spot in a variety of food categories  
Sponsorship opportunities & Chef spots available!

[www.destinseafoodfest.com](http://www.destinseafoodfest.com)

 Community

# Trends & Treasures!



## Smallcakes Destin: A Cupcakery and Creamery "Frostacious" Cupcake Fun for Anyone!

Cupcakes are better at the beach and life is better with sprinkles and fun on top! Smallcakes has the corner on decadent, delightful and delicious, all year. These made-from-scratch, fancy and creative cupcakes are made fresh daily. This is cupcake heaven on earth with unique flavors and a variety of cupcake personalities to please everyone! Specializing in gourmet cupcakes, housemade ice cream, wedding cakes and birthday cakes—even "Pup" cakes for your furry friend—every day they offer 13 signature flavors, 4 specialty flavors, 12 ice cream flavors, jumbo cookies, gourmet popcorn and more. August brings Caramel Latte, Key Lime, Milk & Cookies, M&M, Coconut and Mississippi Mud. Smallcakes can even do your sweet-treat baking for events – custom cakes (with edible logos and images), gourmet cupcakes, cookie cakes, beach cakes, reunion cakes, brownies and cupcakes-in-a-jar. Call ahead for pre-orders, DoorDash or curbside pickup! Smallcakes will help you make one delicious impression on your guests, too! Hours: Mon. through Sat., 11 a.m. – 7 p.m.; Sun. 11 a.m. - 4 p.m.

(850) 842-9002

[SmallcakesDestin.com](http://SmallcakesDestin.com)

Follow @SmallCakesofDestin

## SUMMER FLASH SALE! CRYO850 Performance and Recovery Center

Up to 60% off Wellness Circuit Passes! You asked, we listened! CRYO850 is now offering Wellness Circuit Packages without membership commitments! Purchase packages of 6, 12, 18, 24 or 30 and use visits anytime over the next year. Each Wellness Circuit Visit provides access to six high tech,

drug-free services including Red Light Therapy, Whole Body Cryotherapy, Localized/ Spot Treatment Cryotherapy, Infrared Sauna, Vibration Plates and Compression Therapy. These Wellness Circuit services are used to: manage pain and inflammation, expedite athletic recovery or post-surgical healing, maintain a strong auto-immune system, lose weight and fight signs of aging. Also, check out CRYO850 Enhanced IV Hydration, CRYO850's unique boutique line of amino acid formulas combined with Hydrogen Rich CBD Water for lasting hydrating effects. Add Pulsed Electromagnetic Therapy for express tissue absorption for the ultimate hydration experience: CALM for the Anxious Mind, FOCUS for Cognition and Energy, SHINE for Beauty, LIFT for Athletic Performance, DEFENSE for Immunity and NIGHLYFE® for Hangovers. DM on FB or Insta or call to book your appointment!

(850) 279-4145

[www.cryo850.com](http://www.cryo850.com)

[facebook.com/CRYO850](https://www.facebook.com/CRYO850)

## Emerald Trends, Diamond Treasures Beyond Measure Fine Jewelry

On the Emerald Coast, we LOVE Emeralds! And I bet you do, too! Find a huge selection at Beyond Measure! Wanting a new design custom-made just for you instead? Stop by Beyond Measure Fine Jewelry and try to decide which shape suits you best. In addition to beautiful emeralds, there's an array of colors and styles. Whether you're shopping for a special gift, a new summer color or an engagement ring for that "special" day, Beyond Measure is here for you. Owner Ashleigh Woolly carries one-of-a-kind pieces for summer in coastal colors and tons of gemstones available in varying colors and shades. Want to stick

to diamonds? Specializing in diamond, gemstone and precious metal jewelry pieces, the Beyond Measure Jewelers' showroom, is full of diamond and gemstone bracelets, special-occasion rings, necklaces and earrings. Ashleigh is passionate about exquisite and custom-designed jewelry—especially engagement rings and wedding bands. Trust your custom project to Beyond Measure Fine Jewelry, where a one-on-one exquisite jewelry experience is waiting!

(850) 424-7011

[Facebook.com/beyondmeasurejewelers](https://www.facebook.com/beyondmeasurejewelers)  
[beyondmeasurejewelry.com](http://beyondmeasurejewelry.com)

## Welcome Your Special Day (or Any Day) with "Pure" Confidence! Pure & Couture Salon

Have you been in the chair recently? If you haven't, you should! "The stylists are amazing!" say Pure & Couture customers. Highly recommended by women with gorgeous hair, "everyone is so knowledgeable about everything they do." Need length, volume or texture? These famed stylists are experts in prettied-up ponytails, beautiful braids or an enhanced look with hand-tied, hair extensions. Dry, split ends? It's a cinch with NEW Nutritive Hydrating Split Ends Serum powered by a vitamin-in-oil blend available at the shop. Pure & Couture works with you offering beauty services for weddings, special events, consultations and trial sessions including airbrush makeup, blowouts, lash extensions, spray tanning and hair extensions. There's everything from cuts and colors, blow outs, trims, highlights, all over color, root touch up or corrective color. Set up a consultation today—time to finally have hair you LOVE for that special day or any day ready!

(850) 424-3935

[pureandcouture.com](http://pureandcouture.com)

[purecollectivesalon.com](http://purecollectivesalon.com)

## The "FRILL" of FABULOUS new Gifts! Frill Seekers Gifts and Personalized Fabulous Finds

Enter Frill Seekers Gifts, and you'll be "frilled" and captivated by the dazzling displays of new products and best sellers in specialty categories, including fine stationery, unique gifts, monogramming, engraving, home décor, coastal treasures, baby treats, invitations for weddings and parties, decadent candle lines, jewelry and accessories. Shop co-founders, mother-daughter duo, Heidi LoCicero and Peyton LoCicero-Trist, are fixtures in the local community of 30A-Destin, both as businesswomen and community leaders. This family run business offers unique personalized gifts such as stationery and home goods with eco-friendly and charitable sensibilities. Motivational products, such as journals and greeting cards with inspirational sayings, are designed to bring joy to both the giver and the recipient. Tourists and homeowners rave about custom shatterproof cups, napkins and koozies, which feature their home or condo name and town or a fun design and the beach town that they're visiting. Homeowners love design icons, their beach house's name and the town, front and center. To remind you of the relaxing days spent along Florida's Emerald Coast, take home a signature, soy-based candle, each named to reflect something special about the area and with signature beach scents such as Destin Delight, Be On The Coast, Seas the Day, Destin Days and A Good Day on 30A. Realtors—use for closing gifts! Shop online: [FrillSeekersGifts.com](http://FrillSeekersGifts.com) or call (850) 460-2700. Free gift wrapping, too! Visit the store Monday-Friday, 10 a.m. to 5 p.m. and on Saturdays from 10 a.m.-2 p.m.

(850) 460-2700

[frillseekersgifts.com](http://frillseekersgifts.com)

## Hot! Hot! Hot! Be On the Coast Real Estate

These three words describe the real estate market from Destin to 30A. "A hot market means low inventory combined with a plethora of buyers looking for the perfect place," said Brian K. LoCicero, Luxury Realtor®. A hot market can mean a faster sale at or above asking price, but, you'll need to get your property ready to sell. In a hot market, you have a better chance of selling a home "as-is" without having to make major updates. However, before making any significant updates or repairs to the property before listing it, discuss with your realtor to evaluate comparable properties in your neighborhood. A seasoned realtor will give you a priority list of things to fix or update in order to list your home at the highest price point and might recommend a home inspection to identify areas that need to be addressed prior to the first showing. In a hot market, buyers want to move quickly and are driven by first impressions. So, declutter and "stage," (interior & exterior) to give the home a "wow" factor to distinguish it. Clean out closets for a more spacious and organized look. Declutter furniture surfaces and put personal photos away. Then gather all relevant property documentation for your realtor to share with potential buyers and the title company. Lastly, have a place to go before you list the property for sale. Hot markets mean quick sales and closings. However, buyers are more willing to accommodate sellers' needs when inventory is low. Ready to buy or sell your property? Call the Be On The Coast Real Estate team at (850) 739-3800 or visit: [BeOnTheCoast.com](http://BeOnTheCoast.com).



**BEYOND MEASURE  
FINE JEWELRY**

Custom Designs, Engagement Rings, Earrings  
Bracelets, Rings, Necklaces, Wedding Bands  
(850) 424-7011 | [beyondmeasurejewelry.com](http://beyondmeasurejewelry.com)



*The secret is out!  
Barbie gets all of her party essentials at*



(850) 460-2700 | [www.frillseekersgifts.com](http://www.frillseekersgifts.com)



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



Cupcakes, Ice Cream, Cookies,  
Custom Birthday and Wedding Cakes  
(850) 842-9002 | [www.smallcakesdestin.com](http://www.smallcakesdestin.com)



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



Styling, extensions, makeup, blow outs, eye brows,  
facials and massage. Gift cards available.  
(850) 424-3935 | [www.pureandcouture.com](http://www.pureandcouture.com)

**CITY·MARKET**  
BEACHSIDE & BAYSIDE

*Two locations to Shop, Dine & Enjoy!*



 Community



Mayor Bobby Wagner and PIO Tamara Young, PhD

# "Reel Talk" from the City of Destin

## Many Options For 1 Harbor Blvd.

BY TAMARA LEIGH YOUNG, PHD, PUBLIC INFORMATION MANAGER FOR THE WORLD'S LUCKIEST FISHING VILLAGE

It's time for more "reel" talk from the mayor and me. This time, Destin Mayor Bobby Wagner and I met up at 1 Harbor Blvd to discuss the new city purchase. Please email me at [tyoung@cityofdestin.com](mailto:tyoung@cityofdestin.com) if you'd like to submit a question or have a topic you'd like discussed in an upcoming issue.

**TY:** Rarely do you see the community come together in agreement on a topic like the

unanimous 7-0 vote by council to acquire 1 Harbor Blvd. I know \$9 million is a lot of money, but my personal viewpoint is the space is worth the view! Or keeping the view unobstructed, at least. Please tell me that's the case.

**BW:** That's definitely the case. With this parcel being one of the best places in Destin due to the 180 degree panoramic waterfront views of both East Pass and Crab Island, I'm going to challenge our designers and engineers to preserve the view whether by foot or driving by.

**TY:** I've read a lot of creative ideas on social media about how the space could be used. One that received a lot of love was the idea of an amphitheater.

What are your thoughts on that, as well as the increased parking challenges that it might bring?

**BW:** The amphitheater could be amazing and provide a one-of-a-kind backdrop for everyone. Other ideas I have heard are a City Marina, a ferry connection point, new location for the "Welcome to Destin" sign and many more. I believe if the city can continue to work together and take public input to heart, we can create a sense of place that locals can be proud of and use often regardless of the season.

As for parking, we do know as we bring more reasons for people to visit the Harbor, parking will be even more of a challenge. I do not see 1 Harbor



Blvd. as the place for answering that challenge, though. The city currently owns two parking areas in the Harbor district that have plenty of room for creative design while adding more parking. I strongly believe as we plan for the future of our Harbor district that we do so with centralized parking and public transportation as a core principle of the design. This will allow us to plan locations like 1 Harbor Blvd without sacrificing green space for required parking spaces and storm water areas. We know it's a challenge, but we want to maximize the land for public use at 1 Harbor Blvd.

**TY:** From what we've heard, most locals are adamant that the

2-acre parcel not be turned into a giant building, and staff, council and harbor CRA committee agree, and our zoning codes wouldn't allow for more than 50 feet high or four stories anyway. So, what's the buzz on what else we could do?

**BW:** Something I do feel confident that we'll be doing is continuing the Harbor boardwalk underneath the bridge and allowing a place for locals to safely walk and bike to and through when they want to go to the Harbor or take the future bike path that will expand across all of Okaloosa Island. It would also allow us to connect West Destin like never before.

## PITELL

LAW FIRM, P.L.



LISA Y. SHORTS PITELL  
ATTORNEY AT LAW

- Wills, Trusts, Estate Planning
- Corporation, LLCs, Business Law
- Taxation law & Tax returns
- Contracts
- Guardianship, Probate & Estate Administration

1402 Cat Mar Rd., Suite B, Niceville, Florida 32578  
850.897.0045 | [LYP@LYP-LAW.COM](mailto:LYP@LYP-LAW.COM)

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

# Protect Your Home Investment with Window Hero of Destin and Pensacola

Your home is a significant investment, and preserving its value is crucial. At Window Hero we understand your home's importance and offer a comprehensive range of services to maintain its pristine condition and provide our customers peace of mind. With expertise in house washing, roof washing, gutter cleaning, solar panel cleaning, pressure washing of hardscapes and interior/exterior window cleaning, we are the protection your home needs.

Over time, rust stains, dirt, grime, mold and mildew accumulate on your home's exterior to include its roof and hardscapes, damaging its appearance and structure. Our house washing techniques and solutions restore your home's

beauty, safeguarding its paint and siding. Roof washing eliminates these nuisances extending the roof's lifespan and avoiding costly repairs.

Clogged gutters pose a risk of water damage to your home's foundation, siding and landscaping. Our skilled team ensures debris-free gutters, enabling proper water flow and preventing potential issues. Gutter guard installation provides a long-term solution and can be more cost effective.

Regular cleaning of solar panels is essential for optimal energy output. Our heroes will remove dirt, dust and grime, maximizing the efficiency of your panels.

Driveways, walkways, steps, patios and decks accumulate



dirt, stains and mold growth, diminishing their appeal and safe-



ty. Our pressure washing service rejuvenates these surfaces, re-

storing their appearance, ensuring durability and eliminating slippery steps.

Our professional window cleaning service ensures spotless, streak-free windows both inside and out, enhancing your home's aesthetics and improving natural lighting.

Protecting your home investment is a priority. Window Hero delivers exceptional results through our comprehensive services to safeguard your property's value, beauty and safety. Invest in the protection of your home worth 100's of thousands. Contact Window Hero today for your own hero to preserve and maintain the integrity of what is often your largest investment.

## Leave it to the Experts

- 💧 WINDOW CLEANING
- 💧 PRESSURE WASHING
- 💧 GUTTER CLEANING
- 💧 ROOF WASHING



**PENSACOLA TO DESTIN**  
WINDOWHERO.COM



<p><b>\$30 OFF PRESSURE WASHING</b></p> <p><small>Applies to Pressure Washing or House Washing. Restrictions apply. Offers valid only for Pensacola/Destin location. Cannot be combined with any other offers. One discount per household. Offer valid through 12/31/2023. No cash value. Void if altered, copied, transferred, or sold. This is an independently owned and operated franchise.</small></p>	<p><b>\$25 OFF GUTTER CLEANING</b></p> <p><small>Restrictions apply. Offers valid only for Pensacola/Destin location. Cannot be combined with any other offers. One discount per household. Offer valid through 12/31/2023. No cash value. Void if altered, copied, transferred, or sold. This is an independently owned and operated franchise.</small></p>	<p><b>\$25 OFF WINDOW CLEANING</b></p> <p><small>Restrictions apply. Offers valid only for Pensacola/Destin location. Cannot be combined with any other offers. One discount per household. Offer valid through 12/31/2023. No cash value. Void if altered, copied, transferred, or sold. This is an independently owned and operated franchise.</small></p>	<p><b>\$200 OFF GUTTER GUARDS</b></p> <p><small>Minimum 100 ft. Restrictions apply. Offers valid only for Pensacola/Destin location. Cannot be combined with any other offers. One discount per household. Offer valid through 12/31/2023. No cash value. Void if altered, copied, transferred, or sold. This is an independently owned and operated franchise.</small></p>
---	--	--	---

VETERAN OWNED & OPERATED

CALL FOR FREE QUOTE: (850) 601-1993

 Community

**SHERRY JONES**

*continued from page 4*

shift from luxury to poverty. She survived on welfare and worked two jobs to provide for her three children. She sought refuge with her parents, allowing herself some respite and time to heal. Sherry pursued higher education, earning a B.A. in Commu-

nication and Behavioral Science. Sherry is presently the Director of Communications and Public Relations at One Hopeful Place (OHP), the sole low-barrier shelter in Northwest Florida. OHP assists the homeless population in the community through its inclusive programs, providing temporary housing and resources for reclaiming independence.

The shelter accommodates even those with felony convictions, barring those related to sexual abuse. Sherry is grateful to Ted Corcoran, president & CEO of the Greater Fort Walton Beach Chamber of Commerce, for allowing her to make a positive difference in the lives of others.

Veterans are accorded top priority, with the Veterans Affairs

Department contacted promptly to activate necessary benefits. Extensive background checks are carried out to validate the narratives of potential residents. OHP also collaborates with the Bridgeway Center in Fort Walton Beach to offer mental health treatment and detox services. Moreover, OHP plans to construct “tiny” homes to provide transitional housing, a venture requiring substantial community support.

OHP also offers a three-day-a-week program (Tuesdays, Thursdays, and Saturdays between 9 a.m. and 5 p.m.), allowing the homeless to come and eat a hot meal, shower and do laundry. The homeless living in their cars are provided a safe car park area. When winter temperatures fall below 40 degrees, OHP opens a cold night, 48-bed area to house the homeless overnight.

Beyond her commitments at OHP, Sherry also devotes her time to several philanthropic pursuits. She serves as a Guardian Ad Litem for the First Judicial Circuit Court in Florida. She offers her experience and empathy as an instructor for a church-based Divorce Care program. In a leadership capacity, she is the Vice President of Parkinson’s Strong, Inc., a nonprofit organization based in Destin. She has also established World Class Scholarship Pageantry, LLC, which cultivates philan-

thropic values in young women, with OHP benefiting from their charitable efforts.

Despite the turbulence in her personal life, Sherry has successfully fostered academic and professional growth in her children. Each of the children graduated from highly ranked universities. Their first daughter has a Master’s degree and is a dedicated educator. Their second daughter serves as a Florida Barred attorney. She serves as a risk analyst for the Department of Education in Washington, D.C. Their son is a CFO of a publicly listed company on NASDAQ. Sherry’s youngest daughter is completing a Master’s in the Medical Science field. Against all odds, Sherry has been instrumental in shaping her children’s successful career paths.

Sherry Jones’ story is a testament to her resilience and the power of second chances. With her experience and understanding, it’s fitting that she has been called to One Hopeful Place since there are similar stories of hope from those that One Hopeful Place serves. With plans to share her extraordinary journey in a forthcoming book, she stands as a beacon of hope, reflecting the potential for renewal even in the face of adversity. Meet Sherry and consider supporting One Hopeful Place and its mission.

## HOME, KITCHEN AND BATHROOM REMODELING

ATTIC BUILDOUTS • ADDITIONS • OUTDOOR LIVING • CUSTOM HOMES



- 24 YEARS OF EXPERIENCE
- 2021 BUILDER OF THE YEAR
- SERVICE FROM DESTIN TO PCB, AND ALL OF 30A



850.347.2047

**SONRISECONSTRUCTION30A.COM**

CBC#1265832

## Affordable Pressure Washing

*See What a Difference We Can Make for You!*

Homes • Sidewalks • Patios • Driveways  
Decks • Fences • And More...

**Before**



**After**



15 Years Experience • Locally Owned and Operated

Call Today to Schedule Your Free Estimate

\$25 OFF if scheduled by August 31, 2023

(850) 688-9886



Allergan Diamond Level Injector Top 1%  
Voted Best in Destin 2022





Botox \$10 per unit

Limited to first 20 units.  
More units at regular price.  
Exp: 8/31/23

Must mention this ad at time of treatment. No exceptions.  
Can't be used with other offers.

