

# the thirty-a REVIEW™

a review of 30-A's finest people • places • things

## Spring Break ISSUE

### INSIDE:

Delicious Dining on 30-A • 30-A's Special Communities  
Hot Real Estate • Health & Wellness • Art, Business,  
Culture & More...



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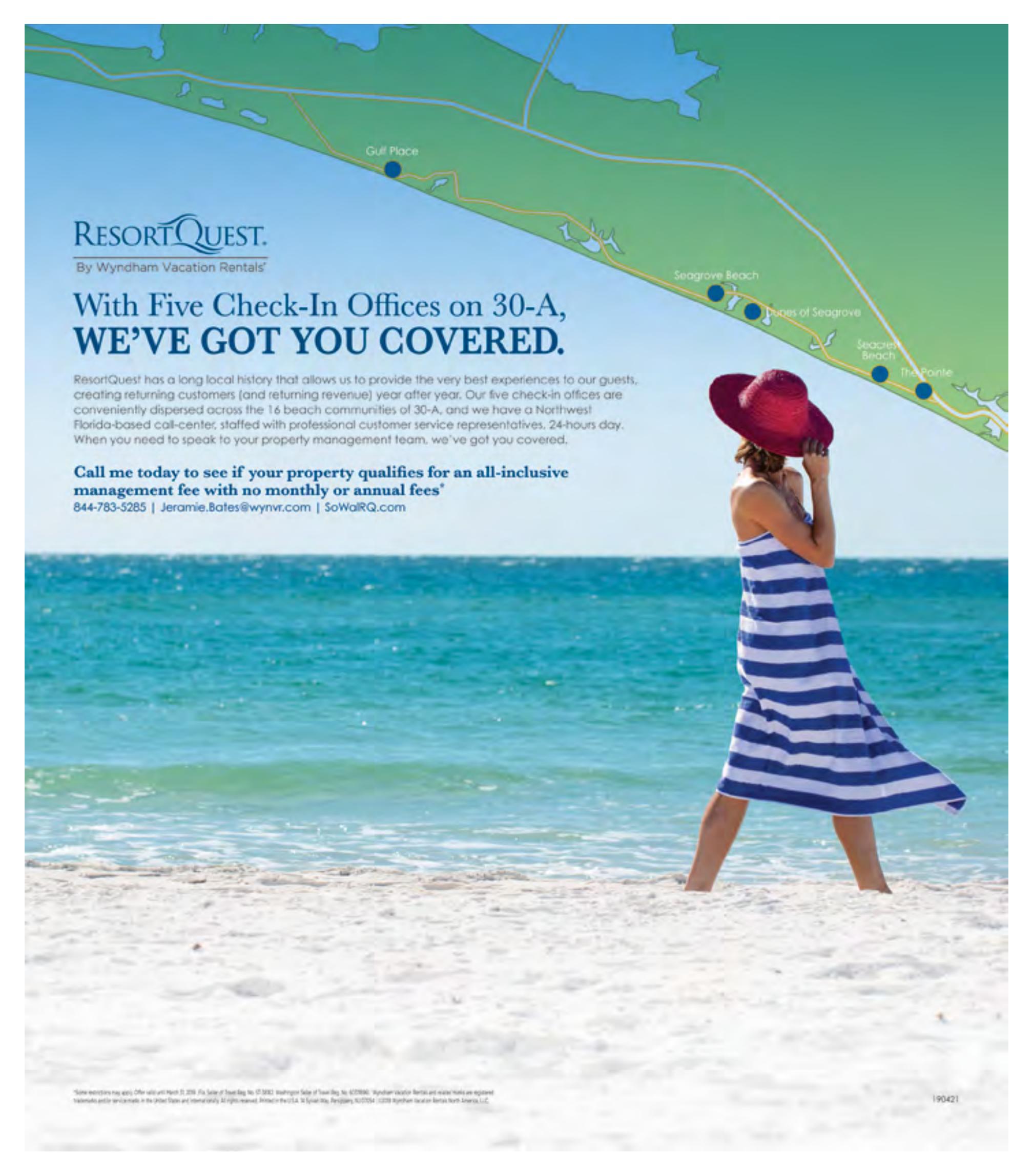


