

curate

a collaboration with Vinings Gallery

Curate features artwork that stirs the soul in a stunning array of paintings, glass and sculpture. Stop by and see us soon.



Sublime Prophecy, Simon Kenevan



Letting Go, Josef Kote



Unending Breath and Light, Steven Quartly



Full Bloom, Nicoletta Belletti



Furniture | Apothecary | Fashion | Interior Design | Gifts 57 Uptown Grayton Circle, Santa Rosa Beach, FL 32459 summerhouselifestyle.com

letter from the publisher

THE HOLIDAYS AT THE BEACH



The holidays at the beach are special for many reasons. The beach is particularly beautiful during this time of year; with majestic, moody skies and more turbulent waves, there is a dramatic feeling in the air.

The festivities of 30-A are full of warmth and nostalgia and there is no shortage of new experiences to fill your time. With the crowds more diminished, it's the perfect time to discover "secret" spots and gardens up and down the 30-A corridor. Restaurants revel in special menus and flavors that bring back memories of tradition and love.

As always, this issue is full of the people, places, and things that make 30-A, South Walton Beach, and the surrounding areas special. We hope you enjoy perusing the pages as much as we've enjoyed creating these stories for you. The magic of 30-A is timeless, and the sustainability and ethos of South Walton Beach prove to give both pleasure and inspiration year after year.

Warmly,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



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about the cover

Pictured

Work by artist Anna Sweet. Shown at Curate Gallery.



Go to www.ThirtyAReview.com to view the entire publication online.

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Theatre and Events in November and December



ROSEMARY BEACH

Twisted Treats

magical creation!

November 21, 12pm to 2pm NORTH BARRETT SQUARE Come before the magic show and have one of our talented balloon artists make you a

Pittman Magic Holiday Spectacular

November 21, 2pm to 3pm ST. AUGUSTINE GREEN/OWNERS PAVII ION

Join us for an afternoon of action-packed crowd-pleasing holiday fun with Pittman Magic, Juggling and Comedy... Rosemary Beach's #1 magical variety

Chairs and blankets welcome.

Festive Face Painting

November 22, 10:00am to 2pm, North Barrett Square

Festive Face Painting is the perfect way to get into the holiday spirit! Bring the kiddos and watch as they are transformed into creative creatures!

"Every Christmas Story Ever Told" Live Theatre

November 22, 2pm NORTH BARRETT SQUARE Don't miss the REP's smash hit, "Every Christmas Story Ever Told" showcasing all your favorite beloved holiday classics crammed into a performance full of high-energy jolly, frivolity and hilarity. Fun for the whole

family! Chairs and blankets welcome. Come early and get your face painted before the show!

Moonlight & Movies - ELF

November 23, 6pm to 8pm WESTERN GREEN

Bring the family for a wholesome, fun night under the stars. Enjoy a holiday favorite, *ELF*. Chairs and blankets welcome!

30A 10K & 1 Mile Fun Run

November 24, 7:30am NORTH BARRETT SQUARE

Tour scenic Highway 30A and give yourself an excuse to go for that second slice of pumpkin pie. www.30A10K.com

Tree Lighting Ceremony

November 25, 6pm SOUTH BARRETT SQUARE

Don't miss the excitement as we "turn on the town!" Enjoy musical performances by the Charles Dickens Carolers; see Santa's big arrival and the lighting of the tree. Then enjoy a carriage ride throughout the festive town.

Merchant Holiday **Open House**

November 25, after the tree lighting Visit the Town Center Merchants after the tree lighting for a very special evening of holiday shopping and refreshments!

Breakfast with Santa

November 26, 8am to 10am TOWN HALL

Bring the kids to Santa's Workshop for a magical morning filled with delight! Included are a boxed breakfast, a professional color photo with Santa and a special goodie bag from Gigi's! Tickets are \$20 and available at the door. 100% of admission proceeds will go to the SWFD Angel Tree Program.

SFASIDE

SEASIDE® Farmers Market

Saturday at 9:00am to 1:00pm CENTRAL SQUARE/ **AMPHITHEATER**

Join us for our weekly Seaside Farmers Market each Saturday!

Sounds of SEASIDE®

Every Saturday from 1:00 - 4:00pm **AMPHITHEATER**

Grab your chair and head to the Seaside Amphitheater as the sounds of SEASIDE® fill Central Square with a rotation of local bands each Saturday!

Central Square Cinema

Friday, November 25 **AMPHITHEATER**

Grab your blankets and head to the Seaside Amphitheater for a family movie under the stars. Elf begins at 7:00pm, weather permitting.

Seeing Red Wine Festival

Nov. 10: 6:00pm to 9:00pm Nov. 11: 6:00pm to 8:30pm Nov. 12: 12:30pm to 4:00pm Nov. 13: 10:00am to 1:00pm SEASIDE AMPHITHEATER Join us in Seaside, Florida, this November for a wine experience that celebrates the makers behind

The Nutcracker

the bottle.

Sunday, November 20 at 5:00pm *AMPHITHEATER*

Bring blankets and chairs to the Amphitheater lawn to kick off the holiday season with a holiday classic of The Nutcracker presented by Ballet Pensacola on the Amphitheater Stage.

Turn on the Town

Saturday, November 26 at 5:00pm AMPHITHEATER

Seaside rings in the holiday season with the lighting of the tree in the Amphitheater.

Holiday Pops Concert

Saturday, December 10 at 5:00pm AMPHITHEATER

Join us in SEASIDE® as we fill the town with the holiday spirit as we listen to the beautiful sounds of Sinfonia of Gulf Coast perform holiday classics in the Amphitheater. Blankets and lawn chairs are welcome. This is a complimentary event proudly presented by the Merchants of Seaside.

The REP Christmas Performance

December 9, 10, 11, 16, 17, 18: 11am to 12pm

December 20-23: 11am to 12pm and 2pm to 3pm

SEASIDE POST OFFICE

A magical, festive performance by The REP in front of Seaside's Post Office.