PDO Thread Lift • Botox  
Juvederm Family of Fillers  
Kybella • Hydrafacial  
Skinpen Microneedling  
Medical Grade Chemical Peels • Viora Laser  
Esthetician Services

Dr. Amber Wiebe

DMD, MAGD, MAAFE



National Instructor

850.267.0777

www.destinbotox.com

# Insights for Investors: Past, Present and Future in Investing



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

“If you want to know the past, look at your present. If you want to know the future, look at your present” – Marcus Aurelius

Reports came out this past week over the continued resilience of the U.S. economy. GDP growth for the second quarter was 2.4 percent. According to the Associated Press, that was led by a strong increase in business spending and continued strength in consumer spending. This is in the face of 11 federal rate hikes in the past 17 months. Inflation has continued to decline and is now down almost 70 percent in the past 12 months.

We have seen it before in the quote from the great John Templeton: The four most expensive words in investing are: “This time it’s different.” Indeed, we agree, and this time it is not different. The stock market sank to its lowest level in October 2022. It has since rebounded quite substantially. That is right in line with past slowdowns or declines in earnings brought on by higher interest rates, inflation, and a slowing economy.

It has been interesting and concerning at the same time, the rapid rise in inflation over most of 2022. And what goes up often comes down – we have seen inflation come down 70 percent over the past 12 months. Raymond James, in its most recent edition of “Investment Strategy Quarterly” presents two scenarios which can drive inflation: Supply push inflation or demand push inflation. Inflation pushed by an interruption or decrease in production can raise prices. Stimulated demand brought on by a significant increase in the money supply can drive inflation. We may have

just experienced the two simultaneously.

The interesting thing about inflation is that it was mostly nonexistent from 2010 to 2020. That was with an abundant supply of money and a strong economy for the most part. How could inflation have been so tame? Goldman Sachs points out that two key factors were 1) the low cost of energy during that time and 2) the continued advances in automation and other technological innovations that drove the cost of doing business out of the system. It was quite incredible to see the low cost of money and low inflation. The question, as we hear nonstop communication about artificial intelligence, or AI, is that about to happen again and at an even faster rate? The impact of technological advances cannot be overstated in our opinion. They not only drive costs out of the system as Goldman points out, but they also create new opportunities, industries, and jobs. Of course, some jobs go away (think telephone operators or typists) but are typically replaced by more and higher-paying jobs. Is the market seeing that? We think so. Goldman Sachs also shared some numbers to further illustrate these points. In 1850, two thirds of the workforce was devoted to agriculture or food production. The leading cause of death at that time was malnutrition. Today, less than 2 percent of the workforce is dedicated to food production – and productivity, or output, has never been greater. One of the leading causes of death today is a diet that is too rich.

Even though most stocks are up only slightly in 2023, many of these companies are coming out of earnings slumps and, like past growth spurts in stocks, they have recovered after hitting lows. The markets, however, present a different picture. At this writing the S&P 500 index is up almost 19 percent ytd, the Dow, 6.5 percent and the NASDAQ, 35 percent. Investors should take note that a small number of stocks, fewer than 10, have driven most of the performance of S&P and the NASDAQ. Taking those out leaves

those indexes with a much different result.

The same can be said for so-called market valuation: looking at the price to earnings ratio (PE) of the S&P. Historically, that number has been 16 to 1. Most recently it is 26 to 1, indicating a somewhat overvalued market. If you experiment and take out the small number of outperforming stocks, you will find that ratio drops down somewhat, making it slightly undervalued. Throughout most of July, the market seemed to be responding to that and the larger group of stocks performed quite strongly and many of those firms have been reporting their second quarter results, which are proving to be better than expected.

We are also encouraging investors to look more closely at bonds or fixed income investments. If the Fed is close to or at the end of its rate hike efforts and if inflation continues to wane, locking in yields for longer term than short-term CDs and money markets might make a lot of sense. It can diversify or reduce risk to a portfolio, and it can be a source of income as well. Cash rates are at their highest levels in well over a decade; however we remind investors that these rates are intended for a very short-term time horizon.

If you haven’t reviewed your portfolio and or reassessed the big three: investment objective, risk tolerance, and time frame, contact your adviser and do so today.

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.

The S&P 500 is an unmanaged index of 500 widely held stocks that is generally considered representative of the U.S. stock market.

The NASDAQ composite is an unmanaged index of securities traded on the NASDAQ system.

The Dow Jones Industrial Average (DJIA), commonly known as “The Dow” is an index representing 30 stocks of companies maintained and reviewed by the



editors of the “Wall Street Journal.”

Keep in mind that individuals cannot invest directly in any index, and index performance does not include transaction costs or other fees, which will affect actual investment performance. Individual investor’s results will vary.

*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 32541. Phone 850.654.8124. Raymond James advisors do not offer -tax advice. Please see your tax professionals. Email: [Maurice.stouse@raymondjames.com](mailto:Maurice.stouse@raymondjames.com).*

*Securities offered through Raymond James Financial Services, Inc.*

*Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc. The First Wealth Management and The First 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. The information provided is general in nature and is not a complete statement of all information necessary for making an investment decision and is not a recommendation or a solicitation to buy or sell any security. Past performance is not indicative of future results.*



for Your Financial Future

We offer customized strategies and objective advice well-suited to your needs.



RAYMOND JAMES



Maurice Stouse  
Financial Advisor

Call us today to schedule a consultation and start designing a personalized wealth management plan.

The First Wealth Management  
A Division of The First Bank, NA

850.654.8122

2000 Ninety Eight Palms Blvd, Suite 300, Destin, FL 32541



Amy Parrish  
Financial Advisor

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 offered through Raymond James Financial 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.

 Community



BY GAIL PELTO, REALTOR

Homeowners' Associations (HOAs) have become a widely used community management system in residential neighborhoods. These associations are typically established to manage shared amenities, enforce rules and guidelines, and maintain common areas within the community. While HOAs have been subject to some criticism, they also offer numerous benefits that contribute to fostering a sense of community, protecting property values and enhancing the overall quality of life for residents.

**Maintaining Aesthetic Appeal:** One of the primary benefits of an HOA is its ability to maintain the aesthetic appeal

of a community. HOAs often have specific guidelines regarding property upkeep, landscaping and architectural standards. These guidelines help ensure that homes and common areas are well-maintained, leading to a cohesive and visually appealing neighborhood. Consistent upkeep can contribute to higher property values and provide a more enjoyable living environment for residents.

**Shared Amenities and Services:** Many HOA-governed communities offer shared amenities such as swimming pools, fitness centers, playgrounds, clubhouses and walking trails. These amenities can be cost-prohibitive for individual homeowners to develop and maintain. However, with the collective resources of an HOA, residents gain access to these facilities, enhancing their quality of life and promoting a healthy, active lifestyle.

**Property Value Protection:** Perhaps one of the most



significant benefits of an HOA is its potential to protect property values. The enforcement of guidelines and maintenance of community standards helps prevent property neglect and architectural deviations that might otherwise lower property.

**Neighborhood Character:** Different neighborhoods have specific architectural styles and standards that contribute to their character and identity. For example, allowing boats and trailers to be parked in driveways can disrupt this character, leading to a loss of identity for the community. Preserving the neighborhood's unique charm and maintaining consistency in property appearances can

attract buyers who are seeking a particular lifestyle and ambiance, thereby enhancing property values.

**Financial Management and Budgeting:** An HOA typically collects fees from residents to cover expenses related to common area maintenance, amenities and services. These fees are managed through a carefully planned budget, which ensures that funds are allocated efficiently for the benefit of the community. Transparent financial management builds trust among residents, and it allows homeowners to share the costs of community improvements and repairs fairly.

**Dispute Resolution and Rules Enforcement:** HOAs play a crucial role in dispute resolution and enforcing community rules. When conflicts arise between neighbors or concerns about violations of community guidelines emerge, the HOA acts as a mediator to find amicable solutions. Enforcing rules

fairly and consistently helps maintain a harmonious living environment, ensuring everyone respects the agreed-upon standards.

Some HOAs are run by community association management companies, and some are run by resident volunteers (thank your involved neighbors!). While HOAs have faced criticism for being overly restrictive or bureaucratic, their benefits are undeniable. Like any system, the success of an HOA depends on effective communication, transparency, and the active involvement of its residents in shaping the future of their community. By upholding standards, HOAs fulfill their role in preserving the long-term value of homeowners' investments and cultivating a strong sense of community pride. Be a good neighbor!

*Want to know the value of your property? Call, text or email me: Gail Pelto, Gail.Pelto@kw.com, 850-374-0454.*



SALES • SERVICE • PARTS AND ACCESSORIES • FINANCING • RENTALS

# Adventure Awaits

Largest Selection of Street Legal Golf Carts

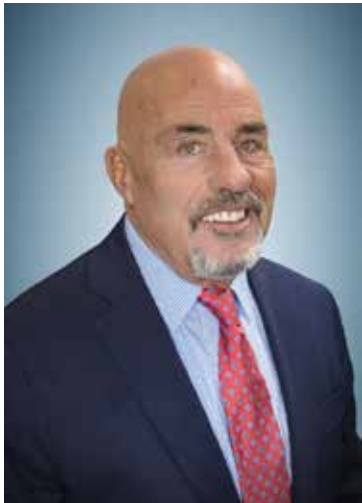
## SHOP BY BRANDS

- Tomberlin GEM
- Yamaha Elite
- Club Car Garia
- Pilotcar Star EV
- Moke EVolution





# The Marshmallow Experiment



BY RANDY LOCKLIER,  
PRESIDENT OF GULF FINANCIAL

Don't we all love smore's? I do! On a recent mountain trip, we enjoyed them by the firepit. Melting chocolate and marshmallow oozing over a warm graham cracker is so delicious. Could you resist?

True happiness, said Aristotle (c. 300 B.C.) is about developing daily spiritual habits and surrounding yourself with people who grow your soul. At the center of spiritual life is the concept of delayed gratification. Delayed gratification is an essential element of self-control. When you disavow immediate pleasure to seek a long-term higher value goal, you are practicing delayed gratification. It is here that we will move toward our greatest potential in this life. Studies have shown, like the Marshmallow Experiment, that deferred gratification is one of the most effective personal traits of highly successful, happy people. People who learn to manage their need to be satisfied in the moment thrive more in their careers, relationships and finances than people who give into it.

This seems to be proof of a



In 1972, an experiment was conducted at Stanford University. Children were brought into a room one at a time and sat down at a table. On the table was a marshmallow. The researcher told the children that he was leaving the room for 15 minutes and that if they did not eat the marshmallow, they would get a second one upon his return. A simple choice: one treat now or two later. Only one in three could wait. The really interesting part came later. Stanford researchers studied these children for 40 years (That's right!) and made an amazing discovery. Over and over again, by any measure, the children who waited succeeded in life at a much higher rate than those who didn't wait. Higher SAT Scores, graduation rates, income, job performance, net worth, as well as overall life and relationship satisfaction, were the norm in this group. Is there a message here for us?

path to an abundant and fulfilling life in this earthly realm. What of the spiritual realm? Once must have faith. Faith is the substance of things hoped for, the evidence of things unseen. It is this faith, this hope for the future that gives us the strength to deny ourselves, pick up the cross daily and walk in the will of our Maker. A life aligned with the will of God creates real joy that keeps our happiness meter on high!

Just think for a moment about some of the things in life that bring us immediate pleasure but can impose upon our physical, spiritual and mental health. Food, drugs, gambling, alcohol (ever had a hangover?), sex, screaming in anger or over-using our credit cards. These things don't necessarily bring out the best in us, they just ease our discomfort or satisfy our desires for a moment. Our modern society is one in which instant gratification is glorified and

obtainable, becoming a barrier to many seeking the spiritual life. To some, these temptations open the door to turmoil, addiction and death.

Jesus teaches us not to store up treasures on earth, but to store up our treasures in heaven, for where our treasure is, there

will be our hearts also. A person will never be successful on a spiritual walk without knowing how to say no to temptation and the pleasures of this world. Delay a little gratification and you will draw close to God. Say no to sin and temptation and they will flee from us. Believe that the

promises of Christ are true and the promises will come to pass in our own lives and the next.

That's Good News for us all!

Great to be with you again. Until next time be happy, be safe, and be blessed.

Visit [gulffinancialgroup.com](http://gulffinancialgroup.com) or call (833) 403-4041



## Don't drown your dreams in today's volatile market.



## Call the lifeguard.

At Gulf Financial, we are passionate about preventing the catastrophic effects of large market drawdowns during retirement. Find out how we use a sophisticated mix of financial instruments to reduce risk without sacrificing growth.

That's the Gulf Financial way.

Call Sherri Campbell at **833-403-4041** or visit [gulffinancialgroup.com](http://gulffinancialgroup.com) to schedule your free consultation in Destin or Panama City Beach.



**GULF FINANCIAL**  
Next Generation Retirement Planning



**Randy Locklier**  
President at Gulf Financial  
Phone: 833-403-4041  
Mobile: 803-403-4041  
[randy@gulffinancialgroup.com](mailto:randy@gulffinancialgroup.com)

 Community

# Mitch Malloy:

## Destin's Rock Star Resident Drops Newest Album, "The Last Song"

By WILL ESTELL

If you reside in, or have spent much time along, any of the beach communities that make up what I coined "America's Favorite Coastal Playground" some years ago, then it's certainly no secret that not only do celebrities from the film, tv, music and entertainment world vacation in our area, many of them also decide to move here.

Rock musician, vocalist, and record producer Mitch Malloy is one of these, having moved to Destin almost five years ago. Malloy, 61 (Yes, we all know he doesn't look it. It must be the Viking DNA), originally from Dickinson, North Dakota, first



made his mark on the international rock scene back in 1992 when he was signed to RCA, re-

leasing his debut album, "Mitch Malloy," which garnered international attention as it climbed the USA Billboard charts, as well as building a musical following with hard rock fans around the world.

Mitch's voice has been highly sought after as a front man for legendary acts, as well as a guest vocalist on other artists' projects. In the mid-90s Mitch was asked to replace Sammy Hagar as lead singer for Van Halen. However, due to some of the typical things that happen within the day-to-day dynamics of rock bands of that caliber, he declined. At that time Mitch turned his focus more to



The Beach is Calling...

# Are You Coming?

"Let Me Help Find Your Perfect Piece of Paradise"



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.**

Canal Front home with 90 ft. of waterfrontage. Two boat slips with lifts and two jet ski lifts. Pool and hot tub overlooking water. Two garages. This home in the highly desirable Holiday Isle community of Destin features a spacious updated kitchen and large living area, along with a second-floor deck that wraps around the living and dining areas, overlooking the water. Three bedrooms, two with private baths separated by the custom living area- giving privacy to each room. Additional bonus room that can be a fourth bedroom. Great for rental or full- part time residence. **\$2,500,000.**



**CENTURY 21**  
Blue Marlin Pelican





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

[www.WillSellsTheBeach.com](http://www.WillSellsTheBeach.com)

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

the songwriting and producing side of the industry, making a move to Nashville where he has worked for over two decades writing, producing, and consulting with some of the biggest names in the business – from Kenny Loggins, Craig Morgan, and Victoria Shaw to Boys Like Girls and Taylor Swift, to name a few.

When I first met Mitch, for a feature magazine interview back in 2019, he was engulfed in a four year stint as lead singer for 80's hard rock band, Great White; touring regularly, and having just made a move to our beautiful beaches. Malloy has since left Great White, deciding instead to get back to his roots, resuming his solo career with his first album since "Making Noise" was released almost eight years ago.

Mitch Malloy's new masterpiece, entitled "The Last Song," is like its predecessor, a solo effort in every sense of the term. Malloy plays every instrument, as well as writing every song on the album, and producing and engineering the entirety of "The Last Song."

I recently sat down with Mitch at his Destin home to find out a little more about his newest album, as well as his musical journey, and living his ideal life along the beaches we all love.

**little about your musical journey and how it began.**

I was born in Dickinson, North Dakota, where I began singing in school plays and church, at about six years old. I was the youngest of six children, and just immediately had a passion for music. I began playing guitar at about twelve, went to music school in Seattle, and then hit the road to Los Angeles and Nashville to chase the dream. I guess I'm still doing it... just in a much prettier place, and on my own terms.

**You've had quite the diverse musical career, having done everything from your early solo albums that charted Top 20 Hits, to having the iconic Eddie Van Halen personally offer you the frontman gig with Van Halen when Sammy left. All while building a name in Nashville as a talented writer and producer. What's your favorite part of the business and why?**

I really like most aspects equally. I love to perform live. I love to write, and I really like that magic of taking something from raw vocals and music to a completed song and album. That's what producing is really about, and what drew me to working alongside so many talented artists when I was in Nashville at my studio. I get

**You know, I know, but for our readers, tell me a**

*Continued on next page*

# Lighting 101



BY KIM SCHNEIDER

Lighting can be intimidating but it's one of the most important

because it provides your space with overall illumination of the entire room. This allows you to see, perform basic tasks and navigate your space safely. Typically, ceiling mounted fixtures, chandeliers, recessed lighting and sconces are used to accomplish this type of lighting.

Task Lighting is intended to help you perform a specific task such as grooming, prepping a meal, reading, studying and working. This type of light-

ing are used to accomplish this type of lighting.

Accent Lighting is also known as the Decorative Layer of lighting. It can be used to call attention to or create drama in your space by highlighting items such as artwork, architecture elements or any other feature that cannot be made prominent by your ambient lighting. As a rule of thumb, your accent lighting should be at least three times brighter than your general light-

ing. Typically, accent lighting fixtures include track lighting, wall sconces and even tape or rope lighting (used behind mirrors, in coves, tiered ceilings and toe-kicks).

Once placement for all the lighting has been determined, the shopping fun begins! In addition to shopping for your layers of lighting, add dimmers to the list. I like having dimmers installed in every room. Dimmers help you control the lev-

els of lighting for optimal use at different times of the day or evening.

Incorporating all three types of lighting into your light schematic in conjunction with other design elements can help you create a harmonious and well-presented space. Contact Coastal Design by Kim at (850) 904-6622 to assist you with all of your interior design needs. [www.coastaldesignbykim.com](http://www.coastaldesignbykim.com).



elements of interior design. Unfortunately it's often overlooked. Good lighting is a combination of three different types:

- Ambient Lighting
- Task Lighting
- Accent Lighting

Ambient Lighting is also known as General Lighting

ing is localized and should be bright enough to prevent eye strain. You should also be able to brighten or darken this lighting in order to suit your needs. Typically, bathroom vanity lighting, desk lamps, floor and table lamps, kitchen island pendant lighting and under cabinet

## MITCH MALLOY

*continued from previous page*

chills just thinking about that part, the magic, that moment when it all comes together.

**I know you've lived in Destin full time for just over a year now. How did that come to be, and what led you to these beautiful beaches?**

It's a funny story. Some years ago I was on a tour with Eddie Money, and the guys in management told me I had a weekend off, and asked if I wanted to stay in Alabama with them after the last concert that week. I was like, "no way, why would I want to stay in Alabama for the weekend? I want to fly home." I'm really a homebody. So, I get off the plane the night before the show, I took a shuttle to the hotel and didn't really know where I was. The next morning I wake

in the room, pull back the curtains and see this beautiful white sand and emerald water. I didn't even know sand looked like that anywhere. I told them I'd changed my mind and wanted to stay the weekend [laughing]. Then I met my wife, Faith, and she had been coming to the Florida Gulf for years, since she was a kid. We just started coming often, and one day about two years ago, we just decided it was time to get out of Nashville and live in a place we really love. We couldn't be happier; I don't ever want to leave.

**What's your favorite aspect about living here in Destin and being part of our beach culture?**

It's beautiful and the area's great, but it's also like you and I have talked about. The people are just so friendly, and real, and

*Continued on page 26*

## READY TO CREATE YOUR DREAM? Your Search Ends Here!

Inspiring modern & classic design solutions for your home or office while helping you effortlessly transform any space!