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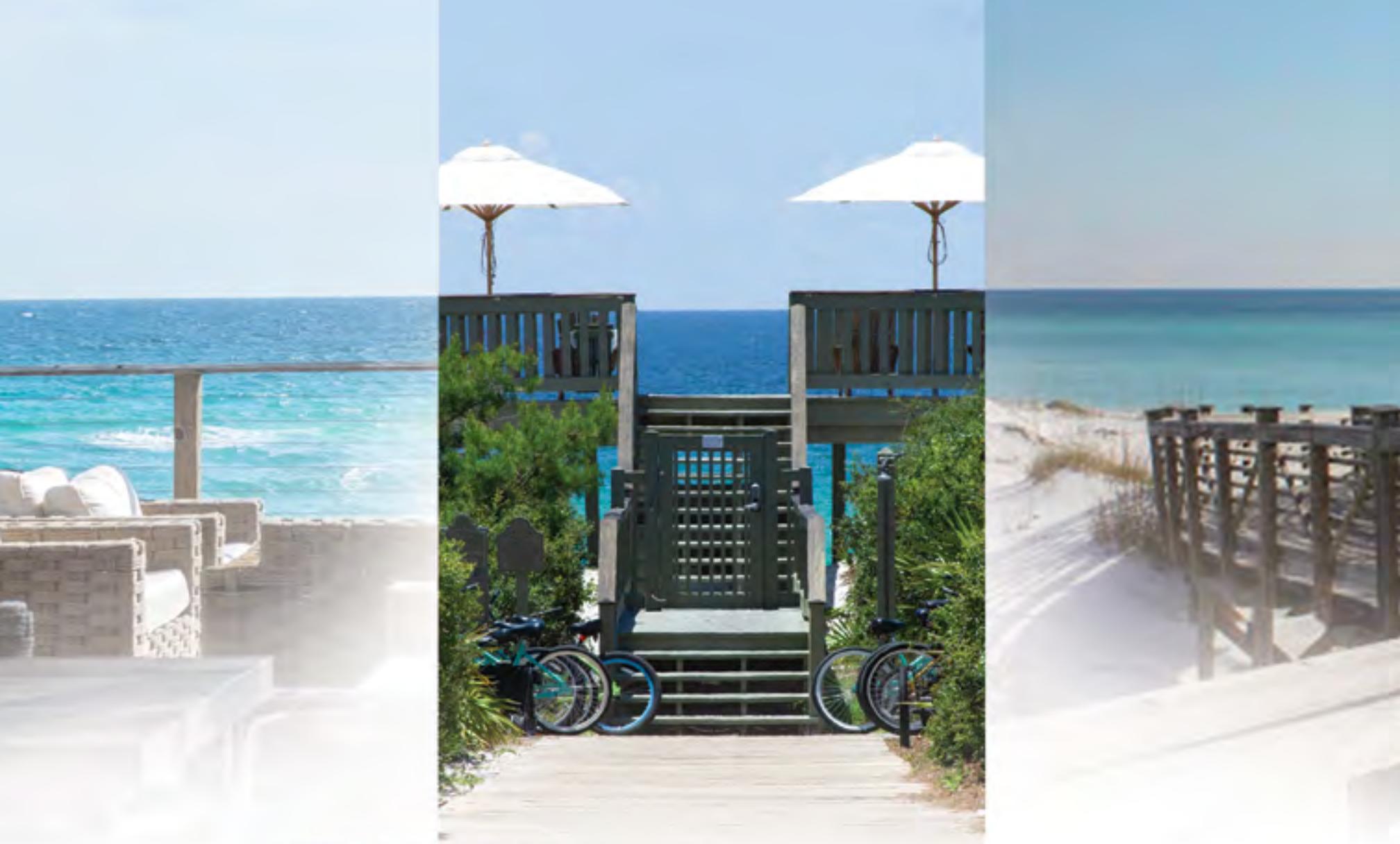


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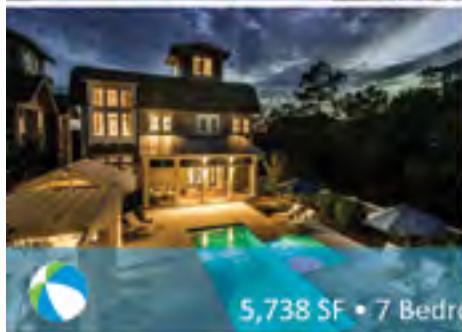
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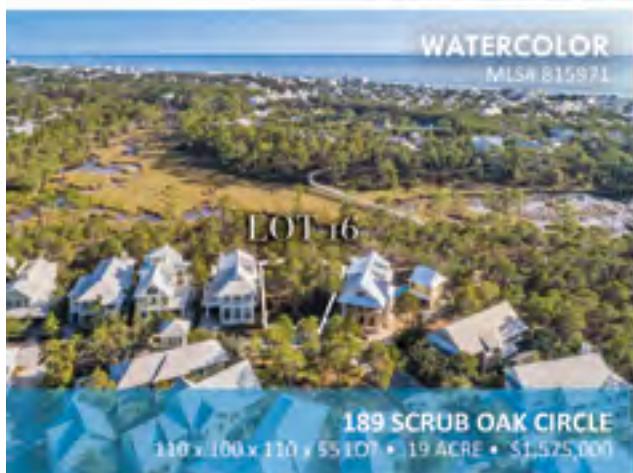
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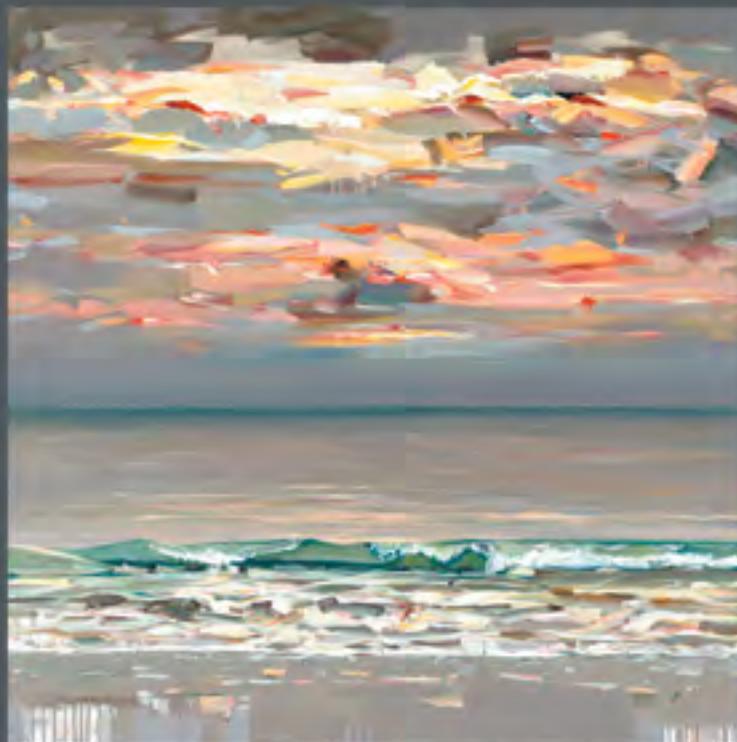
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# letter from the publisher

