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DESTIN Life

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Anything Can Happen at ECTC!

BY NATHANAEL FISHER,
ECTC PRODUCING ARTISTIC
DIRECTOR/COFOUNDER

Last year, Season 11 ended with a beautiful and magical show - Mary Poppins. Hillary Marshall Anthony and Vincent Pelligrino, along with 20 other cast members and a spectacular creative team co-created a wealth of magical, heartwarming and inspirational moments on our stage for you, our ECTC community. My favorite moment of the show was during Act II when every cast member took the stage and the full company sang with full hearts "Anything Can Happen." Here are just a few of the impactful lyrics:

*If you reach for the stars
All you get are the stars.
But we've found a whole new spin!
If you reach for the heavens
You get the stars thrown in -
Anything can happen if you let it!*

While we were in tech rehearsals for Mary Poppins, I asked the cast to put themselves and their dreams into the number as they sang, and



A Midsummers Night's Dream, Theatre Thursdays,
Grand Boulevard - 2015

to really imagine and believe that anything could happen for them—and we would believe right along with them. This idea of dreams coming true is personal for me. If you read my article in last year's program, you learned about "How ECTC Came to Be" (you can find this article on our website under "Theatre Thoughts"). As I consider the history of ECTC since its beginning in October of 2012, it is clear to us...Anything CAN Happen.

We launched our first program in January of 2013 with an after-school theatre class of 10 students at Destin Elementary School. The following summer we produced a theatre camp at Destin Elementary with 30 students in a non-musical production of Aladdin. Anna had our 6-month old daughter, Zoe, as well as our 6-year-old twins, Mia and Bella, in tow as she gathered props and designed costumes for 30 students! Ora Wolfgram, a bright eyed

11-year-old girl, played Aladdin's cat. The playwright took liberties in creating many roles for kids — hence Aladdin had a cat. Her only text was "meow," and she delivered that meow with so much subtext each time that the audience knew exactly what that cat was saying. Ora is a professional artist now, and in a beautiful twist of fate, she is serving as ECTC's resident Props Artisan and Stage Manager. We were blown away at the time that our 10 students had grown to 30 (and a cat)... anything can happen!

Summer of 2013, we launched the Family Theatre programs at Harborwalk Village and the Village of Baytowne Wharf. I wrote energetic, three-actor plays, with engaging audience interaction for these sites. I pitched Jamie Hall, Marketing Director for Harborwalk Village at the time, the idea of a Family Theatre show, and she said, "I'll pay you for two performances, and provide tech

ECTC

continued on page 2



**Membership
Keeps Arts
FUN-ded**

Will YOU Join Us?

BY ZANDRA WOLFGRAM

Looking for fun? You have arrived. As a member of Mattie Kelly Arts Foundation (MKAF), you are already aboard the "bus to fun town."

Take it from the MKAF's CEO of Fun, Demetrius Fuller.

"We really want to up our fun factor in all we do— including raising awareness and funding. Our tagline is Membership Keeps Arts FUN-ded," Fuller explains.

MKAF

continued on page 44



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 Community

ECTC

continued from page 1

support. If I like it, I'll book you for the summer." After watching more than 100 people engage in "Pirate Pete and the Case of the Missing Fisherman" while dancing, laughing and having a great time, I asked her, "Well, what's the schedule? Your audience loved that show!" We were booked with our first gig.

While getting to know this community again (Anna grew

up here), we were aware of the wonderful work that StageCrafters was doing in Fort Walton Beach, the great programming at Seaside REP, and the strong theater presence in Bay County with The Martin and Kaleidoscope Theaters. With the growth of the Destin, Miramar Beach and Santa Rosa Beach communities, it seemed like there was an opportunity to complement the theatre scene with professional theatre programming in Destin and Miramar Beach. So,

in summer of 2014, Anna and I again started knocking on doors. Who had an empty retail space or event space that would allow us to produce a show? A Dickens Christmas is a three-actor adaptation of A Christmas Carol that I wrote to help launch our professional theatre, and HarborWalk Village and Sandestin both blessed us with event spaces for that inaugural production. 367 people attended the performances of that show and ECTC's productions for adults and families were launched... anything can happen!

During the first three years of the organization, we stored all the props and costumes we acquired in our garage, the carport was used as the scene and paint shop, and our Chevy Traverse was the work van. We had plastic bins and foldable dollies. One of my most vivid memories is dropping Anna off to teach a class with Miss Darla while I took care of our 8-year-old twins and two-year-old baby. There they were walking down the sidewalk in 90° weather, dolly and bins in tow with a full heart and determination to teach theatre to their students. In the summer of 2015, Stacey Brady, Marketing Director at Grand Boulevard, hired ECTC to produce a 45-minute adaptation of Shakespeare's A Midsummer's Night Dream for Theatre Thursdays in the Grand Park. The following year, Stacey and her team were gracious enough to let us use the space that is now Williams Sonoma for some additional professional theatre shows and kids classes. These were humble beginnings for sure, but Anna and I were already seeing the benefits for kids and patrons. The long days, hard work and lugging all the "stuff" around was so worth it when we heard how people's lives were changing for the better.

In addition to producing shows and camps, I was working as an adjunct professor at UWF in Pensacola as well as at Gulf



Bruce Collier and Teance Blackburn, Bakersfield Mist February, 2017

Coast State College in Panama City. During this time, as I drove from one end of Highway 98 to the other and worked on productions in between, I just kept looking for empty spaces. The prayer in my heart was to have a home for ECTC. One day while driving by Grand Boulevard it hit me: every building had second floors that had offices built out, but the 560 building looked empty. Every time I drove by, I considered the idea, "What if that was a space for us?" We already had a great relationship with Grand Boulevard; what were the possibilities? One night while driving by with Anna, I pointed to it. "Anna, see that building? See how it's dark, and how every other building on the second floor has lights but that one?" She nodded with a small smile of understanding. "They haven't built out that space yet and I really feel like we are going to be there one day." "How do you know?" she asked. "I just have a feeling; I'm not saying it's a word from God or anything, I just have this really strong feeling we are going to be there one day."

In August of 2016, I got the call from Stacey Brady. "Hey Nathanael, can you and Anna meet me at the 560 Building at Grand Boulevard?" We walked upstairs into the empty, echoey expanse and she said, "Well, it's 17,600 square feet. Think you

can use it?" "Yes!" Anna and I exclaimed as we burst into happy tears. As I recount this story, I can't help but think of some of the lyrics referenced earlier: If you reach for the heavens, you get the stars thrown in — ANYTHING CAN HAPPEN!

When we moved into 560 Grand Boulevard, I was still paid part time with ECTC while volunteering full time. Anna was hired as an independent contractor per teaching or costuming gig and volunteering the rest of the time as well when she wasn't at her regular job teaching 4th grade. With a grant from the St. Joe Community Foundation, we bought curtains and tracking to divide off the performance space. A grant from the Cultural Arts Alliance of Walton County covered additional theater lighting, and with some amazing volunteer help from friends at University of West Florida – Glenn Breed and Phillip Brulotte – we moved in and prepared to open Constellations, our first show in the new space.

Because audience members need a place to sit, we filled this need with donated white folding chairs. Monica Bowes owned an event company and offered her event chairs whenever I wanted as long as I was able to come get them myself and they weren't in use for an event. By this time,

Continued on page 45

Publisher's Note:



SAVVY LEIGH PHOTO

This year, \$32 million was cut from Florida's state cultural arts budget. The impact was immediately felt statewide by 600 organizations as well as additional businesses. Some art organizations had to shut their doors. This unprecedented slash of funds means supporting the arts at the local level is more important now than perhaps ever.

According to an impact 2022 study by Florida Arts &

Culture, Florida's cultural arts generated 91,270 jobs and \$694 million in revenue, with an overall economic impact of \$5.8 billion. As a tourist destination, the arts and tourism go hand in hand. The arts elevate every community's Quality of Place. To defund that impacts the local experience our tourists travel here to enjoy. But, more importantly, these cuts to organizations with education outreach programs have a direct impact on our local community, namely our children.

How can you help? Play your part. Donate. Purchase a ticket to attend a play or concert. Volunteer at an art festival. Own a business? Consider sponsoring an event or, better yet, an art organization's entire season. You will enjoy marketing exposure for your business and the bonus of positively impacting the Quality of Place of your community. Some organizations, such as Mattie Kelly Arts Foundation and Emerald Coast Theatre Co. featured here, are membership based. Consider joining. The benefits far exceed the cost. And you are sure to meet many new folks who will kindly remember your philanthropy—and pay it forward.

To do our part, in this and upcoming editions, we are sharing a series of articles spotlighting the missions of some of our local art organizations, so our readers can better understand what they contribute to our communities and the significant economic and social impacts the arts have, both as a driver of tourism and in fostering local communities, particularly for children, the military and educational outreach programs. I believe, when you hear their stories, you'll agree.



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Gangs, Guns, and God

One Man Making a Difference

By ELLEN FANNON

As Art Wilson walked on the outskirts of the Cabrini Green projects in Chicago, a car gunned its engine and screeched to a halt next to him. Several young men got out and shoved him into the car. Art pictured being driven out of the city and killed. Images of his family at his funeral raced through his mind. After driving a short distance, the car stopped, and one of the young men said, “You can get out now, Art.”

Barely able to stand, Art asked, “What was that all about?”

“We found out a drive-by (shooting) was about to go down where you were walking, and we didn’t want you to get hurt.” Then they took off.

Stunned, Art realized the Gangster Disciples, one of Chicago’s most feared and notorious gangs, cared enough about him to protect him.

“There is no one so hard that God cannot reach,” says Gang Rescue founder Art Wilson. GANG (Gangs Also Need God)



Rescue is an interdenominational ministry showing Christ’s love to gang members nationwide. The ministry began when Art prayed, “God break my heart for the things that break Your heart.” Before his calling, Art says he couldn’t have cared less about gangs.

The call to minister to the most dangerous and violent in society came one morning after Art dropped his children off at school. As he headed home,

he felt the presence of God so strongly that he pulled to the side of the road. God told him, “I have a plan for gang lives, too. I will go with you and protect you.” The Lord laid on his heart Ezekiel 2:6-7: And you, son of man, be not afraid of them, nor be afraid of their words, though briars and thorns are with you and you sit on scorpions. Be not afraid of their words, nor be dismayed at their looks, for they are a rebellious house. And you

shall speak my words to them, whether they hear or refuse to hear . . .” (ESV)

Art worried about how his wife, Vicky, would react to God’s calling. But she said, “I’m not surprised. I’ve been praying you’d ease up on work and do more in ministry.” A small-statured, soft-spoken man who runs his own insurance and financial planning business, Art seemed an unlikely vessel to share the love of Jesus with the most treacherous of society. When others expressed concern about the dangerous ministry, Vicky replied, “Art doesn’t belong to me. He belongs to God.” That’s not to say the mission to which God called her husband was easy. Vicky stayed behind with their three children in Niceville, not knowing where Art was for weeks at a time.

They prayed for several weeks about where Art should go, with no answer. Then, one Wednesday night at church, a couple requested prayer for their daughter, the girlfriend of

a gang member named Steven, who belonged to the Hispanic gang Ambrose in Chicago. Art talked with the girl and knew God wanted him in Cabrini Green in Chicago, one of the biggest and most violent projects in the country—and He was calling Art to go alone.

When Art arrived in Chicago, he spent most of his first evening in prayer. He asked Vicky to let his church family know what was happening and to pray, as well. The next morning, he took the L-train to Cabrini Green. On the train, several people asked him where he was headed. He replied, “Cabrini Green.”

They laughed and said, “No, really. Where are you going?”

When he repeated his answer, they said, “No outsider goes into Cabrini Green and comes out alive, especially if you are white. Don’t you know the Black Gangster Disciples run it? You won’t last five minutes in

Continued on next page



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 Community
GANGS, GUNS*continued from page 3*

there.” Then, the conversation ended. They thought Art was either crazy or lying.

By the entrance of Cabrini Green, Art was met by four young men covered in tattoos carrying pistols and knives in their belts. One approached and asked, “Do you know

where you are? I wouldn’t go in there if I were you.”

Art struggled for a way to connect with these men. Then God gave him the answer. Spying a pile of worn-out sports equipment, he said, “Guys, some of your sports equipment has seen better days. How about I get some newer equipment and bring it back here?”

They laughed sarcastically,

and one of the men said, “Sure you will. Why would you do that for us?”

“Because I care about you and want to get to know you better.” Art made good on his word, opening the door to building new relationships through the universal language of sports.

On his first trip to Chicago, he also met with Steven and his



gang. As Art sat alone in Pilsen Park, one of Chicago’s most dangerous and violent places, waiting for the Ambrose gang, he began to doubt God’s calling. Then the gang members approached—and Art sat on their “turf.” Reflecting on this gang’s reputation in Chicago, his heart began to race, and his palms sweated. But the group leader, Steven, sat beside him, and when Art extended his hand, Steven shook it. Three gates led into the park, and three young men stood at each entrance. When Art asked Steven why the three men couldn’t join them, he said, “Art, we decided if you care enough about us to come in here by yourself and risk your life, if anyone is going to get to you, they’ll have to go through us first.” Steven’s response confirmed the call God had placed in his heart months before.

Later, Steven expressed his desire to leave the gang but was afraid for his family. Art promised to help in any way he could. Nationally, about 70 percent of people in gangs want out, but trying to leave a gang is often a death sentence. Over the next several years, Art made sixteen trips to Chicago, staying anywhere from two to four weeks each time, helping many young men escape the gang lifestyle. During this ministry, he saw many former gang members come to faith in Christ, move out of Chicago, and start new lives. Two years after beginning GANG RESCUE, Art’s son, Buddy, joined him in the work.

After Cabrini Green was torn down, God called Art to gang ministry in Belize, where he made another sixteen trips to work with gangs in Central America. Now, he devotes his time closer to home, ministering to gang members at the Okaloosa Academy, the juvenile facility in Crestview, Florida, which receives teenagers from all over the state. Art has been involved



in prison ministry for more than twenty-five years. He has participated in several baptisms, sometimes being allowed to transport inmates to his church in Niceville for baptism.

Many people told Art he should write a book about his amazing experiences, but he fought against the idea because he didn’t want the book to be about him. He wanted God to get the glory. But finally, he gave in and wrote a powerful book, *Gangs, Guns, and God*, which was released this summer by EA Publishing. He pitched his idea for the book to publisher Cheri Cowell at the Florida Christian Writers’ Conference. She stopped him in the middle of his pitch and said, “That’s enough. I’m signing you right now!”

Gangs, Guns, and God chronicles Art’s spine-tingling journey into the gang world and shows how one man, stepping out in obedience to God’s calling, can be used mightily to impact what seems to be a hopeless situation. Art hopes the book will encourage people burdened for lost loved ones. He says, “If God can save gang members, enabling them to leave that lifestyle totally changed, there is no one God can’t reach. Take heart. Keep praying. He can soften anyone’s heart.”

Gangs, Guns, and God can be purchased from the link below:

<https://www.amazon.com/Gangs-Guns-God-Art-Wilson/dp/1963611578/>

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 Community



Mayor Bobby Wagner and PIO Tamara Young, PhD

By TAMARA LEIGH YOUNG, PHD, PUBLIC INFORMATION DIRECTOR FOR THE WORLD'S LUCKIEST FISHING VILLAGE

November 5th: Voting for Destin's Future

It's time for more "reel" talk from the Mayor and me. The city of Destin's Mayor, Bobby Wagner, and I sat down to discuss the importance of the upcoming local election.

TY: November 5th is an important date for our city. What's at stake?

BW: On Nov. 5th, Destin voters will have the chance to make a lasting impact on the future of our city. The next council will face decisions that go beyond day-to-day governance; they will be shaping the heart, safety, and growth of our com-

munity. Whether it's revitalizing community spaces, improving infrastructure, or easing traffic congestion, the votes our new council will affect every one of us. Now is the time for bold ideas and strong leadership that look to the future.

TY: Progress is critical. What do you envision?

BW: Imagine a Destin where families, children and seniors all have access to beautiful, functional community spaces that bring us together. Envision a modern Community Center, Morgan Sports Center, and Harbor that serve as vibrant hubs for activities, events and services for all ages. This next council will vote on whether we rebuild for our future or simply put a band-aid on the old.

TY: The Destin Chamber of Commerce and ECAR recently hosted a City Council candidate forum, and anyone that missed it can find it on the Chamber's YouTube channel to watch and learn viewpoints of the candidates. It was a lively and spirited conversation, and it's import-

ant to learn where each person stands. What do you see as some of the critical areas and questions to ask candidates?

BW: I believe this next council will ultimately decide the direction of Destin's future for generations to come.

Improving Community Spacing

1) Will you support Destin's "Master Plan" for the community center, City Hall and Morgan Sports Center? Why or Why not? 2) How would you partner with the Okaloosa County School Board to use the additional space at the Beach Drive property? 3) How would you enhance water quality and control in the Destin Harbor?

Redesigning Roads and Pathways

1) Will you vote to approve the Mobility Plan and Impact Fees to fund necessary improvements? Why or why not? 2) Do you plan on completing the cross-town connector? 3) Would you support parking garages at the Harbor? 4) Do you sup-

port implementing overpasses and underpasses for pedestrians along Highway 98?

TY: Many of the candidates have been doing meet and greets, and I know you encourage everyone to attend these as well as push the candidates to share their visions of what Destin's future should be.

BW: I'm a big proponent of local government, because it's the closest to the people. The people we elect to have seats on the Council have a direct impact on what our city can accomplish in the coming years. Whether it's early voting or showing up at the polls on Nov. 5th, people need to vote!

City of Destin Christmas Parade 2024

The City of Destin's 40th annual Christmas Parade will be held on Sat., Dec. 14 at 10 a.m. "This year's committee chose a theme that brings together the spirit of our City's 40th Birthday of being incorporated," said Tamara Young, Public Information Director, "and it couldn't be a more fun, lively theme. We're taking it back to the '80s, specifically, FLASHBACK TO 1984!"

Floats will start at Destin Methodist Church (200 Beach Dr.), travel down Beach Dr., and travel west down Harbor Blvd. (Hwy. 98) to Stahlman Ave. For safety and control

reasons, bystanders should stand on the north side of Harbor Blvd. to watch the floats.

For those who wish to have a float in the parade, applications are available at the Destin Community Center. In lieu of an entry fee, it is requested that each entry donate one of the following: new toys, personal products (i.e., cologne or perfume) or a monetary donation by Dec. 6. This is the same deadline for applications, which can be dropped off in person, faxed to 850-654-8998 or emailed to Recreation@cityofdestin.com.



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Fall is Fantastic at The Village of Baytowne Wharf at Sandestin!

16th Annual Baytowne Wharf Beer Festival
Friday, Oct. 11, 6-8 p.m.;
Saturday, Oct. 12, 2-5 p.m.
Tickets on sale now at baytownebeerfestival.com.



Time to roll out the barrel and discover unique suds and ales! The Village of Baytowne Wharf at Sandestin presents the 16th Annual Baytowne Wharf Beer Fest Oct. 11-12. American specialty beers from throughout the nation will be available for participants to sample and savor. The grand, craft beer tasting event on Saturday, Oct. 12, will feature more than 200 domestic and international craft beers available for sampling. For tickets, visit baytownebeerfestival.com.

Live Music:

Friday, 6-8 p.m.: Duchess
 Saturday: 2-5 p.m.: Below Alabama

Tribute Weekend
Friday, Nov. 8-Sunday, Nov. 10

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

Friday, November 8th | Heart-breaker- Pat Benatar Tribute
 Saturday, November 9th | World Turning - Tribute to Fleetwood Mac
 Sunday, November 10th | Boys In The Band - Alabama Tribute

Admission is FREE!

The Village of Baytowne Wharf October Events!