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

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



850.904.6622

[kim@coastaldesignbykim.com](mailto:kim@coastaldesignbykim.com)  
[coastaldesignbykim.com](http://coastaldesignbykim.com)



## PC BEACH

### POTS & PLANTERS

**PREMIUM POTTERY AT AFFORDABLE PRICES**

- Over 85,000 square feet of unique pottery and garden decor
- Copper and bronze sculptures, statuary, garden figures & water features
- Large selection of fountains in many sizes, finishes & styles
- Many styles and colors, from statement pieces to succulent pots
- Commercial planters • Fountains and accents

*Two Miles East of Pier Park*  
**12405 Panama City Beach Pkwy.**  
**Panama City Beach**  
**850-960-POTS (7687)**

 Education

# DHS "Tops Off" New 3-Story Multi-Use Classroom

The **Destin High School** Governing Board and Principal Christine Cruickshank hosted a "Topping Off" Ceremony recently, marking a milestone in the construction of the new, three-story multi-use classroom on campus.

During the ceremony, Lord & Son construction crews put a ceremonial steel beam in place, marking the successful completion of the structural phase of the Destin High School project. The placement of the ceremonial steel beam is a major milestone in construction and served as the first introduction of the new building to the Destin community.

Alumni, staff, students, the community, the Honorable Mayor Bobby Wagner and Miss Destin Carrington Phillips were invited to sign the steel beam and leave their mark on the building. A standing room only crowd was on hand to tour the building and view the new classrooms which boast Gulf of Mexico beach views, Kelly Plantation golf course views and Choctawhatchee Bay Views.

"Looking back over the nearly eight years of the founding board dreaming, visioning and opening Destin High School, it is an incredible feeling to see this type of major expansion come to fruition for our students. The school has been open for two years only and we've already exceeded our goal of 600 students. This is a testimony to the outstanding group of educators

that shepherd our students each semester," said Heidi LoCicero, president of Destin High School's Governing Board. "The signed steel beam and the time capsule created by our 2023 graduating class will become part of the foundation of this building to mark this historic day," added Principal Cruickshank. "We're excited for what this brings for teachers, students and staff and, let's just say, it brings a lot more elbow room!"

Mayor Bobby Wagner said the high school is another example of how Destin is moving forward in great ways. "It is impressive to see so many positive stories in the newspaper featuring the accomplishments of the students of Destin High. The positive impact the school is making on the community is evident," he said.

A Topping Off ceremony is a tradition that began years ago by Scandinavians and the school wanted to continue that tradition and celebrate the next phase of this building project. "The new building will feature 24 spacious classrooms, two, full science labs, one art lab and quaint courtyards for outdoor learning sessions and visiting in between classes," added Founding Board President and Board Member Emeritus Denise Fountain.

The Topping Off ceremony was accompanied by a celebration to ensure good luck for future occupants of the building. It also honored the tradespeople



PHOTOS AMANDA EUBANK



who are building the facility for their quality construction and dedication to completing the building ahead of schedule.

The new building is scheduled to open in December of 2023. A Capital Building Campaign is underway for donors to contribute to the cost of the new building and can have a classroom named in their honor or have the building bear their name or company name. For in-

formation on making a tax-deductible donation to the school's 501(c)(3) entity, email [treasurer@DestinHighSchool.org](mailto:treasurer@DestinHighSchool.org).

**The Genuine. The Original.**



**OVERHEAD DOOR COMPANY OF NORTHWEST FLORIDA™**

**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](http://destinoverheaddoor.com)**

*Residential and Commercial*



**\$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.

## 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.**



**Call today to schedule a personal FREE consultation**

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



## Back to School:

# What's New for Okaloosa County in 2023-24

By CHRISTOPHER MANSON

"I'm most proud that this school values three things – academics, the arts, and athletics," Okaloosa County School District Superintendent Marcus Chambers says. "We've taken a strong stance to provide students with opportunities to be engaged while they're in the school system.

"The ultimate goal is that when high school seniors walk across the graduation stage, we want them to be prepared for college, the military, or the workforce."



Okaloosa County School District Superintendent Marcus Chambers

Mr. Chambers oversees all 38 schools in the district, which include roughly 33,000 students and 3,500 employees. The school district is the second largest employer in the county, right behind the military.

All 67 districts across Florida are assessed in reading, math, social studies and science. "We were fifth in the state for 2022-2023. In the last three years, we've placed in the top ten," he says.

Mr. Chambers was appointed by the governor in January 2019 and elected superintendent in August 2020. Prior to that, he was a classroom teacher, assistant principal, and district office administrator. He served as principal at Longwood Elementary in Shalimar, Pryor Middle School in Fort Walton Beach, and Niceville High School.

Since 1998, he has called Niceville home. His father was in the military, and Mr. Chambers graduated from high school in Hawaii. "I played sports and went to the University of South Florida to play baseball," he says. Later, he played baseball and basketball at what is now Northwest Florida State College in Niceville.

At one point, he realized he

wasn't going to become a professional athlete, but Mr. Chambers was happy to be getting an education. He graduated with a degree in Elementary Education from the University of West Florida, then earned his Master's

in Educational Leadership.

"I'm excited about the upcoming school year," he says. Many construction projects are underway, thanks to the half-cent sales tax. "We're now able to upgrade facilities, add new build-

ings, and plan for new school construction. We're currently building classroom additions and cafeteriums (the new way of saying cafeteria/auditorium)."

Mr. Chambers tells me that once a school gets to around

80 percent capacity, it's time to start thinking about new schools. Most of the schools in Okaloosa County are currently at 95 percent capacity.

*Continued on page 23*



*Stay active in mind, body and community along 30A.*



## The Osher Lifelong Learning Institute at Florida State University

Tallahassee  
PC30A



Join the Osher Lifelong Learning Institute (OLLI) at Florida State University Tallahassee and PC30A for engaging classes and enlightening speaker and author events. For more information contact Margaret Gamble at [mwgamble@fsu.edu](mailto:mwgamble@fsu.edu) or check out the OLLI at FSU PC30A website at [pc.fsu.edu/olli](http://pc.fsu.edu/olli).

### PC 30A Class Topics Include:

- Florida Friendly Landscaping
- Wildlife for Newcomers
- The Pacific Air War
- Tech Trends: ChatGPT and Artificial Intelligence
- The Magic of the Memoir

### Tallahassee ZOOM Topics Include:

- Race Matters in the Supreme Court 1787-2023
- Immigrants Stories of Jazz, Rock and Popular Culture
- Write, Speak, Listen to French for Regional Travel
- Goya: The Birth of a Modern Artist

*More Classes Being Added!*

### ~Exciting News and Bonus Offers~

- Author Events
- Gift Basket Drawing (Valued at over \$1,000) – All Registered Members Will Be Entered
- Current Members Refer a NEW Member and Receive a Discounted Class
- ALL NEW MEMBERS Receive One Free Class

### Fall Semester Kick Off on Sept 12

*featuring Dr. Tim Chapin Presenting "People and Housing and Jobs, Oh My!: A Look at the Sunshine State"*

VISIT [PC.FSU.EDU/OLLI](http://PC.FSU.EDU/OLLI)

# My Favorite Places to Visit in Montana



BY JODELL HAVERFIELD,  
HAVE TRAVEL MEMORIES

I am amazed at all the people I have talked to recently who are heading to Montana, so I thought I would share with my readers a few places to visit and things to do near our favorite part of Montana.

While I have been blessed to have traveled to many distant and beautiful places throughout my life, I feel I have lived in the best of two worlds, the beach and the Rocky Mountains. Even though being raised in the Navy meant we mainly lived near beaches from California to Hawaii to Florida, I have also been blessed to have lived most of my life in Salt Lake City and northwest Montana. Post Navy in 1966 my family settled in Missoula, Montana. I married a local boy in 1971 and except for a brief four-year stint in Boise, Idaho, in the early 70s, we remained in Montana until Dave and I moved to Destin in 2007.

The most popular airports

to fly into the areas I will be telling you about are Missoula (MSO) and Kalispell (GPI), which is closer to Glacier Park and the Whitefish Ski Resort. Here are a few of my favorite vacation spots. From Missoula it is a three-hour drive to Glacier National Park where majestic mountains began to form 170 million years ago. Perhaps it's no surprise artifacts have been discovered of the dinosaurs that once roamed there. Soon after the establishment of the park in 1910, a number of hotels and chalets were constructed by the Great Northern Railway and are now listed as National Historic Landmarks. Another historic landmark is the Going to the Sun Road because it is so high it seems as though you are going to reach the sun. After its completion in 1932, it was designated a National Historic Civil Engineering Landmark. Glacier Park is well known for its wildlife, including massive Grizzly Bears. You will be greeted by a huge stuffed Grizzly if you land at the Missoula airport.

On highway 93, just nine miles southwest of Missoula, is a bedroom community known as Lolo, first named by a fur trader in 1831 as he camped on a creek that he referred to in his journal as Lou Lou Creek, meaning Wealth but somehow shortened to LoLo which may be an Indian name. It was in this community that we raised our family overlooking the picturesque Bitterroot Valley.



Missouri River to rendezvous in North Dakota.

One more hour down highway 93 past Lolo is Darby, where the famous Yellowstone TV show has been filmed on the very real Dutton Ranch.

One of our favorite vacations is four hours east of Missoula. West Yellowstone National Park and Jackson Hole is a mere 127 miles from West Yellowstone and well worth the trip!

We savored the Montana summers because they didn't last very long. I think our favorite vacations were when we headed 100 miles to Salmon Lake, just one of the many lakes in the Swan Valley, or we would drive 100 miles west toward Glacier Park to Flathead Lake, much like people in the south head

to the beaches for vacation. We loaded up our boat with water toys and food and made our way to a campground or a vacation rental which was my preference, after all, the Montana bears are much bigger than the Florida bears.

Glacier Park is three hours west of Missoula. Flathead Lake is named after the Flathead Indians, who originally dominated the area along with the Blackfeet. We enjoyed many family vacations at Flathead Lake. I used to spend my summers there in high school visiting my grandmother and my aunt, both well-known artists in the area. When you visit, you can stay at the Kwataqnuq Resort in Polson, rent a luxury lake house of your own, park an RV, try the new glamping fad or just go old-fashioned camping with a campfire and smores! You can enjoy hiking and fishing or shop and dine in Bigfork, a quaint and charming little town where you will experience the culture of the old west. Be sure to pick up some huckleberry chocolate before you leave. Another favorite pastime is visiting one of the many haunted old west ghost towns that dot the entire state.

There is so much more, but I want to leave room for pictures!

*Thanks for Travelin' with JoDell—Luxury Travel Advisor for Have Travel Memories Vacations*



Book Your Next Memory Today.....

**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 Counsellor hosting cruises since 2002. Specializing in the Cruise and River Cruise industry. Call or email me today and let your adventures begin...



**JoDell Haverfield, CEO**  
 (406) 544-8365 Direct  
 (850) 608-3058 Office  
[JoDell@havetravelmemories.com](mailto:JoDell@havetravelmemories.com)  
[www.havetravelmemories.com](http://www.havetravelmemories.com)







**studio6  
twenty5**

The Nutcracker

Sunday,  
August  
27th,  
2023



All  
ages  
welcome

OPEN AUDITIONS

Registration is required: [studio6twenty5.com](http://studio6twenty5.com)

# Meet the Chef: Innovative Flavors, Timeless Elegance

## The Culinary Excellence of Rachel Vondell

In the world of culinary arts, there are chefs who not only bring delectable flavors to the table but also push the boundaries of creativity and innovation. Among these remarkable individuals is Rachel Vondell, a culinary virtuoso who has redefined the concept of gastronomy with her extraordinary talents and accomplishments. From her humble beginnings to owning her own bakery and Cafe (Lady Ray's Culinary Delights), Rachel's journey is a testament to passion, dedication, and unwavering pursuit of excellence.



Rachel's quest for culinary knowledge led her to the prestigious Culinary Institute of America in Hyde Park, N.Y., where she honed her skills un-

der the guidance of top industry pros. With each new technique learned and every dish mastered, she cultivated a deep appreciation for the artistry and science behind cooking.

After completing her formal education, Rachel embarked on a culinary journey immersing herself in diverse culinary tradi-



tions and soaking up inspiration from every corner. From the bustling streets of New Orleans to the vibrant markets of South Florida, she embraced new flavors, techniques and cultural influences, allowing them to shape her unique culinary voice.

With a vision to share her culinary artistry and create a dining experience like no other, Rachel founded Lady Ray's Culinary Delights, a restaurant haven of culinary enchantment. Lady Ray's is not just a place to dine; it's a sanctuary of culinary delight, where flavors dance and memories are created.

As Rachel continues to push

the boundaries of culinary excellence, there is no doubt that her name will remain synonymous with innovation, passion, and a celebration of flavors. We eagerly await her next masterpiece, ready to be dazzled once again by her extraordinary talents and unwavering commitment to the art of cooking.

Lady Ray's Culinary Delights, located just to the west of Target in Destin at 833 Harbor Boulevard, offers a full bakery and cafe menu from 8 a.m. - 2 p.m. Thursday - Sunday with the continuation of baked goods into the late afternoon hours or until they are sold out.

### SCHOOL

*continued from page 21*

Construction projects include the addition of a fourth and fifth grade wing at Destin Elementary School and a new elementary school in Niceville. The district recently acquired 80 acres in Crestview for a K-8 school. "We're getting to the point where we can lessen the capacity and free up space," says Mr. Chambers.

"We've taken a very proactive approach to Career and Technical Education (CTE). In Okaloosa County, we have 19 programs, including carpentry, engineering, AI, culinary, nursing and more. In the nursing program, we've partnered with HCA Hospital in Fort Walton Beach and North Okaloosa Medical Center in Crestview."

In Fort Walton Beach, nursing students have their own campus from which they can walk to the hospital for their clinical hours. The district received a Triumph grant for that program, courtesy of the folks that oversee the BP oil spill settlement funds.

CTE students take a certification test at the end of the course. "They get a certificate that shows employers they have marketable skills and experience," says Mr. Chambers.

"We talk a lot about the next generation of Okaloosa schools and being an A-plus school district. We are rated A, but we gave ourselves the plus because we do

well in arts and athletics."

Three years ago, the Okaloosa County School District had the oldest bus fleet in the state of Florida and no bus replacement program. This changed three years ago, and now the fleet boasts 160 buses. "We've purchased 90 new school buses. In the upcoming year, we'll purchase 15 more," says Mr. Chambers. "Every year going forward, we're looking to buy at least 15 new buses a year."



**LADY RAY'S**  
CULINARY DELIGHTS  
BAKERY, CAFE, CAKE BOUTIQUE

**Lady Ray's**  
PASTRY BAR

- Baked Goods
- Pastries
- Coffee
- Breakfast
- Lunch
- Sunday Brunch


833 Harbor Blvd, Destin, FL 32541  
(850) 269-0763



Scan Here 

# BOATHOUSE

## OYSTER BAR

*A Locals Favorite For Over 30 Years!*



## LIVE MUSIC!

<b>Mondays:</b>	4pm: Cole Jordan 8pm: Roshambo
<b>Tuesdays:</b>	4pm: Zach Renzi 8pm: Austin Jennings
<b>Wednesdays:</b>	4pm: Hunter & Tony 8pm: Smoke Show
<b>Thursdays:</b>	4pm: Flash Flood 8pm: Austin Jennings
<b>Fridays:</b>	4pm: Jason Findley 8pm: Airavata
<b>Saturdays:</b>	12pm: Kelly Byrd 4pm: Rotating Spot 8pm: Gunner
<b>Sundays:</b>	12pm: Kelly Byrd 4pm: Shane Curle 8pm: Rotating Spot

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](http://www.facebook.com/BoathouseOysterBar)  
[www.boathouseoysterbardestin.com](http://www.boathouseoysterbardestin.com)

**AJ's Seafood & Oyster Bar**

Since 1984, AJ's Seafood and Oyster Bar has been serving cold Gulf Coast oysters and cool libations. What began as a popular local hang out known for fresh oysters and cold beer has grown into one of the most iconic "hot spots" on the Destin Harbor. From its humble beginning shucking oysters off the deck behind a small trail-



er on the Destin Harbor, it has grown to four locations along our Emerald Coast, serving fresh seafood, live music and exciting water activities in the Destin area. For sports fans, AJ's boasts the one and only Jumbotron on the Destin Harbor. AJ's serves up delicious daily specials, mouth-watering drinks plus entertaining live music all month. AJ's summer live music and events: See ad in this issue of Destin Life and check Facebook for details.

116 Harbor Blvd.  
ajsgdestin.com

**Austons on 98**

Offering an amazing raw oyster 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, 2-5 p.m., \$2 off all bar drinks and Monday-Friday from 3 p.m. - 5 p.m. \$3 off a 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." View full menu at austonson98.com.

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

**Boathouse Oyster Bar**

Oysters, live music and a local 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 lattes. And there are diverse fresh fruit smoothies and a variety of tantalizing teas. Check out the special kids menu, too. Indoor and outdoor seating on the large covered patio are both available. Book after-hours for private events or special occasions. Open for breakfast and lunch every day, 7 a.m.-2 p.m.

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

**Emerald Coast Olive Oil**

Enjoy some of the world's tastiest and healthiest Olive Oils and Vinegars. Olive Oils are 100% ultra premium-certified extra virgin (without defect). Emerald Coast Olive Oil's certification means they can trace the olives from the tree to the bottle, and every oil is independently tested to be sure they are free from fertilizers and pesticides. Whether you're shopping for yourself or a friend, need a customized gift or interested in learning more about quality flavors and tastes, visit Emerald Coast Olive Oil for the highest quality olive oils and aged vinegars, spices, pastas, sauces, jams, and other gourmet specialties. Accessories include an array of cutting boards, utensils, bowls, towels, aprons, pillows and more.

(850) 460.2210  
34940 Emerald Coast Pkwy.  
Destin  
emeraldcoastoliveoil.com

**Melting Pot Destin**

Soak up the last few days before school begins at locally-owned Melting Pot Destin with the Back To School Family Special! A family of 4 receives a three-course meal of Cheese Fondue, Petite Entree and Chocolate Fondue for just \$120 from August 1st to August 13th! Dai-



Thursday:  
ROMANCE IS SERVED

Melting  
Pot

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

**2-4-1 MARGARITAS ALL DAY EVERYDAY!**

**TEQUILA'S**  
SPORTS BAR & GRILL

**YOUR NEW DESTINATION FOR ALL SPORTS!**

**MIRAMAR BEACH**  
(850) 279-6402  
11225 US-98 W, Miramar Beach, FL 32550  
FOLLOW US ON @tequilasmiramarbeach

Continued on next page



## DESTIN DINING

*continued from previous page*

ly, enjoy several fondue cooking styles and a variety of unique entrées, salads and unforgettable desserts such as 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. Beat the heat and take a break midday for lunch every weekend! Bring your friends, family or come in for a lunch date Saturdays and Sundays at Noon at Melting Pot Destin. All of your favorite Fondue items such as creamy cheese fondue, fresh salads, premium meats and veggies, and decadent chocolate fondue are now available for lunch! Enjoy every moment together at Melting Pot this August.

11394 US-Hwy. 98

Miramar Beach

(850) 269-2227

[www.meltingpot.com/destin-fl](http://www.meltingpot.com/destin-fl)

## Ovide at Hotel Effie

For a dining experience like no other, Ovide, the first restaurant in Florida by James Beard Award-winning chef, Hugh Acheson (known for BRAVO TV's Top Chef), embraces the fresh, forward flavors and local seafood of the Gulf Coast. The menu showcases celebrity chef Acheson's creativity and passion for distinctive ingredients and cooking techniques by fusing coastal cuisine with a sophisticated French influence. Ovide embraces the fresh, forward flavors and local seafood of the Gulf Coast.