## SPRING BREAK AT THE BEACH



Change. It is the one thing we can always count on. And whether it's a life change or the change of seasons, or the changes a hurricane brings to our community, how we embrace change is the key to our success and happiness in life.

In the pages that follow, we tell the stories of the people, places, and things that make 30-A

great. Our goal is to help ensure that your time spent on 30-A is full of success and happiness for you and your family. As spring touches the beaches of 30-A, the natural beauty and warmth of the area is once again ignited.

The pages that follow suggest amazing dining, cultural experiences, and beach activities that will give you and your family memories for many years to come. While you're down here, visit the website of the hurricane Michael relief efforts pictured on the cover. The victims of this disaster are still in dire need of your help.

Until next time, happy spring break at the beach. Make your time count.

Miles K. Neiman

View the entire publication online at [www.ThirtyAReview.com](http://www.ThirtyAReview.com)



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### about the cover

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Lunch, 11:30am – 4pm, Tuesday & Wednesday  
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# Theatre and Events in March and April



Emerald Coast Boat & Lifestyle Show  
Photo courtesy of Chris Miller

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Tuesdays: March 5, 12, 19, 26 and April 2, 9, 16, 23, 30, 5pm-7pm

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## ROSEMARY BEACH

2019 Spring Break Events

### MONDAYS

March 4, 11, 18, 25 April 1

### Spring It On! Concert Series EAST LONG GREEN

6:30pm to 8:30pm

Bring your chairs and blankets and enjoy an evening of entertaining musical performances. Each week is a different show...be sure to catch one or all!

March 4..... **All that and a Bag of Chips!** (90's hits)

March 11.... **Journey to Styx**

March 18.... **Rhythm Express**

(Caribbean Dance Party)

March 25.... **The RB Funky Horns**

April 1..... **Tusk** (Fleetwood Mac Greatest Hits)

### TUESDAYS

March 5, 12, 19, 26 April 2

### Melody Magic

NORTH BARRETT SQUARE

6:00pm to 6:45pm (NOTE: 5pm Start for 3/5 show ONLY)

NORTH BARRETT SQUARE

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### WEDNESDAYS

March 6, 13, 20, 26 April 3

### Children's Theatre:

#### Jack and the Beanstalk

NORTH BARRETT SQUARE

6pm (NOTE: 5pm Start for 3/6 show only)

A favorite fairy tale brought to life by The REP Theatre!

Join Jack as he trades the family cow for a handful of magic beans, which grow into an enormous beanstalk reaching up to the clouds. Jack climbs the beanstalk and finds himself in the castle of an unfriendly giant. A classic fairy tale that will leave you chanting "Fee-fi-fo-fum!" (blankets and lawn chairs welcome)

### THURSDAYS

March 7, 14, 21, 28 & April 4

### Moonlight Movies & Music & Face Painting

WESTERN GREEN

Face painting starts at 4:30pm, movie at 7:30pm

Bring the family for a wholesome and fun movie night under the stars! Blankets and Lawn Chairs are Welcome! Come early and get your face painted by one of our talented artists and enjoy the sounds of the Wabi Sabis, Rosemary's very own all female ukulele group! Top it off with some delicious popcorn and the best hot dogs on the beach from DogManDu!

March 7..... **The Incredibles 2**

March 14.... **Smallfoot**

March 21.... **Ralph Breaks**

**the Internet**

March 28.... **Goosebumps 2**

April 4..... **Hotel Transylvania 3:**

**Summer Vacation**

### FRIDAYS

March 8, 15, 22, 29 & April 5

WESTERN GREEN

10am to 1pm

### Rock Painting & Bling Bar & Kids Karaoke

Join us for some crafty fun on the Western Green. Create your very own colorful keepsake rock to take home or hide around town. Also, don't miss the first ever build your own bling bar! What's Bling you ask? You will just have to come see for yourself! Think all things 3-D Sparkly! Plus, we have more fun in store for you with Kids' Karaoke!