The Village of BOOtowne Wharf
Tuesday, Oct. 1 - Thursday, Oct. 31

Stroll through the haunted streets of Baytowne Wharf the whole month of October! Visit the Haunted Courtyard if you dare or swing by Baytowne Adventure Zone's graveyard for a freaky good time. Be sure to tag us in all your spooktacular pictures by using @baytowne-wharf!



Wednesday Night Concert Series
Wednesdays, Oct. 2-30, 7-9 p.m. FREE!

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

October 2: Modern Eldorados
 October 9: Casey Kearney
 October 16: The High Aces
 October 23: Below Alabama
 October 30: Forrest Williams Band

Bubbly Baytowne
Thursday, Oct. 17, 5-7 p.m. FREE!

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

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

Family Fun Festival
Saturday, Oct. 19, 1-5 p.m. FREE!

Join Baytowne for a FREE Family Fun Event featuring the incredible Shaun the Magician as our star performer! Enjoy an afternoon of magic, games and entertainment that promises fun for all ages. Don't miss out on this magical experience and the chance to create lasting family memories!.

Trick or Treat Street
Thursday, Oct. 31, 6-8 p.m. Fireworks 8 p.m. FREE!

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

Beach TV LIVE!

LIVE from The Village of Baytowne Wharf!

Tune in on Beach TV to watch what's going on in The Village of Baytowne Wharf!



Events Around Town

Blue Dog & Bourbon on the Bayou

Friday, Oct. 11, at 6 p.m.
| Churchill Oaks | Santa Rosa Beach

Step into the magical world of artist George Rodrigue's "Loup-garou," or Blue Dog, at



Mattie Kelly Arts Foundation's (MKAF) Blue Dog & Bourbon on the Bayou. This special Artful Dining fundraising event, presented by Churchill Oaks and NTS Interiors by Marisol Gullo Interiors, will be held in the club house at Churchill

Oaks in Santa Rosa Beach on Friday, Oct. 11, at 6 p.m. A limited number of seats are available. Tickets are \$295 per person. MKAF members save \$20. Not yet a member? Go to MKAF.org to select an annual membership starting from just \$75 per person. Proceeds benefit MKAF and its ArtsReach initiatives serving local K-12 students, individuals with disabilities and active-duty military and veterans throughout NWFL and the Southeast.

readiness. The event includes immersive demos and training and concludes with a reception and dinner. Last day to purchase tickets is October 8. For the full event schedule and RSVP, visit <https://donorbox.org/events/682254>.

DCWAF 8th Annual Harvest Wine & Food Festival

Oct. 17-20 | Grand Tasting – Cerulean Park – WaterColor | Santa Rosa Beach



Step into a world of culinary delight at the Harvest Wine & Food Festival, an annual event hosted in WaterColor by the Destin Charity Wine Auction Foundation (DCWAF), October 17-20. This four-day celebration features an array of exquisite wine dinners, the renowned Grand Tasting, a delightful cocktail brunch, and much more. For tickets, visit dcwaf.org.

16th Annual Baytowne Wharf Beer Festival

Friday, Oct. 11, 6-8 p.m.; Saturday, Oct. 12, 2-5 p.m.

American specialty beers from throughout the nation will be available for participants to sample and savor. The grand, craft beer tasting event on Saturday, Oct. 12, will feature more than 200 domestic and international craft beers available for sampling. For tickets, visit baytownebeerfestival.com. Live Music: Friday, 6-8 p.m.: Duchess; Saturday: 2-5 p.m.: Below Alabama

Bloody Mary Festival

Oct. 12 | 11 a.m. – 2 p.m.
| The Market Shops at Sandestin

Local bars and restaurants will be serving the finest Bloodys on the Emerald Coast, made with Distillery 98 Dune Laker Vodka. Along with plenty of delicious drinks, there will also be live music by Catalyst, football, cold beer, local food from merchants, shopping and so much more! Tickets \$60 in advance; \$75 at the door.

Operator for A Day!

Oct. 12 | 8 a.m. | Stronghold SOF Solutions | Defuniak Springs

Retired Navy SEAL and founder of the Pipe Hitter Foundation, Eddie Gallagher, is hosting an exclusive and immersive training experience to raise support for service members and first responders via the Pipe Hitter Foundation, with special guest former New York Police Commissioner Bernie Kerik and other highly trained military special operators. This special event gives attendees a glimpse into what our country's best go through on a daily basis to be at the highest state of

Wicked Triple Fun Run!

Oct. 19-20
Runners...be a part of the Wicked Triple Fun Run 5K (5:30 p.m.), 10K (7:30 a.m.) and Half Marathon (7:30 a.m.) October 19-20 hosted by the Northwest Florida Track Club (NWFTC) and Run With It. The 10K runs through the neighborhoods surrounding downtown Fort Walton Beach starting and ending at Ferry Park on Hughes St. with awards ceremony immediately following. The 5K course will run along Beachview Dr. in Cinco Bayou, start line is across Eglin Parkway from AJ's on the Bayou, with awards ceremony and after party immediately following. The Half Marathon starts and finishes at Ferry Park on Hughes St. with throw down immediately following. Food, drinks and live music! Cost is 10K \$40, 5K \$35, and Half Marathon \$80 or all three for

Continued on page 10



Presenting an exclusive coach special group departure to Ireland

IRISH SPIRIT

9 DAYS | 8 NIGHTS | 13 MEALS

May 24-June 1, 2025 | \$3,534 per person Land Only

Price is per person, based on double occupancy Single room supplement \$645.

Air departure tax, fuel & surcharges if applicable, are subject to change until entire group is confirmed and ticketed. — Optional Travel Protection Insurance is available and payment is due at time of deposit. —

NOTE: Depart North America for Dublin overnight the day before the tour start date.

Discover the romance of Connemara, castles, and monastic ruins as you take in some of Ireland's most stunning countryside and culture.

Day 1: Dublin City Tour | EPIC The Irish Emigration Museum

Day 2: Glendalough | Johnstown Castle

Day 3: House of Waterford Crystal | Jameson Distillery

Day 4: Jaunting Car Ride | Ring of Kerry Highlights | Kenmare

Day 5: Cliffs of Moher | Galway

Day 6: Connemara | Kylemore Abbey | Sheepdog Demonstration

Day 7: Clonmacnoise | Irish Night

Day 8: Independent Touring in Dublin

Day 9: Tour ends in Dublin



Lorena Wilder | 850-582-1511
Wilder Travel LLC
lorenawildertravel@gmail.com



Cali's To Do In Destin! OCTOBER 2024

Destin Fishing Rodeo Weigh Ins – Every Day This Month 11am-7pm!
 4

Don't Let the Pigeon Drive the Bus! The Musical | 9:45am | Mattie Kelly Arts Center | Niceville

Friday Martini Lunch | 11am-4pm | Skybar Destin

Fire Pit Friday | 4pm | 30A Distilling Co

Free Beach Bonfire | 5pm | Royal Palm Grille

Free Beer Friday Fundraiser | 5pm-7pm | Boathouse Oyster Bar

Under The Big Top with the Tip Tops to Benefit CVHN | 5:30pm | Grand Boulevard

Harlem Nights Casino Fundraiser | 6pm | The Island Resort FWB

Concerts By Candlelight | 6pm | Mattie Kelly Arts Center

Friday Film Fest | 6pm | Harborwalk Village

Karaoke | 7pm | American Legion

Karaoke | 8pm | Harry T's Lighthouse

Salsa & Bachata Dance Lessons | 8pm | Bric a Brac
 5

Farmers Market | 8am | Village of Baytowne Wharf

Farmers Market | 9am-1pm | Grand Boulevard

Farmers Market | 9am | Niceville

Blessing of the Animals | 9am | Immanuel Anglican Church | Destin

Oktoberfest | 11am-9pm | Destin Brewery

Oktoberfest | Noon | 3rd Planet Brewing | Niceville

Karaoke | 7pm | The Palms Good Vibes Bar

Rock-tober Concert Series | 7pm | Harborwalk Village

Lightwire Theater's Dino Light | 7:30pm | Grand Boulevard

Fireworks | 9pm | Harborwalk Village
 6

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

Destin Community Farmers Market | 9am-1pm | Beall's Parking Lot, Destin

Bubbles & Brunch | 11am - 1pm | Beach Walk Cafe | Henderson Park Inn

DJ Brunch | 10am | Azul @ Harborwalk

Women's Climbing Circle | 5pm | Rock Out Climbing Gym | Destin

Destin Fishing Rodeo Wagon Parade | 6pm | AJ's Destin

Karaoke | 7pm | The Palms Good Vibes Bar
 7

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

Trivia Night | 6:30pm | Destin Brewery
 8

Speed Networking | 11:30am | Bitterroot Karaoke | 6pm | AJ's on the Bayou
 9

Bonfire on the Beach | 5pm | The Bay Run Club | 5:30pm | Destin Brewery

Wednesday Night Concert Series | 7pm | Village of Baytowne Wharf
 10

Yoga Class | 6pm | Destin Community Center

Best Of Emerald Coast Winner's Soiree | 6pm | Grand Boulevard

Little Black Dress Night | 6:30pm-9:30pm | Marina Café



Pirate Ship Comedy Show | 7pm | Buccaneer Pirate Cruise @ Harborwalk Village

Ladies Night | 10pm | McGuire's Destin
 11

Friday Martini Lunch | 11am-4pm | Skybar Destin

Fire Pit Friday | 4pm | 30A Distilling Co

Free Beach Bonfire | 5pm | Royal Palm Grille

Baytowne Beer Festival | 6pm | Baytowne Wharf

Friday Film Fest | 6pm | Harborwalk Village

Concerts By Candlelight | 6pm | Mattie Kelly Arts Center

Blue Dog + Bourbon on the Bayou | 6pm | Churchill Oaks

Karaoke | 7pm | American Legion

Karaoke | 8pm | Harry T's Lighthouse

Salsa & Bachata Dance Lessons | 8pm | Bric a Brac
 12

*** National Gumbo Day**

Farmers Market | 8am | Village of Baytowne Wharf

Farmers Market | 9am-1pm | Grand Boulevard

Farmers Market | 9am | Niceville

Operator for a Day—Pipe Hitter Foundation | 8am | Stronghold SOF Solutions | Defuniak Springs

Boo at the Zoo | 10am | Gulf Breeze Zoo

Pet Adoption Event | 11:30am | Pet Supplies Plus Destin

Bloody Mary Festival | 11pm | The Market Shops

Baytowne Beer Festival | 2pm | Baytowne Wharf

Taylor Haugen Foundation's "Let The Good Times Boil" | 4pm | 3rd Planet Brewing | Niceville

Karaoke | 7pm | The Palms Good Vibes Bar

Rock-tober Concert Series | 7pm | Harborwalk Village

Fireworks | 9pm | Harborwalk Village
 13

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

Destin Community Farmers Market | 9am-1pm | Beall's Parking Lot, Destin

Women's Climbing Circle | 5pm | Rock Porch Fest | 3pm | Watersound Origins

Karaoke | 7pm | The Palms Good Vibes Bar
 14

Sugar Sands Charity Classic Golf Tournament | 11am | Kelly Plantation

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

Trivia Night | 6:30pm | Destin Brewery

Trivia Night | 7pm | Beachview Breakfast & Grill

..... 15

Karaoke | 6pm | AJ's on the Bayou
 16

Bonfire on the Beach | 5pm | The Bay Run Club | 5:30pm | Destin Brewery

Rock n Roll Bingo | 6pm | Fatboy's Niceville

Wednesday Night Concert Series | 7pm | Village of Baytowne Wharf
 17-20

Harvest Wine & Food Festival | Time & Locations Vary | Watercolor
 17

Bubbly Baytowne | 5pm | Baytowne Wharf

Yoga Class | 6pm | Destin Community Center

Little Black Dress Night | 6:30pm-9:30pm | Marina Cafe

Ladies Night | 10pm | McGuire's Destin
 18

Lobster & Lionfish Tournament | 6am | Destin Brewery

The Bigger Table with Coach Michael Burt | 10am | Watercolor

Friday Martini Lunch | 11am-4pm | Skybar Destin

History Sandwiched In | Noon | Heritage Museum of NWFL

Annual Greek Festival | 4pm | 104 Bryn Mawr Blvd

Fire Pit Friday | 4pm | 30A Distilling Co

Free Beach Bonfire | 5pm | Royal Palm Grille

Champagne Dinner Under the Stars | 6pm | Henderson Beach Resort

Friday Film Fest | 6pm | Harborwalk Village

Concerts By Candlelight | 6pm | Mattie Kelly Arts Center

Karaoke | 7pm | American Legion

Karaoke | 8pm | Harry T's Lighthouse

Salsa & Bachata Dance Lessons | 8pm | Bric a Brac
 19

Lobster & Lionfish Tournament | 6am | Destin Brewery

Wicked Triple 10k | 7:30am | AJ's on the Bayou

Wheels & Wings Car Show | 8am | Air Force Armament Museum | Eglin

Farmers Market | 8am | Village of Baytowne Wharf

Farmers Market | 9am-1pm | Grand Boulevard

Emerald Coast Native Plant Fair | 9am | Paradise Plants & Palms

Concealed Carry Weapons Class | 10am | EC Indoor Shooting & Sport | Valparaiso

Annual Greek Festival | 11am | 104 Bryn Mawr Blvd

Harvest Food & Wine Festival | 1pm | Watercolor

Family Fun Festival | 1pm-5pm | Baytowne Wharf

Boos & Brews! Fall BBQ Party | 3:30pm | Beach Camp Brewpub

Wicked Triple 5k | 5:30pm | AJ's on the Bayou

Sip & Science | 6pm | Emerald Coast Science Center

Karaoke | 7pm | The Palms Good Vibes Bar

Rock-tober Concert Series | 7pm | Harborwalk Village

Harbor Sip & Shop | 7pm | Harborwalk Village

Haunted Destin: A Historic Walking Tour | 7:30pm & 9pm | Destin History & Fishing Museum

Fireworks | 9pm | Harborwalk Village
 20

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

Wicked Triple Half Marathon | 7:30am | AJ's on the Bayou

Destin Community Farmers Market | 9am-1pm | Beall's Parking Lot, Destin

DJ Brunch | 10am | Azul @ Harborwalk

Harry Potter Themed Brunch | 10am | Boathouse Oyster Bar

Lobster & Lionfish Tournament Weigh Ins & Awards | 11am | Destin Brewery

Annual Greek Festival | 11:30am | 104 Bryn Mawr Blvd

Karaoke | 7pm | The Palms Good Vibes Bar

Haunted Destin: A Historic Walking Tour | 7:30pm | Destin History & Fishing Museum
 21

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

Trivia Night | 6:30pm | Destin Brewery
 22

Karaoke | 6pm | AJ's on the Bayou
 23

City of Destin Open House | 11:30-1 p.m. | Destin Community Center

Dress To Impress Event | 4pm | Hotel Effie

Bonfire on the Beach | 5pm | The Bay Run Club | 5:30pm | Destin Brewery

Jeepalooza Sunset Beach Bonfire Night | 6pm | Royal Palm Grille | Miramar Beach

Rock n Roll Bingo | 6pm | Fatboy's Niceville

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

Trivia Night | 7pm | Boardroom Pub FWB
 24

Shuckin' Fun Poker Run | 2pm | Boat-house Oyster Bar

Yoga Class | 6pm | Destin Community Center

Little Black Dress Night | 6:30pm-9:30pm | Marina Cafe

Cache Creek Wine Dinner | 6pm | Henderson Beach Resort

Jeepalooza Kick Off Party | 7pm | Fudpucker's

Ladies Night | 10pm | McGuire's Destin
 25

Jeepalooza Beach Jam

Friday Martini Lunch | 11am-4pm | Skybar Destin

Fire Pit Friday | 4pm | 30A Distilling Co

Barktoberfest | 4:30pm | Grand Boulevard

Free Beach Bonfire | 5pm | Royal Palm Grille

Friday Film Fest | 6pm | Harborwalk Village

Concerts By Candlelight | 6pm | Mattie Kelly Arts Center

Arty Kick Off Party – Festival of the Arts | 6pm | Henderson Beach Resort

Spookalooza Show n' Shine | 6pm | Hooter's Destin

Thompson Wine Dinner | 6pm | Henderson Beach Resort

Karaoke | 8pm | Harry T's Lighthouse

Salsa & Bachata Dance Lessons | 8pm | Bric a Brac

..... 26

Farmers Market | 8am | Village of Baytowne Wharf

Farmers Market | 9am-1pm | Grand Boulevard

BooLu's Halloween | Trunk or Treat – 11am | Kid's Costume Contest – 1pm | Lulu's Destin

Festival of the Arts | 9am | MKAF - Cultural Arts Village | Destin

Jeepalooza Beach Jam

McGuire's 5K Halloween Run | 9am | McGuire's Destin

COPS Rock | 11am | Fudpucker's

Fall Festival | 11am | Alaqua Animal Refuge | Freeport

Seaside Oktoberfest | 1pm | Seaside | SRB

Halloween Spooktacular | 3pm | Harborwalk Village

Karaoke | 7pm | The Palms Good Vibes Bar
 27

Destin Community Farmers BOO Market | 9am-1pm | Beall's Parking Lot, Destin

Jeepalooza Beach Jam

DJ Brunch | 10am | Azul @ Harborwalk

Festival of the Arts | 10am | MKAF - Cultural Arts Village | Destin

4th Annual BrunchFest | 11am | Seville Quarter | Pensacola

Artisan Market | 11am | Destin Commons

Annual Retro Party | 6pm | Commelfo Restaurant

Dear Evan Hansen | 7pm | Mattie Kelly Arts Center | Niceville

Karaoke | 7pm | The Palms Good Vibes Bar
 28

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

Trivia Night | 6:30pm | Destin Brewery
 29

Pitch or Treat! | 12pm | Beachworx

Karaoke | 6pm | AJ's on the Bayou
 30

Bonfire on the Beach | 5pm | The Bay Run Club | 5:30pm | Destin Brewery

Rock n Roll Bingo | 6pm | Fatboy's Niceville

Trunk or Treat | 6pm | Destin Methodist Church

Wednesday Night Concert Series | 7pm | Village of Baytowne Wharf
 31

Destin Harbor Witch Ride & Brunch | 7:30am | Edge Seafood

Halloween on the BOOlevard | 4pm | Grand Boulevard

Trunk or Treat | 5pm | The Boardwalk on Okaloosa Island

Yoga Class | 6pm | Destin Community Center

Little Black Dress Night | 6:30pm-9:30pm | Marina Café

Halloween Costume Contest | 9pm | Boathouse Oyster Bar

Ladies Night | 10pm | McGuire's Destin

NOVEMBER

..... 2

Eggs on the Beach | 10am - 1:30pm | Seascape Towne Centre | Miramar Beach
 8

Sporting Clays Tournament to benefit Westonwood Ranch | Bay County Shooting Range



EVENTS • LIVE MUSIC • FOOD

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Community

EVENTS

continued from page 8

\$145. Participants in all three races receive a finisher's medal and a special edition long sleeve shirt! Online Registration closes Thursday, 10/17 at midnight. Or register on race day or packet pick up Friday, Oct. 18, 4-6 p.m. at Run With It, Fort Walton Beach. Day of race registration and packet pick up will be at each race start approximately 1.5 hours prior. To benefit the rubberized track project at Fort Walton Beach High School, register and obtain more information at RWI or active.com)

<https://www.active.com/fort-walton-beach-fl/running/distance-running-races/wicked-triple-fun-run-2024>.

Arty Kick Off Party | Festival of the Arts
October 25 | 6 p.m. | Henderson Beach Resort | Piazza Plaza | Destin

This year's 29th annual celebration of art, food, music and family fun begins on Friday, Oct. 25, at 6 p.m. with the Arty Kick Off Party on the Piazza Plaza Henderson Beach Resort. Mix and mingle with Festival artists, watch award-winning

featured guest artist Melanie Moore paint live, view enjoy live music by Coconut Radio, light bites, creative cocktail by Black Sheep Tequila and cash bar. \$50 per person (includes two drink tickets for cash bar); MKAF members save 10%. Proceeds benefit MKAF and its ArtsReach community outreach education initiatives.