Mondays at 5 p.m., enjoy some of Chef Acheson's favorite dishes with a seasonal prix fixe menu. Choose one starter, one entrée and one dessert for just \$50. Ask your server about the wine pairing option. Breakfast: 7:00 am to 11 am

Lunch: 11 a.m. to 2 p.m. Mon-Fri

Dinner: 5 to 9 p.m. Sun-Thur, 5 to 10 p.m. Fri and Sat

Brunch: 11 a.m. to 2 p.m. Sat and Sun

(850) 351-3030

1 Grand Sandestin Blvd.,

Miramar Beach

[Hoteleffie.com](http://Hoteleffie.com)

## Pecan Jacks

Aficionados of sweet treats will find a new outlet for their passion as Pecan Jacks, a wildly popular ice cream and candy store in Destin. Owners, Tim,



Ronnie, Dustin, Samantha and Shelby Wyatt promise a unique sugary atmosphere with creations of their own making. This is not your chain ice cream store. "We create an experience, not just an ice cream cone," Tim said. "We're here to make people happy." With more than 40 flavors of homemade ice cream, specialties include Oreo ice cream, Bailey's salted caramel and banana pudding. "These are vintage recipes from our parents," Ronnie said. The Pecan Jacks candy is as singular as its ice cream. It includes southern praline, Caribbean Rum and lots of brittle. "We hand-stretch all our own brittle and package it," Ronnie said. The candy, like the ice cream, isn't just kids' stuff. It includes flavors like Espresso, Amaretto and bourbon. The pralines come in flavors such as Traditional, Caribbean Rum, Bourbon and Sweet Heat, while the brittles embody Pistachio, Cashew, Bayou Pecan and Picante. You can find Theo the Turtle there, too! Hours Noon to 9 p.m. daily.

(850) 427-3080

535 Harbor Blvd. (98 West)

in Destin

[www.pecanjack.com](http://www.pecanjack.com)

## Tailfins Waterfront Grill

Looking for a locals' favorite breakfast? Start your day off right with Tailfins breakfast from 8-11 a.m., seven days a week. Enjoy a classic breakfast with bacon and eggs, a seafood or Cajun omelet and even a kid's smiley pancake. Be sure to order up a round of mimosas and bloody marys. Watch Tailfins' sushi chef create right in front of your eyes. Enjoy some of your favorite food and drinks, including sushi rolls and sake bombs, scrumptious early bird dinner specials Monday to Friday, 4-6 p.m. Happy hour from 4-6 p.m. Monday through Friday, featuring \$20 domestic bottle buckets, \$5 house wines and well drinks and \$5 Long Island iced teas. Live music on the docks. Tailfins is a go-to des-



ination 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.

(850) 842-3333

On the Harbor in Destin,

172 Harbor Blvd.

[tailfinsdestin.com](http://tailfinsdestin.com)

## Tequila's Sports Bar & Grill

Did someone say Wow! Margaritas? Tequila's Sports Bar and Grill is 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

*Continued on next page*

## RAW BAR!

Open 7 Days a Week  
11 AM - 9 PM

## LIVE MUSIC!

Wednesday and Friday Evenings

Home of the 102 ft. bar including 32 beers on draft!

## HAPPY HOUR! 3-6 pm Daily

Specialties include little neck clams, freshly shucked raw oysters, New England style clam chowder and jumbo shrimp cocktail!

**(850) 842-3200 | 125 Poinciana Blvd | Miramar Beach | [austonson98.com](http://austonson98.com)**

Best View on the Harbor!

Fresh Seafood  
Baby Back Ribs

**BREAKFAST SERVED DAILY**  
7 Days a Week, 8-11am  
Bottomless Mimosas  
Bloody Mary Specials

**SUSHI AND OYSTER BAR**

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

**EARLY BIRD DINNER SPECIALS**  
Mon.-Thurs. 4-6pm

Destin Harbor

## Live Music on the Docks

172 Harbor Blvd. Destin  
(850) 650-1200  
[TailfinsDestin.com](http://TailfinsDestin.com)

**DESTIN DINING**  
continued from previous page

Master Parrillada – a unique fusion of sports bar food and delightful Mexican dishes. Foot-

ball season is coming up, too. 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

**WE SHIP!**

# THE TASTE THE DIFFERENCE

Visit our tasting room in Destin @  
34940 Emerald Coast Parkway  
Destin, FL 32541

EMERALD COAST OLIVE OIL  
emeraldcoastoliveoil.com

Premium Olive Oils - Balsamic Vinegars  
Specialty Goods

**MITCH MALLOY**  
continued from page 19

accommodating. Everyone is so nice here. It's like a melting pot of happy people.

**I love the tracks on the new album, man, but with a title like, "The Last Song" I have to ask... is it?**

You know, people have been asking me that in a lot of the rock mag interviews, and I tell them, I don't know. Maybe. It depends on how the streaming numbers come in. [laughing]

You've mentioned to me before that you've consistently had a recording studio in your home(s) for like 45 years now. How different is it to be able to record the entire album at home, and do it all yourself, compared to having a label or their cronies putting their two cents worth in and dictating the music?

It's been 47 years now, of having my own studio. I joke with people in the business that I may have logged more studio time than any single artist in the business, by now. It was a great feeling to get to do the new album, all my way. From writing every song to playing every instrument to producing all the tracks. I felt that freedom allowed me to be my best, and put out what I really wanted people to hear. On the flip side, it's also a little scary to have that much control. I mean, without anyone to bounce it off of and get feedback from, you just don't know how well it's going to be accept-



ed until it comes out and fans start buying it, and the magazines and rock stations start commenting on it. Luckily, so far, the reception of "The Last Song" has been great though.

Mitch Malloy's newest album, "The Last Song" is available by download, CD, and vinyl. Check it out yourself. If you're a fan of hard rock melodies, just the right amount of screaming guitar, and the great vocal ability that has enabled Malloy to belt out clean tunes for over four decades, I think you'll be a fan of this.

*Will Estell is a writer, media entrepreneur, and real estate professional with over 600 published magazine features in an array of genres, from travel and tourism to automobiles, real estate and celebrity interview features. Over the past 26 years Will has been instrumental in founding twelve new magazines from concept to fruition, as well as serving as editor in chief for numerous others. Originally from the backwoods of rural Mississippi, Will and his wife, ABC 3 news anchor, Laura Hussey, call Destin and Navarre home. Will is a regular contributor to Life Media, as well as other magazines, papers, and websites regionally and nationally.*

# Ice Creamery & Candy Kitchen

535 U.S. 98 West, Destin • Next to Beach Camp Brewpub

Authentic Candy & Ice Cream Store for Kids & Adults, Making Candies, Hand Dipped Chocolates and Ice Cream on site

Freshest Gummie Bears Specializing in Adult & Traditional flavors of Southern Pralines Brittles & Ice Cream

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

**NOW OPEN IN DESTIN!**



ovide

by celebrity Chef Hugh Acheson.

Voted Best Restaurant in Walton County by Emerald Coast Magazine, send your taste buds on a culinary adventure at Ovide. Led by James Beard award-winning Chef Hugh Acheson, indulge in delectable dishes inspired by the Gulf Coast.

Reservations accepted (844) 422-2923.

Located at Hotel Effie Sandestin

# Lore of the Fishing Rodeo: Celebrating 75 Years!

BY FRANK BERTÉ

Way back in 1948, the very first Fishing Rodeo was held in Destin! Seventy-five years ago, this bustling international hotbed of the world's vacationing elite was an entirely different scene. Northwest Florida was still a wild place, full of pine forests, large land animals and a staggering abundance of fish. One of the funniest questions often filed by the uninitiated is, "Do you actually ride the fish?"

of multiple species of fish, and multiple classifications of boats, fishing styles and various classes.

From the very beginning, the Rodeo brought folks together to enjoy the comradery of fishing. As we take this walk down memory lane, and relive some of the greatest fishing stories told in the last 75 years, you see these amazing fish at first, but take a closer look in the eyes of the person who caught the fish, full of wonderment and magic.

of Mexico. It can be found, on Google Earth, due south of Destin. Big fish equals lots of luck, and luck is a big part of the Destin Fishing Rodeo!

Sharing the excitement and joy of fishing the abundant waters of the Gulf is something everyone can enjoy. Leonard Destin kind of kicked that off when

he established his fishing camp here just before the Civil War broke out in the 1850s. By all accounts, Destin was a friendly guy. He invited others to join him in fishing these magical waters. Slowly the little town grew, and word traveled far and wide of the multitude of different fish so plentiful.

This special place has always been something that people seem to want to share together. The rodeo is no exception. Kids have always been a huge part of the rodeo. Often, they learn the ropes from a father, mother, uncle or aunt in the fishing busi-

*Continued on next page*



That same feeling returns every year. Each day of the rodeo brings in lucky winners for that day and sometimes they are winners for the whole month. You never know what you'll see hanging on the docks at AJ's Seafood in October.

The thrill of reeling in a winner is at the top of everyone's mind. Bringing in a heavy fish on your line after a long

Once upon a time you most likely could, but the concept is more commonly associated with corralling the fish. Now it's just a well-accepted facet of the local lexicon, and nationally, word has grown exponentially, especially in recent years.

Our humble local fishing competition has quietly become the world's biggest. Longer than any single-day fishing tournament, the Destin Fishing Rodeo is a month-long celebration of fishing. There are awards every day of the month for the largest

battle is oh-so-satisfying. And finally hooking up the right bait gives one instant gratification. It's universal. Fishing the Rodeo is equally exciting for everyone, whether you are beach casting into the clear emerald waters or making a 20-mile run to the trench on a twin-engine, turbo diesel 50+ foot yacht.

Destin is known as "The Luckiest Fishing Village in the World"—and for good reason. That trench is a big part of it, bringing in larger fish from the much deeper waters of the Gulf

**Destin FISHING RODEO**  
1948-2023  
**75<sup>th</sup>**  
*Annual*

**THE LARGEST & LONGEST FISHING COMPETITION IN THE COUNTRY**  
**EVERY DAY IN OCTOBER • WEIGH-INS DAILY AT AJS 10A — 7P**  
**NUMEROUS AWARDS FOR ANGLERS OF ALL-AGES**  
[destinfishingrodeo.org](http://destinfishingrodeo.org)

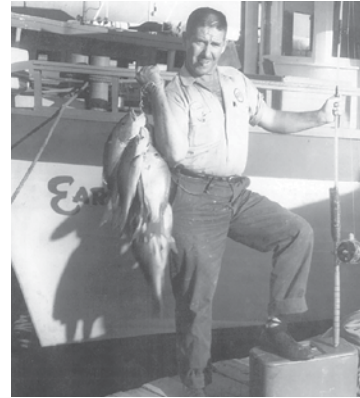
### Off the Hook

## FISHING RODEO

*continued from previous page*

ness. Coveted fishing spots, old brass reels and stories of “The one that got away!” have been handed down for generations. To this day, there are so many ways to win the rodeo; there’s age classes, boy and girl classes, etc. and the rodeo is inclusionary. There’s room for everyone to win. That’s the spirit that keeps folks fishing.

The Destin Fishing Rodeo is just as much a celebration as it is a local tradition. It has brought together visitors and locals alike,



for a fishing tournament like no other.

As we continue to grow and add new classes of competition, we will never forget what it’s re-

ally all about—just getting out on or to the water to reel in the biggest fish around. If you’re looking to be a part of the rodeo in October, now’s the time to lock in a charter boat, get your Florida fishing license and get your plan together. This year the prizes are bigger and better than ever before and there are no plans of stopping! Here’s to the next 75 years! We will see you on the docks for the entire month of October, rain or shine, little fish, big fish, red fish, blue fish. We can’t wait to see what everyone catches this year! See you at the Rodeo!

## Tailfins Island Adventure Adds Tiki Boat Cruises!

**DAILY CRUISES:** Introducing Tailfins Island Adventure! Departures seven days a week aboard “Always Workin’,” Tailfins’ 45-foot-long cruiser, and “Talk of Town” Tikis, Tailfins’ newest, one-of-a-kind tiki boat. Both feature on-board restrooms and certified captains. Talk of the Town tikis are the only Coast Guard certified Tiki boats in the United States! 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](http://tailfinsislandadventure.com).

## CLAIMOLOGY

“The art and science of fair claim settlements”  
A Public Insurance Adjusting Schoolhouse



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

**Have Questions about Property Damage or Insurance Policies?**

**Call Us: (850) 684-4794**

You could have it answered in one our columns.

# NOW OPEN in SANTA ROSA BEACH



## WASH CLUB MEMBERSHIPS

ULTIMATE WASH PACKAGE **\$54.98** /MONTH

SUPREME WASH PACKAGE **\$43.98** /MONTH

EXPRESS WASH PACKAGE **\$29.98** /MONTH

**FAMILY PLAN \$1/2 OFF**

*Additional Plans On A Shared Account.*

**FREE VACUUMS** With All Car Washes

- Unlimited Washes
- Avoid Lines with Membership
- Micro Fiber Towels / Window Cleaner

**License Plate Reader Technology for VIP Access**



34709 Emerald Coast Pkwy, Destin

[ottoscarwash.com](http://ottoscarwash.com)



*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](http://SPECIALTYROOFERS.COM)  
124 TROUT BRANCH DR.  
FREEPORT, FL 32439

# Q & A: Alex Fogg of Destin-Fort Walton Beach's Artificial Reef Program

By WILL ESTELL

If you are a full-time or part-time resident of any of the beach towns and coastal communities that dot Northwest Florida's Gulf Coast you've likely heard a thing or two about the Artificial Reef Program initiated and managed by Destin-Fort Walton Beach Tourism.

As much as the program has been praised as a haven for the 150-plus species of fish and invertebrates that inhabit the purposely and strategically sunken vessels, the artificial reef program is part of a much larger and more complex five-year objective plan designed to both enhance the area's marine ecosystems and spark additional interest in NW Florida Gulf Coast water adventures.

Since 2019, the project has deployed about 1,500 structures and 10 vessels. Those include limestone reefs that were deployed in partnership with Starborough Wines, Destin High School, Emerald Coast Reef Association and Saltwater Restaurant Group. These vessels include R/V Manta (180-by-38-foot steel hulled research vessel); R/V Dolphin (192-by-39.9 foot steel hulled, bottom cable research vessel); and the RMS Cyclops (105-by-24 foot steel hulled, offshore supply vessel). The RMS Atlantis (a decommissioned offshore supply ves-

sel) and The Deep Stim are also new, soon to be deployed vessels.

The various concrete structures and medium-to-large shipwrecks used to create the artificial reefs provide remarkable opportunities for diving, fishing and snorkeling. In addition, they reduce the environmental impact to naturally occurring reefs, by spreading out fishing and diving across a larger and more controlled area. The new reefs do a significant part in helping to sustain and control the fishing industry and prevent overfishing along our Gulf Coast.

I sat down with Alex Fogg, Okaloosa County's Coastal Resource Manager, to talk about Destin-Fort Walton Beach Tourism's Artificial Reef Project. We explored the benefits and merits of this remarkable program, as well as his love of the project, and the future of artificial reefs in our area.

**How did you get involved in this field, and where does your passion for the Artificial Reef Projects come from?**

Growing up, my dad was in the Navy, which resulted in a lot of moving around, but it was always to coastal locations. We fished and snorkeled every opportunity we had. We vacationed in Florida often and would fish the reefs in the destinations we traveled.



PHOTO COURTESY DESTIN-FWB FL

I realized I needed to pick a career path that kept me near the water and marine science was the obvious choice. I can remember my dad talking about spearfishing and scuba diving. That was what drove me to become scuba certified and really catapulted my desire to continue with my career. I graduated from the University of South Carolina right as the BP oil spill was occurring, which resulted in a number of positions opening up around the Gulf Coast. I made my way to Mississippi, where I began working on oil spill response projects with NOAA. I then moved on to the University of Southern Mississippi and completed my masters, looking at lionfish life history. As

Wildlife I knew I needed to find something on a more local level, and that's when I made it to Destin-Fort Walton Beach and began working with Marine and Coastal Resources and getting the artificial reef program up and running again.

**What do you consider the most personally rewarding aspect of your job?**

The most rewarding part of my job is being able to work on projects that directly benefit the community that I live in. My previous jobs were over a much larger geographic area and I didn't have the same satisfaction. Working with Destin-Fort Walton Beach Tourism, and this project, is just a dream come true for me.

I was wrapping that up, I knew I wanted to be in Florida and a position opened managing the largest artificial reef project in Northwest Florida. This was an easy decision but after a few years with Florida Fish and

Wildlife I knew I needed to find something on a more local level, and that's when I made it to Destin-Fort Walton Beach and began working with Marine and Coastal Resources and getting the artificial reef program up and running again.

What do you consider to be the biggest challenge to the Gulf waters we, and our tourism community, love?  
I think everyone who knows me has heard me say "weather dependent." What I mean is that a number of the projects we work on are so dependent on the weather, which makes scheduling a real pain sometimes.  
**If budget were not a constraint, and you, in your position and with your passion could do any single or multiple layered project within the scope of these efforts what would it be and why? What's your, "We have to do this one?"**

Oh, Will, that's a tough one. I Think on the tourism side, I want to deploy the largest artificial reef in the world! Something like a 1000-foot-plus vessel. This is something that I hope to achieve during my career, but cost is always a big consideration.

Outside of tourism, and thinking more along the lines of conservation, we have made great strides to develop our coastal resource programs, but

*Continued on next page*

Watch Season 4  
**South Walton Fishing Adventures**  
*Filmed in Walton County*

Airs on World Fishing Network  
**HOSTED BY CALI HLAVAC**  
[www.worldfishingnetwork.com/show/south-walton-fishing-adventures/362386](http://www.worldfishingnetwork.com/show/south-walton-fishing-adventures/362386)  
Sponsored by Walton County TDC  
 @misscalimarie @southwaltonfishingadventures

DEPARTURES 7 DAYS A WEEK

**TAILFINS ISLAND ADVENTURE**  
CRAB ISLAND • DESTIN, FLORIDA

CRUISE FIRST CLASS

*"Always Workin"*  
48 passengers, 45 ft. long

*"Talk of the Town"*  
6-15 passengers, capt. operated, restroom

The World Famous 3-Hour Tour • Fireworks Cruise • Sunset Cruise

**Book Now!**

Located at 172 Harbor Blvd., Destin  
850-842-3333 | Book online: [tailfinsislandadventure.com](http://tailfinsislandadventure.com)

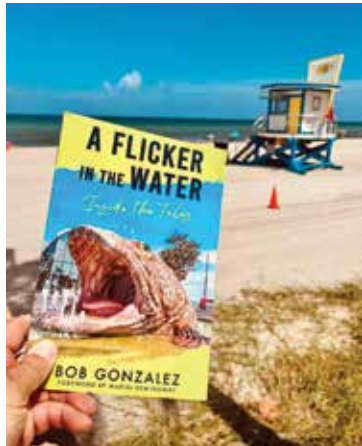
Off the Hook

# Local Author Bookshelf: A Flicker in the Water

One of the most memorable lines in the classic novel *The Old Man & the Sea* is “Everything about him was old except his eyes and they were the same color as the sea and were cheerful and undefeated.” Written in 1952, this memorable book won the Nobel Prize for literature in 1954.

In 2023, local author Bob Gonzalez is making waves with his best-selling book, *A Flicker In The Water*. Inside the tales, Bob writes, “Neither fisherman or fish go through a full season undefeated, unless you are the 1972 Miami Dolphins.”

*A Flicker In The Water* debuted as the #13 best seller in the sportfishing category and shot its way to #1 on Kindle Amazon. This work of mostly



non-fiction sea adventure stories brings readers aboard the *Twister*, a fishing vessel in the Gulf of Mexico, to show the dramatic ups and downs of ocean fishing, a glimpse at a fisherman’s lifestyle and the valuable life lessons they gain at sea.



Told in a fun, engaging style, this book combines elements of drama, heroism and skill with humor making it a delightful read for the experienced seaman or landlubber alike. One reviewer said, “The stories are unique and original” and “Apart

from being entertaining, the stories provide insightful messages and teachings. I really enjoyed sharing some of these tales with my children.”

Bob Gonzalez grew up in Pennsylvania before moving to the Destin area in the early 1990’s where he began to indulge in his passion for the deep sea and its inhabi-

tants. Bob said, “After spending the better part of 20 years out on the water, I had a collection of stories I thought both tourists and locals could enjoy and hopefully learn a little bit from right from the comfort of their own home or under a beach

umbrella.” Mariel Hemingway, the granddaughter of Ernest Hemingway, liked “A Flicker in the Water” so much she wrote the book’s foreword.