## SEASIDE

### MARCH

### 17th Annual Seaside Half Marathon & 5K Weekend

AMPHITHEATER & LYCEUM

March 1-3

### Seaside Farmers Market

AMPHITHEATER

Saturdays, March 2, 9, 16, 23 & 30, 9am-1pm (Changes to 8am-noon after March 10)

(No farmers market on race weekend, March 2)

### Stories by the Sea

AMPHITHEATER

Mondays-Fridays, March 11 - March 29, 3:30pm

### Broadway Boot Camp

THE REP

Tuesdays & Thursdays, March 12-28, 1-3pm

### Central Square Cinema, 7:30pm

AMPHITHEATER

March 15.... **Toy Story**

March 22 ... **Wall-E**

March 29.... **Up**

### Children's Theatre Performance –

#### Seaside Repertory Theatre

AMPHITHEATER

Mondays, March 11, 18, & 25,

6:00pm

### Huck & Lilly Kids Music

Performance

AMPHITHEATER

Tuesdays, March 5, 12, 19, 26,

6:00pm

### APRIL

### Stories by the Sea

SOLOMON SQUARE

Mondays-Fridays, April 2 - April 13 3:30pm

### Improv Boot Camp

THE REP/MEETING HALL

Tuesdays & Thursdays, March 6 - April 13, 1-3pm

### Central Square Cinema, 7:30pm

AMPHITHEATER

April 5..... **Coco**

April 12..... **Ratatouille**

April 19..... **Ralph Breaks**

**The Internet**

### Seaside Farmers Market

AMPHITHEATER

Saturdays, April 6, 13, 20, & 27, 8am-noon

### Huck & Lilly Kids Music

Performance

AMPHITHEATER

Tuesdays, April 2, 9, & 16, 6:00pm

### Children's Theatre Performance –

#### Seaside Repertory Theatre

AMPHITHEATER

Mondays, April 1, 8, & 15, 6pm

### Seaside's Easter Celebration

AMPHITHEATER

Sunday, April 21, 11-2pm

# b.f.f.

BY RYAN LOFTIS

You've been enjoying a beautiful 30-A summer day, and now it's time for refreshment. A frozen cocktail sounds great, but you don't want to spend the time it would take to go to a restaurant. Well, thanks to b.f.f., the new walk-up bar located next to Great Southern Cafe in Seaside, you don't have to. Place your order at the counter (Astroturf has been laid in front for your comfort), and you can have your drink and be on your way in approximately 30 seconds.

"A lot of people walk around and stroll Seaside, and they come up to Great Southern Cafe, grab a drink, and go walking again," says Dan Tinghitella, director of operations for Jim Shirley Enterprises, which owns b.f.f. "What we wanted to do was open a little business there to be able to provide frozen cocktails that people could come up and grab and stroll around town with. b.f.f. really plays to what makes 30-A so special, which is it's light, it's easy, it fits right into vacation, right into the coastal lifestyle. What attracts people to 30-A is how laid back it is."

Jim Shirley Enterprises' presence has already been felt in the four restaurants, including Great Southern Cafe, it owns in the 30-A area. Jim Shirley, the company's owner, is an acclaimed chef who has owned restaurants for over a quarter century. Florida Travel and Life magazine called his signature dish, Grits à Ya Ya, "the best Southern dish in the state of Florida". Former U.S. Congressman Jeff Miller so enjoyed the dish that as a state representative, he took it to an event on Capitol Hill, giving more than 1,000 dignitaries an opportunity to taste it. "b.f.f. is very much in alignment with Jim Shirley Enterprises in that the quality is unmatched, it's fun, and we use great ingredients," Tinghitella says. "We're excited to carry that on."

The opportunity to carry it on arose in March 2018, when Seaside officials asked Shirley to put the vacant space next to Great Southern Cafe to use. Coincidentally, his company wanted another new bar in the area, and the possibility of turning that space in what Tinghitella calls the "epicenter of 30-A" was instantly attractive. Tinghitella credits Landmark Design of Santa Rosa Beach for "creating a hip, modern, and inviting feel to the business – a place that everybody is drawn to." Meanwhile, he and Shirley spent approximately a month creating the menu, and only recipes that were somewhat unique made the cut. Not that it was all work and no play: "It was a lot of fun sampling frozen drinks."

The bar's name offers a clue as to what's on the menu: b.f.f. stands for bushwackers, frosé, and frozens. In fact, b.f.f. is the only bar in Seaside to serve



The b.f.f. Bar

bushwackers in a quick-serve environment (like Shirley, the drink hails from Pensacola). Every bar needs a signature drink, and b.f.f.'s is called the b.f.f. It consists of vanilla ice cream, bourbon, coconut milk, and, most importantly, banana. Other drinks will be rotated on and off the menu - vodka orange creamsicles, frozen Kentucky Mules, and frozen mojitos are all planned for spring - but the b.f.f., bushwackers, and frosé are permanent fixtures.

Customers' first chance to try b.f.f.'s menu came in the first week of November 2018. The timing was strategic: "We wanted to create a little bit of buzz and open during the Seeing Red Wine Festival," Tinghitella

Every bar needs a signature drink, and b.f.f.'s is called the b.f.f. It consists of vanilla ice cream, bourbon, coconut milk, and, most importantly, banana.



The BFF current lineup - Bushwacker, Frosé and b.f.f.

says. The bar was then open for the week of Thanksgiving and the week of Christmas, giving plenty more people the opportunity to discover it.

The reaction of those early customers gives Tinghitella high expectations for when b.f.f. reopens March 1. "I think it's going to be incredible, especially given the great response we've had in the fall and even during Christmas week. When the sun's out until 8 and it's warm, we expect to be busy all day and all night."