Photos with Santa

December 16-22, 4:00 to 6:00pm LYCEUM TREE

Here comes Santa Claus! Join us in SEASIDE® for complimentary photos with Santa.

New Year's Eve Celebration

Saturday, December 31 from 4:00pm

Ring in the New Year with Seaside!

Visit seasidefl.com for more events and updates.

SINFONIA GULF COAST

Holiday Pops

December 9, 7:30pm DESTIN-FORT WALTON BEACH CONVENTION CENTER

The Doo Wop Project boys will get you into the holiday spirit!

WATERCOLOR

Mountainfilm on Tour at WaterColor

November 4 & 5, Gates open at 7pm MARINA PARK AMPHITHEATER Mountainfilm on Tour returns to WaterColor Inn & Resort's Marina Park Amphitheater Nov. 4-5, with films that reflect Mountainfilm's themes of exploring cultures, preserving environments and promoting adventure, while using the power of film, art and ideas to inspire audiences to create a better world.

www.mountainfilmfl.com

Burn Off the Turkey Day

November 25, 8 to 9am Start Time Go the distance to burn off the bird! Check-in at WaterColor Beach Club between 8-9am and start when ready. Pick up your biking map or your walk/jog/ run map. Start your workout on your app. Return to WaterColor Beach Club upon completion to check in for your miles to be verified and your time to be logged. Prizes will be awarded!

Brunch with Santa at Fish Out of Water

Friday, November 25

This year, Fish Out of Water restaurant is celebrating Santa's visit with a special buffet brunch. Santa will be present from 8 to 11am, brunch is served from 8am to 2pm. Cost: \$45 per adult, \$25 per child www.foow30a.com

National Champagne Day

December 31, 3 to 6pm, \$55 Stop and enjoy a variety of bubbles and mouthwatering

small bites at bubbles stations as you make your way from Camp WaterColor down to WaterColor Beach Club beach for the complimentary bonfire.

Ambrosia Offers the Nectar of Fine Wine and Dining

BY TESS FARMER

The main dining room offers a classy, coastal aesthetic boasting ornate kelp sculpture and cozy booths. In the bar, dark wood, mood lighting, and intricate fixtures set the tone for the social atmosphere and satisfying meal to come.

ombining the freshest seafood and steaks and years of fine dining experience, two seasoned restaurant partners, Russ Graham and John Poates, have created a restaurant pleasing to all the senses. Owner Graham and Managing Partner Poates opened Ambrosia Prime Seafood and Steaks in August this year in the new Watersound Town Center. Graham previously owned a group of restaurants in the Memphis area, while Poates joined Ambrosia as managing partner after many

years in management with Morton's Steakhouse. The location offers convenient access for residents and guests of Watersound Origins but has also become a hot spot for those visiting 30-A and beyond.

From sourcing the freshest fish just across the bridge to the attention to design details and acoustics, Ambrosia's team is committed to offering the best fine dining experience in and around 30-A.

"Our commitment is to our guests and ensuring their satisfaction on all levels during their time with us," says Poates. "Fine dining is also about building connections and trust with customers and we're focused on bringing that level of service here in this community."

With more than 12,000 square feet of space, including inside and outside seating, Ambrosia offers thoughtful touches throughout. Designed by Paige Whitten, known for her luxurious coastal design, the interiors are meticulously selected. The main dining room offers a classy, coastal aesthetic boasting ornate kelp sculpture and cozy booths. In the bar, dark wood, mood lighting, and intricate fixtures set the tone for the social atmosphere and satisfying meal to come. The custom bar was designed by Wallace & Hinz Bar Company, a long-standing California-based company, and was fully American made.

The seafood dishes really shine with the focus on fresh fish and shellfish from the Gulf and complementing flavors. The red snapper is served with coconut jasmine

rice, mango salsa, and the Persian lime-infused olive oil from 30A Olive Oil Company.

The raw bar offers fresh oysters, Maine lobster, and ceviche. Prime cuts of meat are also carefully curated with a plethora of sides to accompany all dishes, including the particularly satisfying glazed Brussel sprouts with pork belly, and Southern classic sweet potato casserole.

The most popular appetizer are the crab beignets with blue crab and green tomato marmalade. The kitchen team is peeling blue crab from opening to closing, Poates remarks. The squash blossoms are delicately crisped and full of whipped goat cheese and passion fruit aioli, and are a sure winner in the flavor category. The locally sourced ingredients and seasonal selections make this a spot to return to.

'We're grateful to be a part of this community and offer guests a memorable experience on top of being in this beautiful place along the Emerald Coast," adds Poates. "The support and feedback have been great thus far and we welcome the opportunity to serve more of our locals and visitors."

Ambrosia Prime Seafood and Steaks, Watersound Town Center, 75 Origins Main Street, Watersound, FL, www.ambrosia30a.com







Photos courtesy of Ambrosia

Ovide

BY LIESEL SCHMIDT

I love the smells, sounds, competition of who can do it better, and energy that you feel in a kitchen. There's nothing like that environment and the atmosphere it creates.

ffering classic Gulf Coast flavors and impeccable classic French technique, Ovide is everything one would expect from a restaurant bearing the imprint of James Beard Award winner Chef Hugh Acheson. Since opening in February 2021, Ovide has proven to be the culinary gem in Hotel Effie's crown, showing itself worthy of such a luxurious hotel, and certainly the perfect way to honor its namesake, owner, and developer Tom Becnel's grandfather: Ovide Burns.

As beneficial as the partnership with Chef Acheson has been for Ovide, having an executive chef who shares the same vision is crucial to make that partnership bear fruit. Joining the Ovide team in July 2022, Chef Matthew Krueger embodies everything that Ovide requires in an executive chef, possessing the expertise and talent as well as the passion.

"What brought me here, to Ovide, was the South," Krueger says. "I love Southern food and culture, and I believe a major part of American cuisine comes from Southern cooking. There is a lot of passion in Southern food, and it is a very comfortable and relatable cuisine. Hotel Effie allows me to be creative and continue to learn to make great Southern food."