*A Flicker In The Water* can be purchased on Amazon, at Barnes & Noble or wherever books are sold. Or order directly through Bob’s website: <https://flickerinthewater.com>. Bob also has autographed copies for sale at The Pretzel Twister at the Santa Rosa Mall in Mary Es-ther.

Bob is a frequent guest on Podcasts and is available for book signing and speaking engagements. You can reach him through his website <https://flickerinthewater.com> or at (813)-966-9885.

## ALEX FOGG

continued from previous page

like anything else, projects that benefit and enhance our environment are quite expensive. So, having funds to complete all of our dream projects would be ideal. That’s something we are shooting for, and with the help of the businesses and individuals who continue to donate ves-

sels and essential elements of operation, we’ll hopefully get to do lots more

**We’ve touched on some of the previous artificial reef projects of Destin-Fort Walton Beach Tourism involvement, but can you shed some light on future projects we can be looking for? You can tell us... We won’t tell anyone and ruin**

### the surprise [laughing]?

(Alex provided this list of upcoming deployments):

**AJ’s Blackbeard/Flying Eagle:** A 72-foot sailboat has been donated by AJ’s. Deployment location will be near the Cordonazo sailboat that was deployed last year to form the “Yacht Club” reef site

**MV Deep Stim III:** A 270-foot offshore supply vessel. This

is a joint project between Okaloosa, Walton and Bay counties.

**Crimson White:** A 125-foot tugboat that caught fire in dry dock and is currently being cleaned for deployment in state waters less than nine miles from shore. Expected deployment will be this month (August) and

will be part of a TV special highlighting artificial reefs.

**Module Deployment:** A \$1.26 million project to deploy more than 400 modules throughout our coast’s permitted areas from three to 30 miles offshore.

BOB GONZALEZ  
A FLICKER IN THE WATER  
www.flickerinthewater.com  
**BOB GONZALEZ**  
Purchase at one of these Online Retailers!  
amazon BARNES & NOBLE  
(813)-966-9885 | bobgonzalez492@gmail.com

Life MEDIA  
FAMILY OF LOCAL NEWSPAPERS  
Locals get it!  
WELCOME NEW ADVERTISERS!  
NOW IS YOUR OPPORTUNITY TO GET IN!  
**DESTIN Life**  
Photo courtesy Destin-Fort Walton Beach, FL

Celebrating 5 YEAR! ANNIVERSARY  
Happy Five-Year Birthday Destin Life!  
We are Cheering to 5 Years with our Inaugural Rates!  
**Buy 3 Get 1 FREE**  
This month only!  
Destin’s Monthly Community Newspaper • All Positive • All the Time!  
Destin Life is Direct-Mailed Monthly to 12,000 Destin Area Homes and Businesses Free of Charge + Digital & Social Media Advertising to the World’s Luckiest Fishing Village.  
This true community newspaper welcomes businesses, residents and non-profit organizations to share their events, activities and missions with our local readership.  
**SHARE YOUR STORY**  
For editorial, email Lori@LifeMediagrp.com.  
For advertising, contact Scott at (850) 688.9886 or email Scott@LifeMediagrp.com.

# Off the Hook: August Fishing Report



BY KAYLA BURLESON

Get ready, anglers! August is here and it's bringing with it a whole bunch of fishing opportunities. First up, we've got the Amberjack. These guys are a hot catch right now as the season opens Aug. 1.

If you're after some serious action, now's the time to go after the White and Blue Marlin. But if you're specifically looking for the White Marlin, August and September will provide the best chances of reeling one in. And keep an eye out for Sailfish, they'll be moving closer to shore in the coming months.

For those of you who prefer near-shore fishing, you can try your luck with the Blackfin Tuna. Just chum over deepwater ledges and wrecks using live bait like cigar minnows, herring, pinfish or chunk baits. Or give butterfly jigging a shot! Trolling



live cigar minnows on fluorocarbon leaders or throwing topwater poppers can also do the trick.

Sailfish enthusiasts, you can find them around beach reefs and wrecks. They're usually a happy surprise while targeting other species, but if you want better results, try using an offshore spread of ballyhoo, squid chains and teasers.

August is also the time when King Mackerel start showing up in abundance. Charter boats and recreational fishermen go nuts for these guys. You can nab them by trolling with dead cigar minnows or using Yo-zuri plugs, Rapala's or spoons. Slow trolling live baits with a stinger or

Carolina rig can be effective too.

Now, let's talk Chicken Dolphin. They like to hang around near shore reefs, wrecks and weed lines. Trolling small spoons and casting jigs or swimbaits can help you reel them in.

If you're on the hunt for Tarpon, they'll be hanging out around 5 to 10 miles from the pass. Live baits like cigar minnows, herring or LY's work like a charm. Or you can try Berkeley swim baits in the 6-inch size. Just remember, when approaching Tarpon, stealth and a trolling motor are key.

Now, let's not forget about our dear friends, the sharks. Chumming over natural bottom

or large wrecks with bait like bonita or mackerel is your best bet here. You'll need a heavy rod, reel combo, 80-lb. or 100-lb. line, and a 150- to 250-lb. wire leader to reel these bad boys in.

For those of you into bottom fishing, you'll be happy to know that Grouper season is here. Scamp Grouper can be found on natural bottoms and wrecks. Amberjack, on the other hand, love to hang around wrecks. Live cigar minnows, hardtails, pinfish or vermillion snapper are all great bait choices. Speak-

ing of Vermillion Snapper, you can find them on wrecks or reefs using a bottom rig with circle hooks and baits like squid, northern mackerel or bonita cut into 1-inch chunks. And if you're on the hunt for Red Grouper, they prefer trash bait and can be caught in shallower waters.

So there you have it, friends, the August Fishing Forecast. Get your gear ready and head out there for some epic fishing adventures!



**UNLEASH YOUR INNER DOG**

**DAYCARE | TRAINING | SUPPLIES  
GROOMING | BOARDING**



**Scan the QR Code for a  
Coupon to the Largest  
Independent Pet Supply  
Store in the Panhandle**

[www.whatsupdogfl.com](http://www.whatsupdogfl.com)

 Environment

# 5 Energy Savings Myths

## ENERGY TIPS

by Emerald Coast Energy Solutions

BY CHRIS BALZER, EMERALD COAST ENERGY SOLUTIONS

Saving energy and lowering our utility bills seems to be on everyone's mind lately. We get advice from neighbors, friends, blogs, big box stores and internet searches. Sometimes this

Savvy Leigh

PHOTO

PACKAGES

Engagement / Couples Session  
\$199  
Up to an hour  
No limit on edited photos

Family Session  
\$230  
1 hour  
No limit on edited photos

Senior Session / Professional headshots  
\$130  
45 minutes  
No limit on edited photos

Newborn / Lifestyle  
\$175  
Up to an hour  
No limit on edited photos

For your life's special moments

WEDDING PACKAGES ALSO AVAILABLE

[WWW.SAVVYLEIGHPHOTO.COM](http://WWW.SAVVYLEIGHPHOTO.COM)



advice can get confusing or contradicting, and we decide to do nothing. Let's face it, saving energy has an important impact which we all have a role in. So, here are five popular energy saving myths.

**Myth #1: Leaking tubs and faucets are not that big of a deal.**

Surprising, one faucet leaking two drops of water per second will waste 200 gallons of water in a month. Two faucets will waste 400 gallons of water. What if the leak came from the hot water side? Leaking faucets on the hot water side puts a continual strain on your water heater and costs you money and energy. In most cases, fixing leaky faucets will only cost a few cents to replace the washer. I recently called the manufacturer of my faucet and they sent replacement parts for free.

Pro Tip: To check if your faucet leaks, put a dry cup under the faucet at night. Check the cup in the morning—no water, no leak.

**Myth #2: Leaving ceiling fans on cools down the room when you're not there.**

This is a common practice, but don't be fooled. Fans don't cool the room; they only circulate air. We experience a cooling sensation from moisture evaporating from our skin. Leaving fans on all the time wastes energy and money.

Pro Tip: The ceiling fan direction in summer should be counterclockwise to help create a downdraft, which creates that direct, cooling breeze. Your fan direction in winter needs to be clockwise to create an updraft and circulate warm air around the room.

**Myth #3: Closing off HVAC vents in rooms you aren't using improves your HVAC system's output and efficiency.**

Your HVAC system is sized for your entire home or a zone within your house. Closing off vents in certain rooms could actually lower the system's efficiency. Plus, with forced air systems, closing off vents could create a buildup of pressure in ducts which could cause cracks and gaps in ducts leaking conditioned air into your attic.

Pro Tip: Don't forget to replace your HVAC filters reg-

ularly. Dirt and debris in your filter can obstruct air flow, increasing the workload of your cooling system. By replacing the filter regularly, you can reduce wear and tear on your air conditioner while allowing the free movement of air for improved indoor comfort.

**Myth #4: Setting the thermostat lower in the summer cools down a home faster and likewise in the winter.**

HVAC systems are designed to operate at maximum power when they are first turned on. They won't produce cooler air just because the setting is set extremely low or hotter air when set high. They will run longer wasting energy and money attempting to achieve arctic temperatures.

Pro Tip: Installing a smart thermostat allows you to control settings remotely using an app from your mobile device saving you energy and increasing comfort.

**Myth #5: Appliances like TV's, monitors, computers and chargers, when not in use or turned off, don't use energy. It is not necessary to unplug them.**

Anything with a digital display, remote control or turns on instantly are constantly drawing energy. Charges for cell phones, cameras and tablets are known as "energy vampires" for a reason. Even if they are not attached to their device, they continue to draw power from the outlet.

Pro Tip: Pull the plug or flip the switch on your power strip and start saving energy.

Saving energy and becoming more efficient does not have to be difficult or costly. Anything we can do to save energy today has an impact on tomorrow.

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

AIRESERV™

HEATING & AIR CONDITIONING

a neighborly company

Heating - Cooling - Indoor Air Quality

Call Today for Service 850-678-9522

[www.aireserve.com](http://www.aireserve.com)

\$75 OFF

DYNAMIC INDOOR AIR QUALITY PRODUCTS

Let us help you breath easy and stay healthy!

Serving Walton, Okaloosa and Bay Counties

LIC # CAC1819748

Family, Locally and Veteran owned





Emerald Coast Energy Solutions

Hard to cool rooms? High Energy Bills?  
Looking to go Green?

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](http://www.TrustECES.com)



Committed to Excellence & Integrity





# Pickleball Explodes in Destin

By CHRISTOPHER MANSON

*"I played tennis up until college and started playing pickleball, because I had some time on my hands during COVID. I loved it. It's a fun game."*  
 ~ Jeff Harris, Owner of Run With It and Pickleball at the Palms

Back in 2016, I was editing the late, great Beachcomber magazine in Destin, and my boss suggested that we run some articles on pickleball. I had no idea what a pickleball was, but thankfully, a man named Phil Gardner explained it to me and my readers.

"Pickleball is a cross between tennis, ping-pong and badminton," he wrote. "It's most often played in two teams of doubles, but can be played as singles. The game is played on a badminton-sized court over a net similar to those in tennis. A whiffle ball is propelled by solid paddles over the net."

He added: "Pickleball is an action game that teaches coordination and exercises reaction and mobility. Players learn quickly that positioning on the small court is paramount to mastering the game...and that mastery of the game is an evolving journey."

In 2018, Mike Minich, president of Southern Events Management, Inc., took up the game. "I was originally part of putting on volleyball tournaments," he says. "Karen Parrish was one of the people who started running pickleball tournaments and had people playing at Destin Methodist Church. The recreation center in Fort Walton Beach had two courts also."

In 2020, the Fort Walton Beach Recreation and Cultural Services director converted two unusable tennis courts into six pickleball courts at the recreation center on Jet Drive. "They filled up right away," says Mr. Minich. "Pickleball is a sport that can be played by anyone, any age. You see people in their 50s and 60s playing every morning on Jet."

Ms. Parrish left the area to take a job in Arizona with USA Pickleball, the national governing body for the sport, and left the Emerald Coast Pickleball Facebook group in his hands. "I'm still doing it," he says. "We share interesting things, and there is no advertising for



PHOTOS: SAVVY LEIGH PHOTO

products or services. We want to let people know about tournaments."

I've never picked up the paddle. So, Mr. Minich recommended that I check out Joe Baker's YouTube videos. "He's the driest human I've ever seen, but his videos are the best to learn from. He teaches paddle control, strategy... that's how I learned."

Jeff Harris, owner of Run With It since 2008, jumped on the pickleball train in October 2020 and immediately loved the sport. "I realized how popular it was," he says. "There would be six courts and 50 to 60 people waiting to play."

"I also saw that nobody was selling pickleball accessories locally," says Mr. Harris. "Walmart had some cheap stuff, but they were always out of stock."

With the new demand for pickleball equipment, Mr. Harris, his wife Donna and his team brought in paddles, balls and many other accessories. Within a few months, it exploded. "We brought in more brands, as well as court shoes, which are different from running shoes. It opened up a whole new world for us. The cool thing is that we already carried running skirts, which can also be used for pickleball."

Due to its popularity and the need for an indoor court, he and his wife Donna launched Pickleball at the Palms in Feb. 2023, a designated indoor pickleball court, one of the very few places to play indoors in our region slated only for Pickleball, as opposed to a regular gym. Mr. Harris says the cool, indoor court is extremely popular and stays booked 70-85% of the time.

Mr. Harris says he also has a competitive streak. "I go to

tournaments and I've even qualified to play in some," he says. "But I just turned 60 and can

play in the 60-plus division. I'm not competing with teenagers

anymore, which makes life a lot easier for me."

Pickleball at the Palms is located at 21 Racetrack Road NE in Fort Walton Beach. Hours of operation are 10 a.m. to 6 p.m. Monday through Saturday and noon to 4 p.m. on Sundays. "We use an app called CourtReserve," says Mr. Harris. "Just sign up there for clinics or to rent the court." Open play is Fridays from 11 a.m. to 1 p.m. (beginner level) and 4 to 6 p.m. (intermediate level). Cost is \$5 for two hours of play, and if you want to rent the court for an hour, it's only \$24.

*Continued on next page*



**RUN WITH IT**  
 RUNNING, WALKING & PICKLEBALL SPECIALISTS



**Come for a custom footwear fitting!**

Providing top-of-the-line Technical Running, Walking, Tennis and Pickleball Shoes, Apparel, Accessories in a variety of popular styles and brands

**Indoor Court at Pickleball at the Palms**

Reservations: [CourtReserve.com](http://CourtReserve.com) \$24 per hour private reservations

Novice and Intermediate Open Play on Fridays

\$5 per person for 2 Hours of Play

**Now in New Location at 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](mailto:Runwithitfl@gmail.com) • [runwithitfl.com](http://runwithitfl.com)**

*Fitting our community of runners and walkers in top of the line running shoes since 2008!*

 Sports

# A Game for the Ages, A Tournament for Champions

BY BARBARA PALMGREN

As a golf enthusiast and now occasional reporter, I covered this prestigious two-day event held at Santa Rosa Golf & Beach Club July 17-18. The private club boasts an 18-hole, par 72 championship golf course renovated last year to challenge the most skilled golfers. Santa Rosa Club was one of seven courses in Florida selected to host a qualifying tournament that selects two winners who advance to the national tournament in Colorado, August 14-20, at Cherry Hills Country Club and Colorado Golf club.

The tournament began with 70 players in the field, the youngest just age 13, but all with a handicap index of 2.4 or less to compete. Nine different states were represented and three different countries. Some of the most famous names in golf have



The winners of U.S. Amateur Qualifying Tournament: Nate Graham from Albany, Ga. wearing his medal and Matthew Soucinek from Lake City, Fla. Each player is holding this invitation.

been U.S. Amateur Champions including Tiger Woods, Bobby Jones, Jack Nicklaus and more. The winner receives an automatic invitation to play in all of the majors except the PGA

championship. The runner-up also receives an invitation to play in the Masters and the U.S. Open.

The second day, July 18, the field was reduced to 27 players



who scored 75 or less. The winner was Nate Gahman from Albany, Ga., with a score of 139. Runner-up was Matthew Soucinek from Lake City, Fla., with a score of 140. Golfers began the day with tee times from 7:30 a.m. to 8:51 a.m. Conditions on the course were excellent with no high winds or rain to impede scoring.

Both players, when interviewed after their rounds, were

excited to achieve this goal and travel to Colorado for the national championship. Nate, a young businessman with a wife and two young children, is pursuing a dream he's had for many years. Matthew wants to become a professional golfer and sees this as an important step toward realizing that goal. He is in his last year at Southeastern University and was a member of the SEU men's golf team.

From the heat of Florida to the high altitudes of Colorado, these two young men will experience a competition like no other. The last two men standing will play 36 holes of golf at the end of a six-day event. Good luck, Nate and Matthew! Young men who dedicate time and energy to this sport, are role models for future young golfers as this sport continues to grow and amaze us all.

## BOOTH SPACE SELLING OUT FAST for the Largest and Best Business Expo in NW Florida



Saturday & Sunday • September 23rd & 24th, 2023  
at the Destin-Fort Walton Beach Convention Center

SPONSORED BY THE FOLLOWING



To Become a Vendor or Sponsor in This Great Event - Contact  
**Wes Fell (Event Promoter) at 850-353-2832 or [WesFell@Cox.Net](mailto:WesFell@Cox.Net)**  
More Info & Registration Form at [www.ParadisePromotionsfl.com](http://www.ParadisePromotionsfl.com)

*This is Another Great Paradise Promotion*

## PICKLEBALL

*continued from previous page*

He and Donna were in the restaurant business for 21 years in Birmingham, Ala. Things came full circle when Mr. Harris stumbled upon a pickleball/restaurant franchise called Chicken N Pickle, which is sort of the Top Golf of pickleball. "I was interested in opening one, and Donna said, 'You can do that with your next wife, because you're not doing it with me!'"

Mr. Harris is one of over 4.8 million pickleball players, or "picklers," in the U.S., according to a 2022 report from the Sports & Fitness Industry Association. Pickleball grew nearly 40 percent between 2019 and 2021, making it America's fastest-growing sport.

According to USApickleball.org, Pickleball is celebrating its 58th anniversary. Interestingly, the game was actually invented

in 1965 on Bainbridge Island. Three enterprising dads – Joel Pritchard, Bill Bell and Barney McCallum – created the game when their children were bored with their usual summertime activities. They started with original handmade equipment and simple rules.

Although accounts of how the name originated differ (especially since no pickles are used), according to Joel's wife, she started calling the game pickleball, because "the combination of different sports reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats." However, according to Barney, the game was officially named after the Pritchards' dog Pickles, who would chase and run off with the ball. With really no official name in its first couple of years, as the game progressed over time, an official name was needed and "pickleball" was it!



### Announcing Ecco Motors HarborSide!

In 2005 Ecco Motors opened a 2-person golf cart repair business as a "retirement hobby" for its owner. 18 years later, that "hobby" has flourished into Service, Rentals, Storage and now a 3rd Sales location.

We are proud to announce Ecco Motors HarborSide! Opening to the public mid-May.

As the pioneer of the golf cart and LSV business in the area, Ecco Motors is excited for this additional location to better serve our West Destin and Fort Walton Beach clients and friends.

Come explore our new location on Mountain Drive in Destin and be one of the first to experience the new Gorilla Ride!