29th Annual Festival of the Arts

October 26 | 9 a.m. - 5 p.m. — October 27 | 10 a.m. - 4 p.m.

MKAF Cultural Arts Village | Destin

The Festival of the Arts, produced by Mattie Kelly Arts Foundation (MKAF), is a celebration of art, music, food and family fun. Head to the Cultural Arts Village in Destin Saturday (9 a.m. to 5 p.m.) and Sunday (10 a.m. to 4 p.m.) to browse original artwork by more than 100 premier artists from across the U.S. (and Europe!). Watch live artist demos, hear live music, enter the art drawing, purchase souvenir Festival merchandise, enjoy hands-on creative children's activities, street performers, snap a keepsake "masterpiece" photo, savor food truck



fare, sip beer, wine, Bloody Mary's and more. Join in the festivities by casting your vote for the People's Choice Award (Saturday). FREE admission. Proceeds benefit MKAF and its ArtsReach community outreach education initiatives.

Eggs on the Beach!
Nov. 2 | 10 a.m. - 1:30 p.m. | Seascape Towne Centre

Eggs on the Beach is celebrating its 10th Anniversary Nov. 2, and is partnering with two well-known brands—Tony Chachere's Seasonings and Angel's Envy—to enhance the



cooking competition. Presented by Bay Breeze Patio, the beloved annual event will include more categories for cook teams to compete in, and more opportunities for tasters to sample deli-

cious bites and beverages. Held at Seascape Towne Center in Miramar Beach, cook teams will be smoking, grilling and baking their favorite dishes on the Big Green Egg while tasters sample the delicious bites and vote for their favorites, while supporting two local causes—Fisher House of the Emerald Coast and Food for Thought. Taster tickets: \$50 in advance; \$60 day of. Visit www.EggsontheBeach.com.

Gathering in the Garden
Nov. 9 | 6-8 p.m. | Drive the Coast | Santa Rosa Beach

Get ready for an unforgettable evening of fellowship, worship and fundraising at The Gathering in the Garden hosted at the stunning new venue Drive the Coast in Santa Rosa Beach, Nov. 9, at 6-8 p.m.! Attendees will enjoy an evening of inspiring live worship filled with praise and thanksgiving and indulge in a delicious catered meal prepared by a local culinary Chef – a memorable night. There will also be a silent and live auction with an array of enticing items up for bid – your participation directly helps sustain BeGenerous throughout the year.

Moreover, this community celebration will showcase impactful testimonies that will inspire: Listen to personal accounts of how BeGenerous served the women and children in the program and discover the continuous efforts being made at BeGenerous. Destin Life hopes to see you there!

Contractors Connect Networking Event
Nov. 14 | 5-7 p.m. | AJ's Grayton Beach

Contractors, subcontractors and other specialists in the building industry are invited to attend Contractors Connect, Thursday, Nov. 14, 5 to 7 p.m. at AJ's Grayton Beach. Presented by Builders FirstSource of the Emerald Coast, the cost is \$20 and includes one free draft beer, light appetizers, and the opportunity to win multiple door prizes. Attendees will have an opportunity to connect with representatives from Contractors Connect Industry Partners, Savi Flooring & Tile, Frammer Jacks and Painter Jacks; and Networking Sponsors, Dunlap & Shipman, Westlake Royal Building Products and Decks & Docks Company.

THE MARKET SHOPS 9TH ANNUAL BLOODY MARY FESTIVAL

TICKET INCLUDES:

- BLOODY MARYS by the area's top restaurants and your vote for the Best in South Walton
- CRAFT BEER by Idyll Hounds
- BUBBLY BAR
- SPIKED SELTZERS by Palm Folly
- LIVE MUSIC by Catalyst
- DJ DAD
- LIVE STREAMING of SEC Football
- LOCAL EATS & SHOPPING
- PHOTO BOOTH
- CIGAR BAR

PRESENTED BY SOUTH WALTON FLORIDA POWERED BY STEP ONE AUTOMOTIVE

SATURDAY OCTOBER 12, 2024 11 AM - 2 PM

\$60 IN ADVANCE \$75 AT THE DOOR

TO PURCHASE TICKETS, VISIT THEMARKETSHOPS.COM

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COOK + EAT + DRINK

ENTER FOR A CHANCE TO WIN A BIG GREEN EGG

10TH ANNUAL NOV. 2, 2024 Bay Breeze Patio EGGS ON THE BEACH

LIVE MUSIC GREAT PRIZES

SEASCAPE
NOV. 2, 2024 GOLF BEACH & TENNIS RESORT MIRAMAR BEACH, FLORIDA 10A-1:30P

REGISTER A COOK TEAM OR PURCHASE TASTER TICKETS

VISIT EGGSONTHEBEACH.COM

Post Acute Care and Long-Term Care – The Choice is Yours

BY TERESA HALVERSON

Initiating discussions about long-term care is a vital step in ensuring the well-being and quality of life for your family members. We encourage families to consider the benefits of having these important conversations. It not only fosters understanding and collaboration among family members, but also empowers them to navigate the complexities of long-term care with confidence. Evaluating short-term, post-acute and long-term care facilities for yourself or a loved one can be a challenging and emotional process. Long Term Care Facilities (a.k.a. Nursing Homes) are licensed by the State of Florida and are certified by Medicare and Medicaid.

Did you know that long-term care facilities also offer post-acute short-term care rehabilitation services? After a hospital stay, an individual may be admitted for short term rehabilitation. Individualized therapy plans are designed to cater spe-

cifically to the patient, ensuring that he/she regains mobility and independence as swiftly and effectively as possible, allowing them to return home to their daily activities and loved ones.

By discussing long-term care options early on, families can explore the various services available, including specialized therapy programs that enhance rehabilitation and recovery. Our innovative approach to therapy focuses on individualized attention, ensuring that each resident receives the support they deserve to thrive.

At Destination Health and Rehabilitation, we understand how important it is to find a place that feels like home, where compassionate care and personalized attention are at the forefront. Here are some steps to guide you in your search:

1. Assess Your Needs: Begin by identifying the specific needs of your loved one. Consider their medical requirements, mobility limitations and personal preferences. Under-

standing these factors will help you narrow down your options and find a facility that can meet their unique needs.

2. Research Facilities: Look for long-term care facilities in your area, focusing on their services, reputation, and reviews. Websites, social media, and word-of-mouth recommendations from friends or healthcare providers can provide valuable insights.

3. Visit Potential Facilities: Schedule tours of the facilities you are considering. Pay attention to the environment, cleanliness, and staff interactions with residents. Trust your instincts—if a place feels welcoming and compassionate, that's a positive sign.

4. Inquire About Personalized Care Options: At Destination Health and Rehabilitation, we pride ourselves on offering specialized nursing and therapy services tailored to various conditions. Our dedicated clinical team is committed to assisting residents in their recov-

ery and enhancing their overall quality of life. Ask about the types of therapy available and how they can be customized for your loved one.

5. Evaluate Staff Qualifications: It's essential to know that the staff is well-trained and compassionate. Ask about their qualifications, experience, and the facility's staff-to-resident ratio to ensure your loved one will receive the attention they deserve.

6. Understand the Costs and Payment Options: Inquire about the costs associated with the facility and what payment options are available. Understanding the financial aspect will help you make an informed decision. Many may accept commercial insurance for post-acute care (short term Rehabilitation). Long term care is normally paid by Private Pay, LTC Insurance, or Medicaid. Medicare does not cover long term care.

7. Get Feedback from Current Residents and Families: If possible, talk to

current residents and their families to gather their perspectives on the quality of care and overall environment.

At Destination Health and Rehabilitation Facility, we are here to support you in navigating this important decision. Our commitment to personalized care and specialized therapy services means that your loved one will receive the help they need to thrive. We invite you to reach out to us for guidance and to learn more about how we can assist you and your family through this journey. Our team provides compassionate support and expertise every step of the way.

If you have questions or would like to seek a consultation, we encourage you to reach out to us. We are excited to be a new provider in Destin and look forward to meeting the needs of the community. For additional information, please call our admissions Department at 850-654-4588.

www.DestinationHC.com





DESTINATION
HEALTH & REHABILITATION

Destin's Newest Skilled Nursing Facility

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- Accepting short-term and long-term care residents.
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 Community

Trends & Treasures!



Fall Flair! Pure Care! Pure & Couture Salon

Want your best game-day look? Need some fall flair? Meet the experts in prettied-up ponytails, beautiful braids or an enhanced look with hair extensions to add volume and length to your look! Invisible beaded extensions solve many obstacles. “Adjusting your needs and comfort with versatility and styling options from our certified IBE stylists is our focus,” says owner Adrienne Brackett. And, as fun as an ice cream shop, there are an array of fall hair colors, too: Bronzed curls, beautiful red tones, chocolate melts, a blonde, beachy bob, even a Caramel swirl. Or transform your locks with a touch of Balayage magic! Say goodbye to harsh lines and hello to effortlessly blended highlights for subtle dimension or a bold new look. Pure & Couture offers beauty services for weddings, special events, consultations and trial sessions including airbrush makeup, blowouts, lash extensions, spray tanning and hair extensions—everything from cuts and colors, blow outs, trims, highlights, all over color, root touch up and corrective color—customized just for you! And, don’t forget your gift cards, shampoo, conditioner and other beauty staples, curbside pick-ups and online ordering, too!

(850) 424-3935
pureandcouture.com
purecollectivesalon.com

Stationery, Gift Tags & Presents... Oh My! Frill Seekers Gifts and Personalized Fabulous Finds

Christmas will soon be here! If you want the most treasured gift, consider a set of personalized stationery! From notecards to note paper, gift tags and notepads, personalized presents make a statement. In the South, ladies tend to write

their notes on monogrammed, fold-over note cards, while gentlemen prefer to write on flat notecards with their full name, top and center. Print styles include raised thermography, letterpress, or engraved. Start now! You’ll be able to think of a gift your recipient will adore, rather than out of desperation grabbing whatever’s available in December. Remember: personalized gifts, such as Frill Seekers popular custom monogrammed necklaces, bracelets and monogram earrings take time to design, create and make. Fine stationery, gift tags or notecards are exquisite gift ideas. Start shopping now. For gifts that need to be mailed, keep costs down and purchase a Frill Seekers gift card, so they can create a wish list and design their very own piece of personalized jewelry or a luxurious set of monogrammed stationery, that they’ll remember for years to come. Shop online now or visit the shop in City Market Bayside off Hwy. 98 in Destin. Phone orders welcome!

(850) 460-2700
FrillSeekersGifts.com

Come for the Experience! Look like Luxury! Beyond Measure Fine Jewelry

It’s October which means Beyond Measure is gearing up for the holidays! Check out these new arrivals before they’re gone—a stunning 14KW 5.3ctw Oval and Round cut Diamond Bracelet and a 14kW 2ctw Oval and Round cut Diamond Ring—as well as a vast selection of unique, one-of-a-kind, exquisite jewelry! Wanting a new design custom-made just for you instead? Choose your Diamond and let Beyond Measure design your dream ring! You decide which shape suits you best—there’s an array of fall and traditional colors and styles. Whether you’re shopping for a special gift, a new, fall color or a one-of-

a-kind engagement ring for that “special” day, Beyond Measure is here for you. Owner Ashleigh Woolly offers looks and colors for any season—Destin style—as well as tons of gemstones in varying colors and shades. Specializing in diamond, gemstone and precious metal jewelry, the Beyond Measure Jewelers’ showroom sports an array of diamond and gemstone bracelets, special-occasion rings, necklaces and earrings. Ashleigh is passionate about exquisite and custom-designed jewelry. 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

Athletes, Listen Up! CRYO850 Performance and Recovery Center

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“We hired Brian to help us navigate 30A’s tough real estate market. He has serious negotiating skills and expertise. Because of his efforts and strategies that he details in his book, we quickly sold our Destin home and bought a 30A beach front home, below asking price,” said client, A. Albright.

Destin Life readers can get a FREE copy of the book, for a limited time, by emailing Brian@BeOnTheCoast.com or give him a call at (850) 739-3800.
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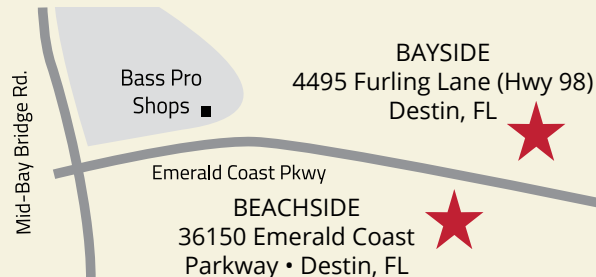


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Around Town



Destin Beaches Will Receive New Devices to Help Save Lives

At a recent Destin City Council meeting, Rotary Club of Destin's Dion Moniz and Wayne Bernheisel, shared the Rotary Club's vision to have Rescue Tubes placed at Destin city public beach access points. The motion passed 7-0! The Rotary Club of Destin is working with the Rescue Tube Foundation, which is dedicated to lowering the number of drowning deaths around the world by providing the tubes to protect rescuers in recreational waters. There are currently more than 600 Rescue Tube Stations now in place in the U.S. and Canada. The Rotary Club of Destin is helping make our Destin beaches safer by purchasing "rescue tubes" to help supplement beach safety.

What you need to know:

There is 25 years of data before and after the installation of rescue tubes.

There are 200+ known rescues with the rescue tubes.

There have been NO rescuer deaths in areas where rescue tubes are present.

They are Destin Life Guard approved.

They will be purchased and maintained by the Rotary Club of Destin.

Shane Moody Named State Chamber Association's Executive of the Year

The Florida Association of Chamber Professionals (FACP) awarded Destin Chamber President & CEO Shane A. Moody, CCE, FCCP, with its prestigious Executive of the Year Award, during the organization's Annual Conference in September in Boca Raton. The award recognizes a chamber executive who has made outstanding contributions to the world and work of chamber management. Awardees must meet several criteria, including strong internal administration and organization, the ability to maintain an increased membership, development of a strategic plan, and an



ability to recruit, motivate and reward volunteers.

A few of Moody's accomplishments during his 31-year chamber career include being a two-time winner of the Association of Chamber of Commerce Executives (ACCE) Top Mid-Sized Chamber Award for Excellence; achieving the top three designations for chamber of commerce professionals, including CCE, FCCP, and IOM; serving on various boards and committees of the state and international chamber of commerce associations, including chairman of FACP in 2010-2011; achieving the Destin Chamber's highest total membership dollars and highest number of Trustee members in 2023; and consulting with many chambers across the state on board trainings and tiered dues implementation.

"This is an award that truly goes to our board, our members, our community and the great people with whom I work every day. Without them, none of what we do is possible. It's very humbling to be recognized with this award and is truly a testament to all of the coaches, mentors and teachers I've been able to meet and from whom I've learned. It is, without a doubt, an honor, and is an organizational award, not an individual award," said Moody.

"Shane leads by example and exemplifies the traits that every true leader should possess. He is admired by his team and is not afraid to make the tough decisions that must sometimes be made by a leader. He has proudly served this industry for more than 30 years, and he truly believes in the mission of chambers," said Tammy Bracewell, FACP President. Learn about FACP, a statewide organization at faconline.org.

To join the Destin Chamber or learn more, call (850) 837-6241 or visit DestinChamber.com.



since The Living Seas — now The Seas with Nemo & Friends — debuted in 1986, three years after the theme park opened. In a memo sent to Cast Members, Lou, one of the beloved manatees, will also be relocated. "For decades, Walt Disney World has provided extraordinary care for thousands of fish and marine mammals — including dolphins and manatees that have served as ambassadors for their species, inspiring us about marine mammals and aiding in conservation and research efforts. As we look to the future of The Seas with Nemo & Friends at EPCOT, we are making some changes that require careful thought, prioritizing the wellbeing of these sensitive marine mammals... This decision came after a comprehensive evaluation as to what is best for these dolphins as infrastructure work progresses at The Seas. Through the extraordinary care from our team, these three male dolphins have thrived and led long lives, and we will continue to be a resource while they receive the best possible care after they are moved."

Three Dolphins To Be Relocated From Disney's Epcot To Our Own Gulfarium Marine Adventure Park

Disney will permanently relocate its three dolphins from Epcot to our the Gulfarium Marine Adventure Park on Okaloosa Island by the end of October. Epcot has had dolphins on display



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Get Out the Christian Vote!



BY MICHELLE RUSCHMAN

As we approach election day on Tuesday, November 5, 2024, 22-year veteran and mother Lisa Robertson, an advocate for Get Out the Christian Vote, has a question for all those who are considering not getting out to vote: What kind of future do you want for your children and the generations to follow?

Charlie Kirk recently posted, ‘If we’re silent, nothing may happen to us. But, it will most certainly happen to our children in the future and that has stuck with me. We had a meeting on September 13th that showed the movie, A Letter to the American Church (a film adaptation to Eric Metaxas’ book by the same name), and Mao, Stalin, and Hitler were able to come into that kind of power through three critical and strategic areas: For one, if they could control the pastors, they could control the people. Second, if they could take away land and possessions, they could control us. Finally, if they could get to the children, then they could change the trajectory of the future. That’s what they did and we are seeing evidence that this is happening now.’

Already, there is evidence that the Church is not participating in what is sure to be a pivotal election. 50% of Christians are not even registered to vote and many who are already thinking about not voting on election day. In the 2020 election, more than 25 million Christians chose not to vote. Lisa is concerned too that while there’s still time, many pastors aren’t actively advocating for Christian participation in the election process, because of the misconception that this would be seen as a political leaning in a house of worship. What she is hoping for, however, is that churches would set aside the discussion about politics from the pulpit, and recognize that the Biblical responsibility still exists

for each Christian to participate in the governing bodies of our country.

“Even as early as Genesis, we are given authority. Isaiah 29:2 says that when the righteous are in authority and become great, the people rejoice, but when the wicked man rules, the people groan and sigh. Speaking about voting is not political, but acknowledging that everyone who believes in the Gospel needs to preach the Gospel, not just in words but in actions. It’s how we decide what we want as the moral center of our government and the kind of country we ultimately want for our children. If we want them to have the freedom to gather in a house of worship, to have freedom of speech, to be taught to work hard, that they are fearfully and wonderfully made, and that they have a right to work toward owning land, it is going to be through the election process. We do that by showing up to vote.”

Lisa acknowledges that not everyone has the time to volunteer for their political affiliations and that there are so many important needs that take the forefront of the average American family. What families can do, however, is available to all.

“After 22 years of being in the military, I still feel a call to duty and serving my community. But, I understand everybody’s busy, and it’s hard for people to get involved, especially now. Times are tough, things are so expensive, and people are just trying to do the best they can to get food on the table for their children. What we can still do though, is to be salt and light as the Bible calls us to be. We can still pray, gather together, and encourage one another to show up for this election’s outcome in leadership and initiatives like Amendment 4.”

What we seem to be learning from traditional and social media alike is not to vote for who would best run our country, but for what image we like best. In the minutiae of agendas that lean toward blue or red, it has kept the voting public from taking any action and it is so critical to show up and participate in our right to vote. Our vote is a declaration of the future we want to see.

“We need to show God’s love and have leaders who love this country’s freedoms, support our rights as individuals to wor-

ship and speak freely, and who will give our younger generation hope again. They need to know that they have a purpose, a place in society and that working for your family and community is a good thing. Everything free comes with some kind of attachment, whether it be physical or

psychological, and not all attachments are good for us.

It’s easier to fight for our rights now because when they’re lost, it’s way harder to get them back.”