While he may be new to Effie and Ovide, Krueger is hardly new to cooking, boasting 19 years in kitchens, with ten of those years spent as a chef-though his beginnings aren't exactly typical. "I started working in my middle school cafeteria and continued working in



kitchens since then," he explains. "The kitchen is all I know. I was interested in the industry because of the high pace and intensity that is expected, plus I loved making food and sharing my food with family members and friends. Becoming a chef was an opportunity to be creative and learn new things."

In working with Chef Acheson, Krueger is still learning new things, and the two enjoy a collaborative dynamic that makes them work well together. "Chef Hugh and I have similar styles of cooking and it has been great to work with him to create a menu that showcases both of our backgrounds," he says.

Over the years, Krueger has worked the kitchens in a number of beautiful hotels, including nine years at the St. Regis, Montage and Promontory Country Club in Park City, Utah, and three years at Sea Island in Southeast Georgia before joining the team at Hotel Effie. In his first year here, his passion for his work has been met with a supportive team that welcomes his expertise. "We have a great culinary team that is eager to learn and that has been a big part of why I love working here," he says.

Learning has been a big part of his career—as has teaching, something that he loves almost as much as the cooking itself. "Being able to mentor the new generation of cooks that are coming up is incredibly rewarding," Krueger says. "It's great to see someone come in with little experience and, after a few months of mentoring them, watching them turn into great cooks. I have great memories of seeing that kind of growth from the people I've worked with."

In nearly two decades, Krueger has seen the best and the worst of the kitchen, the challenges and the accomplishments, the cuts and burns and the long hours...And, of course, the absolute awe of someone experiencing something he created. In all of that, his passion for his work hasn't grown cold or lost its luster. "One of my favorite things about the kitchen is the pace, intensity, passion, and grit it takes to be successful," he says. "I love the smells, sounds, competition of who can do it better, and energy that you feel in a kitchen. There's nothing like that environment and the atmosphere it creates."

Naturally, things are a bit more relaxed in his kitchen at home. In his down time, Krueger's tastes are simple. "I love to make pizza at home," he says. "I really enjoy the simplicity of pizza. It's a great family food that my family and I make on a regular basis. And there are so many different styles of pizza that you can make, so it's fun to explore that."

When he's not in chef mode, Krueger spends his time with his family and enjoys traveling, going to the beach, and golfing. Still, he's happiest in the kitchenand that can be tasted in every dish that leaves his hands to be placed in front of a waiting guest at Ovide.

Located at 1 Grand Sandestin Blvd., Miramar Beach, FL, US 32550. Open daily 7:00 a.m.- 2:00 p.m.; 5:00 p.m.- 10:00 p.m. for dinner. For more information, call (850) 351-3030 or visit hoteleffie.com.

Donuts, Anyone?

Rosemary Beach's Curate gallery is showcasing mouthwatering new works of art

BY CAROL BADARACCO PADGETT

nna Sweet's name is apropos for a contemporary artist who's knocking out local art collectors and tourists with her latest series. Its subject matter: donuts.

Sweet has been selling her artwork and sculpture commercially and successfully for more than 10 years, but about a year ago she decided to add some sprinkles on top. She created a textural batch of 3D donuts out of a variety of archival materials, urethanes, polymers, gels, and acrylics, as she describes, and mounted them on art boards.

The public's reaction surprised Sweet when the first piece she made sold within 24 hours for \$10k.

"I was definitely shocked and humbled as I always am when people decide to collect my work," Sweet says.

Next, she reached out to the owner of Rosemary Beach's Curate gallery, Gary Handler, who has represented Sweet's other work for years. When she told Handler she had something new and sent him her version of a box of donuts, all Handler could say was, "WOW," and he immediately snapped up her new series.

"I always ask myself; would I hang it in my home? My answer was 'absolutely'," he says about his decision to bring on the donuts.

On a deeper level, Handler has come to trust his gut about what will delight 30-A patrons, too. "If I like it myself, I've come to trust that our cli-

ents will like it as well," he says of his criteria for picking the colorful series.

Sweet's donuts resonate with her as an artist on a personal level, lending a sweet authenticity to her work. "I grew up going to Krispy Kreme as the one family outing before church," she notes. "The glazed donut was the treat I looked forward to all week long."

Art in general is also an early memory for Sweet. "I grew up above my family's art gallery. My mother was a painter," she shares. "I watched her paint until 2 a.m. most nights so she could afford to feed my eight siblings and me."

Part of a strict Pentecostal family, Sweet wasn't exposed to mainstream media or TV until she was 9 years



Photos courtesy of Anna Sweet

old, when her parents divorced. When her mother allowed her to buy her first fashion magazine, she remembers, she was awestruck by the striking imagery. So, her mom gave her a Pentax film camera. "I photographed my sister and friends every day and knew then that all I wanted to be was an artist," she notes.

In a way, Sweet's journey has similarities to Handler's as an art curator and gallery owner, in that once Handler was exposed to the world of art, he found his passion.

When Handler graduated from Auburn University in 1988, where he'd gone on a golf scholarship, he had two major back surgeries that took him out of mainstream culture for a time. "As I was recovering my dad gave me advice that changed my life," Handler remem-





bers. "He said, 'Hey, instead of going out and finding a real job, try something different."

So when Handler was on his feet again he took a job with an art gallery in Atlanta—an area where he had zero prior experience.

"I immediately fell in love with it," he states. Then one day as he was in the back of the gallery focusing on inventory and show setup, the gallery owner told him to go home, put on some nice clothes, and come back and sell on the gallery floor.

"I loved it and never looked back," Handler says. He's been in the art gallery business for 30 years now, eventually bringing his business to 30-A. Over the years when he and his

wife travel, he's consistently visited other galleries, searching out new artists to rep.

Back at Curate, Handler has found his niche—a perfect place for joyful artwork like Sweet's donuts.

"We've created a very approachable environment where we take the stuffiness out of buying art," Handler says of the gallery. And in terms of how he approaches customers: "We really have a non-pressure approach. We just want to be part of the experience," and to deliver "a transfer of enthusiasm."