By LISA LEATH TURPIN, HEALTH AND WELLNESS COACH  
 Cambridge defines “core” simply as “The basic and most important part of something,” then going a step further... pertaining to anatomy, “The muscles around your pelvis, hips and abdomen that you use in most body movements.” As a Pilates instructor for over 25 years, and fitness training specialist even longer, Abs have always been an important focus. But focusing on “core” takes things a little further. We use our core for everything we do; therefore, we should keep them as forerunners for all movements as we strive to get stronger and more in shape. By understanding their importance, we can maximize our training by staying aware that it’s your core that delivers stability and keeps you safe—but only when we consciously engage it.  
 Our core muscles (specifically abdominals) are high endurance muscles. They are meant to last and last and take longer to fatigue. Our muscles that are meant for long durational use crave movement and become lifeless if we neglect them. So, your core, being the most important part of you, will break down like a chain reaction and become weak from neglect. Today’s fast paced electronic world makes us physically lazy. Don’t let this be you!

How do you work your core? The answer depends on your goals. Remember, there are core STRENGTHENING movements and core STABILIZING movements. Variety is key to get a well-developed core that

protects your spine and the rest of your body. Examples: Forward flexion, such as crunches or many other ab exercises that curl your spine (think of your lowest ribs going toward your hip bones) will strengthen the primary ab muscles called rectus abdominis. But, if we work the front side, we want to equally work the back side, i.e. the erectors which go along each side of the spine pertinent for spinal alignment, safety and posture. You work these by doing any type of spinal extension or hyper-extension exercises. Think of exercises that bend you backwards. Be careful, hyper-extension exercises should be performed slowly with much control.

Some focus on only the erectors along the spine and some incorporate the gluteal group as well. Now our sides. Note: Make sure you’re counting and performing equal reps or time for each side so you create balance. Sides exercises bend side to side or hold through planking. A truly great side-to-side exercise is holding an abdominal lift (on floor, knees bent, feet flat on floor, lift shoulders and head only off floor in a curled position). Reach hands along each side of your legs and lean side to

## Strong Core / Sexy Abs



side, reaching each hand farther as you bend keeping your shoulders square to the ceiling and at the same height throughout. An excellent oblique exercise, you have engaged the rectus abdominis by lifting (crunching), then movement comes from the obliques.

Side planks are another excellent side exercise—really any mixture of planking is valuable in working all sides of your core. Planks with or without other movements are at the top for things to do to stabilize and strengthen your core.

Don’t forget twisting exercises. As long as you don’t have spinal fusions or limitations, you will want to incorporate twisting exercises, again, super controlled, so you can hopefully avoid ever needing spinal fusions or preventing injuries. Life movements will ask you to twist, i.e. playing with your

dog, protecting your child or doing yardwork, and you WILL twist at some point. Exercising in general gives you a platform to strengthen yourself in a controlled environment so that you become stronger for life’s surprises. If you are a tennis player, runner, pickleball player, bowler, cyclist or other athlete, but you don’t strength train in between, you definitely need to add core training into your routine. As noted above, if you are doing strength training regularly, then you are training your core without even trying by stabilizing yourself during movements. Add single-sided exercises or an unstable surface such as a BOSU, and you’ve incorporated even more core work.

Have a fitness question for Lisa? Email [BeActive850@gmail.com](mailto: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 over 20 years’ experience, Lisa has a B.S. degree in Sports & Fitness Management from the University of Alabama, developed and managed the U.S. Army Corps of Engineers’ Health & Wellness Facility and programs in Huntsville, Ala., is board certified by the National Board of Fitness Examiners and possesses certifications from AFAA, Polestar/Balanced Body, Reebok U, SCW Fitness and American Heart Association. She is currently a group exercise leader at Destin Health & Fitness and an independent personal trainer in the Destin area, diversely and extensively trained in classical and modern Pilates, lifestyle management, personal training, group exercise and post-rehabilitation.*

**A Personal Trainer, Dedicated to Your Goals.**  
*-Taking New Clients-*  
**Private/Tailored Instruction**  
 -One on One and Small Group Training -Nutrition Help  
 Call **Lisa Turpin**, Degreed & Certified Personal Trainer

*Be Active,  
 Stay Active!*

**850-974-2005**  [LisaTurpinFitness](https://www.facebook.com/LisaTurpinFitness)



**• Ear, Nose, Throat • Allergies**  
**• Hearing • Facial Plastic Issues**  
*From newborns to the elderly*

**Stop suffering from painful sinus issues.**  
 Services offered by Emerald ENT and Dr. Gegg are comprehensive and unique to this area.



Welcome to our New Audiologist:  
**Drew Carter, AuD.**  
 Specializing in Hearing Loss, Tinnitus & Balance Disorders  
 Offering a variety of hearing aid options and fittings

**Accepting New Appointments!**  
 (850) 797-6191 | [Emerald-ENT.com](http://Emerald-ENT.com)  
 141 Mack Bayou Loop, Suite 102, Santa Rosa Beach

**JOIN NOW AND SAVE!**



**JUST \$25<sup>99</sup> Month to Month**



**WORKOUT ANYTIME<sup>®</sup>**  
 Your Fitness. Your Schedule.

*Basic Monthly Membership \$25.99 • Premium \$35.99 • Premium Add Ons \$15.99*

**Niceville** 850.481.3999      **Ft. Walton Beach** 850.533.0555      **Destin** 850.428.2333

 Wellness

# Don't Let Stress Get The Upper Hand



By STEPHENIE CRAIG,  
JOURNEY BRAVELY

When did you last experience tense shoulders, sighing breaths, irritability, exhaustion, trying to keep it positive, being over-scheduled and overwhelmed? It's back to school transition

time and August tends to sneak up each year with an unending list of buying things and attending events for the new school year. Back to school is only one of many transitional times. Sometimes you experience major transitions such as moving homes, starting college, adding children to the family, changing jobs, divorce or loss. Other times, you experience regular life transitions like starting middle school, changing schedules, school breaks or daylight savings time. Regardless of the brand, transition tends to disrupt physical and emotional routines, leaving you confused, less productive, and stressed. Transition



is an inevitable certainty of life, but, what can you do to manage stress effectively in the process?

## 8 Ways to Manage Transitional Stress

**Notice and acknowledge the presence of stress.** Listen to your body. Pay attention to bodily sensations, thoughts, and behavior you connect with stress such as tension, headaches, stomachaches, energy level, obsessive worry, irritability, heart rate, sweating, sighing, grumping, sleep problems or pessimism.

**Look for life transitions to connect with stress.** Notice your recent life circumstances that could be contributing to stress. Are you walking through a major or regular life change? Is someone you love going through a life change? Do the changes

feel out of your control? Name the transition and remind yourself stress in transition is normal. You may not have control over the circumstances but you do have control over how you care for yourself.

**Acknowledge mixed feelings that accompany life transitions.** Some transitions feel primarily sad.

Most transitions create both excitement for the new future reality and grief to leave the previous way behind. Give yourself space to hold conflicting emotions and remind yourself it's normal and okay to feel confused.

**Engage in intentional, more frequent self care.** Talk to a trusted person about your feelings, go for a walk, take a nap, create art, go for a run. Engage in activities that feel caring and calming as regularly as possible during transitional times.

**Set boundaries where possible.** Reduce unnecessary commitments. Say no to new commitments. Lower any excessively high or perfectionistic expectations you have for yourself. Prioritize rest. Less is more during times of stress.

**Plan ahead for repetitive transitions.** Make lists and use calendars for transitions like school starting to remind yourself not to procrastinate needed tasks.

**Mindfully do one thing at a time.** As you walk through the necessary tasks during life stress, try not to overthink or get ahead of yourself. Plan far enough to be responsible then focus on what you are doing right now, today. Be present in the moment knowing each moment builds into a history of you moving through and out of your current transitional stress.

**Accept and don't judge.** Transition is inevitable. Stress happens. Notice the transition and the stress without judging yourself or the circumstance. Engage in healthy self-control and do what you can to practice health. Remember where you have power to act rather than viewing yourself as a victim which creates more stress. Your body and brain will adjust to the new normal over time.

Transitions are as common as steady, calm moments in life. Be intentional and kind to yourself in your process. As you navigate life transitions, connect with us at [journeybravely.com](http://journeybravely.com) for counseling and coaching support along your journey.



**Stephanie Craig, LCSW**  
Therapist  
918-221-9987 | [stepheniecraig@journeybravely.com](mailto:stepheniecraig@journeybravely.com)

**Todd Craig**  
Life & Leadership Coach  
918-740-1232 | [todd@journeybravely.com](mailto:todd@journeybravely.com)

[www.journeybravely.com](http://www.journeybravely.com)

**PHARMACEUTICALS BUILT FOR YOU.**

*Because you are unique...*

**WHAT IS COMPOUNDING?**  
Pharmaceutical compounding allows for your medical provider to provide specialized treatment. We can formulate your prescriptions to meet your individual needs.

The need for compounding is endless. Below are a few topics that Emerald Coast Compounding Rx handles on a daily basis.

**HORMONE AND THYROID REPLACEMENT THERAPY  
DERMATOLOGY | PAIN MANAGEMENT**



- Anti-Aging
- Bio-identical Hormones Replacement Therapy
- Dental
- Dermatology
- Gastroenterology
- Infertility
- Men's and Women's Health
- Pain Management
- Pediatric
- Podiatry
- Sports medicine
- Veterinary And More

[www.eccpharmacy.com](http://www.eccpharmacy.com) | [info@eccpharmacy.com](mailto:info@eccpharmacy.com)



**Best of Emerald Coast 2016 & 2017**

850-622-5800  
Fax: 850-622-5802

HOURS OF OPERATION  
Mon - Fri • 9am-5pm

1719 S Co. Hwy 393,  
Santa Rosa Beach, FL  
Handicap Accessible

**WANT STEM CELLS?  
WE GOT THEM..  
JOIN US HERE**



**7TH ANNUAL  
EMERALD COAST  
HOLISTIC HEALTH  
EXPO**

**SEPTEMBER 9<sup>TH</sup> & 10<sup>TH</sup>, 2023**

Destin/Ft. Walton Convention Center  
1250 Miracle Strip Parkway • Ft. Walton Beach, FL

See how naturally regenerating your own stem cells can change your pain, sleeplessness, brainfog, inflammation, & help with aging issues, low energy & more.

Patented products with Published Studies, Scientific Papers and Double-Blind Studies

**Sharon Phillips • 214-405-2943**  
INDEPENDENT LIFEWAVE DISTRIBUTOR

# Intermittent Fasting For Better Health



BY KAY LEAMAN,  
HEALTH ARCHITECT,  
HEALTHYDAY HEALTHYLIFE

*Intermittent: Coming and going at intervals, not continuous; occasional, limiting food consumption to certain hours each day.*

Intermittent fasting (I.F.) is currently one of the world's most popular health and fitness trends. Reasons behind this trend is weight loss, improved health, simplified lifestyle and positive effects on the body and brain.

I.F. focuses on when you eat vs. what you eat. That being said, eating high-calorie junk food, super-sized meals or desserts/treats during eating hours will not produce the benefits most are looking for. Following a mediterranean diet is recommended for best results. If you would like a Mediterranean diet foods list you can email [hdhl@gmail.com](mailto:hdhl@gmail.com) with MEDITERRANEAN DIET in the subject line.

There are several types of I.F.:

- Sixteen hours fasting/eight hours eating (You can also choose 14/10 or 12/12). If starting with 16/8 is too difficult you can choose the lighter one and work up to the max.

- Fast for two consecutive days each week.

- Limit food intake to 500-600 calories on two non-consecutive days each week.

- Eating one meal per day for two days each week (consecutive or nonconsecutive)

The most popular type of I.F. is the 16/8 (I am currently on a 12/12 schedule with my target being 14/10. We eat dinner no later than 6:30 pm (when life runs as planned) and breakfast just after 7 a.m.). It normally takes two to four weeks for the body to become accustomed to the new routine. Those who make it through the transition period tend to stick with it most-

ly because they notice they feel better.

During the fasting period limit your liquids to water and caffeine free herbal teas. If you're just starting out and struggling, chicken, beef or bone broth can be consumed. Things to consider are staying hydrated, avoiding thinking about food (remember, the digestion begins in the brain followed by saliva secretion) and rest and relaxation.

One recommendation I found was to eat high-volume, low-calorie foods, which can include popcorn (plain or added spices), raw veggies and fruits with high water content such as grapes and melons. You can also

improve taste without the added calories using garlic, herbs, spices or vinegar. Flavor can also reduce the feeling of hunger. Focus on nutrient dense foods after fasting that are high in fiber and nutrients.

Studies have shown the main benefits as being weight loss, a reduction in insulin resistance and inflammation, heart health, brain health and anti-aging. In-depth studies are in their early stages. Many were short-term, small or conducted on animals. Even though higher quality human studies are still needed, Mark M., who has studied I.F. for 25 years, said that when the body goes without food, it ex-

hausts the body's sugar stores and starts burning fat (referred to as metabolic switching). One research study that was not designed to look specifically at I.F. found that limiting the daily window of eating does not prevent weight gain over time or yield significant weight loss. Reducing the number of large meals or eating smaller meals may be associated with minimizing weight gain and maintaining weight. What I didn't find in my research were any negative effects of fasting, unless of course it's abused.

It is recommended for people under 18 years of age, women who are pregnant or breastfeed-

ing, Type 1 diabetics or those with a history of eating disorders not fast. You should check with your primary care physician if you need clarification in regards to your current health status.

Fasting has been a part of life for thousands of years for various cultures. It offers the body time to rest and repair and aids in cellular elimination of waste products. A healthy lifestyle is about balance. It's about the choices we make and being honest with ourselves.

Here's to health!



## PURE LIFE



### Health & Wellness Clinic, PLLC

## NOW OPEN - Scheduling New Patient Appointments

### SERVICES

- Primary Care and Acute Care
- Medical Weight Loss (multiple options)
- Women's HRT
- Women's Hypoactive Sexual Desire Disorder (HSDD)
- Men's HRT
- ED Treatment
- Pure Life Shot Bar Vitamin Injections
- DOT Physicals
- Merchant Marine Physicals
- Work and College Physicals

If you don't see a service listed that you are in need of, please ask. We can help! We look forward to meeting you and taking care of your health care needs. Schedule your appointment online today.

WALK-INS WELCOME



Dixie Allen, FNP-C, Nurse Practitioner

[purelifehealthandwellness.com](http://purelifehealthandwellness.com)

1234 Airport Rd, Suite 116

Destin, FL 32541

(850) 963-9310

 Wellness

# United Way Emerald Coast Celebrates Achievements and Impact at Annual Meeting

United Way Emerald Coast (UWEC), a local non-profit dedicated to improving lives and building stronger communities, concluded its Annual Meeting July 25 at The Place on Beal Parkway. The sold-out event brought together a diverse group of stakeholders, including donors, volunteers, board members, elected officials, community leaders and partners.

The Annual Meeting served as a platform to celebrate UWEC's accomplishments over the past year and engage with supporters, demonstrating the

organization's commitment to transparency and collaboration.

"I became a law enforcement officer to serve my community," said outgoing UWEC Board Chair, Captain Jason Fulghum of the Okaloosa County Sheriff's Office. "Soon after starting my career, I learned that, while I could assist with immediate needs, I was unable to address long-term issues. Once I became involved with United Way, I discovered people who were working diligently to serve our community in addressing long-term issues. Over the past year,



it has been my privilege to serve as Chair of the Board, and I look forward to moving the mission forward in years to come."

During the event, UWEC presented an overview of its

achievements over the past year, including coordinating 9,787 volunteer hours, serving 100,153 clients, and investing in 51 grants to local, vetted non-profit organizations. The organization proudly announced a \$1.98 million impact on Okaloosa and Walton counties, which was celebrated with a champagne toast led by Hannah Wilburn of All In Credit Union.

"One of the things that I love most about UWEC is that our dollars are raised here and stay here," said UWEC President & CEO Kelly Jasen. "Our Annual

Meeting allowed us to celebrate our tremendous impact among a room of leaders who share a common goal of improving lives and building a stronger, healthier, and more equitable community. We extend our heartfelt gratitude to everyone who contributed to our success and look forward to continuing our important work together."

If you would like to learn more, please visit [www.united-way.org](http://www.united-way.org) or stay connected on social media by following @uwemeraldcoast.

## Self Care Corner: A Workout for Your Face?



BY KRISY ANDERSON

Have you ever exercised your face muscles? Well, now you can with a new Microcurrent Facial

at Beverly Hills Day Spa. "These facials enhance definition, produce collagen in your dermis to plump the skin, are virtually painless with visible results in minutes," says owner Krisy Anderson. Known as a non-invasive facelift, and a great Botox alternative, microcurrent facials introduce a low-grade electrical current delivered through a small machine onto the face muscles. The muscles contract and are meant to be trained—just like a gym workout—to lift and sculpt

the face. Microcurrent is used to lift the eyebrows, define cheekbones, tighten and firm skin and stimulate collagen growth.

**Benefits include:**

- Redefines and enhances your features
- Produces collagen in the dermis
- Erases signs of aging (helps erase fine lines and wrinkles)
- Painless
- Results are visible in minutes

"The microcurrent facial uses two handheld prongs that deliver precise dosages of energy to the skin and work simultaneously to repair and produce collagen in the dermis, which is the deepest layer of the skin, while gently erasing signs of aging in the epidermis, which is the top layer of skin," says Krisy. "It firms your skin to define your features, improves muscle tone, reduces puffiness, increases cellular activity and tightens pores. After treatment, many

clients say it's like their skin has experienced the equivalent of a trampoline effect: it's bouncy, supple and flexible."

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





**The HORMONE Restoration Center**  
Look Healthy, Feel Alive


**Hormone Imbalance?**  
Optimize your health the natural way with bioidentical hormones.

Now offering Semaglutide/B12 for weight loss. Experience real weight loss results without hunger, extreme diet or exercise

**Look Healthy, Feel Alive!**

**biote** 





**Call Dr. Chern, MD and Sue Griffin, ARNP today!**  
**Dr. Richard Chern, MD**  
12889 Hwy 98W, Suite 107B  
Miramar Beach, FL  
(850) 837-1271

**BEST IN DESTIN**  
Three Years In A Row!  
Thank you Destin!

**thehormonerestorationcenter.com**

**FEEL LIKE A STAR!**



**BEVERLY HILLS DAY SPA**



**FULL SERVICE DAY SPA SERVICES:**

- Massages
- Skin Care
- Couples' Treatments
- Teeth Whitening

- Manicures
- Pedicures
- Body Treatments
- Makeup | Waxing

**10% off Rezenerate, Dermazen or Hydra Facials**

**Hours: Tuesday - Saturday 10am - 5pm**  
Closed Sunday and Monday

*Our goal is for you to feel like a star during and after your visit!*

**114 PALMETTO DRIVE, SUITE 6, DESTIN, FLORIDA**  
(850) 654-8544 | [BeverlyHillsDaySpa.com](http://BeverlyHillsDaySpa.com)  
Purchase gift cards in store or on our website!

# Private Flood Insurance vs. FEMA Flood Insurance

## What's the Difference?

By JULIE A. MARTIN

There are two types of personal primary flood insurance in the State of Florida. One is FEMA Flood insurance, in which a standard carrier will offer you up to \$250,000 on the Dwelling and up to \$100,000 in Contents. Those are the maximum flood limits that the Federal Emergency Management Agency will allow on a policy issued under the National Flood Insurance Program.

If you have a FEMA flood policy, you have two deductibles, one on the Dwelling and one on the Contents. FEMA has a standing rule that if you go more than 30 days without flood coverage, and you wish to purchase a new flood policy through NFIP, there will be a 30-day wait after binding until the coverage becomes effective.

What if the total insurable replacement cost of your home is more than \$250,000? What happens if there is a flood and you have only the \$250,000 with which to cover your home in the event of a flood loss, such as happened last year with Hurricane Ian? FEMA also has excess flood insurance available, but it's not easy to get. Several carriers have stopped writing excess flood in certain areas of the state, and those with NFIP policies have a coverage gap that may cost them in the event of a flood.

Private flood insurance offers more comprehensive coverage

and is specifically designed to give you the amount of insurance you need in order to protect your home, which is one of the most important, and expensive assets, you will ever have. Private flood will often offer limits as high as \$4 million on the Dwelling and up to \$500,000 in Contents.