If you would like to join Get Out the Christian Vote for their next meeting, it will be on Mon-

day, October 7th from 6-8 pm at 6757 U.S. Hwy. 98, 2nd floor in Santa Rosa Beach. Doors open at 5:30 p.m. with light refreshments. If you have any questions, contact Lisa Sanders Robertson on Facebook or you can call 850-737-0226 or email lisarobertson610@icloud.com.



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Simplifying Medicare Advantage vs. Supplement Choices



BY GREG DURETTE, FLORIDA HEALTH CONNECTOR

This is the time of year when you should review your Medicare options and make important decisions about your coverage for 2025.

Right now, we are in the Annual Election Period (AEP) for all Medicare beneficiaries. It is often referred to as the Annual Open Enrollment Period. This annual event runs from October 15th through December 7th.

Because this period allows

ALL Medicare eligible folks to make switches and changes to their plans, it is the most heavily advertised time of the year—not like I have to tell you that! Folks on Original Medicare (Parts A&B), Supplements (MediGap), Stand Alone Prescription Plans (Part D) and Advantage Plans have a chance to pretty much do anything they want with their coverage mix. The hard part comes with sorting it all out.

One of the things I often talk about with Medicare beneficiaries around this time of year is to make sure you don't get so overwhelmed by all the information out there that you run out of time to take action. It can sometimes become "paralysis by analysis" syndrome. Remember, the AEP ends on December 7th!

Figuring out which coverage options are best for you can be confusing at any age, but understanding healthcare options for those 65 and older can be even more difficult.

I suggest considering these

three things when shopping for Medicare Advantage/Supplement plans:

Choice: When it comes to Medicare, one size does not fit all - what works for your neighbor (or doctor/provider!) may not work best for you. Take the time to learn and understand the benefits and costs of each plan so you can feel confident in your decision and your health care coverage. Remember, you are getting the best for you, not your doctor or other provider.

Care: Care starts with a strong relationship with your primary care provider. If your plan has a network, make sure you're comfortable with the doctors and hospitals in that network. Check to see if your plan will coordinate your care with the rest of your providers...in and out of State.

Experience: Medicare can be complex and confusing. It's important to find a seasoned agent that works for you and supports you throughout your

health care journey with plan benefits and resources that can help you live more and worry less about out of pocket costs.

Since Medicare Advantage Plans are offered by private companies, one excellent feature is they have more freedom and motivation to include extra benefits such as vision, hearing, gym memberships, dental, over-the-counter pharmacy items and more.

However, it is important to note that, not only do Medicare Advantage plans vary by state, but are different right down to each individual county in each state. Supplements are universal regardless of state/county, but often times cost more premium per month and do not cover prescriptions, requiring additional premium costs to pick up that coverage.

Your sibling in North Dakota is not going to have the same in-

surance company/coverage options you would in your Florida county. Try not to get trapped into believing the terms Supplement and Advantage are the same. It is critical to know your specific differences before making choice that works for you.

This is why it is vitally important to work with a local agent that knows the area and understands the benefits landscape as it applies to you. A famous actor or retired athlete on TV touting a toll-free number from who knows where will likely not.

Greg Durette is a qualified, licensed agent with Florida Health Connector providing Medicare throughout the State of Florida and is based in Niceville. He has been in the insurance industry for over 41 years and can be reached at his office number of 850-842-2400 or mobile at 978-509-2941.

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Real Estate is Easy: “My Friend Does It.”



BY PAUL DOMENECH

Real estate often seems easy, especially when you hear statements such as, “I used my friend who is a real estate agent to help me sell my house.” This perspective can be quite intriguing, as it suggests that anyone can step into the role of a real estate agent with minimal effort. However, the reality is far more complex and nuanced.

In this article, I’ll outline a few key things that it truly takes to be a good real estate agent. While becoming a real estate agent might seem straightforward—

requiring roughly \$300, a 40-hour course, passing a test and a dream—the journey to becoming a proficient and effective agent involves mastering a multitude of skills and knowledge areas.

1. Dedication to Continuous Learning:

A good agent is dedicated to ongoing education, pays attention to detail, and can explain market complexities clearly to clients. Learning how to take complex information and communicate it simply is crucial.

2. Understanding Market Numbers:

Knowing the average days on market (DOM). The longer a home stays on the market, the more likely potential buyers will wonder, “What is wrong with the home?” which can drive offers down. Next, consider the absorption rate in the area. This measures how long it takes for the current inventory to be sold and replaced with new listings. Understanding this helps identify market trends. Are homes



sitting on the market? If so, for how long, and at what price did they start versus what they actually sold for. Additionally, know the highest and lowest price per square foot in the area and how adjustments are made to ensure no money is left on the table. It’s not as simple as multiplying the square footage price of another home by the home being valued. Factors such as age, condition, location, current inventory, and features all play a role.

3. Product Marketing:

Photos, drone pictures, 360

tours, proper descriptions, social media, and videos are the tools used to market the property. Effective product marketing consists of a progressive campaign designed to increase visibility both continuously and aggressively to potential buyers. Learning how to progressively increase and maintain top-of-market visibility is another skill a good agent must master.

4. Institutional Marketing:

This is about how well an agent markets themselves and whether their marketing efforts

focus on being known or inspiring consumers because they are worth knowing. A good agent is always learning and investing in their business knowledge to increase their value. They promote their values and execution rather than offering discounted rates, which often lead to discounted results. Effort and execution yield different outcomes—you get what you pay for. A good agent invests in being known through various avenues because they understand that if people don’t know they exist, they are not an option. And they are worth knowing.

These are just a few of the things to pay attention to when choosing a real estate agent. If you have a friend that has mastered these things or is working with a good team, you are in good hands. If not, consider that it might not only be your money that gets burned but potentially a friendship. Real estate should not be an opportunity you give to a friend, but an opportunity you receive by working with a professional.

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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.

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30A Cats "Cat Daddies" Screening Event and Fundraiser Oct. 30

Join 30A Cats at The Big Chill 30A on Wednesday, October 30 at 5 p.m. for a film and fundraiser!

The event features a silent auction, a raffle for some great items, and a screening of the documentary Cat Daddies, a heartwarming and tender portrait of a diverse group of men whose lives have been forever changed by their love of cats. Costume optional! Are you feral or fancy!?

30A Cats is an animal rescue service focused on TNR (trapping, neutering, releasing), finding loving homes for the kittens and cats they rehab, and community education. Learn more at 30Acats.org

To Sponsor or Donate

We are looking for sponsors and auction items! Let us know if you or your business would like to contribute by emailing us at 30acats@gmail.com. This event provides a heartwarming and tender portrait of a diverse group of men whose lives have been forever changed by their love of cats. Cat Daddies takes us on an inspiring journey all across the United States during the early days of the COVID-19 pandemic when people desperately needed hope and companionship.

These nine "cat dads" come from all walks of life - a firefighter, a truck driver, a Hollywood stuntman, an ad executive turned cat rescuer, a police



officer, a software engineer, an actor/Instagram influencer, a school teacher and an undocumented and disabled immigrant living on the streets of New York City. They couldn't be any more different, but each of them has a compelling story to

tell and all share unconditional love for their beloved cats.

A refreshing and timely ex-

ploration of modern masculinity, Cat Daddies shows us how being a "cat person" has no gen-

der, and that the unlikely bond between man and cat is here to stay.

Road Dogg Rescue Pets of the Month



Red was rescued along with 52 other dogs from a neglect situation with patches of hair missing and nervous about everything! She has now been in rescue with Road Dogg Rescue for more than eight months. In fact, Red is the LAST ONE of the 52 rescued that is still looking for her forever family. Estimated to be a one-year-old, medium sized Vizsla mix and she has blossomed over the last few months. She is super sweet, loves dogs and everyone she meets. She is generally quiet and only barks when she is

alerting. She would do best in an active family or one that has another pup looking for a playmate. Red is crate trained and potty trained. She has been in foster in a home with other large dogs and fits in well with the pack!

If you are ready to schedule a Meet & Greet with this amazing pup, fill out the adoption application (Adoption Form (airtable.com)) and we will get that scheduled!

Bonnie, a Beagle estimated to be age 4-5 years, was found in an abandoned house a couple of months ago living in deplorable conditions. She had just given birth to a litter of seven and they were all sleeping in piles of trash. Our rescue team brought Bonnie and her puppies to safety and cared for them. Since we have no idea how long she has been living on her own, her new family will



need to have patience with her as she masters potty training. As in typical Beagle fashion, she can be vocal, but she is incredibly sweet and gets along with other dogs well. She is also treat-motivated, which tends to make dogs easier to train. We have no doubt that with the right family that is willing to be patient as Bonnie adjusts to life in a home, she will turn into an incredible family dog with a much more optimistic outlook on life!



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 Lifestyle

Interior Design Elements that Never Go Out of Style



BY KIM SCHNEIDER,
COASTAL DESIGN BY KIM

Are you tired of chasing the

latest interior design trends? It's exhausting trying to keep up with the Joneses and it's expensive! Below are a few design ideas that are always trending and never go out of style:

Artwork is typically a focal point in your space. Invest in pieces that speak to you and don't skimp on framing.

Built-in cabinets and shelves can make a room feel bigger and provides additional storage and a designated space

for displaying your prized possessions.

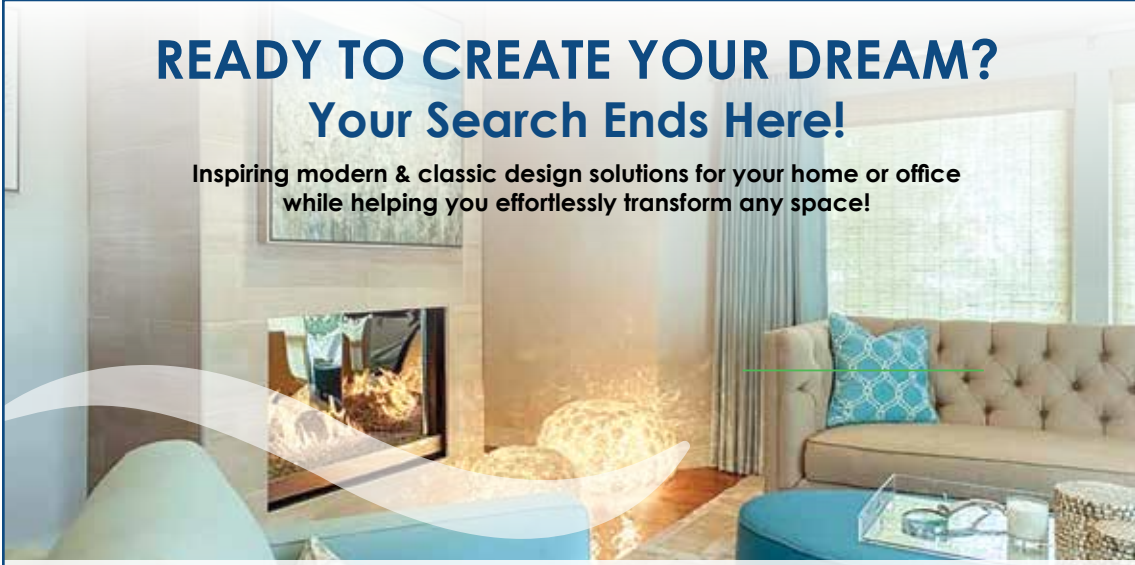
Clean lines in furniture have staying power. The fewer curves, over stated details, odd shapes and tufts, the better for standing the test of time.

Flooring laid in a herringbone pattern dates back to the Roman Empire and is a classic style today. Hardwood, Laminated Vinyl Plank (LVP) or tiles remain timeless in herringbone patterns.



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"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

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Gilded mirrors help balance light in a space and remain classic.

Hardwood floors are without a doubt timeless. A medium brown tone that doesn't possess a major red, yellow or blue undertone will always be trending.

Jute rugs are neutral, add great texture and warmth to any room. They're also great to use for layering if you want a patterned rug on top of it that might have been too small or too busy for the room.

Plants bring nature indoors. Studies show they boost moods, productivity and help to reduce stress. They can also help clean the indoor air by absorbing toxins and producing oxygen. Selecting a low-maintenance plant suitable for your space is key.

Quality fabrics will not only give your space a luxurious look, it will also be more durable and stand the test of time.

Subway tiles had a big comeback with the modern farmhouse rage, but truth is they've been around forever. They will always be classic in kitchens, bathrooms and laundry rooms, especially when they're set in the brick pattern.

Statement lighting can

instantly elevate the ambiance in any room. Invest in a timeless fixture that will compliment your overall aesthetics.

Wall color is best in neutral tones such as whites and creams. They evoke a sense of calmness, provide a clean slate and allow other elements in the room to pop.

White bedding and towels go with everything! A bedroom or bathroom with white linens and towels look fresh and clean. They're also easy to launder. Fresh & Clean is always timeless!

Whether you're revitalizing your home or starting from scratch, blending some of these trends with your taste will help achieve a personalized and timeless style.

If you're ready to add a timeless sophistication to your space, contact Coastal Design by Kim to schedule an appointment today at (850) 904-6622.

Coastal Design by Kim is a full-service interior design company. Regardless of the size of your project, our team can help YOU bring beautiful, functional designs to life. Visit us at www.coastaldesignbykim.com.



Meet Our Local Pro: Giving Back is Our Style - How The Salon Trinity is Redefining Beauty in NWFL



empowering people and making a difference, both inside and outside our salon.

Where Passion Meets Purpose

The Salon Trinity was born out of a desire to create a sanctuary for anyone looking to not only transform their appearance, but to do so in a space that truly cares about who they are as individuals. Having trained under the guidance of renowned Paul Mitchell Artistic Directors Scott Cole and Linda Yodice at Paul Mitchell the School Atlanta, my journey as a hairdresser has been one of creativity, education and continuous growth. Over the years, I have had the privilege of working with countless clients, each with unique hair goals, stories and personalities. These experiences taught me that beauty is not one-size-fits-all, and that's why I wanted to create a salon that celebrates individuality and offers a truly personalized experience.

When I decided to open The Salon Trinity, I knew I wanted it to be a Platinum Paul Mitchell



BY ALLEN PADGETT, OWNER OF THE SALON TRINITY

When I founded The Salon Trinity, I had a vision: to create a space where beauty, community and compassion intersect. Since our doors opened, we've made it our mission to not only deliver exceptional salon experiences, but also give back to the community that has welcomed us so warmly. In every aspect of what we do, from the techniques we use to the organizations we support, one thing remains clear—our purpose is bigger than just great hair. It's about

Focus Salon. This commitment allows us to provide not only the highest quality hair care products, but also cutting-edge techniques and styles that stay on the pulse of the industry. Our skilled team of stylists shares this passion for continuous learning and growth, ensuring that every client who walks through our doors receives a customized experience that makes them feel confident, beautiful and uniquely themselves.

An Elevated Salon Experience

At The Salon Trinity, we believe that your hair is your crown, and it should be treated with the utmost care, skill and attention. Our talented team offers a full range of services,

from precision haircuts to vibrant color transformations, balayage, highlights and more. We use only the finest Paul Mitchell products, which are designed to nourish and enhance the natural beauty of your hair, ensuring that you leave with a style that not only looks stunning, but feels healthy and luxurious.

But what truly sets us apart isn't just the quality of our services — it's our commitment to creating an environment where everyone feels welcome and valued. When you step into The Salon Trinity, you're not just another appointment; you're a guest, and we take pride in making you feel at home. Our stylists take the time to listen, understand your hair goals and work with you to achieve a look

that perfectly complements your personality, lifestyle and preferences.

Giving Back: Our True Style

But as much as we care about creating beautiful hair, we care just as much about making a meaningful impact in our community. At The Salon Trinity, giving back isn't an afterthought—it's woven into the fabric of who we are. That's why our tagline, "Giving Back is Our Style," is more than just a slogan—it's a promise.

We're proud to support a variety of local nonprofit organizations that are doing incredible work right here in our commu-

Continued on page 39



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BOOK TODAY

 Fashion

Welcome to the Season of Layers, Loafers and Luxe Accessories

By LIESEL SCHMIDT

As we transition out of beach body season and slide into fall (we see you, pumpkin spiced everything), it's all about blending comfort and style—which means cute, but fantastically supportive loafers and closed-toe shoes (beauty isn't always pain, ladies), fabulous wide-leg trousers and jeans, and accessories that help finish it off and pull it all together into one amazing look. Because the temperatures might be cooling down, but you can still look hot.

Step Into Style: Loafers, Wedges, and Heels (Oh My!)

Bid adieu to your summer sandals (but not too soon, because let's face it—we'll miss them, and it's still warm out) and say hello to supportive, cute loafers from Aetrex. Whether you're headed to brunch or running errands, loafers are the MVP of the shoe world right now. Comfortable? Check. Stylish? Double check. They're perfect for pairing with pretty much everything, from

skirts to jeans or trousers. These shoes say, "I'm here to slay" without making your feet scream for mercy before lunchtime.

For anyone craving a little extra height, closed-toe wedges and heels are here to save the day, and Aetrex offers both with the added bonus of built-in arch support that keeps you comfy and ready to crush your look. Wedges are fun and easy, perfect for pairing with fall's signature wide-leg trousers and jeans; and closed-toe heels offer a polished, sophisticated option for those days when you want to be a little fancy.

Wide-Leg Trousers and Jeans: The Pant of the Season

Fall 2024 is the season of the wide-leg. Whether you're slipping into wide-leg trousers or throwing on some high-waisted, wide-leg jeans, this silhouette is all about giving you that chic, elongated look. These pants are not only super flattering (they cinch in at the waist and flow out for a dramatic, elegant effect), but



they also pair perfectly with all of those loafers and wedges you've just invested in. Liverpool trousers are ideal for the office, while their range of wide-leg jeans can take you from casual coffee dates to stylish weekend strolls.

Layer Up: The Art of Fall Layers

As temperatures start to dip (and then swing up again), layering is your best friend. Light layers are the key to mastering that in-between season vibe without

being too hot or too cool. Lightweight cardigans, puffer vests and cropped jackets are pieces that keep you warm without overheating and also add a level of sophistication to your look. Liverpool, Flag & Anthem and Rhythm offer great options for any fall wardrobe, with colors, textured and prints that elevate your outfit and keep you cozy. Don't be afraid to play with lengths—long cardigans over shorter tops, cropped jackets with

flowy blouses. It's all about balance and creating visual interest.

Leather Handbags: The Must-Have Accessory

No fall wardrobe is complete without a fabulous leather handbag. Whether you prefer a sleek crossbody, a structured tote, or a bold, colorful satchel, a quality leather bag is your go-to for adding that luxe touch to any outfit. Go for classic shades like black or brown for everyday use, or choose rich autumn hues like burgundy, mustard, or forest green to add a pop of seasonal color. A leather handbag isn't just an accessory—it's the finishing touch that ties your whole look together and makes you feel like the queen you are. Check out Hobo's line of leather goods and find your new favorite.

Accessorize Like a Pro: Earrings, Necklaces and More

Fall is the perfect time to experiment with bold, statement earrings and layered necklaces.

Continued on next page



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Golf Series: Baytowne at Sandestin - A Treasure by the Bay

BY BARBARA PALMGREN

For the last two issues, I introduced the reader to two spectacular golf courses along the Emerald Coast. This is the third of four of the crown jewels of the Sandestin Golf Club: The Links, Burnt Pine, The Raven and now Baytowne. This month I highlight the beauty and challenge that is Baytowne Golf Club.

The Baytowne Golf Course at Sandestin is a haven for golf enthusiasts, drawing tourism guests and homeowners alike to the stunning scenery of Choctawhatchee Bay and the sparkling white sands of the Gulf of Mexico. Envision leaving behind the hustle of everyday life,

finding solace in the tranquil environment of Baytowne.