He adds, "What we do is a trust business; it's at the core of what we do."

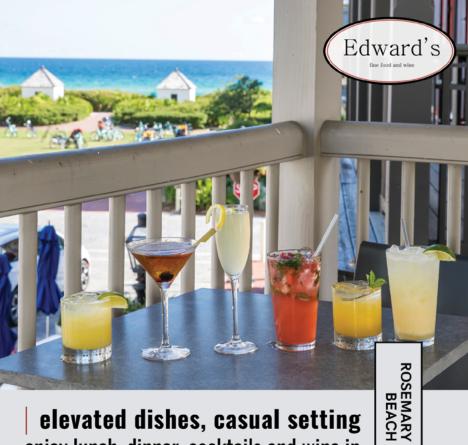
These days, Handler is often called to visit locals' homes and bring out artwork for them to try out on their walls. Right now, he's having fun bringing the donuts when he visits.

Everyone is loving the eye candy, he reports. "Bright, fun, happy, poppy" as Sweet herself describes it.

30-A's reaction? "Pass the donuts, please."

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elevated dishes, casual setting enjoy lunch, dinner, cocktails and wine in the dining room, courtyard or upstairs bar lunch served select days. visit our website for details.

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happy hour and dinner service



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Consistently delicious since 1995!











It's a Beautiful Life

BY LIESEL SCHMIDT

"Simply beautiful."

t's a sentiment and a statement. They sum up everything that designer Melissa Skowlund tries to accomplish with every project she takes on. And over the course of her nearly two decades in the industry, those two words have also become an epithet.

The owner of both an eponymous brand as well as a boutique furniture store, Summer House Lifestyle (SHL), Skowlund has created a reputation along 30-A as someone with an undeniable eye and clear understanding of how to create beautiful spaces that offer luxury as well as function. That expertise translates to her team as well, and what they all bring to the table in working with their clients. "We offer an exceptional level of customization when designing a home," says Skowlund, who opened SHL in 2011. "We don't have a cookie cutter look. We

try to understand each client and what they're looking for and how they live. I would say that I have the best staff on 30-A. We work together as one to go the extra mile and give exceptional service because we all really care and want our customers to be thrilled at the end of the day. I like to think we help bring beauty to life and into homes on 30-A and around the country."

In addition to the store and the interior design aspect of the company, Summer House Lifestyle added the Design Bar 30A to the brand in 2019, offering clients the ability to browse a wide selection of fabrics, fixtures, lighting, and wall coverings in the design showroom with the guidance of the SHL designers. Offering such services as room layouts, consultations for window treatments and pillows, as well as individual room or wholehome interiors design services, SHL's purview is indeed wide, containing a great range of details that all come together in the creation of a beautifully styled home. They also provide wallpaper design consultations, color consultations, project management for remodeling or home renovations, kitchen and bath design consultations, custom fabric selection, and home staging. "In whatever aspect of design our clients need us, they can expect us to be professional, respectful, and full of creativity and fun ideas," says Skowlund. "They can also expect honesty



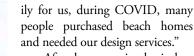


and integrity. We stand behind our work and truly want our clients to be thrilled with the outcome of the project.

Our attention to detail is part of what sets us apart and what we're known for, and our clients really benefit from that. We've also really become known for custom, high-quality design and furnishings that are unique, and I think that our customers really love that we have items that are not seen every-

where," she continues. "We realize the importance of satisfying our clients, so we will go out of our way to find something special for them."

Like all independently owned businesses, SHL faced the uncertainties of the pandemic without knowing how things would look on the other side. "Honestly, 2020 was a scary time to be in business and certainly to have a retail store," says Skowlund. "Fortunately, during that time, we were in the process of remodeling homes in both Alys Beach and in WaterColor, so we were able to continue working throughout as construction projects were deemed 'essential'. However, I did have to shut the store and offer shopping by appointment only for several months, which was a very scary time for both my employees and me. Luck-



After her years in the industry, along with all the ups and downs and incredible challenges that have come in that time, Skowlund is still just as passionate about her work—though perhaps a little more introspective. "What keeps me passionate and inspired



Photos courtesy of Summer House Lifestyle

is traveling the country and noticing the simple beauty in everyday life," she says. "I love working with artists and craftsmen who make beautiful things and bringing those things into a collection of the home. I enjoy the beauty in nature, from a piece of driftwood to a pink sunset. I am awed every day by the beauty of this world and all it holds. My goal is to leave it a little more beautiful when I am done with my job."

Summer House Lifestyle is located at 57 Uptown Grayton Circle, Santa Rosa Beach, Florida 32459. For more information, call (850) 231-0133 or visit summerhouselifestyle.com.



Pizza Bar 850.231.3113 Taco Bar 850.231.4781 Bud & Alley's BudandAlleys.com 850.231.5900





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Furniture South Celebrates 10 Years in Santa Rosa Beach

BY TESS FARMER

Offering professionally designed furniture packages, the Furniture South team has installed the interiors of hundreds of homes and condos, commercial suites, banks, and hotels on the Emerald Coast.

usiness owners Frank and Julie Kovach and their team are celebrating a milestone this year. Their locally run and operated furniture and interior design business has served the growing community in and around 30-A for ten years.

Frank and Julie have been in the furniture and interior design business on the Emerald Coast for over 25 years and have completed hundreds of jobs for homeowners and commercial clients alike. Over this time, they have witnessed and adjusted to many turns in the market. But this anniversary is a major accomplishment for the company considering the volatility of the economy over the past few years with the Covid pandemic.

Furniture South offers many lines of quality merchandise, much of which is on display in their 10,000 square foot showroom. But that's not all. Furniture South has over 10,000 additional square feet of storage filled with furniture, lighting, and accessories, ensuring most of what customers are looking for are in stock and readily available.