There is one deductible for the loss itself, rather than separate deductibles for Dwelling and for Contents. Private flood also offers an endorsement for Additional Living Expenses, which National Flood Insurance policies do not offer. Private flood coverage may also be more expensive than NFIP flood insurance, but it covers more of your home than NFIP does. Another advantage to Private flood is that if you don't have flood insurance right now, but you need to get insurance quickly, Private flood has only a 10-day wait, rather than the 30-day wait required by FEMA when there is a lapse in coverage.

Which option is the best for



you depends on the size, quality and total insurable replacement cost of your home. Your agent is best suited to help you determine the total insurable replacement cost of your home by performing a Replacement Cost Estimator, using your square footage, year built, roof type, roof shape, number of bedrooms and bathrooms, flooring types, etc. If your replacement cost is more than \$250,000, you may wish to consider Private flood as a viable option in order to avoid a gap in coverage. If your home is smaller, the National Insurance Flood program might be the best option for you.

Whichever option you



choose, it is important to have flood insurance in Florida, as we live on a peninsula surrounded on three sides by the ocean or

Gulf of Mexico. If you believe your home is not in a flood zone, I must remind you dear reader, water doesn't know that.

**DAVID M. RUTHERFORD**  
**INCOME TAX SPECIALIST**

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

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

**insurance zone**  
 AN ABORA INSURANCE AGENCY

**New things are Launching!**

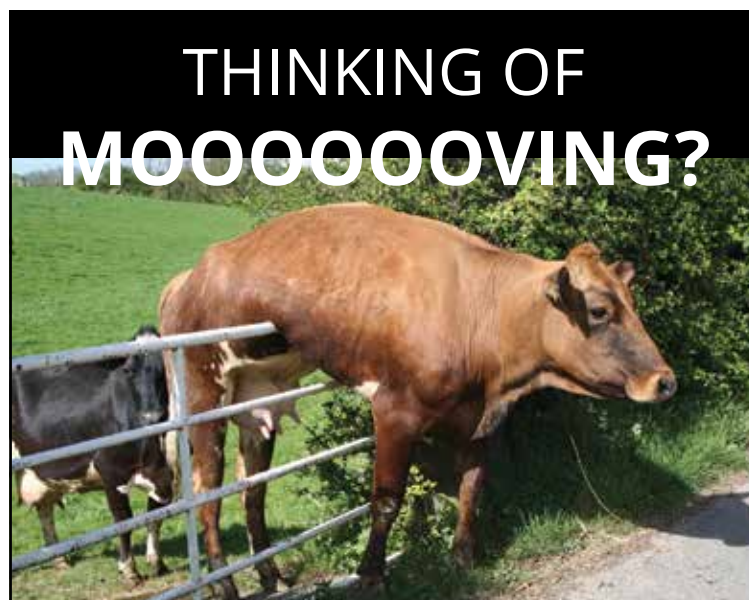
- HOME
- AUTO
- WIND
- FLOOD
- CONDO
- BOAT
- UMBRELLA
- LIFE
- BUSINESS INSURANCE

**ABORA**  
 INSURANCE GROUP

**(850) 424-6979**  
[www.ins-zone.com](http://www.ins-zone.com)

**iz on 30A & 98**

**BEST IN DESTIN** 2019 **BEST**



**Get off the fence and call me!**

*"I'm not clowning around!"*



**Gail Pelto, Realtor**

850.374.0454

[Gail.Pelto@KW.com](mailto:Gail.Pelto@KW.com)

[GailPelto.KW.com](http://GailPelto.KW.com)

**KW GAIL PELTO**  
 KELLERWILLIAMS

Want to know the Value of YOUR home here on the Emerald Coast? Find out! Text me at 850-374-0454 or email me at [Gail.Pelto@kw.com](mailto:Gail.Pelto@kw.com).

# Embracing and Cultivating Your Strengths Part 1



BY BILL MASON

Have you ever wondered what makes certain individuals excel in their fields effortlessly? Have you ever marveled at someone's ability to navigate challenges with grace and resilience? The secret lies in embracing and cultivating your strengths.

Identifying and nurturing our unique abilities and talents can help. This can transform our lives and help us discover our true super powers.

## The Power of Self-Discovery

Discovering yourself is an important journey to explore your interests, passions, and inherent tendencies. Assessments can help you identify your natural talents and strengths and nurture them.

By taking the Clifton Strengths assessment, you can discover your natural talents and improve upon them, which enables you to unlock your leadership potential, reduce team conflicts and boost overall team productivity.

To utilize your strengths effectively, it is crucial to recognize them. You can do this by considering previous experiences and achievements that made you feel confident, energized and enthusiastic. These are signs of your strengths. Acknowledging your weaknesses and what drains you without fixating on them is also essential. Knowing your strengths and weaknesses gives you a well-rounded view, enabling you to use your strengths to your advantage while working on offloading or covering your weaknesses to maximize your potential.

## Increased Confidence and Self-Esteem

Embracing your strengths can increase your energy levels and help you develop courageous leadership and self-assurance. Recognizing what you excel at and celebrating your achievements boosts your self-esteem.

Focusing solely on improving weak areas and energy-draining tasks limits your potential for improvement. Instead, focus on strengths and tasks that energize you and you'll increase your potential to excel. Concentrating on your strengths leads to a positive outlook and an empowered mindset which boosts your ability to overcome challenges with resilience and conviction.

## Improved Performance and Productivity

Focusing on your strengths can help improve your performance and productivity. When you do activities that match your abilities, you can enter a state of flow where time seems to go quickly, and your productivity soars. Spending more time and energy on your strengths can make you more skilled and efficient, which can lead to outstanding results.

## Enhanced Fulfillment and Satisfaction

Embracing your strengths enables you to find fulfillment and satisfaction in your personal and professional endeavors. A sense of fulfillment permeates your life when you do what you love and excel at it. You feel a deep-

er connection to your work, experience a sense of purpose and derive greater satisfaction from your achievements. When you feel fulfilled at work, it positively affects other areas of your life. You'll have more energy, and a positive outlook, and won't feel emotionally drained when you leave work. When you are able to focus on your strengths, you will have more to give to your loved ones, family, and friends. Research shows that people who can work in the area of their strengths report being six times more involved in their work and three times more likely to say they are living a great life!

## Cultivating Your Strengths

To effectively develop your strengths it is essential to set goals that align with them. This refers to recognizing your innate talents and defining your own version of success, then formulating a strategy to attain it. Leadership coaching can be invaluable for both individuals and teams in this crucial aspect. It increases the likelihood of success and feeling fulfilled along the way. With coaching, clients can maintain accountability and keep progressing toward their goals over an extended period of time.

## Developing Skills and Expertise

While embracing your strengths is important, it doesn't mean neglecting growth opportunities. Continuously develop and refine the skills related to your strengths. Seek learning experiences, courses, or mentorship programs to further enhance your expertise. The combination of natural talent and honed skills will propel you to new heights of success.

## Writers don't edit, and editors don't write

The saying "Writers don't edit, and editors don't write" showcases the significance of utilizing personal strengths when creating art. By concentrating on their respective strengths, writers

and editors can work collaboratively to produce high-quality publications. If writers tried to handle all aspects of the writing process, including editing, their work would likely contain errors and may not be polished enough to publish.

Involving editors in the writing process does not diminish writers' creative essence and unique perspectives. Even legendary writers like JK Rowling use editors to enhance and correct their works of art. Without editors, the literary world may lack originality and depth.

Collaboration between writers and editors is crucial because they possess different sets of skills. Writers are skilled at creating compelling narratives, developing characters and expressing emotions through their writing. They focus on bringing ideas to life. On the other hand, editors excel in refining and enhancing written work. They are adept at spotting grammatical errors, fixing punctuation, structuring sentences and ensuring clarity. Editors are responsible for ensuring that the final outcome is sleek, consistent and error-free.

Embracing and cultivating your strengths is a transformative journey that empowers you to unlock your true potential. You unleash your super powers by recognizing your unique abilities, embracing your strengths, and cultivating them through goal-setting, skill development, and seeking growth opportunities.

## Discover Your Super Powers

Are you ready to discover your superpowers and learn more about yourself? Start by taking the Clifton Strengths Assessment. Afterward, connect with me, an executive leadership coach, to further cultivate and unleash your strengths. Visit [rocketfuelcoach.com](http://rocketfuelcoach.com) today!

Next month, we'll discuss how to identify your strengths.



**beachworx**  
www.thebeachworx.com | 850-974-3435

**YOUR OFFICE AT THE BEACH**  
Hot Desks | Private Offices  
Conference Rooms | Virtual Addresses

**Hourly Rates For Meeting Space  
Day Passes for Work Space**

**CONTACT US TODAY TO SCHEDULE A TOUR**

## Ignite your success with a Rocket Fuel Coach!



**Bill Mason**

Executive Leadership Coach, CPLC, ICF PCC, Strengths Champion

Call now to schedule a consultation  
**(850) 855-3430**

Email: [Bill@rocketfuelcoach.com](mailto:Bill@rocketfuelcoach.com)

Stuck? Frustrated? Tired of conflict? Need accountability?  
Visit [rocketfuelcoach.com](http://rocketfuelcoach.com) to get started today!







# A Pastor's Ponderings: Who Are You Praying To?



BY PASTOR DAVID HOLLAND

*“Jesus told this parable: Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood up and prayed about himself: ‘God, I thank you that I am not like other men — robbers, evildoers, adulterers — or even like this tax collector. I fast twice a week and give a tenth of all I get.’”*

*“But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’”*

*“I tell you that this man, rather than the other, went home justified before God. For everyone who exalts himself will be humbled, and he who*

*humbles himself will be exalted.” (Luke 18:9-14, NIV)*

### Cry for Mercy

If you’ve ever smelled dead, rotting flesh, you will never forget it. The putrid odor fills the inside of your head with its decaying ooze. After a while, you stop noticing the stench as your body acclimates to the offense. Pride is like that. It leaves its owner oblivious. May God deliver us from such gross insensitivity.

Luke recounts a disturbing story in 18:9-14 as Jesus approached Jerusalem, the capital city of the proud. People thought prayers offered at the temple were especially effective. The devoted Jews chant the scriptures there three times a day — 9 a.m., noon, and 3 p.m. Jesus comments on two very different people praying at the Temple during the appointed time.

The Lord’s parable contrasts two characters. First, a Pharisee, who is so self-satisfied with

his religious habits that he looks down his nose at others. And second, a tax collector, typically known for defrauding the people.

The Pharisee boasts of his spirituality in verse Luke 18:12. “I fast twice a week, I give a tenth of all that I get.” He did not go to pray but to inform God and others how good he was. The Pharisee did not pray to God, he prayed with himself.

As a minister, I am often called upon to pray in public. I remember once giving the invocation at our city council meeting and, right at the “amen” moment, the Lord whispered to my heart, “Who are you praying to, Me or them?”

Convicted of my worry concerning what people think of me, I asked the Lord to forgive me. Pride often puffs itself up like a peacock because of the insecurity we feel inside. Self-doubt causes us to crave the affirmation of others.

True prayer is offered to God alone. Pray to an audience of

One. Praying to anyone else is idolatry.

In contrast to the Pharisee, Christ shows us a tax collector who enters the temple to pray with an altogether different attitude. Crying out to God, he wept for forgiveness. Jesus conveys not only his raw emotion but his humility. This man was not praying to himself. His was a cry for mercy.

Perceiving the greatness of God, the man was humbled. That man, says Jesus, “went home justified.” Theologian Tryon Edwards adds, “True humility is not an abject, groveling, self-despising spirit; it is but a right estimate of ourselves as God sees us.”

The Jewish Talmud adds, “He who sacrifices a whole offering shall be rewarded for the whole offering. He who offers a burned-offering shall have the reward of a whole burned offering. But, he who offers humility to God shall be rewarded as if he had offered all the sacrifices in the world.”

God is not impressed with people who pray — Buddhists pray, Muslims pray, and Animists pray — all with little result. Baptist preacher Charles Spurgeon said prayer with faith and humility is the slender nerve that moves the mighty hand of God. Prayer calls out to our great God, expecting an answer. Humble prayer moves mountains and cleanses the stench of pride.

I remember as a newly ordained pastor entering my first church assignment. I excelled at the rigors of Bible College and oh my, wasn’t the church lucky to have me. Yet, behind closed doors, my wife and I were in a stressful period in our marriage. My mind raced with all the things she did wrong. Angrily, I often reminded her of those things.

Soon, we had a visiting preacher come to the church. While he was speaking, the Lord convicted me of my faults, and

*Continued on next page*

NEW SPACE, STILL LOCATED IN MIRAMAR PLAZA, SUITE 108 & 109



MENTION THIS AD AND RECEIVE 10% OFF ANY ITEM



# Ava's Furniture

## Consign & Design

Furniture and Clothing Consignment  
Custom Painted and Custom Built Furniture  
Home Renovations



CONSIGNMENT/RESALE SHOP

 Musing



BY SEAN DIETRICH

Willie Nelson is on my radio. He is singing one of my favorite songs.

“In the twilight glow I see her,  
“Blue eyes crying in the rain,  
“When we kissed goodbye and parted,  
“I knew we’d never meet again...”

I turn it up because I am a sucker for this tune. Though, I’m not sure why. When I was a boy, the lyrics never made sense to me.

After all, nobody with blue eyes ever cried in the rain for me. And I certainly didn’t have blue eyes. My eyes are gray. My mother used to say my eyes were the color of our pump shed.

Even so, there’s something about this tune that moves me. I can close my gray eyes and go back in time.

And I see my father’s work bench in the garage. A radio sits beside a chest of mini-drawers that is filled with bolts, nuts, screws, washers, and rubber grommets.

Crystal Gayle is singing “Don’t it Make my Brown Eyes Blue?”

Then Willie begins playing over the speaker. My father turns it up.

“Love is but a dying ember,  
“Only memories remain,  
“Through the ages, I’ll re-

# Sean of the South



member,

“Blue eyes crying in the rain...”

And I am holding a GI Joe doll, watching a tall, skinny man work on something beneath a shop lamp, holding a screwdriver.

He does all his own repairs, this man. Because he believes it is wasteful to hire people to do work you could do yourself. Just like it’s disgraceful, and even unforgivable, to throw away refrigerator leftovers.

The people I come from are proud and self-sufficient, and they are not above eating ten-week old meatloaf that has turned Sea Foam Green. They cut their own hair. And their own lawns.

When I started travelling a lot for work, I hired a yardman to cut my grass. It only made sense. But it felt wrong. I was so guilty about it that I couldn’t sleep. If my father were alive, it would kill him to know I pay a guy to mow my lawn.

I don’t know why I just told you that.

Things have changed a lot since the days when I played with GI Joe. Today’s radios have replaced Willie’s style of music with country singers who have backup dancers.

Over the years, country music kept sinking lower, until it sounded about as interesting as your Uncle Lou using the bathroom in his RV.

Almost every song on modern country stations seems to be about girls in tank tops, or beer, or knocking boots. Much of this music is performed by young men wearing jeans that have been pre-ripped, or young women dressed like centerfolds.

They can have it.

Because I still remember Loretta, and George, and Johnny, and Merle. And I will always remember Willie.

I remember sitting in Chastain Park, in Atlanta. I watched Willie Nelson play to a tame crowd. It was drizzling rain. And Willie invited Jimmy Carter and his wife Rosalynn onto the stage.

People went crazy. It sounded like the crowd was going to tear the place apart. Then a hush fell over the audience.

The rain fell harder.

In this moment, Willie could have played any song and we would have loved him for it. He played “Amazing Grace.”

Though, to tell you the truth, I couldn’t hear Willie’s voice because Jimmy and Rosalynn were singing too loud.

It was a great moment, seeing Jimmy and Rosalynn singing a hymn in inclement weather. It

was like watching your grandparents warm the front pew.

Jimmy and Rosalynn weren’t twirling, waving hands, or hopping up and down like the young people do at the megachurch my cousin attends. They were just singing.

I don’t have anything against megachurches, but my cousin’s church has a fog machine.

Before Willie, Jimmy, and Rosalynn got to the third verse of the hymn, they were joined by Kris Kristofferson, and Merle Haggard’s boys, and seven thousand other people singing.

No fog machines.

And it reminded me of growing up the way I did, with simple people who were not fancy dressers. People who used weekends to do work around the house.

I come from a father who, just for fun, would separate bolts and screws and put them into little Dixie cups. A father who loved Jimmy Carter. And Willie Nelson.

After Willie sang a few more hymns, Jimmy and the others left the stage. It was still drizzling. And we all knew Willie was going to play it. All seven thousand of us. We just knew.

He started playing the familiar song.

I closed my eyes. All of a sudden, I was in my father’s garage. Holding a GI Joe doll. Watching a skinny man. He was alive again, and he was beautiful. Even if only in my memory. He was happy. And so was I.

“Someday when we meet up yonder,

“We’ll stroll hand-in-hand again,

“In a land where there’s no parting,

“Blue eyes crying in the rain.”

Don’t it make my gray eyes blue.



**RESIDENTIAL  
COMMERCIAL  
AUTOMOTIVE  
WINDOW TINTING**

*a premier provider of  
world class window films*

**CALL CHRIS FOR A FREE ESTIMATE  
850.974.2264**

**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**

**850.837.0237**  
[DestinSmokeShop@gmail.com](mailto:DestinSmokeShop@gmail.com)




**10% Off Purchase**

w/Coupon (Excluding cigarettes)



**BELMAC**

**R O O F I N G**

SINCE 1995

Roofing • Repairs & Maintenance • Roof Coating & Restoration

**SANTA ROSA BEACH**

**850-267-0900 | [www.Bel-MacRoofing.com](http://www.Bel-MacRoofing.com)**

## PRAYING TO

*continued from previous page*

they were many. When the minister called people to the altar for prayer, I went forward. I cried cleansing tears of repentance. I remember thinking, “What will these people think of their new minister? Who cares, only God can cleanse my soul.” God was merciful and washed away some of the monster out of me.

Thankfully, God gives grace

to the humble and washes away the deadly stench of pride.

*Dave Holland pastored churches for 38 years before retiring in Destin. He recently released his new devotional-Bible study based on the Gospel of Luke titled “Prodigal Jesus, Journey Back to the Father” You can get a copy of this book from his website, [DaveHolland.org](http://DaveHolland.org), or at [Amazon.com](http://Amazon.com). Pastor Dave is available to preach and teach in churches and conferences. Contact him at [DavidHolland54@gmail.com](mailto:DavidHolland54@gmail.com).*

# Festival of the Arts Poster Winner Named

Mattie Kelly Arts Foundation (MKAF) has named Roger van Lieshout of Cape Coral, Florida, the 2023 Festival of the Arts poster contest winner.



Recognized as one of Northwest Florida's premier fine art shows, the Festival of the Arts, produced by MKAF, is one of the most anticipated cultural events of the year on the Emerald Coast. This year's 28th annual event will kick off on Friday, Oct 27, with a reception at Henderson Beach Resort. The Festival weekend follows on Saturday, Oct. 28, and Sunday, Oct. 29, at the Mattie Kelly Cultural Arts Village in Destin.

An oil painter since childhood, Roger van Lieshout, a native of Winnipeg, has worked as a professional artist full-time for 14 years. Originally trained in renewal resources at the Saskatchewan Institute for Arts and Sciences in Saskatoon, Canada, he then completed his undergraduate degree at University of Manitoba.

The winning piece is a 36-by-36-inch oil on canvas, titled "Flamboyant." This vibrant, whimsical piece evokes both the color, beauty, and spirit of Florida living.

"Flamingos are often seen as gangly and funny but look more closely and their grace and beauty become evident," van Lieshout says.

A previous Festival of the Arts exhibiting artist, this is van Lieshout's first MKAF Poster Art Contest win.