Rick Hileman, PGA Executive Director of Golf Operations and Golf Maintenance for Sandestin Golf and Beach Resorts, brags about this challenging course. Under the careful supervision of Ty Waite, Golf Course Superintendent, Baytowne Golf Club plays 3,002 to 6,804 yards, and offers multiple teeing areas for all skill levels. What makes this course unique is that it is the only course on Florida's Emerald Coast that extends from the beach to the bay. Designed by Tom Jackson, the fairways have elevation changes and bunkers that beckon. Sound ominous? No worries. A fifth set



of tees make this course a great option for beginners.

Rick's favorite hole is Hole 13. A long Par 4 on the south

side of 98 narrow fairway, the hole plays uphill and into the wind. Rick thinks it is the most challenging hole at Baytowne.

Regardless of which hole become a favorite, all golfers return to tee off and enjoy the unchanging beauty the course offers on every hole.

Yes, there's something for everyone, as the serene setting makes every moment enjoyable for the golf lover. Once you hit your drive, all memories of the schedules and responsibilities you left behind fade away. That's the secret of golf, you know? The little white ball takes over, and the joy of playing this sport begins.

Let Baytowne provide an unforgettable escape for every golf lover whether hitting the perfect putt or simply soaking up the ambiance.

WELCOME

continued from previous page

You know how they say accessories make the outfit? They weren't kidding. Adding some chic earrings or a stack of delicate gold necklaces or beaded

chains can transform your look in seconds.

This season, go for metallics, chunky jewelry or even playful, nature-inspired pieces like leaf-shaped earrings or gemstone necklaces. Don't be shy—fall is the time to experiment, and ac-

cessories are the easiest way to do it. If you're rocking a simple, monochrome look, a vibrant pair of earrings can instantly elevate it. It's all about balance and having fun with your style! Add a pair (or ten) of earrings in fun shapes and patterns by Clay

Creations from Ellesee; mixed metals and textures from Lizou's line of earrings, necklaces and bracelets; handmade pieces from Fran & Bel; pearly baubles from Studio G; or happy, whimsical little studs from Lilliput—you may even find some wickedly fun Hal-

loween-inspired goodies to add a little spook to your spice.

Go on, girl—strut into fall with confidence and flair! Come into Blue Bay Lifestyle Co. to find all your essentials, because you're about to own this season.



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2024 Football Guide

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



Best Places to Watch Your Favorite Teams



By SCOTT MILLER

As we roll through week 5 and into week 6 of the 2024 College Football season, the excitement continues to build...the training wheels have come off!

No more Auburn vs. Alabama A&M matchups, a 73-3 romp in week one or Middle Tennessee State @ Mississippi, a 52-3 cake walk in week 2. And no more Kent State @ Tennessee beatdowns, a 71-0 shellacking in week 3. The warm up

games have been played. I call it the college football preseason. Now the schedules get interesting. I sure hope you caught the Georgia at Alabama match-up—what a game! Of course, it depends on which team you're pulling for, but nonetheless, what a game! With week 6 now in front of us, the training wheels are definitely off. It's time to see who's who this year. The 2024 College Football season is definitely now in full swing. And that's just skimming the surface; we haven't even touched on November yet.

So, friends, let's all gather together at our favorite local sports bars and restaurants, and celebrate the season—Football Season that is!

Here are a few of my favorite game day venues. I recommend you try them all!

AJ's Seafood & Oyster Bar

For 40 years, 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 trailer 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. Attention all die hard football fans, AJ's boasts the one and only Jumbotron on the Destin Harbor, where you can watch your favorite games on the BIG, BIG screen surrounded by the energy and beauty of the Destin Harbor. AJ's serves up deli-



cious daily specials, mouth-watering drinks plus entertaining live music all month, too. Don't miss any of the action! Come on down to AJ's Seafood and Oyster Bar all season long.

(850)837-1913
116 Harbor Blvd.
ajsdestin.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 and football season upon us, there's no bad seat in the house. So, come by and watch the games all season long. 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.

Continued on next page

AJ's FOOTBALL IS BACK!

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NFL SUNDAY TICKET
ESPN COLLEGE GAMEDAY

SEC Football Schedule

SEC	Oct 5	Oct 12	Oct 19	Oct 26	Nov 2	Nov 9	Nov 16	Nov 23	Nov 30
Alabama	@VANDY	S. CAR	@TENN	MIZZ	OPEN	@LSU	MERCER	@OU	AUB
Arkansas	TENN	OPEN	LSU	MISS ST	OLE MISS	OPEN	TEXAS	LA TECH	@MIZZ
Auburn	@UGA	OPEN	@MIZZ	@KEN	VANDY	OPEN	UL MONROE	TEX A&M	@BAMA
Florida	UCF	@TENN	UK	OPEN	UGA	@TEXAS	LSU	OLE MISS	@FL ST
Georgia	AUB	MISS ST	@TEXAS	OPEN	FLA	@OLE MISS	TENN	U MASS	GA TECH
Kentucky	OPEN	VANDY	@FLA	AUB	@TENN	OPEN	MURRAY ST	@TEXAS	LOUISVILLE
LSU	OPEN	OLE MISS	@ARK	@A&M	OPEN	BAMA	@FLA	VANDY	OU
MSU	OPEN	@UGA	A&M	ARK	U MASS	@TENN	OPEN	MIZZOU	@OLE MISS
Missouri	@A&M	@U MASS	AUB	@BAMA	OPEN	OU	@S. CAR	@MISS ST	ARK
Oklahoma	OPEN	TEXAS	S. CAR	@OLE MISS	MAINE	@MIZZOU	OPEN	BAMA	@LSU
Ole Miss	@S. CAR	@LSU	OPEN	OU	@ARK	UGA	OPEN	@FLA	MISS ST
SC	OLE MISS	@BAMA	@OU	OPEN	A&M	@VANDY	MIZZOU	WOFFORD	@CLEMSON
Tenn	@ARK	FLA	BAMA	OPEN	UK	MISS ST	@UGA	UTEP	@VANDY
Tex A&M	MIZZOU	OPEN	@MISS ST	LSU	@S. CAR	OPEN	N MEX ST	@AUB	TEXAS
Texas	OPEN	OU	UGA	@VANDY	OPEN	FLA	@ARK	UK	@A&M
VANDY	BAMA	@UK	BALL ST	TEXAS	@AUB	S. CAR	OPEN	@LSU	TENN



2024 College Football Game Day Highlights

Week 6: October 5

Penn St. vs UCLA TBA
 Florida St. vs Clemson TBA
 Georgia vs Auburn TBA
 Ohio St. vs Iowa TBA
 Arkansas vs Tennessee TBA
 Vanderbilt vs Alabama TBA
 Washington vs Michigan TBA

Week 7: October 12

USC vs Penn St. TBA
 Georgia vs Miss St. TBA
 Tennessee vs Florida TBA
 Alabama vs S. Carolina Noon TBA
 LSU vs Mississippi TBA
 Oregon vs Ohio St. TBA
 Oklahoma vs Texas TBA

Week 8: October 19

Missouri vs Auburn TBA
 Tennessee vs Alabama TBA
 Arkansas vs LSU TBA
 Texas vs Georgia TBA
 Oklahoma vs S. Carolina TBA
 Ga. Tech vs Notre Dame TBA
 Louisville vs Miami TBA

Week 9: October 26

Auburn @ Kentucky TBA
 Penn State @ Wisconsin TBA
 Texas @ Vanderbilt TBA
 Missouri @ Alabama TBA
 Oklahoma @ Mississippi TBA
 Florida St @ Miami TBA
 LSU @ Texas A&M TBA

Week 10: November 2

Penn State vs Ohio State TBA
 Auburn vs Vanderbilt TBA
 Mississippi @ Arkansas TBA
 Kentucky @ Tennessee TBA

Florida @ Georgia TBA
 Duke @ Miami TBA
 USC @ Washington TBA

Week 11: November 9

Georgia @ Mississippi TBA
 Florida St. @ ND TBA
 LSU vs Alabama TBA
 Oklahoma @ Missouri TBA

Miami @ Ga Tech TBA
 Florida @ Texas 11am ESPN
 Miss St. @ Tennessee TBA

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- Thursdays:** 4pm: Flash Flood
8pm: Austin Jennings
- Fridays:** 4pm: Jason Findley
8pm: Airavata
- Saturdays:** 12pm: Rotating Spot
4pm: Flash Flood
8pm: Gunner
- Sundays:** 12pm: Rotating Spot
4pm: Shane Curle
8pm: Rotating Spot

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BEST PLACES

continued from previous page

and features its own “Real Deal Nashville Hot Sauce.” View full menu at austonson98.com.

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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. During or after the game, mosey on over to



\$7 house wines and well drinks and \$5 Long Island iced teas. Live music on the docks. Tailfins is a go-to destination for sports watching featuring more than 70 big screen TVs showing all college football games and Sunday Ticket.

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Tequila’s Sports Bar & Grill

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inspired by years of tradition and authentic spices such as the Tequila’s Plate, chili con carne, The Three Amigos and the new Master Parrillada – a unique fusion of sports bar food and delightful Mexican dishes. Football season is here, so don’t miss a game all season long. Celebrate Taco Tuesdays with 2-for-1 margaritas. Lunch specials are offered Monday-Friday for \$8.99. “Our love lies in the food we make and the connections we create with our customers every day,” says Oni, Tequila’s owner. “Our goal is to have the widest selection of tequila brands in town. You’re sure to find your favorites here.” Open seven days a week for lunch and dinner or call ahead to place your take out and to-go orders.

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Tailfins Waterfront Grill

Hey football fans, Tailfins Waterfront Grill is calling YOU! That’s right y’all, Destin’s favorite season is here and there’s not a better place in Destin to come and watch your team play.

Looking for a locals’ favorite breakfast before the game? 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, scrumptious early bird dinner specials Monday to Friday, 4-6 p.m. Happy hour from 4-6 p.m. Monday through Friday, featuring \$24 domestic bottle buckets,

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All games 7 p.m.

Destin Sharks

Head Coach: E. Green
8/23 at Northview L 26-7
8/30 at Baker
9/13 vs. Pensacola
9/20 vs. Port St. Joe
9/27 vs. Opp
10/4 vs. Bozeman
10/18 vs. Chipley
10/25 at Booker T.
Washington
11/1 at Carrollwood Day

Fort Walton Beach High School Vikings

Head Coach: Bobby Clayton
8/16 Kickoff Classic vs. Walton
8/23 vs. Tate
8/30 vs. South Walton
9/6 at West Florida Tech
9/12 at Washington
9/19 vs. Leon (Military Night)
9/27 vs. Rickards (Homecoming)
10/11 at Arnold
10/18 vs. Godby (Hall of Fame)
10/25 at Choctawhatchee
11/1 vs. Crestview



NFL Football Schedule

Week 5

Thursday, Oct. 3

Tampa Bay Buccaneers at Atlanta Falcons -- 8:15 p.m., Prime Video

Sunday, Oct. 6

New York Jets vs Minnesota Vikings (Tottenham) -- 9:30 a.m., NFL Network
 Carolina Panthers at Chicago Bears -- 1 p.m., Fox
 Baltimore Ravens at Cincinnati Bengals -- 1 p.m., CBS
 Buffalo Bills at Houston Texans -- 1 p.m., CBS
 Indianapolis Colts at Jacksonville Jaguars -- 1 p.m., CBS
 Miami Dolphins at New England Patriots -- 1 p.m., Fox

Cleveland Browns at Washington Commanders -- 1 p.m., Fox
 Las Vegas Raiders at Denver Broncos -- 1 p.m., Fox
 Arizona Cardinals at San Francisco 49ers -- 4:05 p.m., Fox
 Green Bay Packers at Los Angeles Rams -- 4:25 p.m., CBS

New York Giants at Seattle Seahawks -- 4:25 p.m., CBS
 Dallas Cowboys at Pittsburgh Steelers -- 8:20 p.m., NBC*

Monday, Oct. 7

New Orleans Saints at Kansas City Chiefs -- 8:15 p.m., ESPN

Week 6

Thursday, Oct. 10

San Francisco 49ers at Seattle Seahawks -- 8:15 p.m., Prime Video

Sunday, Oct. 13

Jacksonville Jaguars vs Chicago Bears (Tottenham) -- 9:30 a.m., NFL Network
 Washington Commanders at Baltimore Ravens -- 1 p.m., CBS
 Arizona Cardinals at Green Bay Packers -- 1 p.m., Fox
 Houston Texans at New England Patriots -- 1 p.m., CBS
 Tampa Bay Buccaneers at New Orleans Saints -- 1 p.m., Fox
 Cleveland Browns at Philadelphia Eagles -- 1 p.m., Fox
 Indianapolis Colts at Tennessee Titans -- 1 p.m., CBS
 Los Angeles Chargers at Denver Broncos -- 4:05 p.m., CBS
 Pittsburgh Steelers at Las Vegas Raiders -- 4:05 p.m., CBS
 Atlanta Falcons at Carolina Panthers -- 4:25 p.m., Fox

Detroit Lions at Dallas Cowboys -- 4:25 p.m., Fox
 Cincinnati Bengals at New York Giants -- 8:20 p.m., NBC*

Monday, Oct. 14

Buffalo Bills at New York Jets -- 8:15 p.m., ESPN

Week 7

Thursday, Oct. 17

Denver Broncos at New Orleans Saints -- 8:15 p.m., Prime Video
 Sunday, Oct. 20
 New England Patriots at Jacksonville Jaguars (Wembley) -- 9:30 a.m., NFL Network
 Seattle Seahawks at Atlanta Falcons -- 1 p.m., Fox
 Tennessee Titans at Buffalo Bills -- 1 p.m., CBS

Cincinnati Bengals at Cleveland Browns -- 1 p.m., CBS

Houston Texans at Green Bay Packers -- 1 p.m., CBS

Miami Dolphins at Indianapolis Colts -- 1 p.m., Fox

Detroit Lions at Minnesota Vikings -- 1 p.m., Fox

Philadelphia Eagles at New York Giants -- 1 p.m., Fox

Las Vegas Raiders at Los Angeles Rams -- 4:05 p.m., CBS

Carolina Panthers at Washington Commanders -- 4:05 p.m., CBS

Kansas City Chiefs at San Francisco 49ers -- 4:25 p.m., Fox

New York Jets at Pittsburgh Steelers -- 8:20 p.m., NBC*

Monday, Oct. 21

Baltimore Ravens at Tampa Bay Buccaneers -- 8:15 p.m., ESPN

Los Angeles Chargers at Arizona Cardinals -- 9 p.m., ESPN+

Week 8

Thursday, Oct. 24

Minnesota Vikings at Los Angeles Rams -- 8:15 p.m., Prime Video

Sunday, Oct. 27

Baltimore Ravens at Cleveland Browns -- 1 p.m., CBS
 Tennessee Titans at Detroit Lions -- 1 p.m., Fox
 Indianapolis Colts at Houston Texans -- 1 p.m., CBS
 Green Bay Packers at Jacksonville Jaguars -- 1 p.m., Fox
 Arizona Cardinals at Miami Dolphins -- 1 p.m., Fox
 New York Jets at New England Patriots -- 1 p.m., CBS

Atlanta Falcons at Tampa Bay Buccaneers -- 1 p.m., Fox
 Chicago Bears at Washington Commanders -- 1 p.m., CBS

New Orleans Saints at Los Angeles Chargers -- 4:05 p.m., Fox
 Buffalo Bills at Seattle Seahawks -- 4:05 p.m., Fox

Philadelphia Eagles at Cincinnati Bengals -- 4:25 p.m., CBS

Carolina Panthers at Denver Broncos -- 4:25 p.m., CBS

Kansas City Chiefs at Las Vegas Raiders -- 4:25 p.m., CBS

Dallas Cowboys at San Francisco 49ers -- 8:20 p.m., NBC*

Monday, Oct. 28

New York Giants at Pittsburgh Steelers -- 8:15 p.m., ESPN/ABC

Week 9

Thursday, Oct. 31

Houston Texans at New York Jets -- 8:15 p.m., Prime Video

Sunday, Nov. 3

Dallas Cowboys at Atlanta Falcons -- 1 p.m., Fox

Denver Broncos at Baltimore Ravens -- 1 p.m., CBS

Miami Dolphins at Buffalo Bills -- 1 p.m., CBS

New Orleans Saints at Carolina Panthers -- 1 p.m., CBS

Las Vegas Raiders at Cincinnati Bengals -- 1 p.m., Fox



Los Angeles Chargers at Cleveland Browns -- 1 p.m., CBS
 Indianapolis Colts at Minnesota Vikings -- 1 p.m., CBS
 Washington Commanders at New York Giants -- 1 p.m., Fox
 New England Patriots at Tennessee Titans -- 1 p.m., Fox
 Chicago Bears at Arizona Cardinals -- 4:05 p.m., CBS

Detroit Lions at Green Bay Packers -- 4:25 p.m., Fox
 Los Angeles Rams at Seattle Seahawks -- 4:25 p.m., Fox
 Jacksonville Jaguars at Philadelphia Eagles -- 8:20 p.m., NBC*

Monday, Nov. 4

Tampa Bay Buccaneers at Kansas City Chiefs -- 8:15 p.m., ESPN

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Melting Pot Destin

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This Veteran's Day at Melting Pot, all Veterans eat free! On Monday, November 11th, all Veterans with a valid ID get their meal for free at Melting Pot as a thank you for their service to our country. Reserve a Veteran's Day table today! Not valid for family members or active military.

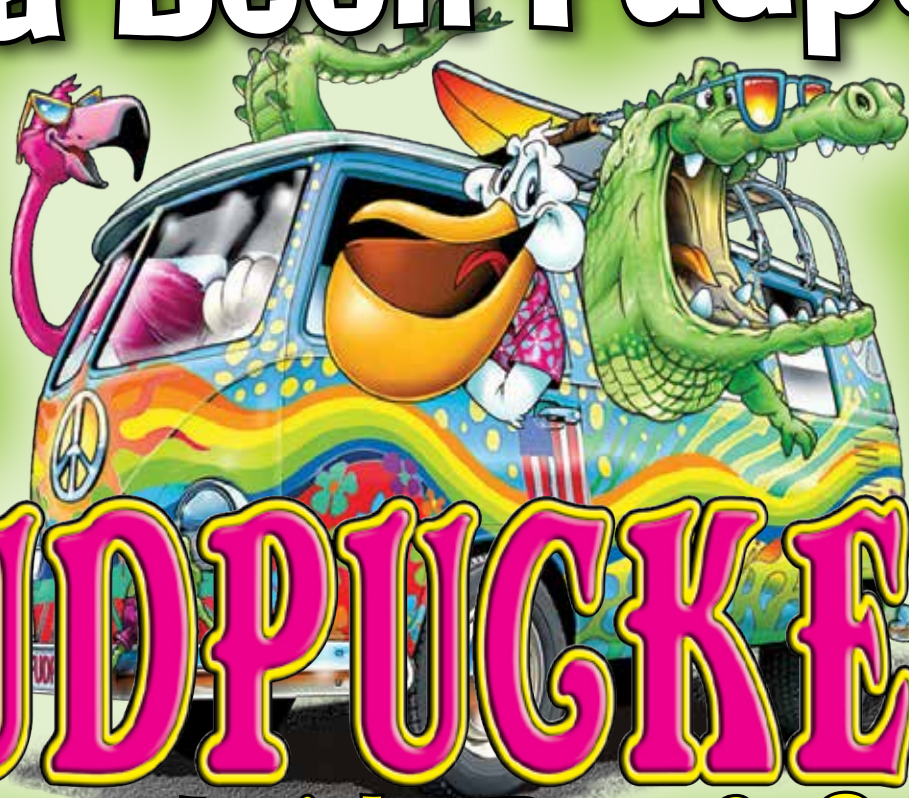
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It is an honor to have been chosen as Miss Destin 2024! The fishing and charter boat industries are huge parts of this community, and I can't wait to support them wholeheartedly. Fishing is the backbone of this close-knit town; I'm excited to be a part of the legacy.