Furniture South also boasts a fully stocked design center with touch screen monitors which display over one hundred thousand items from America's top lines. Offering professionally designed furniture packages, the Furniture South team has installed the interiors of hundreds of homes and condos, commercial suites, banks, and hotels on the Emerald Coast. Furniture South offers free in-home consultations and same-day delivery for a

Julie Kovach has a degree in Interior Design and has earned a NCDIQ certificate, the industry's recognized indicator of proficiency. She is one of the few designers on the entire Emerald Coast with these qualifications.

"We work with each customer to ensure their design visions are brought to life," says Kovach. "We have been







fortunate over the years to have hundreds of repeat customers on our growing list of satisfied clients.

"With 20,000 square feet of inventory we can easily offer immediate delivery and if you like something, we can usually deliver it the same day," Kovach adds. "Of course, if you need the entire house furnished, it may take a few days."

Julie and Furniture South's team of designers are available to assist with custom home design. "We do it all turnkey—from paint selections to flooring, and of course furnishings," says Kovach. Thankfully, we have a staff of dedicated people who strive to exceed the expectations of every customer."

Properties include multi-unit high rise condos, commercial buildings, and residential homes. Currently, they are working on five sizable beach homes, many of which are investment or rental properties.

You can "Expect Something Different at Furniture South", and now is the best time to shop their showroom. In appreciation to their loyal customers over the past 10 years, they are offering a tenth anniversary sale. Customers

will find everything, including new inventory, marked down up to half off regular prices. They are also offering special pricing for independent designers.

"We're grateful to the community of supportive customers and partnerships we've formed over the years," says Frank Kovach. "The support of local businesses is even more important these days and this community values that."

Furniture South, 4552 US-98, Unit 8, Santa Rosa Beach, FL. Hours: 10 a.m. until 5 p.m. Monday through Saturday. Closed Sunday. (850) 267-1411, www.furnituresouth.net

curate

a collaboration with Vinings Gallery

Custom Pet Portraits

by Nicoletta Belletti







Nicoletta Belletti creates amazingly lifelike, one of a kind pet portraits. These original works of art perfectly capture the personality of your favorite pet pal.

Contact Curate for more information.



rosemary beach, fl · across from the pearl · 850-231-1808 Browse at curate30A.com or contact gary@curate30a.com





FEATURING

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FRI.

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The Doo Wop Project boys will get you into the Holiday Spirit! Hear old school Holiday Classics like The Drifters' White Christmas, The Temptations' Rudolph the Red Nosed Reindeer, Frankie Valli and The Four Seasons' version of Santa Claus is Coming to Town along with Doowopified contemporary hits like This Christmas and Last Christmas. It's sure to be a jolly good time.

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Old Salty

BY BRODY JOHNSON



Photo by Dawn Whitty

If you don't know what a break zone is, I will simply say, it's the last place you want to hang out while surfing.

started surfing as a very young kid. Heck, I was on a board before I could even walk. I guess because my father is what we call around these parts an "old salty". He tells me a good day is when you find sand in your ear canals and saltwater literally drips out of your nose hours after getting out of the water. He got me into surfing very young and it hasn't always been the best experience.

For whatever reason, my dad wanted me to surf so bad with him that I believe I was doomed from the start. I mean, growing up hearing his surf stories from close encounters with sharks and torn shoulders... it just didn't seem too appealing. Needless to say, I would go but I had a period of my youth that I often got caught in the break zone. If you don't know what a break zone is, I will simply say, it's the last place you want to hang out while surfing. I equate it to being hit by a small SUV. You see, we

don't have large waves here but when paddling out if you don't time it right, you can get crushed by waves at the first sandbar. On the gulf coast this area is very shallow, sometimes less then waist deep. Dad always says you must get through this spot quickly and yet be patient. What does that even mean? Be quick and patient? Is he trying to confuse me or is this a big "dad" trick?

But sometimes you really do not have a choice. One time paddling out, I was caught once again just as dad sneaked under the set and made it out. I, on the other hand, got the biggest set on my head in the worst spot of the sandbar I could possibly be. I happened to have had on a white rash guard. When I came up for air, the rash guard was wrapped around my head. I only saw white and not having been to the surface for what seemed like over an hour, I was lightheaded. All this compiled to me thinking I had died, and this was heaven. Or at least I had died. I envisioned heaven to be less chaotic. I pulled the rash guard down and made my way to the beach. It seemed like it was miles away. I crawled to the edge of the shore and gasped for air. I was waving at "old salty", trying to let him to know I may have died, and I was NEVER doing this again. He just waved back not realizing his only son was onshore slowly contemplating life and if he would ever go out again.

As I have gotten older, I realize I didn't just about die. I just got "worked" (surf term for being bashed around on the sand bar). Dad always says after a while you get to where you like getting worked and you stop fighting it. That's about when all this surf stuff sort of came together for me. I realized how much life is like surfing. Sometimes you have to move quick and other times you have to be patient and let the big sets pass. Or sometimes you just get stuck with waves breaking on your head. Like life, I have learned not to hang out long in those difficult areas. I try my best to push forward.

We went out recently and I had a great session. Don't tell him this but I am slowly out surfing him. After a long session and on the way home I noticed saltwater trickling out of my nose, and you know I had to check my ears. Yep, there was sand in my ears. As I sat back, I reflected on what a good day it was and that maybe, "old salty" is onto something.





The Seaside School Earns Top Rank

BY TESS FARMER







Photos (left and right) by Lynn Crowe Photography

ocal community and neighborhood charter school The Seaside School continues to earn top academic Listings by claiming the esteemed title of #1 ranked combination charter school in the State of Florida for the 2021-2022 school year. The rankings are based on the Florida Department of Education School Grade Program. The Seaside School is also among the top public schools in the State of Florida.

Founded in the beach community of Seaside in 1996, Seaside School's mission is to sustain an educational community where an emphasis on academic excellence is complemented by the concern for each learner's personal growth and intellectual, aesthetic, and psychological development.