**b.f.f. is located at 83 Central Square. For more information, visit its Instagram page, @bffeverybody. Hours are 11:00 a.m. to at least 9:00 p.m.**



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# Jay Eichelberger of Crêpes du Soleil

BY MARY WELCH

Walk around Seaside and you'll see people laughing, listening to music, texting, and eating. They will be chowing down on fries, ice cream cones, shaved ice, smoothies, and sandwiches: grilled cheese, hot dogs, BBQ; you name it. But something was missing from the scene and Jay Eichelberger and his wife Liz, decided to fill the culinary void.

Now residents and visitors can delight in a crêpe as they enjoy the outdoors, since the Eichelbergers opened Crêpes du Soleil in Airstream Row. They serve sweet crêpes with lots of Chantilly cream, or savory crêpes that could contain eggs, ham, chicken, or vegetarian options.

Jay recalls, "I had spent my summers in Seaside. Liz and I really loved watching those Airstreams and thought it would be cool to do something like that. We didn't know what it took to have one of our own but we were intrigued enough to talk to Seaside and go through the process."

"We came up with the idea of crêpes and pitched the concept of a rotisserie with crêpes," says Liz. "But the Seaside folks gravitated toward crêpes and wanted us to solely focus on them. I was shocked when we were approved. It was round after round of talking and applications and tastings. It was a long journey. But I think they saw that crêpes are fun with so many sweet and savory options."

There was one problem: crêpes usually are a dish that requires sitting and eating with a knife and a fork. "That was an issue," Jay concedes. "That was the one thing we had to work on because Seaside is such a walkabout town. So, we made our crêpes in cones so that you can walk and eat. It's easy. You can do the knife and fork thing but you can also just get one and keep on moving. Walking, to me, is what Seaside is all about."

The concept was developed with Chef Rob Mason; a chef from Charlotte with Kre8 Experiences, a catering and specialty event business; who catered the Eichelberger



The Peppered Pig Crepe & Chantilly Dream Crepe with Frosé

They serve sweet crêpes with lots of Chantilly cream, or savory crêpes that could contain eggs, ham, chicken, or vegetarian options.



Jay, who says he'll have a savory crêpe for lunch ("It's more of a meal than a snack"), wants to explore different special offerings. "I'd like to put seafood in our crêpes, a peanut butter and jelly crêpe and a pumpkin pie crêpe. If any really hit and are successful, they'll be added to the menu."

Crêpes du Soleil opened Labor Day 2018 so this will be their first high season. They planned on opening earlier but naturally little bumps along the way delayed the opening. First, they had to find an Airstream and then retrofit it, including taking out the shag carpet and 8-track tape player. "Totally out of the 70's," Jay laughs. Next came electrical wiring



and putting in the crêpe makers. Getting the liquor license and other various permits also took more time than expected.

But from day one, there were people in line. "We opened on Labor Day and was extremely busy," he says. Then another setback came with Hurricane Michael.

"It was just terrifying but it could have been worst," Jay says. "We had just opened and we didn't know what was going to happen. It was — and still is — devastating. There are people in Panama City and Mexico Beach still trying to get their lives together."

The couple are excited about their first full year in operations and seeing how the visitors respond to their crêpes. "It's just

wedding's rehearsal dinner and goodbye breakfast. Jay says, "He is the culinary mastermind behind the recipes."

They offer several options but Nutella is king, especially when paired with strawberries or bananas. Liz says, "That's more of a 'classic' crêpe that people think of, but we also offer lunch and breakfast crêpes. The most popular savory crêpes are Le Classique; with egg, ham and melted Swiss cheese; and the Bonjour breakfast with scrambled egg, bacon, fresh tomato and Gruyère cheese. They're all pretty interesting and we also have frosé (frozen rose wine) and a chocolate mousse in a crêpe."

insane how many people come to Seaside and Airstream Row. There is so much foot traffic, you can't beat it," says Jay. "It's fun and exciting and the merchants look out for each other. Seaside is an amazing community."

**Crêpes du Soleil: 2215 E. Country Highway 30A, Airstream Row, Santa Rosa Beach, 32359. Open every day at 8:30 a.m. Closing times vary. [www.crepesdusoleil.com](http://www.crepesdusoleil.com)**



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# Alan Baltazar of Destin Ice Market

BY TRACEY M. HAWKINS

The Destin Ice Market is the 30-A's neighborhood market for fresh Gulf seafood, prime meats, gourmet cheeses, deli and prepared foods, fine wines, craft beers, and more. It is the perfect, upscale grocery market catering to locals and tourists alike. Weekly specials are offered on a vast array of vintages in the Market's impressive wine selections. Conveniently located at the Crossings at Inlet Beach, Destin Ice Market 30A is just minutes away from anywhere along 30-A.

Join them each Friday from 4-6pm for a complimentary wine tasting, during which you can sample new vintages every week, paired with complimentary eats. It's the perfect way to unwind after work and begin your weekend!

Destin Ice Market 30A's Chef Alan Baltazar told us about his personal experiences and his own connection to his love for the culinary profession.

*From where/whom did your interest in cooking first emerge?*

When I was seven or eight years old, I first got my interest in cooking from my dad. Both of my parents cooked a lot of family recipes passed down through the generations, and I was always wanting to learn them.

*What inspired you to become a professional chef?*

For me, it's always been about putting a smile on the people's faces who are eating my food, and having them remember it years later.