I am the daughter of David and Ryan Magee of Destin. I have two younger brothers, Archer and Crosby. I was born and raised in Destin.

As Miss Destin, I want to be a role model to others and interact with the public in a positive manner by supporting Destin's vast history and treasured traditions. Growing up in Destin, I was involved in numerous community activities, including Destin Little League softball and Destin Middle School cheerleading.

At Fort Walton Beach High School, I am a member of the student leadership program, varsity cheerleading, girls' weightlifting program and flag football team. I enjoy spending

my free time hanging out with my friends on our beautiful beaches. I also enjoy flying over this amazing town while working to get my pilot's license. My goals and ambitions for the future are to become a pilot.

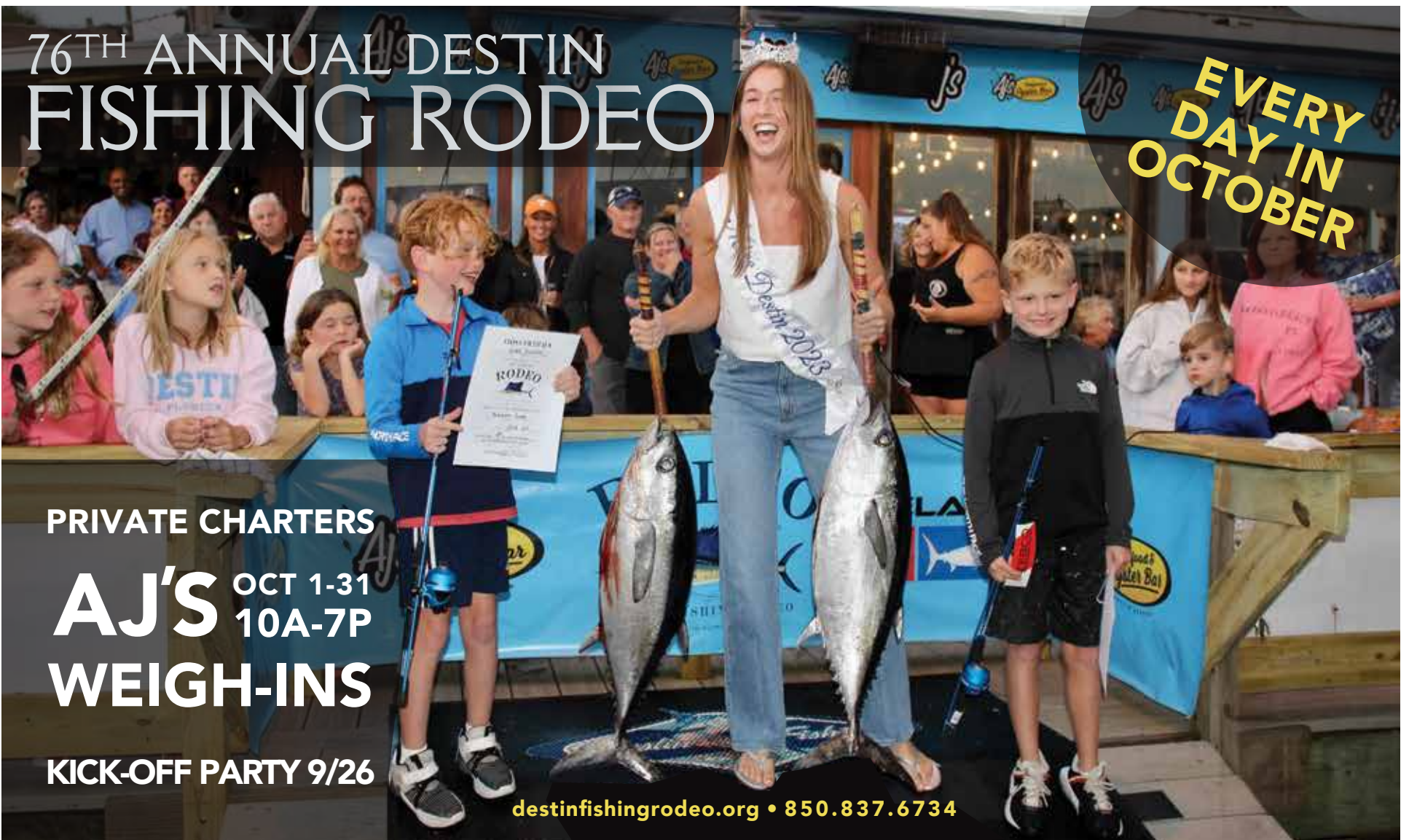
I attended my first-ever Destin Fishing Rodeo at only two weeks old and can't wait to experience being Miss Destin during the 76th Annual Fishing Rodeo.

Please come by the docks and say hello at the weigh-ins.

For a schedule of Destin Fishing Rodeo events, visit destin.lifemediagr.com/2024-destin-fishing-rodeo-calendar-of-events/.

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Introducing The Touchless Boat Cover

An Interview with the Owner

From the Publisher: “I’m here with Karen Scholz, the person who’s brought The Touchless Cover to the Emerald Coast area. Karen, let’s begin with an introduction of you, and why you felt it made sense to bring The Touchless Cover here.”

Karen: I own a marine custom canvas and upholstery business in Niceville. I used to make all types of boat covers, fastened with snaps and straps. I found that my customers just didn’t want to take all the time needed to affix them properly. No matter how well-made, the process of strapping and unstrapping was a pain. I was recently introduced to The Touchless Cover and realized we needed that here.

Q: What’s a Touchless Cover?

A: Well, it’s a custom-made boat cover system. It’s measured for the boat, lift and dock so that there’s a perfect fit with all components. It’s raised and lowered electronically.

Q: Where else are they located?

A: Touchless Covers are all over the state of Florida, and throughout the U.S. You can barely go anywhere in Miami without seeing one.

Q: Why do you say it’s better than the manual covers you used to make?

A: It’s not just better than the manual ones. It’s just the best boat cover out there. It has four panels on the sides that can fully cover and uncover the boat in seconds. In our NW Florida sun, protection of the gel coat of the boat, its upholstery and accessories, can save money and a lot of time by eliminating those types of needed repairs caused by sun damage. Many covers—even boathouses—don’t eliminate damage from the sun’s rays. Also, it keeps birds and debris out.

Q: But what about those who already have a boathouse?

A: It can be installed on docks with lifts with no boat-



house, OR it can go up seamlessly under the existing roof of a boathouse. Its motors operate from the frame of its top, so all of them have a top; having a top under a boathouse is just added protection.

Q: People who live here will always be concerned with hurricanes. How does it do in high winds? How does it compare with other covers out there?

A: We can provide a third-party engineering study that we had done that shows

the bearable winds. It performs very well, comparatively.

Q: How’s it made to withstand winds?

A: It’s made of a heavy, coated fabric, and has 2” aluminum framing on all four sides, as well as in the top. Additionally, it has fiberglass rods that form a skeleton around the entire inside.

Q: How does it lift and cover electronically?

A: That’s part of what’s so cool about it. It works off the house or dock Wifi; you’d either use a remote or a voice command to lift and lower it. Many customers use the voice command feature (and an installed camera) to check on their boat while they’re away.

Q: You said it’s made well, but why would someone want a remote-controlled boat cover, when they can really just cover it themselves?

A: For most, it’s just a matter of convenience. Time is money. A lot of Touchless Cover customers have said that the pain of their manual cover keeps them from enjoying their boat. With this, the owner presses a button to get the boat fully-protected.

Think of the garage door opener. Initially, it was thought of as frivolous. Why have one when you can do it yourself manually? Now, you hardly can find a house without one. Why? Because we all crave convenience and saving time.

It’s not for everyone. It’s a high-quality cover that can take a day or more for us to install, but for those who want a fix for the hassle of manual covers, or have another type that just doesn’t protect, this is will do the trick. It’s likely the last boat cover they’ll need to get.

Q: How do people reach you for more information?

A: Visit: <https://Flyte-MarineCanvas.com/boat-covers/> or call me at 850-782-0882.



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 Wellness

Instead of Leaning Out, Lean In



BY STEPHENIE CRAIG, JOURNEY BRAVELY

Do you ever find yourself leaning out of something you fear? Maybe you fear conflict so you avoid a hard conversation. Or, maybe you fear rejection so you present a false version of yourself to escape feeling judged by others. Or, maybe you fear

abandonment so you close yourself off from others to avoid feeling unimportant. At the time, leaning out seems like a helpful strategy, because it alleviates the immediate discomfort of your fear. But, upon closer examination, what is the larger result of leaning out?

Not having hard conversations often results in lack of resolution, lack of understanding and long-term resentment. Instead of creating less conflict, avoidance creates larger future conflict. Running from fear of rejection by presenting an inauthentic self ultimately creates a situation where you don't know if people truly accept you for you. Instead of creating acceptance, a false version of self ends up creating more feelings of rejection. Closing yourself off from others to avoid abandon-



ment actually creates more internal loneliness and abandonment. Ironically, leaning out of the thing you fear often creates more of the thing you fear.

So, if leaning out doesn't work, then what?

As it turns out, the way to get what you really want is to

lean into your fear instead of leaning out. Have the difficult conversation and prove to yourself you can make it through conflict and survive, often with a helpful outcome. Show up as an authentic version of yourself and learn that those who judge you aren't your people and those who want to be close to the real you truly appreciate you for you. Allow yourself to be close to others even when it feels like they might leave you as a pathway to vulnerable connection. Getting what you really want happens through the risk of leaning into your fear.

So, how are you supposed to lean into fear when the instinct to lean out is so strong?

Eight Ways to Lean Into Fear to Get What You Really Want:

Notice what you fear and instinctively want to avoid. Notice fearful, repetitive thoughts. Notice people or situations you are avoiding. Notice signs of anxiety in your body. Name the fear and the avoidance. "I'm afraid I'll upset my partner if I'm honest and I'm avoiding having the conversation."

Identify what you really want. "What I really want is closeness and open connection with my partner."

Identify how to align your behavior with what you want. "If I want to be close, open and connected with my partner, I need to communicate honestly even if it scares me."

Notice unhealthy coping patterns of leaning out. Notice when you are avoiding. Notice when you are striving in unhealthy ways. Notice when you are engaged in self-protective defensiveness. Notice your personal brand of leaning out behavior around fear.

Lean into the thing you fear. Remind yourself you will survive the fear. Remember avoiding your fear will create more of what you fear. Do the uncomfortable thing. Remember anticipatory anxiety is usually worse than doing the thing you fear.

Sustain leaning in. Lean in long enough to get to the other side of your fear. Repeat leaning into your fear until your brain remembers it's a useful strategy.

Evaluate the results of leaning in. Leaning in won't always get your desired results, however, leaning out will always lead to more problems eventually. Notice how you feel about yourself when you lean into fear. Notice when leaning into fear produces helpful results.

Practice. Keep practicing until leaning into fear is a way of life. Celebrate and be proud of yourself as you are progressing.

Be brave and patient as you learn to lean into fear and walk in the confidence that follows. Connect with us along your journey at Journeybravely.com.

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Complete Ketamine Solutions of Destin: A Lifeline for Healing

By CHRISTOPHER MANSON

Almost two years ago, childhood friends Diane Cooke and Melanie Yost brought Be Well Solutions and Complete Ketamine Solutions to the Destin community, and their partnership has been nothing short of amazing. Combining Melanie's extensive experience as a licensed clinical social worker with Diane's business expertise, they have created a unique healing space dedicated to improving brain health and overall wellness.

Melanie, with more than 30 years of mental health experience in Virginia, first became aware of Ketamine treatments after a deeply personal tragedy. Six years ago, Diane's 20-year-old son died from suicide, shattering her world. She was struggling to function. After doing some research, she discovered Ketamine IV infusion therapy and its innovative use in treating depression, anxiety, PTSD and chronic pain. This therapy proved transformative for Di-

ane, helping her re-engage in life and begin to work through her grief.

Two years later, Diane moved to Northwest Florida full time and discovered that the quality Ketamine treatments she was used to receiving weren't readily available. She reached out to Melanie about the idea of combining their expertise and starting a clinic together. They eventually purchased a Complete Ketamine Solutions franchise because of their superior protocols, the amazing clinical director, Clint Fletcher, CRNA, and Medical Director, Dr. Farago, as well as the ability to be a part of larger network with clinics located in Atlanta, Phoenix, Detroit, Nashville, Connecticut and other parts of Florida.

"Ketamine is an anesthesia that has been around for over 60 years. In the last 10-15 years, researchers began investigating its effectiveness in treating depression, anxiety, Post-traumatic Stress Disorder (PTSD) and chronic inflammatory pain.



Be Well Solutions/Complete Ketamine Solutions of Destin owners Melanie Yost and Diane Cooke.

With more than 2000 research papers published, the success rate is 80-85%. That's really exciting! We have many clients who have struggled with treatment resistant anxiety and depression for years and are now feeling better and getting their life back," Melanie explains. "It's so rewarding!"

Melanie's dedicated team at Complete Ketamine Solutions includes three Nurse Practitioners and a Certified Clinical Medical Assistant, all working

closely to ensure the highest quality of care for clients. One special member of the team is Marmaduke, a mixed-breed, rescue dog who provides comfort to clients. "Our clients love him. If I don't bring him to work, people ask where he is. I even have people request that he be there on their treatment day," says Melanie.

In addition to Ketamine infusion therapy, the clinic offers other innovative therapies geared to improving brain health and overall well-being, including mild Hyperbaric Oxygen Therapy, BEMER Therapy, NAD infusions and injections, and a medical weight loss program.

Melanie is deeply grateful for the support of the Destin community and other local businesses, and she remains committed to giving back. The clinic offers

significant discounts for active and retired military personnel, first responders and even larger discounts for disabled veterans. "Our goal is to partner with our clients on their journey to healing and growth," Melanie says.

"One thing that makes us unique is the consistent feedback from our clients that they feel listened to and cared for by our staff."

As Melanie and Diane continue their mission, they are determined to help as many people as possible, offering a lifeline to those in need of healing through the transformative power of Ketamine and compassionate care.

Be Well Solutions/Complete Ketamine Solutions of Destin is located at 4641 Gulfstarr Dr., Suite 105 in Destin. Office hours are 10 a.m. to 7 p.m. Mondays, Wednesdays and Fridays; Saturdays by appointment only. Call 850.786.2051 or visit CompleteKetamineSolutions.com for additional information.

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 Wellness

Book Review of James Clear's "Atomic Habits"



BY MICHAEL McMANUS LCSW
As a therapist, I love this

book as it outlines simple, basic and effective ways to facilitate change in your life. Get ready to unlock the secrets of habit formation with "Atomic Habits," a book that's part science, part self-help, and quite transformative! If you've ever found yourself stuck in a cycle of bad habits or longing for that elusive "better version" of yourself, this book will assist you in that journey.

From the very first pages, Clear captivates readers with his



engaging storytelling and relatable anecdotes. He introduces the idea that small changes—like the size of an atom—can lead to astonishing results over time. Imagine transforming your life by simply improving by 1% each day. It sounds so manageable, doesn't it? Clear effectively dispels the myth that you need to overhaul your entire existence overnight. Instead, he champions the power of tiny tweaks that can snowball into significant accomplishments.

One of the highlights of the book is its catchy framework: The Four Laws of Behavior Change — cue, craving, response and reward. Clear illustrates how understanding these components can help you break

bad habits and cultivate good ones. It's as if he's handed you a cheat sheet for mastering your own behavior!

Clear's writing is peppered with memorable stories and insights from various fields, keeping readers entertained while they learn. He shares the journey of athletes, artists and even historical figures, making the principles of habit formation feel both accessible and inspiring. You'll find yourself nodding along, thinking, "If they can do it, so can I!"

Beyond the practical strategies, what really resonates is Clear's emphasis on identity. He encourages readers to shift their self-perception, suggesting that true change comes when you start seeing yourself as the person you want to become. It's a powerful reminder that change isn't just about what we do—it's about who we believe we are.

The book also tackles the importance of environment.

Clear suggests that if you want to change your habits, you need to design your surroundings to make good habits easier and bad habits harder. It's a simple, yet brilliant, idea that can lead to major lifestyle shifts—like putting your gym clothes by the door or hiding that tempting chocolate stash!

In conclusion, "Atomic Habits" is a delightful blend of wisdom, practicality and inspiration. James Clear has crafted a roadmap for anyone looking to build better habits and break free from the chains of self-doubt. So, if you're ready to embark on a journey, grab this book and get started. Your future self will thank you!

Michael McManus LCSW is a therapist in private practice in Santa Rosa Beach and can be reached at (850) 837-0123 or Psychotherapy30A.com.



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Michael McManus LCSW

Self-Care Corner: Live Intentional. Reset for Fall.



BY KRISY ANDERSON,
BEVERLY HILLS DAY SPA OWNER

Self-Care is more than a what we commonly refer to it as. Self-care is the practice of taking an active role in protecting your well-being—emotionally, mentally, financially, physically, socially and spiritually. So, live intentionally!

Emotional/Mental

Acknowledge the power of your mind. Practice journaling, meditation, reflection or a BIG one—saying "No." Read or watch something funny—laughter is the best medicine! Listen to uplifting and inspirational music. Paint or color. Or just be still.



Walk outdoors and enjoy nature.

Social

Make a list of things you like to do that are only about YOU. Spend time reconnecting with friends and family. Follow through with the commitments you make to yourself. Turn off all electronics, even if just for a while.

Spiritual

Read uplifting content, pray, meditate, rest, have daily quiet time. Attend church or uplifting, inspirational services to connect with others.

Financial

Start where you are—any amount of savings can make a difference! Budget (review bills), plan for the future, know your credit score. Set goals: short-term, medium-term, long-term—and stick to them.

Physical

Use food as a tool for healing and energy, not comfort. Move your body. Exercise to keep your body healthy and strong. Sleep and allow your body to REST.

Self-Care is a priority and necessity—not a luxury. Fall is a great time of year to take a break, rest and relax with an afternoon of pampering—to reset! Schedule time to enjoy your own self-care at Beverly Hills Day Spa! Visit www.beverlyhillsdayspa.com or call me at (850) 654-8544. 114 Palmetto Dr., Suite 6, Destin, 32541, on Tuesday – Saturday 10 a.m.- 5 p.m.

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By KAY LEAMAN, HEALTH ARCHITECT, HEALTHYDAY HEALTHYLIFE

Fall is here and although we have had some amazing mornings, summer is still showing up in force by 9:30 a.m. Whether or not the weather is cooperating with the official start of the season, our minds are beginning to think about the coming holidays. And along with the seasons and holidays comes the cold and flu season.

It's time to boost our immune system. That being said, let's first look at what can weaken our immune system.

- Sugar
- Lack of Sleep
- Stress
- Alcohol

When looking at sugar, consider using honey or pure maple syrup in place of processed sugar. You can also decrease the amount of sugar in the recipe. Put out an array of goodies using smaller plates to decrease

how much is being eaten each day.

Lack of sleep coincides with stress. So, taking time to schedule your to do list each day and tossing procrastination out the window can help. When it comes to family get togethers, take time to meditate or do some deep breathing to calm the nerves. You can do this each morning when you first awake and before you go to sleep; deep breathing can be done at any time during your day and can quickly take your body from stress to calm.

When it comes to alcohol, be aware of how much or how quickly you are consuming it.

The following list of foods have immune boosting properties due to the vitamins and minerals they contain. Vitamins A, C, E and D all play a part

- Citrus fruit (lemons, limes, oranges, clementines, tangerines, grapefruit). Add as a side to every meal.

- Poultry - Chicken soup can ease congestion, supply protein, increase fluids and offer electrolytes, which are important for hydration and recovery. Making your own stock or using bone broth will offer the best benefits.

- Yogurt (plain with good bacteria) Add fruit, nuts and seeds.

Boosting Your Immunity



- Almonds (1/2 cup per day) These also contain healthy fats.