Notably, data from the most recently administered tests in 2022 shows Seaside School scored #1 in the State of Florida on 7th grade FSA Mathematics, and #2 in the State of Florida on the Geometry End of Course (EOC)

"We are very proud of our students' continued success," says Kim Mixson, chief academic officer of The Seaside School, Inc., and principal of Seaside Neighborhood School. "As a founding teacher at our school, it has been a thrill to watch our school and students grow and thrive over the years!"

The Seaside School, Inc. is a combination school which encompasses elementary, middle school, and high school grades with two campuses: Seaside Neighborhood School (5th through 8th grades) and Seacoast Collegiate High School (9th through 12th grades). Seacoast offers students the ability to graduate high school with an associate college degree.

The curriculum at Seaside School is developmentally responsive—actively engaging students in context and integrative learning skills - directing students to connect learning to daily lives. This enables students to discover their abilities, interests, learning styles, and ways that they can make contributions to society.

The vision of The Seaside School, Inc. is to maintain a small school with faculty that is knowledgeable to each student's abilities and challenges. The staff offers increased support to each student to meet challenges, cultivate talents, and increase skills to perform successfully in all academic areas.

"Our entire organization is ecstatic with our test results this year," says Dr. Scott O'Prey, chief executive officer of The Seaside School, Inc. and principal of Seacoast Collegiate High School. "This was a team effort by students, parents, teachers and staff."

"We are excited about the success of the students at our school and want to thank the dedication of the tremendous teaching staff," says Rhea Goff, chairman of the Board of Directors for The Seaside School, Inc.

"One reason cited by many families why they send their students to our school is our high-quality educators. These results are a testament to our students and staff, their hard work, and their heart for each and every child who attends our school. With expansion plans for our high school programming in the future, we're excited to continue to serve more students in this special community we call home," Goff adds.

The Seaside School, Inc. is the oldest operating public charter school in the state, founded by a group of Walton County residents. The first school building was constructed after the Seaside homeowners and Seaside Development Community Corporation donated the location funds from The Truman Show movie filming in Seaside, Florida.

"Rosemary Williams, the founder of the Seaside Neighborhood School, worked with us to create a small, nurturing school where students and teachers would all know one another. We also envisioned a school that - as the neighborhood name implies - would be fully integrated into the community," says Seaside Founders Robert and Daryl Davis, along with their son, Micah. "We are amazed at how far the school has come and gratified that it has stayed so close to its original vision."

The Seaside School operates as a public charter school and admissions are conducted on an annual basis. Admissions for the 2023-2024 school year open February 2023 and applications are due by the end of March 2023. The lottery drawing takes place in May 2023 for available openings. Currently, Seaside Neighborhood School has a waitlist, while Seacoast Collegiate High School has select openings for the 2022-2023 school year. If interested in learning more about admissions or attending upcoming events, please contact Dr. O'Prey at opreys@seasideschools.net.



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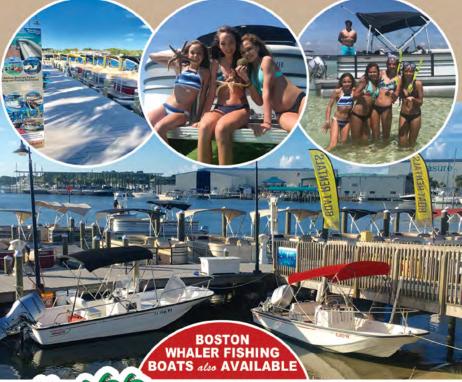
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Loving the Back 9

Bobby Johnson and the Bobby J Team put the heart and soul in 30-A real estate

BY CAROL BADARACCO PADGETT

y philosophy is that I'm a guide and a mentor," says Bobby Johnson, a longtime real estate advisor on 30-A. "I don't sell people, I try to help them."

"My business is smaller these days (three agents counting himself, selling primarily residential) and I'm more in touch with the relationships with my clients," Johnson says. For years, he was at the echelon of the area's top real estate sales agents, and while he remains there, his barometer for success has shifted.

He playfully calls this stage of his life and ultra-successful career "the back 9."

"Let me tell you what happens on the back 9," he shares. "We no longer have FOMO (fear of missing out). I don't have to be involved in

everything all the time. I'm more interested in being healthy, happy, a better father, a better husband, and having less stress."

With that mindset, the Bobby J Team—which includes his business partner, Stacey Petrucci, and agent Melissa Ormand—can focus on their lives on 30-A as well as their careers. "That's important for me and my team," he says. "We can do great numbers and be great at sales, but still have the lifestyles that we're selling."

As a kid, Johnson grew up in the 1970s visiting 30-A with his family and working at his grandmother's country store. The family loved it so much they made the area their primary residence in 1981. Johnson and his wife call 30-A home to this day, and they raised their three children here.

He finds that his long-time personal relationship with 30-A is something that helps him handle real estate very successfully within the community. "I grew up here, so I know the streets and the properties like the back of my hand," he states. "I know properties that aren't on the market yet."

For buyers—and sellers—this depth of knowledge is invaluable.

"If you've come down 1-2 times, you're buying into what somebody tells you," he continues. "But once someone trusts me or my team, we'll steer them in the right direction. We'll give them the local's perspective."

Johnson says that while the history of the area is not necessarily a long one, he knows the history that is there.



oil spills, up and down markets, and I have the experience to help people make good decisions.

(I've been through



Photos courtesy of Bobby Johnson

"In an area where we don't have a long, long history, it's cool to be able to add that for people," as he puts it. "I've been through oil spills, up and down markets, and I have the experience to help people make good decisions."

For example, he says, "There are properties that people will go to on 30-A and I can say, 'This used to be a campground.' History is important in an area."

When asked about his favorite transactions over the years, Johnson admits that his response as a young man would've been the ones with the highest sales figures. But today, his answer to that question is totally different.

"When a seller is emotional it's complete," he shares. "Because then I'm really reminded that what I do matters. The home mattered to the person and that ends up making a difference to the buyer. And then I feel more in touch with what I'm doing."

There's another component of the real estate business that Johnson is cognizant of today and that sits well with his heart. "I also feel like what I'm doing really matters when I consider it's not just the homes, but all the people that a transaction employs. It pays us, a title company, a survey company, termite people, handymen, lawyersthe services that every single transaction involves helps the community come together and prosper."