*What is your academic background (i.e. did you study the culinary arts formally? And, if so, where/with whom did you study?)*

I am a self-taught Chef. I got my first line-cook job over 24 years ago and moved up the ladder very quickly. I've been a Chef now for 20 years.

*What are your favorite dishes/meals to prepare?*

My favorite meals to make are definitely the mix of Filipino and Polish family recipes from my Dad and



Mom. When I am not cooking those, I love to cook the local Gulf seafood, odd cuts of meat, and everything in between.

*What is your favorite cuisine to eat?*

My favorite cuisine to eat is any Oriental food and real, Old World Butchered Meats and Sausages.

*What is the funniest thing that has ever happened to you in the kitchen?*

One of the funniest things happened years ago at a restaurant where we served live lobsters. After the new shipment of live lobsters came in, I told someone to put them all in the walk-in. When I got in the next day, I discovered they had not been stored properly, and the

lobsters all got loose and were all over the cooler walking around!

*Are there any other chefs in particular who inspire you?*

Some of the Chefs who have inspired me are Martin Yan, Wolfgang Puck, Julia Child, and Jacques Pepin.

*What do you like most about cooking for Destin Ice Market 30A?*

What I love about the Market is dealing with all of the fresh, local seafood, the freedom to make all kinds of ready-to-eat meals for customers, and knowing that we are putting out the best of the best in food and wine and everything in between. It also doesn't hurt that the Wellborns are the best owners!

*What is the greatest compliment you have ever received from a customer?*

The greatest compliment for me is from the customers I see outside of the restaurant who comment on their past meals or ask when I am going to make a certain signature dish again.

*What are your other interests/hobbies, and how do they relate to your work as a Chef?*

My hobbies outside of the kitchen are working on vintage cars and collecting vintage car parts. For me, it's the thrill of the hunt, just like in the kitchen searching for odd and hard to find ingredients and incorporating them in dishes.

**You can try Chef Baltazar's celebrated cooking at the Destin Ice Market 30A daily from 9 a.m. to 6 p.m. They are located at 13063 Hwy. 98 E, Inlet Beach, FL, 32461. You can also find them online at [destinicemarket30a.com](http://destinicemarket30a.com) Phone: (850) 502-4100**




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# The Muscogee Creek Nation of Florida: A Lesson in Perseverance

BY SUSAN BENTON

Since 1860, a small compound in the Walton County community of Bruce, about 15 minutes north of the Choctawhatchee Bay, has served as the center for education and interaction of the Muscogee (Creek) Nation of Florida, a state recognized tribe.

With a population of around 600 families in the immediate area, the Muscogee Nation of Florida has unsuccessfully been battling to be nationally recognized since 1947. For more than 174 years (prior to Florida being declared a state), the Muscogee Nation of Florida has persevered, as its people scratch out a day to day living and struggle to find peace in a nation that has often treated Native Americans with disrespect.

In distant history, cattle production, lumbering, turpentine harvesting, and liquor production served as ways the Native Americans in Bruce were able to survive. However, a break came in 2010, when the oil-spill off of the coast of Louisiana afforded the Muscogee tribe the opportunity to establish an economy of their own and profit from the creativity and hard work of their people through the BP Restore Act.

Filled with tomatoes, peppers, cucumbers, herbs, eggplants, and microgreens, the greenhouses are creating a self-sustaining food business for the tribe.

The funds, along with loans and grants from other resources; like the TA 3-Year federal grant awarded by the Administration for Native Americans, specifically allowing for small business expansion for the tribe's economic development in the form of new-age farming with traditional values of conservation and restoration of natural resources, are a win-win for Walton County tourism and for the Muscogee Nation.

Local realtors Jan and Steve Stevens have been friends and sponsors of the Muscogee tribe for over a decade, and say, "We are excited to see all that has been

accomplished in Bruce: our neighbors caring for the earth and others."

Currently two greenhouses are in place: one containing hydroponic plantings, and the other boxes with a wicking bed system. Filled with tomatoes, peppers, cucumbers, herbs, eggplants, and microgreens, the greenhouses are creating a self-sustaining food business for the tribe. And a Native American beekeeper manages the onsite apiary that helps to pollinate the crops. "The tribe is an asset, a group of hard working and civic-minded individuals that is always striving to do what is best for all involved," says Mary Wolfe, land management



Ernest Sickey, Ann Tucker, Mary Wolfe and Chuck Tucker



Gothic Arch Greenhouse

coordinator who has worked with the tribe since 2006.

Next up on the agenda is tackling two more greenhouses for an aquaponic tilapia farm set for spring, when the tribe can lay a concrete foundation to hold the tanks. The environment will feature plants upon which the fish feed. In turn, the fish waste will be circulated in a way that it provides nutrition to the plants.

Ann Tucker, the chairwoman of the Muscogee Tribal Council, designed the farming project that won the award from BP and others. Her husband Chuck is the project director that leads the on-site Agri-tours.

Tucker has also been instrumental in creating a bobwhite quail run. Once strong, the quail will be moved to Eglin and released into the wild in the hopes of reintroducing the native species that was once so prevalent to the area.) The plan is for the tribe to raise the birds commercially and sell the eggs to local restaurants and the public at their onsite farmers market with other produce, tilapia, and goods. "By summer 2019 we hope to be completely open for tourism!" says Ann.