"I am most honored to have 'Flamboyant' chosen to help represent the 2023 MKAF Festival of the Arts," van Lieshout says. "The organizing committee and volunteers work hard



to produce one of Florida's premier art events, and the location is a fantastic place to spend a memorable day. Last year's turnout was fantastic and having the opportunity to visit with both locals and visitors is always the best part of the fun. The 2023 Festival is bound to be as good if not better than last year!"

As the Poster Art Contest winner, van Lieshout will receive a cash prize of \$500. The winning artwork will be used to

promote the 28th Annual Festival of the Arts by being prominently showcased on the official Festival poster, program guide, T-shirt, in the Festival marketing campaign, on the MKAF website, across MKAF's social media channels, and more.

During the two-day Festival, more than 100 premier artists from across the United States will exhibit original artwork in the form of oil, watercolor, acrylic and glass paintings; photography, sculpture, pottery, wood, paper, fiber, mosaics, mixed media, jewelry designs and more in order to compete for \$12,000 in cash prizes in 18 award categories, including the coveted Best in Show and People's Choice Award, which is selected by the festival fans. The Festival also will feature a Collaborative Art

Exhibit, which showcases select artwork of 85 adult and student artists.

A celebration of art, music, food, and family fun, special features of the Festival include a live music lineup, hands-on arts and crafts activities for children, art raffle and more. A diverse menu of delicious cuisine served up by local food trucks, along with a wine and beer garden. On-site parking and free shuttle service are also available.

Admission is free. Proceeds from the Festival help MKAF and its community education outreach initiatives including ArtsReach serving K-12 students, at-risk youth, people with disabilities, and the military population with visible and invisible injuries.

To make a tax-deductible donation or provide a corporate sponsorship, or for more information about becoming a MKAF member, visit [www.MKAF.org](http://www.MKAF.org) or call (850) 650-2226.

VISIT [MYDESTINLIFE.COM](http://MYDESTINLIFE.COM) TO READ THIS ISSUE ONLINE



**Membership**  
keeps art FUNded  
mattie kelly arts foundation

Know that your membership fees impact students, veterans and students and adults of all abilities throughout Northwest Florida.



**Become a Member - JOIN NOW!**

**MKAF.org**



**Concerts in the Village**  
mattie kelly arts foundation

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.



**Festival of the Arts**  
mattie kelly arts foundation

Annual fall arts festival featuring fine artists exhibiting their original art, live music, food trucks, crafted cocktails.



**Artful Dining Series**  
mattie kelly arts foundation

Series of wine dinners throughout the year at various fine dining in Destin benefiting MKAF's ArtsReach.



**ArtsReach**  
mattie kelly arts foundation

ArtsReach is a creatively curated array of performing and visual arts inspiring K-12 students, children and adults with special needs, and the military community along the Emerald Coast.

Arts & Music

# Sinfonia Gulf Coast Launches 2023-2024 Season

BY ZANDRA WOLFGRAM

Sinfonia Gulf Coast continues its tradition of “redefining” the symphony experience as it enters its 18th season. With a mission to entertain, educate and inspire the Northwest Florida Gulf Coast, the region’s only fully professional symphony orchestra, led by Music & Artistic Director Demetrius Fuller, presents a stellar lineup of concerts for 2023-2024.

From A-list guest artists including Broadway, film and TV star Laura Benanti and leading man Brian Stokes Mitchell, to the soulful sounds of Trombone Shorty & Orleans Avenue and classical saxophonist Steven Banks, plus Jurassic Park’s adventurous film score concert 65 million years in the making, this season surely has something for everyone.

“We welcome everyone to join us for an innovative and entertaining season of music,” says Demetrius. “Gathering with friends and family to enjoy a shared live musical experience is magical. We hope the fact that proceeds from our events benefit Sinfonia Gulf Coast and its music education programs, will make supporting our season even more rewarding.”

Season 18 kicks off with the annual Sinfonia Cabaret

at Seagar’s, featuring Tony Award-winning Benanti on Wednesday, Sept. 27, at 5:30 p.m.. Known for her brilliant performances in iconic musicals like “The Sound of Music” (Maria), “Into the Woods” (Cinderella) and “Gypsy” (Louise), as well as TV and film (“The Sound of Music Live!,” “Life & Beth,” “Worth,” “The Gilded Age” and more) her brilliant vocals and diverse repertoire will captivate you as she performs your favorites from the American Songbook to Broadway’s best in a one-night-only concert. Tickets for “An Evening with Laura Benanti” are \$295 per person and include valet parking, a sparkling wine reception, a four-course meal prepared by Seagar’s executive chef Fleetwood Covington, wine and all gratuities.

The excitement continues Saturday, Nov. 4, at 6 p.m. with Sinfonia Gulf Coast’s Gala Event staged in the Juniper Ballroom at Hotel Effie in Sandestin: “Trombone Shorty & Orleans Avenue,” live in concert. With a fusion of funk, soul, R&B, and psychedelic rock, Grammy-nominated it will deliver an explosive performance that will make you move. Tickets to this one-night-only evening are from \$250 per person and include



Laura Benanti  
PHOTO CREDIT JENNY ANDERSON



Trombone Shorty and Orleans Avenue  
PHOTO CREDIT JENNY ANDERSON



Brian Stokes Mitchell

gratuities. Preferred seating and tables of 10 are available.

Celebrate the Main Stage concert season with “Holiday Pops” Friday, Dec. 8, at the Destin-Fort Walton Beach Convention Center in Fort Walton Beach. Dubbed “the last leading man” by The New York Times, Brian Stokes Mitchell is a two-time Tony Award-winner with a versatile career spanning Broadway, television, film and con-


certs. Receiving critical acclaim and awards for his performances in “Kiss Me, Kate,” “Man of La Mancha” and “Ragtime,” Stokes has collaborated with renowned conductors John Williams and Gustavo Dudamel for performances at Carnegie Hall and the White House. You may remember him as Trevor in “The Fresh Prince of Bel-Air.”

Sinfonia also introduces Toast ‘n Jam, a new concert series, held at the Henderson Beach Resort in Destin. Sunday, Dec. 3 will feature Time for Three (Tf3) and Sunday, Feb. 11 will showcase the Brubeck Brothers Quartet. This fun new series includes valet, elegant brunch fare with a Bloody Mary & Mimosa bar.

Main Season concert tickets are on sale NOW! Prices vary per event, ranging from \$15 to \$75 per person. Special savings are offered to active-duty military and students with proper ID. Purchase and download tickets online or call the box office at (850) 460-8800.

Proceeds from all events benefit Sinfonia Gulf Coast and its music education programs, which include musicians/guest artists in schools, free orchestra concerts, bus transportation for students, the Sinfonia Youth Orchestra program, Arts in Medicine with Sacred Heart Hospital on the Emerald Coast, Link Up concerts with third through fifth grades in participation with Carnegie Hall’s Weill Institute of Music, the annual Paint the Music Project and more.


For more information or to purchase tickets, go to [SinfoniaGulfCoast.org](http://SinfoniaGulfCoast.org) and call (850) 460-8800. To volunteer, email Sinfonia at [info@sinfoniagulfcoast.org](mailto: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.




NORTHWEST  
FLORIDA  
BALLET

# 23/24 Season


**Season Subscriptions On Sale Now!**



**The Nutcracker** | Nov. 17-19  
Mattie Kelly Arts Center






**Carmina Burana** | March 9-10  
Mattie Kelly Arts Center





**On the Edge** | June 15  
Mattie Kelly Arts Center

Signature Season Media Sponsors:

NFB is Sponsored in Part by:



f •  • [NFBallet.org](http://NFBallet.org)

# Theatre: Real and in Real Time; No AI Here

BY ANNA FISHER, ASSOCIATE ARTISTIC DIRECTOR, EMERALD COAST THEATRE COMPANY

The instinct to roll my eyes to the very back of my head was absolutely overwhelming when I read the headlines about the recent SAG-AFTRA actor's strike. The writer's strike I can understand—I mean how often do writers get the same recognition and pay as celebrities for

glorious ray of realization: Theatre.

You know I had to bring it back to theatre, right? But really, theatre is the answer. For that matter any gathering of real human beings doing real things in real time is the answer. Actors, writers, storytellers, dancers, painters, chefs, garden club ladies, grocery shoppers and babies making weird noises

for children of all ages.

All of these things are happening in real time at Emerald Coast Theatre Company. You won't find anything artificial here. It takes a lot more passion, skill, talent, people, time, resources and hard work to cre-

ate an event that can only truly be experienced live. And it also takes all of you, because you are the heart of ECTC.

1 Collier, Kevin. "Actors vs. AI: Strike Brings Focus to Emerging Use of Advanced Tech." *NBC News*, 14 July 2023, <https://www.nbcnews.com/tech/tech-news/hollywood-actor-sag-aftra-ai-artificial-intelligence-strike-rcna94191>. Accessed 18 July 2023.



giving us stories like Yellowstone and Succession. But actors? The ones making millions upon millions every year? As my teenagers would say, "Bruh." But then I did a little research and now I'm almost embarrassed at my initial reaction.

What we're really talking about are those thousands of hard-working actors who barely make a livable wage each year and just have to keep their fingers crossed for the next gig. The strike is about a lot of things—lack of residual pay due to streaming platforms, health insurance, cost of living increase, and here's the kicker—Artificial Intelligence. What guarantee does any actor have that their likeness won't be repackaged artificially and served up as an authentically disguised work of art? Fran Drescher, president of SAG-AFTRA (yes, the Fran Drescher with the laugh) said it best when she stated, "Artificial intelligence poses an existential threat to creative professions, and all actors and performers deserve contract language that protects them from having their identity and talent exploited without consent and pay."1

The more I researched (and when I say researched, I mean spiraled further and further into an existential crisis) the more I wrestled with questions like, How can we as humans compete with the many tentacled machine we have wrought? Will anyone ever have an original thought again? Are human beings as we know them obsolete?

And then, I had a singular,

in restaurants- we need you! We need your real authentic voices doing real authentic things that can only come from you. And if you're looking for light and life and texture and people and real authentic human experiences, come to Emerald Coast Theatre Company. There's something transformational about experiencing live theatre with other audience members, breathing the same air as the actors, and taking in a show that will always be a unique, one-time event.

And on that note, we have an incredible Season 11 this fall opening with Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins in Million Dollar Quartet and closing with the beloved classic Mary Poppins in the spring. You can catch a wide array of shows in between like The Play that Goes Wrong, The Marvelous Wonderettes: Caps and Gowns, Crimes of the Heart and the holiday favorite A Christmas Carol in between. For the younger audience members, we have Junie B Jones in October and Yes Virginia, There is a Santa Claus performed by our talented Junior Company members in December, as well as an original Theatre for the Very Young show Mother Goose on the Loose by Heath Carroll, ECTC Education and Outreach Director, premiering in April 2024. Our fall programming for children and teens starts at the beginning of August with Finding Nemo, Mean Girls and so many other musical theatre workshops, tap, jazz, and ballet classes, and acting opportunities

## Classical dance training for all ages!

# studio6twenty5



Pre Primary A Ballet: ages 2-3  
 Pre Primary B Ballet: ages 3-4  
 Pre Primary C Ballet: ages 4-5  
 Primary A Ballet: ages 5-7  
 Primary B Ballet: ages 6-8  
 Primary A & B Jazz/Lyrical: ages 5-8\*  
 \*Students must be enrolled in Primary A or B Ballet to register for Primary A & B Jazz/Lyrical.

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

Classes limited. Sign up today!  
 Email [rachel@studio6twenty5.com](mailto:rachel@studio6twenty5.com).

Visit [studio6twenty5.com](http://studio6twenty5.com) for more information.  
 Located at 625 Harbor Blvd. Destin-upstairs



# Ask Destinites: Crosstown Connector Plan Moving Forward

By PATRICIA LEE, OWNER  
DESTINITES.COM

This month in our Destinites Facebook group ([www.Facebook.com/groups/Destinites](http://www.Facebook.com/groups/Destinites)) Mayor Bobby Wagner announced that after 16 years, Destin is moving forward with the “Crosstown Connector,” with construction to begin in early 2024. All parcels needed are owned and design plans are approved. There is a mobility plan to improve other roads and 66 percent of the construction cost is funded. The mayor said, “Now the fun part! What would you like to see at our two new parks?” As always, we appreciate the mayor taking time to participate with our group. There were more than 100 responses to his post and below are just some of the suggestions made by local residents.



picturesque spots with shaded benches. Bathrooms. Lots of shade. And more shade.”

6. “Maybe a farmers market area, local vendors, concerts in the park, food trucks, oh, and some much-needed parking areas.”

7. “Outdoor sound/sensory garden!!”

8. “Wouldn’t a sensory park be wonderful?”

9. “ Splash pads and sprinklers please!”

10. “Something like Ferry Park in FWB would be outstanding. But with Destin flair!”

“We will absolutely have a workshop and multiple chances for public input,” Bobby said. If you have a suggestion for the parks, reach out to the mayor or city council and let your voice be heard.

1. “Skate park area! Kids need a place to ride skateboards and scooters.”  
2. “How about nothing but beautiful trees.”  
3. “We don’t need any distractions, just a pretty drive to get you where you’re going.”  
4. “Pickleball courts! Outdoor amphitheater? Outdoor gym items for strength training during walks/runs along the pedestrian path.”  
5. “No matter what it is, lots and lots of shade trees, shaded parking, covered shaded areas. A walking trail under a covered pergola with solar-powered fans along the way. I would love to see heat-resistant and drought-resistant gardens and flowers (that won’t need constant watering), butterfly friendly, fountains,

If you are a Destin resident or in the close surrounding area, I invite you to join our private group at [www.Facebook.com/groups/Destinites](http://www.Facebook.com/groups/Destinites) with more than 8,300 members (Est. Oct. 2018). Check out our monthly newsletter and sponsored local business directory at [www.Destinites.com](http://www.Destinites.com).

**SINFONIA GULF COAST**

23/24 DEMETRIUS FULLER, MUSIC & ARTISTIC DIRECTOR  
2023-2024 SEASON COMING SOON

LAURA BENANTI  
**CABARET**  
AT SEAGAR'S

BRIAN STOKES MITCHELL  
**HolidayPops**

STEVEN BANKS  
**CLASSICAL CONNECTIONS**

TROMBONE SHORTY & ORLEANS AVENUE  
**GALA event**

**JURASSIC PARK**  
FILM IN CONCERT

BOX OFFICE: [SINFONIAGULFCOAST.ORG](http://SINFONIAGULFCOAST.ORG) | 850.460.8800

**SOUTH WALTON FLORIDA** Florida ARTS & CULTURE

## Kenny Wilson Painting

**40 years experience to guarantee quality work and a timely completion of your painting project!**

Licensed and Insured  
FREE ESTIMATES

(850) 368-2710

# Local Coupons

**AUSTONS ON 98**  
**1/2 PRICE APP**  
 WITH PURCHASE OF AN ENTREE  
1 per table  
 Offer expires 8/31/23  
 125 Poinciana Blvd., Miramar Beach  
 850-842-3200

**CRYO850 PERFORMANCE & RECOVERY**  
 SUMMER FLASH SALE!  
**UP TO 60% OFF**  
 WELLNESS CIRCUIT PASSES  
 Offer expires 8/31/23  
 4495 Furling Lane, Suite 10, Destin  
 City Market Bayside | 850-279-4145

**CRYO850 PERFORMANCE & RECOVERY**  
**COLLAGEN ENHANCMENT TREATMENT \$145** (\$175 VALUE)  
 Offer expires 8/31/23  
 4495 Furling Lane, Suite 10, Destin  
 City Market Bayside | 850-279-4145

**CAFÉ DESTIN**  
**10% OFF PURCHASE**  
 WITH COUPON  
 Offer expires 8/31/23  
 985 Highway 98, Destin, 850-424 6777, CafeDestin.com  
 Kwench: 981 US Hwy. 98, 850-842-2802

**GOT PAIN?**  
 JOIN US SUNDAYS AT 7PM CST TO LEARN  
 HOW TO REACTIVATE YOUR OWN STEM CELLS  
  
 Call Sharon 214-405-2943

**TAILFINS ISLAND ADVENTURE**  
 "Always Workin"  
 48 passenger Pontoon Boat and  
 "Talk of the Town" Tiki Boat  
 w/ bathroom onboard,  
 6-15 passengers, Cruise First Class **BOOK NOW**  
 Offer expires 8/31/23  
 172 Harbor Boulevard, Destin  
 850-650-1200

**ECCO MOTORS**  
**\$300 OFF**  
**PURCHASE OF A NEW CART**  
WHEN YOU MENTION THIS AD  
 Offer expires 8/31/23  
 36058 Emerald Coast Pkwy. Destin  
 850-837-2600

**OTTO'S CAR WASH**  
**WASH CLUB MEMBERSHIP**  
 THE ULTIMATE WASH PACKAGE \$54.98/MONTH  
 THE SUPREME WASH PACKAGE \$43.98/MONTH  
 THE EXPRESS WASH PACKAGE \$29.98/MONTH  
 Offer expires 8/31/23  
 34709 Emerald Coast Pkwy., Destin  
 850-974-9994

**BEVERLY HILLS DAY SPA**  
**SPRING SPECIAL: BUY 5,  
 GET 1 FREE FACIALS**  
 Offer expires 8/31/23  
 114 Palmetto Drive, Suite 6, Destin  
 850-654-8544 | BeverlyHillsDaySpa.com

**AFFORDABLE PRESSURE WASHING**  
**\$25 OFF SERVICES**  
 CALL TODAY TO SCHEDULE YOUR FREE ESTIMATE!  
 Offer expires 8/31/23  
 Phone: 850-688-9886

**SPECIALTY ROOFERS**  
**\$250 OFF**  
**RESIDENTIAL ROOF CONTRACTS**  
MENTION PROMO CODE NEWYEAR250  
 Offer expires 8/31/23  
 850-974-7663  
 Specialtyroofers.com

**OVERHEAD DOOR**  
**\$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.  
 Offer expires 8/31/23  
 850-502-8615  
 destinoverheaddoor.com

**AVA'S FURNITURE & DESIGN**  
**10% OFF ONE ITEM**  
 Offer expires 8/31/23  
 Miramar Plaza  
 12889 Emerald Coast Pkwy, Miramar Beach  
 850-424-6767

**EMERALD COAST ENERGY SOLUTIONS**  
**SPECIAL! NO INTEREST IF PAID IN FULL IN 12 MONTHS\***  
\*Subject to credit approval. Minimum purchase required. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid in full before the expiration of the promotional period.  
 Offer expires 8/31/23  
 850-588-2870  
 www.TrustECES.com

**TAILFINS**  
**FREE SMOKED TUNA DIP**  
 with any lunch or dinner entree  
 Offer expires 8/31/23  
 172 Harbor Boulevard, Destin  
 850-650-1200

Knowledge • Experience • Trust  
*The Locals' Real Estate Pro*

REAL ESTATE  
PROFESSIONALS  
• OF DESTIN, INC. •



REAL ESTATE  
PROFESSIONALS  
• OF NW FLA, INC. •

*Mary Anne Windes*

CCIM, CRB, CRS, GRI, RRS, e-PRO.  
Licensed Real Estate Broker/Owner

850.837.2211 • 1.800.837.2266

[www.Destin-Real-Estate.com](http://www.Destin-Real-Estate.com)

25+ Years in Business on the Destin Harbor



If you're looking for the locals' choice for a fishing trip, call one 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



*Party Boats*  
**DESTIN PRINCESS  
& DESTINY**



On-Site Booking Service:  
**850.837.1995**  
210 Harbor Blvd.

Charter Boat

**OUTTA LINE**



DESTIN ★ FLORIDA

**850.837.2320**  
Book on-line at  
[www.CharterBoatOuttaLine.com](http://www.CharterBoatOuttaLine.com)



**850.837.5088**  
Purchase Individual or Group Tickets  
Book On-line at  
[www.DestinPartyBoatFishing.com](http://www.DestinPartyBoatFishing.com)