Now that he's on the back 9, there's something else that Johnson is enjoying more than ever: surfing—a lifelong passion. "I was even in a yoga class

the other day and someone came up and talked to me about surfing," he smiles. "Some people still know me as that salty agent who still surfs."

Depending on the swell and wind direction, Johnson might be on any given 30-A beach during the course of a month. With his passion for hitting the waves, being able to enjoy the unspoiled nature of 30-A is something he doesn't take for granted.

"There are seven state parks in a stretch of 30A, so pretty much where you don't see houses are areas that won't ever be developed because the state owns it," he

That fact, along with many others about his beloved home, keeps Johnson's heart squarely in 30-A... and soaking up the back 9.

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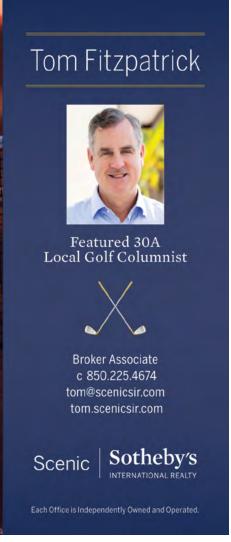


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The Order of Healing

BY DR. BART PRECOURT

hen should we take drugs? How about surgery? We've all heard they have their time and place yet what is their "place and time" in the order of healing?

Nobody likes to be uncomfortable, yet making a decision in panic or pain mode is not a great idea. Outside of trauma, we don't lose our health in an instant. So, time is on our side. Consider pumping the breaks and strategize before making a big health decision.

The following is a punch list of sorts. Use this checklist to see what else or what next to do. As we know, drugs and surgeries can be lifesaving, yet also life altering and ideally only used when the entire checklist is in place first. This order of healing guide applies to any condition of health: back pain, hormones, cancer, infections, or any other health challenge.

Start at step one, then move forward Each step builds off the last. No skipping steps.

1. Mindset

Sadly, this is rarely a consideration making health decisions. What is our state of mind? When stressed, we are in fight or flight, not a healing state.

Can't be in fight flight if we want to heal. If in panic mode, it's not a good time to make big decisions about taking drugs or having surgeries.

Mindset also include owning all aspects of your health. If you're sick, have high blood pressure, diabetes, or any other disease, we must own it. Yes, this is unconventional. Usually, it's just easier to blame it on genetics, age, or something you caught on the plane. If you own it, you can heal it. If you don't own it, you must rely on someone or something else to heal it for you. Own your words. A little self-love can go a long way and it starts with how we talk to ourselves.

Mindset also includes what you are absorbing daily: the news, social media, and gossip. If you absorb negative thoughts and ideas, it will have a negative impact on your health.

We must master the mind!

2. Nutrition:

Nutrition is always important! Sinus infections, broken bones, night sweats, or any other condition either gets better or worse depending on your nutrition.

Again, sadly very few doctors put an emphasis in this critically important part of healing. Simple strategy: bring real whole foods in, keep toxic processed foods out. The primary focus here is to avoid inflammatory foods such as sugar, processed foods, and alcohol.

This order of healing guide applies to any condition of health: back pain, hormones, cancer, infections, or any other health challenge.

3. Supplements and vitamins

This is how we play catch up. If you are sick, in pain, or in a diseased state, you are deficient in nutrients. Essentially your body can't keep up with demands. Proper supplementation and usage of herbs is often the game changer.

Like food, quality is king. Not all supplements equal. Do your homework or find someone who specializes in functional nutrition. I've seen first-hand for years the benefits of utilizing whole food vitamins and herbal remedies for many ailments that traditional medicine tends to disregard.

4. Treatments/Therapies

"But I tried everything". No, you haven't! There are many valuable, safe, and effective therapies for healing, many of which your doctor and you are unfamiliar with. Time to open up the search.

Chiropractic, acupuncture, massage, sauna, soundwave, fascia stretching, reiki, exosomes, cold laser, and peptides. These are just a few options. Keep in mind, even when using therapies, mindset, nutrition, and supplements should actively be improving.

Being in pain is not fun, nor is the fear of getting worse... I get it. Yet, don't give up on yourself. Learn more, ask more questions. Keep stacking your health habits.

5. Drugs/Medications

Yes, there is a time and a place for drugs and medications. What's lost is that all drugs have side effects. Account for these side effects. Ex: if on antibiotics, support your balance with probiotics.

Your natural health care provider can help you balance side effects caused by medications.

6. Surgeries

The last option. As we know, surgeries can save lives. Yet more are frequently becoming a quick plan to change how we feel. All surgeries are invasive. Surgeries do have



a time and place, but they should be last place and lots of time spent on healing first.

Prepare yourself for a good outcome but know what side effects and damage will result. Develop a healing plan for the damages done by the surgery. Know what steps you can take to get healthier prior to surgery. Often surgeons get blamed for poor outcomes, but really this is more determined by the health of the patient.

For all steps, opt to level up! Keep your health in order.

Dr. Bart M. Precourt, D.C., is a Holistic Doctor, chiropractor, acupuncturist and nutritional consultant. For nearly 20 years he has helped people get healthy, lose weight and create healthy sustainable lifestyles. He currently practices in Seagrove Beach, FL at Balance Health Studio, www.balance30a.com. For a consultation, contact Balance Health Studio at (850) 231-9288.





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ASK ABOUT ASK ABOUT

Post-Marital Estate Planning

BY KIMBERLY WATSON SEWELL AND FRANKLIN WATSON

arriage is a contract that has more potential financial consequences than anything else most people experience in a lifetime. You do not have to accept the standard default provisions the law offers for inheritances, contracts, medical decisions, property, and divorce. Through the savvy use of post-marital estate planning, you can craft a different roadmap for yourself and your family.