Patrons will enjoy the cultural center with fire pit, walkways around the cypress pond and through the wetlands environment to admire the majestic trees, and native plants and species. There is also a council house with a museum that was once a schoolhouse dating back to the 1880s. One might even want to try their hand at "u-pick" blueberries to take home to create a favorite family cobbler or crumble.

***The Muscogee Nation of Florida is located at 278 Church Rd., Bruce, Florida, 32455. For more information call (850) 835-2078, or visit their website at [www.mnoffl.com](http://www.mnoffl.com).***

***Susan Benton is a writer with published articles, recipes, and photography in many local, regional and national publications. Her website is [30AEATS.com](http://30AEATS.com) where she writes about the secrets of Gulf Coast food.***



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# Coastal Biplane

BY LIESEL SCHMIDT



Heath Buckley and The Spirit of 30A



Picture it: You and the deep blue sky, soaring high above the ground and leaving everything behind, flying through billowy clouds and watching as the horizon stretches before you, painted with a wash of colors. Sounds magnificent, doesn't it? It is. It's absolutely amazing to be so far up and so free, and that's one of the very things that makes flying in an airplane such a great experience—not only for travel, but also for simple sightseeing.

And when you live in an area like 30-A, there are plenty of sights to see. From the famously emerald green waters bordered by endless expanses of pristine white beaches and the rare dune lakes, to the colorful little enclave communities that make up the various towns of 30-A, the area is a draw for tourists of all ages and interests. But while most only experience it from the ground as they explore it by foot, bike, or car, it's the ones who have the vantage point of the cockpit of a plane that truly get to see the whole picture and create a memory that'll leave them wide-eyed and breathless about the absolute beauty of the world around them.

Hoping to give people that very experience, former Army pilot Heath Buckley used his mastery of the skies to create Coastal Biplane, LLC, officially launching the company at the end of 2018. "After I retired three years ago, I continued to fly for the Department of Defense as a contract pilot; but after 19 deployments, I started

looking for ways of bringing my passion for aviation to our community and give people an opportunity that they might have only once in their lifetime," explains Buckley, who first learned to fly at the age of thirteen and went on to attend the U.S. Army Flight School before becoming a career helicopter and airplane pilot.

The sole pilot in his small, family-run operation, Buckley uniquely holds specialized training in flying vintage planes, and he brings that training to bear every time he climbs into the seat of his Waco YMF-5. "It isn't just any biplane," says Buckley. "It's one of the few biplanes in history whose front cockpit was designed for two passengers, making it perfect for sightseeing tours."

Perfect plane plus perfect place equals perfect experience, and that's exactly what Buckley aims to achieve with every one of his flights. Ranging from twenty to forty minutes, each trip can take up to two passengers at a time, and the routes take a course that traverses every inch of the area that anyone could ever hope to see. "There are only a handful of Waco aircraft in the world that offer sightseeing tours, but we provide it here on the Emerald Coast, making it 'The ultimate convertible experience to the view the coast of 30-A,'" he explains.

Naturally, Buckley reaps a few benefits as well, feeding the flames of his longtime passion for flying every time he takes a client up with him and doing it

in a setting that many would envy. "My office is 500 feet above the most beautiful coast in the world—how many people can say that?" he laughs. But above all, the reward he gets comes from seeing the reaction he receives during the flights and the lasting effects of the high—even when everyone's feet are firmly planted back on the ground. "It's always an amazing thing to see the smiles of the people I take up on a flight and hearing their reaction when we land. Those smiles never quit, and that's what makes my work so great."

Even with the relative newness of the company, Coastal Biplanes is getting some great attention, booking tours for tourists and locals alike who just want the opportunity to do something out of the ordinary or—perhaps—to cross something off of their bucket list. For Buckley, it really is a passion project, and his level of skill combine with that passion to create the type of experience that's comfortable, enjoyable, and memorable in all the right ways. It's not simply work, it's a calling, and one that shows in his energy as he points out various sights, speaking the words of someone who not only knows the landscape but truly, madly loves what he sees around him and wants you to feel that the very same way.

**For more information on Coastal Biplane, LLC, call (850) 585-0820 or visit [www.coastalbiplane.com](http://www.coastalbiplane.com).**

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# Blue Sea Collection

BY ANNE HUNTER

“Surrounded by the colors of indigo and aqua in the sheets feels like we are an extension of the sea.”

With a little help from their friends, Kris Chavez and Didon Comer transform ordinary fabrics into an extraordinary beach-inspired wonderland. The Blue Sea Collective, formed by this duo, offers a coveted collection of fashion and home decor ranging from traditional to contemporary.

“We wanted to create something with a point of view that felt different from the mainstream home decor and fashion trends,” explains Chavez. Their wearable and decorative art and jewelry transforms recycled throw pillows, curtains, bedspreads, tablecloths, lines, dresses, T-shirts, purses, scarves, and men’s shirts; blending a traditional beach aesthetic with a contemporary modern style. The design and integrity of the original fabric stays intact as the two women weave in their artistic flair to bring each piece a new cycle of life.

“We get one another and that’s what makes us tick. We like the idea of taking what we have in our wardrobe or what we find at a thrift store and creating something new with it,” says Chavez.