- Broccoli (top of the vegetable list for its nutritional impact) Steamed, microwaved or raw are the best methods to retain the most nutrient value. It also contains a good amount of fiber.

- Garlic (medicinal) Add it to whatever you're cooking; soups, stews, sauces, casseroles, etc.

- Ginger (can decrease inflammation, help with sore throats and aids with nausea) I love the crystalized ginger as I enjoy sweet and spicy flavors. Ginger tea is a great alternative.

- Green tea (contains epigallocatechin 3 gallate or EGCG for short) It enhances the immune system. This can be consumed hot or cold.

Take a high-quality vitamin that has been researched, tested and verified for potency, purity,

dissolution and void of coloring and preservatives. No matter how much we eat, our foods no longer contain the nutrients they used to. Extra vitamin D (take this daily) is also important.

Grounding can boost your body's ability to fight off invaders, calm the nerves and give you that little boost of energy you need to finish your day. Whether it's cleaning up the yard, getting your hands in the dirt or walking the beach, spending 10-20 minutes outside daily makes a difference.

Finally, maintain an exercise routine. If a 30-minute routine doesn't work for you, consider breaking it up into 10 minute intervals.

Remember to think outside the box and have fun. After all, our holidays are just around the corner. Here's to Health! succeed.hdhl@gmail.com

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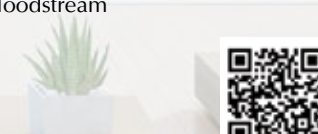


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 Wellness

Harvest House of Destin Receives \$35.5K+ and 4,000+ Food Items

By TRACY LOUTHAIN

The annual U.S. Household Food Security Report recently released from the U.S. Department of Agriculture's Economic Research Service stated that the three-year average percentage of households in Florida with food insecurity for 2021-2023 was 10.4%. To help combat this statistic in Destin, Fla., the team at Newman-Dailey raised \$35,569 and 4,479 food items for the company's second fundraising effort and donation for the Harvest House of Destin to help fight hunger and support Destin families in need.

"We're excited to partner with the Harvest House of Destin for a second year in a row for our 2024 community service project," said Newman-Dailey's Founder and CEO Jeanne Dailey. "Due to the incredible impact, we had last year on hard-working families in need in the Destin community, our team wanted to support Harvest House again. We learned that our 2023 fundraiser was their largest to date and allowed them to serve more than 750 families and fill 2,300 bags of food!"

Harvest House is one of the longest operating non-profit or-



ganizations in the Destin area. Established in 1987 by Jerry Ogle with his wife, Claire, the Harvest House was founded to share food with the hungry, which helped the local fishing community get through the long, cold winter. Staying true to the vision, the Harvest House Food Pantry & Thrift Store has continued regular operations for more than 36 years. Today, they serve the needs of the working poor, especially the elderly and families who have been impacted by unexpected life changes. From baby formula and diapers to meals and toiletries to clothing at the Thrift Store, the Harvest House bridges the gap between a family's fixed income and their actual needs.

Knowing that this year would be potentially more difficult for fundraising, Newman-Dailey team members from all New-

man-Dailey divisions, including Vacation Rentals/Property Management, Real Estate Sales and Association Management, began reach-

ing out to friends, family, homeowners, vendors and clients to fundraise and gather food items. The team focused on weekly food drive competitions gathering items ranging from breakfast—cereals, oatmeal, and breakfast bars, to dinner—pastas, sauces, and can goods. Through the team's competitive spirit, the team gathered 1,921 more food items than the 2023 food drive.

When the drive was complete, Newman-Dailey team members surprised Executive Director Lori Joyner, Founder Jerry Ogle and Chairman Jason Belcher with a big check for \$35,569, which was the result of 122 online donations as well as Newman-Dailey's corporate contribution. In just two years, Team Newman-Dailey has been

able to raise \$74,065 for the cause.

"We didn't know how much we would be able to raise this year with the current economy and it being an election year, but we agreed, even if we could only reach our original goal of \$15,000, it would make a difference," said Newman-Dailey Fundraising Captain Lisa Morgan. "We're highly competitive and we love helping people so it's the perfect recipe to drive success. Seeing Jason, Lori, and Jerry's reaction to the food and donations and being able to help families when they need it most was so rewarding!"

Over the last 36 years, Harvest House has served more than 115K+ people; passed out 346K+ bags of food; and given more than \$425K worth of clothing to families in need in the Destin area. Located at 300 Mountain Drive, Destin, Harvest House is open Monday through Friday 9:30 a.m. to 3:30 p.m. and Saturday 9 a.m. to noon. Learn more at harvesthousedestin.org. For more information on Newman-Dailey Resort Properties visit NewmanDailey.com.

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Blessing of The Animals Oct. 5

A "Blessing of the Animals" service will be held at 9:00 am on Saturday, October 5th in the outdoor chapel of Immanuel Anglican Church at 250 Indian Bayou Trail in Destin, just a short distance from the Destin Dog Park.

The public is invited to bring a pet, service animal, foster or any animal companion. All animals and their human companions will be individually prayed for following a brief opening service which will seek God's blessings on all creatures of the world.

Religious events to bless animals have a long tradition worldwide of being held in early October near the Feast of St. Francis of Assisi who is considered a patron of animals.

Limited fixed seating is available and individuals are welcome to bring their own lawn chairs or blankets. Each animal should be under leash control or in a carrier. For information, vis-



Lindsey's feline friend receives a blessing from Fr. Caleb Miller of Immanuel.

it www.iacdestin.org, call 850-837-6324 or email Deacon Jon Bryan at jon.iacdestin@gmail.com.

"This is the sixth Blessing of the Animals at Immanuel Anglican Church. We believe that God is present in, and cares for, all of Creation," said Bryan. "The service will hopefully remind us that we share a common heritage with all of God's creatures, and we thank the Lord especially for our animal companions."



It's Not Easy Being Green

ENERGY TIPS

by Emerald Coast Energy Solutions

BY CHRIS BALZER

It's not easy being green once sung by a very wise Frog. What does "Being Green" mean? Being green covers many different elements: reducing, reusing and recycling; not littering; living sustainably; conserving energy; conserving materials; going zero-waste; fair-trade and ethical production; being carbon neutral; organic crop growing; being chemical-free; going off the grid... It makes sense why Kermit said it's not easy being green and can be overwhelming.

To me, being green is respecting our environment by keeping it clean, using our resources the right way without wasting them and taking actions to reduce our carbon footprint. Taking simple steps, such as turning off the lights in rooms and turning off the faucet when brushing your teeth, can and does make a difference. To move the needle further towards being green, we have been taking some aggressive actions listed above to make change. In the late 70's we were alerted that our ozone layer has a hole in it and growing. The ozone layer is 9 to 19 miles in the atmosphere and protects our planet from the sun's harsh UV rays. This layer protects ecosystems, plants, animals and us. There is good news. In October 2019, NOAA (National Oceanic and Atmospheric Administration) reported that our ozone layer hole is now the smallest recorded. What?! Yes, the ozone is actually shrinking because of the changes we made along with ideal weather conditions. The ozone hole does fluctuate regularly. Scientists expect the ozone hole to shrink to the size it was in 1980 by 2070.

Being energy efficient is going green. Everything has a carbon footprint or can be linked to CO2 emissions. Some ways we can be green is to buy local, using fewer resources to get the product or service to you. At ECES, we focus on homes which on average produce 7.5 tons of CO2 emissions. By taking actions to increase energy efficiency, you



increase your comfort and reduce your CO2 footprint. Some actions are properly air sealing your home. These unintended gaps and cracks cause poor air quality and lose energy costing you money.

Having the right insulation is important. If your home was built by 2004 or older, your attic's home may be under insulated. New construction code now has increased the required attic insulation R value by 61% to R-30. Radiant Barriers are becoming a vital component to energy efficiency. By adding a radiant barrier along with additional insulation in the attic which reflects 97% of radiant heat, you can reduce your attic's

temperature by 30 to 40 degrees in the summer making your duct work and insulation more efficient saving you money and increasing your comfort.

Another way to become more energy efficient is through our windows. Replacing windows can be expensive. There are virtually clear window films which reflect 94% of radiant heat and almost all of the harsh UV rays, increasing comfort and the life of furniture and flooring. These films won't change the architecture and are great for sunrooms, store fronts or restaurants. Another area, not affected by some, is a crawl space under a home. These areas go unmonitored and traditionally use a batt insulation and netting, which unfortunately fails over time causing energy loss.

There are many ways we can become more energy efficient, be Green, increase comfort and save money. It takes awareness and a professional with tools and knowledge to identify these areas and educate on ways to

become more energy efficient and be Green like Kermit.

efficient products, thereby increasing comfort and lowering energy bills.

Chris Balzer is Founder and President of Emerald Coast Energy Solutions (ECES) a Smile Provider Company. It provides smiles to its customers after installing high energy

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Insights for Investors: Estate Planning – What are the Basics Everyone Should Know?



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

Planning for the passing of your estate – everything that you have come to own in this life, is something that all of us will need to do. It is said that the for-

mal process of estate planning is only done by about one-third of people. The question for us all is: Should everyone have an estate plan (and do estate planning)? To answer that question, we will review what are consider the essentials or the basics.

First is – having a will. A will is for your wishes. It points out your wishes as to whom your assets are to go to. Additionally, it usually appoints someone to oversee your estate. That could be an executor (a man) and executrix (a woman) or an administrator (either a man or a woman). The most important thing to remember about a will is that the court (known as the probate court) must review and rule on the will. This does take some time – a few weeks up to a



year and usually comes at a cost (court cost and attorney cost). The court gives the administrator a document which gives them the authority to go about distributing assets.

The second would be a (durable) power of attorney. This is a document that allows you to appoint someone to act on your behalf for financial and other (non-medical) matters. Durable means that it can be in place if you do not have the capacity to act. It is important to note that the DPOA ceases to exist upon your passing.

The third and fourth pieces are with regard to your health (vs. your wealth). Those are 1) A living will which details what your preference for medical treatment should you not be able to provide that decision. This includes the decision of life support. 2) An advanced medical directive or durable power of attorney for health where you have appointed someone to make decisions regarding your

medical treatment.

The final would be a trust (and there are several versions of trusts). Essentially the trust establishes a beneficiary so that your directions are followed regarding who the beneficiaries are to be for assets that you have put into your trust. Many people put their homes in a trust as well.

We encourage investors to ensure they have beneficiaries for all their assets. That is automatically offered on retirement accounts like IRAs and 401ks. A trust is similar in that you can name a beneficiary.

The objective is for those who wish to have their heirs not have to go through the probate process and that their assets can pass to the intended recipients upon their passing.

There are alternatives of course, such as transfer on death for an investment (non-retirement) account or payment on death (POD) for a bank account. These may or may not have limitations, so it is wise to

seek proper legal counsel before proceeding.

The above information is shared for information purposes only and should not be relied upon as legal or tax advice. While it is derived from sources we deem reliable, it does not take the place of proper legal and tax counsel.

Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management/ Raymond James. Main office located at The First Bank, 2000 98 Palms Blvd, Destin, FL 32451. Phone 850.654.8124. Raymond James advisors do not offer -tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com.

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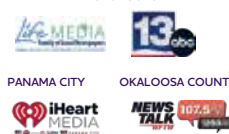
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Up on the Roof: Northwest Florida's Specialty Roofers

BY CHRISTOPHER MANSON

Specialty Roofers, Inc. (SRI), established in 2011, proudly offers the most trusted residential and commercial roofing brands and products available, as well as comprehensive installation and repair services. The company – licensed, insured and bonded in Florida and Alabama – serves local and regional customers throughout the southeast and employs a dedicated staff of trained professionals and certified technicians.

As roofing trends go, president and general manager Mike Miller says he's seeing more and more people make the switch to metal roofing because of energy savings and wind resistance. "We're one of the only roofing companies in the immediate area with our own separate metal shop for fabricating." And SRI offers its own mobile panel machine, which allows the crews to fabricate roof panels on site.

With hurricane season in full swing, Miller swears by Roof Shield. This program protects homeowners and detects any problems early, saving customers thousands of dollars. "We inspect customer roofs annual-



ly to make sure they're in good shape and 'hurricane ready,'" says Miller. "Anyone that signs up for this moves to the top of the priority list for repairs and getting new roofs installed."

Roof Shield costs \$450 annually, which Miller calls "very reasonable. A lot of people don't realize squirrels have chewed on something or they've had their gutters clogged. This is the fifth year we've offered this, and we've had lots of success with the program. It's gained a lot of momentum."

SRI currently employs over 50 people. "We've been blessed with very little turnover," Miller says of his crew. "Several have been with us since we first opened, including a few crews and about a dozen installers."



SRI stands apart from other roofing contractors in the areas of knowledge (skills are constantly learned and honed), customer service (realistic expectations and clear communications) and reputation (SRI has been a dominant force in the local roofing market since 2011).

In 2023, GAF – North America's largest roofing manufacturer – presented SRI with its President's Club 3-Star Award for outstanding achievement in the roofing industry, citing "exceptional workmanship and customer service, and commitment to excellence." Only six Florida



companies have received this honor.

Miller serves on the GAF advisory board. "It's been interesting working with them on things that will improve the industry," he says.

The SRI website includes testimonials from very satisfied customers and a user-friendly

free quote form. There is also a blog featuring topics like the importance of leaf removal, roofing trends for the coming year, and detecting signs of poor ventilation in houses.

As for the company's philanthropical endeavors, SRI raised over \$60,000 for Westonwood Ranch with the inaugural Sports Clay Shooting Tournament in 2022. The 10-acre ranch in Freeport offers life skills and job skill training to teenagers and young adults with Intellectual/Developmental Disabilities (IDD).

Specialty Roofers is located at 124 Trout Branch Drive (9600 SR-20 on GPS) in Freeport. For more information, visit specialtyroofers.com, email info@specialtyroofers.com or call 850.974.ROOF. Office and showroom hours are Monday through Friday from 8 a.m. to 5 p.m.

SALON TRINITY

continued from page 21

nity. From the Mattie Kelly Arts Foundation to Westonwood Ranch, Emerald Coast Pride and Fore Her, we're dedicated to partnering with groups that uplift others and make our community stronger. These organizations support everything from the arts and education to health and equality, and we're honored to stand alongside them.

For us, giving back isn't just about writing a check or sponsoring an event—it's about active participation. Our team volunteers, attends events and spreads awareness about the

causes we care about. We believe that by supporting these local efforts, we're not just helping to improve the lives of individuals, but we're contributing to the growth and well-being of Northwest Florida as a whole.

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embodies care, professionalism and authentic relationships – one that celebrates every guest as an individual and supports the community we're proud to be a part of.

So, whether you're looking for a fresh new look, a relaxing escape from the everyday hustle, or simply a place where you'll be treated with kindness and respect, The Salon Trinity is here for you. We invite you to experience the difference, discover your true beauty within and join us in our mission to give back to this amazing community we call home. Learn more at TheSalonTrinity.com.

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Team Johnson's Journey: From Conflict to Cohesion



BY BILL MASON, PCC, CPLC

Team Johnson (not their real name) seemed like the perfect crew. They had the skills, a clear mission, and plenty of drive to make things happen. Composed of seasoned professionals in their respective fields, their resumes were impressive, and their track records spoke volumes. But beneath the surface, things were unraveling. Personal conflicts were bubbling up, fueled by misunderstandings and unaddressed grievances. Frustration was on the rise, permeating the work environment and casting a shadow over their achievements.

Meetings felt more like battlegrounds than chances to collaborate, with heated debates over trivial matters leaving little room for productive discussion. Everyone was focused on their own agendas, prioritizing individual tasks over team objectives. As a result, deadlines were slipping, and alignment was nowhere to be found. The team felt stuck, and the tension was becoming impossible to ignore.

Enter Rocket Fuel Coach. Team Johnson recognized they needed a change, but had no clue where to begin. So, they kicked things off with the Ignite Course, a comprehensive 3-month program aimed at helping folks understand their strengths, clarify their goals, and tap into their leadership potential. This wasn't just another training program; it was a tailored journey designed to address the unique challenges faced by Team Johnson. As part of the program, each team member received personalized 1-on-1 coaching sessions. These sessions were a chance to vent



frustrations, dig into the roots of conflicts, and make significant strides toward personal and professional growth.

The transformation didn't happen overnight, but with each session, barriers began to crumble. Team members who once dodged tough conversations started opening up, breaking down the walls of silence

that had long stood in their way. They talked about their frustrations, not to point fingers, but because they genuinely wanted to solve problems and move forward as a cohesive unit. The coaching sessions provided a safe space to explore underlying issues and foster a culture of open communication.

The real breakthrough happened during the Team Transformation workshop. This intense, eight-hour session tackled the dysfunctions head-on. Through team exercises and honest discussions, Team Johnson got down to the nitty-gritty: lack of commitment, unclear priorities, and hesitation to fully dive into the work. Participants were encouraged to confront their fears and confront the status quo, which had been holding them back. By the end of it, they weren't shying away from tough issues anymore; they were facing them together with newfound clarity and purpose.

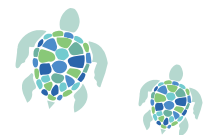
They walked out with clear goals, a renewed promise to each other, and a unity that had been missing for a long time. Those personal conflicts that

seemed impossible to overcome were now manageable, with team members equipped with strategies to address them constructively. In fact, the team saw a 50% drop in internal conflicts after completing the program, a testament to the impact of their hard work.

But more importantly, they were functioning as a strong, high-performing unit. Projects were getting done on time, communication was flowing smoothly, and everyone felt a renewed sense of purpose and belonging, eager to tackle future challenges with confidence.

At Rocket Fuel Coach, we see these transformations all the time. Teams like Johnson's often struggle with conflict, unclear priorities, and disengagement. That's why we created the Team Transformation eight-hour training seminar. This intensive workshop helps teams break through their barriers, align on clear priorities, and make sure everyone is fully on board for the team's success. We've helped many teams reduce conflict, clarify their objectives, and unlock their full potential.

If your team is ready for a breakthrough, let us help you spark that change. Bill Mason, bill@rocketfuelcoach.com, 850-855-3430




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A Pastor's Ponderings: The Circus is Coming



BY PASTOR DAVE HOLLAND

The boy felt the awful sting of poverty. He was about age 10 and lived in a small Midwest town in the 1930s. The Great Depression wreaked havoc in the nation, and drought ruined the farmers. That's when the boy caught the news the circus was coming to town.

He ran home screaming, "The circus is coming! The circus is coming! They're going to have elephants, lions and clowns!" He ran to his father and begged him to buy him a ticket.

"I'm sorry, son, we don't have money for that." Not wanting to dash the boy's dreams, he pondered for a moment, "Maybe you could earn the money doing odd jobs."

The boy became an ambitious entrepreneur, earning pennies, nickels and dimes until he had the 50 cents necessary for a circus ticket. Finally, the appointed day arrived, and the boy headed into town with his ticket in hand.

The circus troupe paraded down Main Street with enormous elephants leading the way. Lions in cages followed. Clowns skipped through the crowd, tossing hard candy to the children. In his excitement, the boy ran up to a clown and thrust his ticket into his hand. The clown continued merrily along, and the boy returned home.

"Daddy, Daddy, I went to the circus. They came right down Main Street. I gave my ticket to the clown with giant feet."

"Oh, son, that wasn't the circus. That was only the parade."

How many Christians go to church dutifully, serve in various places of ministry and listen to Christian music hoping for a relationship with God? We attend

churches with impressive facilities, awe-inspiring worship and stage-sets that rival Hollywood as if that is what Christianity is about. It's not.

Knowing Jesus is the main event, following Him through the cross and resurrection, is where faith grows. The dynamic preacher on stage pales compared to the light that burns in Christ's eyes. Pastor's words are only an echo of He whose words are a two-edged sword. Your church leadership may stand on a platform of various values, but our Savior stands on the rock of righteousness.