Post-nuptial Agreement:

Many people think you can only enter into a marital agreement before marriage: a pre-nuptial agreement. In reality you and your spouse can create a post-nuptial agreement, regardless of whether you have a pre-nuptial agreement. Some of the reasons people decide to get a post-nuptial agreement include:

- Birth of a baby. After you have a child together, you might want to sit down and talk about how you will raise the child if the marriage breaks down. The stakes are obviously higher when you have a child and it is usually better to talk about these issues when you are not yet facing the specter of divorce.
- Marital misconduct. What if one spouse commits marital misconduct, like infidelity or abuse? You might decide to continue living together but under agreed-upon conditions, or stay married but live separately, or divorce. You should cover all the essential terms for any arrangement you choose. Sometimes people choose one of the first two options, but eventually divorce, so your agreement should anticipate that possibility.
- Financial changes. If either of you experiences significant financial changes for the better or worse, you might want to enter into a post-nuptial agreement. If you discover after the wedding that your spouse has financial skeletons in the closet, you should also consider a post-nuptial agreement to protect your financial future. In this situation, you should both pull your respective credit reports and review them together before agreeing on terms.
- Taxes and business ownership. These are additional reasons to consider a post-nuptial agreement. What if you enter your family's business after getting married? You and your family members want your interest in the company to pass to your children, not to your spouse. Put this provision in a post-nuptial agreement. You can also handle things like filing status for taxes in these agreements.



The Divorce Process

If you are anticipating or going through a divorce, you need to get your ducks in a row for the future. Try to visualize the long-term future without your spouse and what that will mean for the inheritance of your loved ones. Realize that in many states a divorce automatically nullifies existing wills and living trusts, so you should immediately review and update your current estate plan You do not have to accept the standard default provisions the law offers for inheritances, contracts, medical decisions. property, and divorce. Through the savvy use of post-marital estate planning, you can craft a different roadmap for yourself and your family.

and beneficiary designations. Note: Regardless of what the laws of your state say, if your ex-spouse remains the designated beneficiary of your ERISA retirement plan at your death, then your ex-spouse will inherit your retirement plan.

Wills and Trusts

Independent of the stability of your marriage, you and your spouse should have wills and/or living trusts to control the distribution of your assets when you die. If you do not have a valid will or living trust at death, then you could die "intestate" and the laws of your state would decide who inherits your assets. Not only does that delay any inheritance transferring to your loved ones, but you may be leaving an "unintended inheritance" to attorneys and the probate court system.



For more information, please contact: Watson Sewell, PL (850) 231-3465









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Golf's Most Common Swing Faults

BY TOM FITZPATRICK







Photos courtesy of Tom Fitzpatrick

A good warm up drill is to swing with your headcover on your driver. The extra weight forces you to generate gradual speed into impact and beyond.

he most common fault in golf is a weak left-hand grip. Instructor David Leadbetter says: "The grip is one of the most important aspects of the swing. Most people grip the club too much in the palm of the hand, which creates tremendous tension and doesn't allow the wrist to work correctly. People who do this wear a

hole in their glove."

Be sure to see two knuckles on your lead hand with the grip positioned along the base of the fingers. Then cover the left thumb with the right palm. "It's important to hold the club out towards the fingers, not the palm," Leadbetter says. (photo 1).

Aimed Right of Target

The tendency is to aim right of the target, then swing over the top to pull the ball back to the left. This promotes a slicing ball flight. An easy way to see the correct line is to hold the club in the air and hover the grip over the ball and the

clubhead over the target. When addressing the ball, first aim the club head then place your feet. It's critical to aim the feet parallel to the target line and not at the target it-

One word of caution: Notice where the tee box aims you. A course designer may aim the tee towards trouble and away from safety. Figure out where the trouble is and aim away from it. If water is down the left, set up on the left side of the tee to give yourself a better angle out to the right. And in putting, take an extra second to properly aim the line on the ball.

Hitting Down with the Driver

For tee shots, sweep the ball off the tee rather than hitting down on it. Tee the ball forward of your normal ball position, perhaps opposite your left toe. This forces your arms to extend through impact and hit up on the ball, thus emulating a football-styled elliptical pass. Avoid hitting down on the ball which can cause a ballooning slice.

Poor Acceleration

Most slow swinging golfers try to scoop the ball into the air, causing the clubhead to slow down through impact. A good warm up drill is to swing with your headcover on your driver. The extra weight forces you to generate gradual speed into impact and beyond.

Chicken Wing

A bent left arm at impact is a tremendous loss of distance. With video, it's easy to spot the 'chicken wing' where the left elbow points outward and the palm faces downward. In a proper release, the grip feels low relative to the clubhead, and the left palm faces the sky just after impact. Try slinging the clubhead thru by snapping the lead wrist and pointing the left elbow to the ground. With your hands split one inch apart, hit 7-irons to encourage this important motion. (photos 2 & 3)

Hanging Back

To gain more distance rotate your core midsection through the shot so your weight finishes on your left side. You want your knees to almost touch. A gap between your knees indicates that you've hung back and

not shifted your weight onto your left side. It's the leading cause of the club bottoming out early, leading to fat and thin shots. (photo 4)

Tom Fitzpatrick is a David Leadbetter certified instructor and an active realtor with Scenic Sotheby's Intl Realty. Reach him at (850) 225-4674 or tom@scenicsir.com



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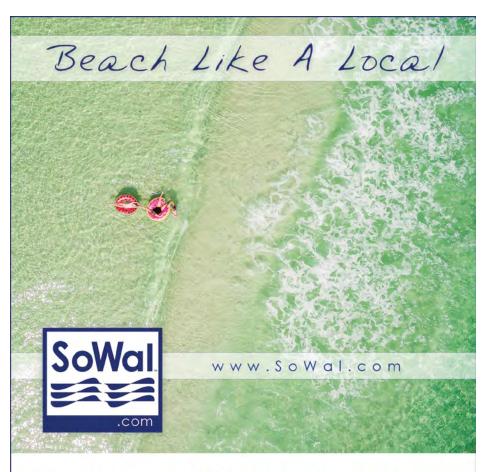
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