Many politicians will claim they stand for a moral imperative this election season, but Jesus is the One who loves us all. His platform is justice and His message is salvation. Christ's party are all those who believe in Him. Rather than vote for the lesser of two evils, I may write in the name of Jesus on my ballot. Jesus Christ, King of Kings.

Jesus is the main event. He rules and reigns forever. Pastors may come and go, and church buildings will one day crumble, but His Word will last for eternity. Look to Jesus and believe right now. Close your eyes, look to the heavens and declare, Lord



Jesus, you are King and Sovereign in my life and our nation.

The Lord spoke to Elijah in 1 Kings 19:11-12, declaring He is not in the earthquake, or the fire, or the whirlwind. Rather, He is the still, small voice whispering to our hearts. He guides, teaches and nudges us into pathways where we will grow in our faith. Be like the little boy in the story; don't confuse the parade with the circus.

Knowing Jesus is so much more than going to church or reading your Bible. You can

know Him and the power of His resurrection. You can share in His sufferings becoming like Him in His death (paraphrased from Philippians 3:10.) This happens through intimate fellowship with the Lord.

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, or at Amazon.com. Pastor Dave is available to preach and teach at churches and conferences. Contact him at DavidHolland54@gmail.com.

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BY SEAN DIETRICH

“It’s all gone.” That’s what the lady on the news said.

She was an older woman, being interviewed by a reporter. Giant news camera shoved in her face.

The lady sounded like she was in a uniquely frantic state, poised somewhere between panic and absolute exhaustion. It is a frame of mind where you experience millions of emotions at once, and yet feel none of them.

I know this because that’s how she described it.

“It’s all gone. All of it.”

This was followed by images on my screen that were apocalyptic. One of America’s most historical storms. Hurricane Helene. Destruction from Florida to Virginia.

And here I am, sitting in my comfortable living room, watching the tube, thinking about how scary all this is.

These people’s lives are ruined. These people have nothing left. These are Americans. These are my brothers and sisters.

Whole towns are gone. Highways have been upended. Floodwaters rage. Mudslides. Missing persons. Missing pets. People going hungry. People trapped. People injured.

All I can think about are the emails and texts going back and forth between those who experi-



enced the nightmare.

“We still haven’t heard from my mom...”

“My son hasn’t called yet...”

“It’s been days and I don’t know where my husband is...”

As I write this, the death toll tops 120. And I just read somewhere that 600 are still missing. And that’s just the ones we know about.

And as I’m watching this unfold on the television, I’m about to cry. I’m about to give up, deep inside. For there is little hope left in this world, I’m thinking.

But then I see something.

On the television, I see a kid picking up debris. He’s slight and small, maybe 6 years old. Blond hair. And he’s out there helping. Busting his tail.

I see food trucks galore, on their way to affected areas. Saint Pete. Western North Carolina. Waycross. One Salvation Army food truck, teeming with volunteers, is capable of cranking out 12,000 meals at a time.

Small churches with food lines. Churches with buildings that don’t even exist anymore are feeding the hungry. Feeding each other.

Members of the Cajun Navy, speeding toward flood zones in bass boats, with utility trailers full of supplies.

I see young guys with chainsaws, slicing through fallen oaks. I see men and women from other states, who took a field trip into hell, just to help. They have no relatives here. They just want to pitch in.

I see the Baton Rouge Fire Department flying to Charlotte, North Carolina, just to be airlifted into a rural area of the state.

Volunteer hikers, on their way to the Tennessee state line, a badly damaged area that hasn’t been assisted yet.

There are mule packers, headquartered in the North Carolina hills. Men leading mule trains, trained to haul military ammunition, now delivering meals and water to neighbors stranded.

The stories are too many to count. As I write this, a new story of heroism is occurring every minute in this nation.

Lives are being saved. Heroes. Each one of them. They are carrying the wounded of our kinship toward safety, on their own backs.

And I am reminded of something I once heard one of my own heroes say about horrific events occurring in our world.

“Look for the helpers,” he said. “You will always see people who are helping.”

He’s absolutely right. And in this case, they’re called Americans.



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Op-Ed: Amendment 4—Not What it Seems

BY "DOC" DOUG STAUFFER

The most controversial issue on the November ballot is Amendment 4, titled the "Amendment to Limit Government Interference with Abortion." Abortion is, unfortunately, divisive, but this amendment is deceptive. This change to the state's Constitution would forever alter Florida. While Amendment 4 is being marketed as a means to "restore reproductive rights," in reality, it allows unlimited abortion, strips away parental consent laws, and removes doctors from the equation.

The Deceptive Language of Amendment 4

Amendment 4 does not define one term used in the amendment. All constitution-

al amendments are carefully crafted with specific terms and detailed language, leaving less room for misinterpretation. Amendment 4, however, has no such clarity. Words like "viability," "health" and "healthcare provider" are undefined. This opens the door to extreme interpretations that will be exploited by lawyers, making abortion in Florida a legal quagmire.

For instance, the term "viability" typically refers to the point at which a fetus can survive outside the womb, around 22-24 weeks. However, Amendment 4 leaves this term up for interpretation. This ambiguity creates one of the many dangerous loopholes.

The phrase "patient's health" is equally concerning, which could be defined as physical, mental, emotional, and even financial well-being. By using vague and undefined language, Amendment 4 will allow abortion at any stage during the nine months if the "health" of the mother is deemed at risk. That "risk" could include emotional stress or financial strain. The

life of the mother is already covered.

Parental Consent Stripped Away

Amendment 4 attacks the family, because it obscures its impact on parental consent laws. While its proponents argue that "parental notification" remains intact, the reality is that this amendment, if passed, would repeal Florida's parental consent laws. Think about it! Every other medical procedure performed on a minor requires parental consent—why should abortion be the ONLY exception?

Who's Behind the Amendment?

Florida voters should ask themselves: Who stands to benefit from this radical amendment? Groups like Planned Parenthood, the ACLU and the Open Society Fund, led by George Soros, have poured millions of dollars into this initiative. These are not grassroots organizations, but well-funded, out-of-state interests determined to make an example of Florida by creating an abortion destination state.

In 2022, Michigan passed a similar state constitutional amendment. What has followed are taxpayer-funded abortions and the removal of all restrictions, including late-term abortions. If Amendment 4 passes, Florida will follow the same path, forcing taxpayers to pay the bill and allowing abortion throughout all nine months of pregnancy. Even most proponents of abortion do not believe in third-trimester abortions.

Why This Amendment is Too Extreme for Florida

Amendment 4, as an amendment to the Constitution, will result in an almost irreversible outcome. Once enshrined in the state Constitution, our elected representatives will be powerless to fix any problems. If passed, this amendment would turn Florida into a haven for limitless abortions, drawing individuals from states with more common-sense abortion guidelines. The lack of definitions and legal loopholes would enrich attorneys, sparking years of costly litigation. The taxpayers will be adversely affected and have no

hope of finding a solution.

A Call for Informed Voting

The supporters of Amendment 4 want to deceive voters into thinking that the amendment's real outcomes are unknown. Floridians deserve to be fully informed, not misled by deceptive language and hidden agendas. If parents no longer must give permission for a juvenile to have an abortion, be honest!

During all the heated rhetoric surrounding Amendment 4, one crucial element is often overlooked: love and understanding for the women who have experienced abortion. While some may be satisfied with their decision, others carry a lifetime of regret, and every time this issue ignites another firestorm, those emotions are stirred anew. As we engage in this important debate, let us not forget that compassion must remain at the heart of our conversations. Regardless of our views, every person, including those who have walked this difficult path, deserves our love, respect and empathy.



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 Arts & Music

MKAF

continued from page 1

To realize our vision to “enhance and inspire every life through arts and culture,” it takes community support. As Fuller explains, individual giving has always been the rock bed of MKAF.

“Mattie Kelly Arts Foundation was initially started from the Arts Guild Lunch attended by local art lovers and evolved into the huge support system of volunteers, patrons and sponsors we have today. Membership is the backbone of MKAF and a direct tie to the community. Taking part as an individual member helps to support the arts education and outreach that Mattie Kelly is known for,” Fuller says.

Melanie Moore is the Director of Art Education and couldn't agree more. This year, she has plans to complete nearly 160 custom ArtsReach programs. From teaching artists, residencies, workshops, touring performances and summer camps, each offering is designed to uniquely benefit a range of diverse populations from the needs of K-12 students, children

and adults with special needs to veteran and active-duty military service members.

“We're connecting with and providing creative opportunities for populations that lack access to art,” Moore explains. “We tailor our programs to those who uniquely benefit from different ways of learning innovative and unique programming. We want to share the arts and a love of the arts with everyone we can and with the best programming we possibly can.”

And this is where you come in.

MKAF cannot deliver quality arts programming like the annual Festival of the Arts in the fall, the 10-week Concerts in the Village in the spring, not to mention its year-round ArtsReach community outreach initiatives without the community's help. So please join us.

“Membership is affordable, and the benefits are fun,” assures Fuller. “Where else can you spend \$150 and get access to 15 concerts, a Festival of the Arts pass, plus discounts on MKAF events? You just can't.”

There are several new MKAF membership levels from just \$75.



Art Nouveau (40 years old and under) Single \$75

– For those 40 years of age and under. Member benefits include admission to all of the Spring Concerts in the Village and Festival of the Arts, plus preferred pricing to all MKAF events.

Pop Art – Single \$150 or Double \$250 – Member benefits include admission to all of the spring and fall Concerts in the Village and Festival of the Arts, plus preferred pricing to all MKAF events. This category is available as a single or reduced fee for couple who reside in the same residence.

Renaissance Single \$250 – Includes all member benefits

of the Pop Art category plus a VIP Table seat at all of the Concerts in the Village, table is assigned upon arrival. (This is a limited membership category and will be filled on a first come, first served basis.)

Impresario Single \$500 – Includes all member benefits of the Pop Art category plus a preferred VIP Table seating at all of the Concerts in the Village, plus 10 general admission tickets to use at any Concerts in the Village or Festival of the Arts. (This is a limited membership category and will be filled on a first come, first served basis.)

Plus, pledging your support is easy to do. Simply go to the

MKAF website and sign up on the home page.

Supporting MKAF means you are a champion of the arts. Since forming in 1995, MKAF has impacted 420,000 through our ArtsReach programs.

You will be helping to support this special MKAF memory shared by Melanie Moore of Hands On with Zig, an MKAF ArtsReach partner who presents interactive educational based music events with multicultural themes:

One of my favorite memories working with Zig was after visiting the ARC of Walton County. Zig begins each program by introducing himself and sharing some things about his life as a musician/composer/educator based in Nashville. After two hours of all of the clients learning to play percussion instruments of various genres (including country music) and making music as an ensemble, I saw that some of the participants were huddled in a group off to the side. It seems that they deduced that since Zig is from Nashville, and as a musician, that he must know Crystal Gale,

Continued on next page



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ECTC

continued from page 2

my Father in Law, Jerry Ogle, had donated an old Ford truck to ECTC. So, every time we did a show at the Market Shops, the Williams Sonoma space at Grand Boulevard, and even the first couple of shows at 560 Grand Boulevard, off I would go in the old Ford to pick up one to 200 foldable white event chairs, and, of course, to return them the day after the production run ended. Soon after moving into 560 Grand Boulevard, with generous donations from Eric and Teresa Bolton and Doug and Jan Best, we were able to purchase our soft, cushy, black chairs and some sound equipment! For a time, these chairs set in rows on ground level worked. But, one day we had a few hundred children at a Field Trip production of Flat Stanley the Musical, and the kids on the back two to three rows were sitting on their knees and standing up. They simply could not see, because all of our nice cushioned chairs were ground level. Unfortu-

nately, we did not get the grant funding we were hoping for to purchase risers. Later that week, I was having lunch with Shirley Simpson and we were discussing how unfortunate it was that we didn't get the grant money. Mrs. Simpson asked me, "Well, how much do you need for the risers?" I replied with the amount. She returned with, "You've got it!" WHAT?!!! To this day, Shirley and I recount this story, her joy in being able to have such a positive impact on ECTC and my overwhelmed reaction at her news. If you know me, then you know that I responded with some breathless wonder and a few tears – truly, anything CAN happen!

Since 2016, the partnership with Grand Boulevard for the space has been a dream come true. Our first season there, Season 4 (2016-2017), we produced two to three actor shows and no musicals: Constellations, A Dickens Christmas and Bakersfield Mist. We had a little over 1,800 people attend those three productions, 1,745 people attended our educational program

performances, and we had about 470 education program registrations. I had just become full time with the company, but still supplemented by continuing to adjunct at Gulf Coast State College and UWF, Anna was still hired as needed as an independent contractor and volunteered the rest of the time, and our team was filled out with some amazing independent contractors like Bridgett Bryant, Darla Briganti, Cana Strong and others.

Fast forward to the end of Season 11 and looking forward to Season 12 – we are now producing shows with casts of up to 22 actors; we had over 13,000 people attend Season 11 professional and Family Theatre productions, over 3,100 people attend the educational theatre productions, and 769 registration in our educational theatre programs including the satellite programs in DeFuniak Springs,



Shirley Simpson and Nathanael Fisher

Freeport and Panama City. Our team has grown to eight, full-time employees, including Anna and I, and one part-time employee. And, we're looking forward to another season of spectacular professional and educational theatre with the goal of serving our community with excellence! ANYTHING CAN HAPPEN!

While we were celebrating our 10-year anniversary, we were being interviewed by Zandra Wolfram for an article in a local magazine. She asked Anna and I, "So, Year 10! Is it 'Mission Accomplished'?" Anna and I looked at each other and



The ECTC Board Touring 560 Grand Boulevard, Suite 200, August, 2016

laughed – "Mission just getting started! We are not done dreaming!" We still feel that way. Look at the last 11 years, look what's happened, look how YOU our community has embraced us. We are so incredibly grateful for everything that has happened, but with YOUR help there is more. Will you dream with us, will you believe with us that even still...ANYTHING CAN HAPPEN!?!?

MKAF

continued from previous page

and asked if he could bring her with him next time, as one of them was actually named after

Crystal Gale. Zig explained that he did not know her personally, so it would most likely be him returning by himself in the future. However, when Zig returned to Nashville, he did work his connections and reached out

to her. Needless to say, Crystal Gale sent an autographed photo to the ARC and it now holds pride of place. Needless to say, her namesake was moved to tears. What many may not realize is that when Zig comes

to visit, and everyone learns to play an instrument as part of "the band," they become the stars of their own show, and feel like they are a part of something special.

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 **Around Town**



BY PATRICIA LEE, OWNER
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Happy October to everyone! Things are moving and shaking in Destin. In our local's Facebook group this past month, the Mayor placed a post stating the following, "The state has just proposed this modification to Hwy. 98 due to the high level of car crashes at the Whole Foods and Regions Way intersection. Please share your thoughts with me as the state requires local approval to modify anything." A photo of the area was provided also for member viewing. Listed below are a few of the 113 responses he received. If you have an opinion and would like it to

be considered, you can write to the mayor at bwagner@cityofdestin.com or call (850) 837-4242.

Some member responses to the Mayor's question:

1. Another thought is to only have the turn going towards Lowe's. The other turn makes it more dangerous as it blocks the vision of anyone turning toward Lowe's. One could just remove the turns completely and force drivers to use the lights. Or put a U-turn further down. However, the current option is better than adding another light to Hwy. 98.
2. No exit—make it a one-way street.
3. 100% agree. It's that or a light.
4. Ridiculously dangerous intersection. Seems like it could be eliminated altogether. Please modify.
5. The light on Crystal Beach backs up traffic past this inter-

Ask Destinities: Proposed Modification to Hwy. 98



section. Then vehicles cross this intersection through mostly stopped traffic—meaning the very right-hand or turning lane of Hwy. 98 west is still moving, creating accidents. I think the proposed changes are nice, but not the core issue with the intersection. Lights could be timed better than they are currently.

6. Maybe just start pulling people over for traffic violations. There is no police presence on Hwy. 98 between the Harbor and the Walton County line.

It is a racetrack and it's ridiculous.

- tion. I live in Regatta Bay and have experienced near misses by drivers trying to cross Hwy. 98 to go east. One thing to consider is that this will force more U-turns in the area which are a problem in themselves.
8. I think they should close it completely off and not allow any thru traffic between there. They can go to the light and turn around if needed—it's just so dangerous.
9. Don't think cameras are going to happen anytime soon, unfortunately. But this interchange is definitely in need of an update. I bank here, and regularly use this interchange and sketchy is a kind way to describe the current status. 100% agree with the proposed directional median.
10. Just build an overpass

through the whole city—how hard is that?


There were a handful of other traffic redesigning suggestions made unrelated to the Mayor's post and he kindly responded to those, as well. If you would like to read the remaining responses, you can find his post in our group or visit the mayor's official Facebook profile page where he posed the question and also received responses from the community.

www.Facebook.com/bobbyfordestin.






If you are a Destin resident or in the close surrounding area, I invite you to join our private targeted locals' group at www.Facebook.com/groups/Destinities with 10,700+ members (Est. Oct. 2018). Check out our monthly newsletter and local business directory at www.Destinities.com. If your business is in our directory, you may advertise in our Destinities group.

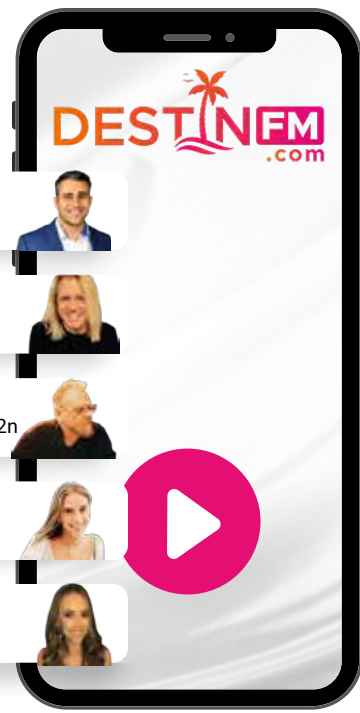
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Fight! Fight! Fight! Trump Boat Parade

Join the Fort Walton Beach Trump Flag-Waving Team and I'm a Florida Trump Girl, Saturday, October 12, for the "Fight! Fight! Fight! Trump Boat Parade."

Line-up will begin just east of the Mid Bay Bridge in Destin, between 9:30 and 9:55 a.m. Kick off at 10 a.m. sharp begins with a prayer and the National Anthem. The boat parade will travel up the sound and end at the Liza Jackson Park area in Fort Walton Beach.

This is the second Trump Boat Parade this group has hosted for the 2024 election season and the fourth since 2020, which included more than 2,200 boats in 2020! "After the previous boat parades, we have had numerous people contact us and say that they had not heard anything about the parades or they would have participated," said Anne Ziegenhorn, co-founder of the two groups along with Deidre Cannon and Shannon Hyder. "Getting the word out has been one of our biggest ob-

stacles, since we are a FREE organization that does not collect dues or fees. This time, we have businesses and people willing to sponsor the event which will help with advertising and other expenses," continued Anne.

There will be a \$5 registration fee to cover the cost of materials and printing of the boat bibs (boat numbers.).

In order to get registration information or if you are interested in sponsoring the event, please send an email to Trump2024BoatParade@yahoo.com or text 850-376-5634. All sponsorship money and names are due by Monday, Oct. 7, in order to print the banners.

"We love making it a fun event for all who participate on the water and for those who watch from bridges, boats and land. We love seeing all the decorations on the vessels and hanging from the bridges." The first 100 vessels to register will receive a gift bag with Trump swag.

The Fort Walton Beach



Trump Flag Waving Team meets every Tuesday from 5 to 7 p.m. in front of AJ's on the Bayou in Fort Walton Beach. They wave flags, give out free Trump swag and connect with the community in support of President Trump. If you would like to become a part of the team, find out more at <https://www.facebook.com/groups/fwbtrumpgroup>.

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