Their studio evolves from room to room in Comer’s beach house, called East of the Sun West of the Moon. Each room makes way for new textiles purchased from their favorite thrift stores, where the artists find inspiration for their line. Occasionally, a friend stops by to deliver a down pillow for painting, and another friend brings a beloved white dress to be finessed into the Blue Sea Collective color palette.

The line, created inside Didon Comer’s home, an homage to their mothers. “This is where the magic takes place.” Arms outstretched Comer introduces her stunning beachfront house turned artist studio. “In 1952, my mom bought this property for \$4,000. Her name is Arabella. If she hadn’t found the courage to buy this lot, we wouldn’t be standing here today. The Arabella necklaces in the Blue Sea Collective are named for her and designed by me. The working studio space on the second floor has a panoramic view of the Gulf and provides the backdrop for our inspiration. We have a porch outside of the studio where we hang our newly painted sheets out to dry. Surrounded by the colors of indigo and aqua in the sheets feels like we are an extension of the sea.”



Artists Kris Chavez and Didon Comer team up to create a new line of fashion and home decor.

“I lost my mom, Betty, to Alzheimer’s in April of last year,” Chavez shares. “Didon and I met in her studio weekly during the winter prior to mom’s death as a creative outlet to help me cope and keep the winter doldrums at bay. Mom always supported and encouraged my creative spirit, so it was natural for me to allow myself that freedom. Didon suggested we try fabric as a medium for painting. We took off on the Blue Sea Collective journey with reckless abandon and never looked back. During the creative process we twist, fold, and paint the fabric to create our designs. After mom passed, I began to notice a recurring heart appear in the painted fabric,” the artist muses as she dips the fabric into paint. “Now, I always find a heart. I see that as mom’s affirmation and it brings me great joy.”

The Chavez and Comer duo made a commitment to the ownership of their bliss. “We made a recommitment to ourselves, an acknowledgement of where we’ve been



Photos courtesy of Jack Gardner Photography

and where we are and where we want to be.” Their mantra is an affirmation that they have much more to give. “We are seizing life and saying now is the time...our time to do this!”

The pivot point for Chavez and Comer hinges on not being defined by the outside world and its thou shalt. “We’re not listening to those who tell us what we should be doing. No! We are going to do this whole new thing now. It’s a new adventure. We’re going to the big time! Our art is a living thing. It breathes,” Comer explains.

“The fabrics feel like you are surrounded by the ocean and embraced by its beautiful indigo, Aqua, and white colors. That’s

what it feels like here. It’s like being a seashell in the ocean,” shares Chavez. “We just pinch ourselves every time we’re here working.”

**The Blue Sea Collective is represented at Quincy’s Art & Things, 122 Quincy Circle, Seaside, Florida. For more information: Didon Comer (850) 217-6512 and Kris Chavez (850) 582-6928**



# Inside the Lines

## BOUNCING BACK

Winning doesn't come easy but it doesn't come without failure either. Having spent a great deal of time studying winners in both sports and life, a great truth has been revealed that stands out above all else- winners ALWAYS come back stronger after an epic mistake or major loss.

In football, for instance, it has been pointed out that the great teams that seem at times almost incapable of losing share a common thread in their DNA. Their overriding philosophy is to forget the last disastrous play. Be it a pick six or fumble that ends a great drive with the other team scoring by cashing in on an early Christmas present, the winningest teams never take that disappointment and aggravation into the next down. They get back to work as if it never even happened. I believe a prerequisite to be a winner is that you must have a bad memory; or what you might call *"selective amnesia"*. You know, the kind of amnesia that kids have. Mom: "Did you hang up your clothes?" Kid: Oh, sorry mom, I forgot". Carrying the heartache from one play into the next one is a huge mistake- much bigger than the original mistake.

When I think of some matches that I have watched or played, undoubtedly the winner always had that special something. It's called the *"bounce back factor"*. I can recall times when my serve, backhand, or both were away on vacation on some lush Caribbean island. I could see them there on a tropical beach, palm trees swaying as they lay a pampered chaise, sipping Mai Tais while snickering about me between sips. Meanwhile I'm missing shot after shot and the thoughts came creeping in: "When will this punishment be over? Maybe he'll roll his ankle on a ball the next time he charges the net to spear me again with a killer approach shot." The frustration just lingers from one point to the next ad infinitum, or so it seemed. As you might imagine, the outcome wasn't pretty.

In life as in tennis and all sports for that matter, we have to bounce back somehow, somehow even when it's Love - 40, match point and you just faulted on your first serve. If we lose the match don't think of it again the next time you pick up your racquet. For this monumental task there is no secret or shortcut. Just keep that bad memory bad and keep plowing ahead. Never buy anything on TV that comes from a substance found in jellyfish and remember- if you can, that not remembering is the best policy. Take quick note of your mistake, celebrate the W's and quickly forget the L's.

*Enjoy this glorious tennis season that is upon us and always....*

**Watch the ball, bend your knees, next opponent please!**



**MARTY SHOEMAKER**

## SPOTLIGHT ON THE PRO

### Mike Clark

Mike Clark is the Director of Tennis at Rosemary Beach Racquet Club. He has been a USPTA Certified Teaching Pro for 30 years. Mike played in college for Southeastern Louisiana University while pursuing his business degree. He specializes in singles and doubles strategy.

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Visit Marty Shoemaker's Tennis Blog at  
[martyshoemaker.com/inside-the-lines/](http://martyshoemaker.com/inside-the-lines/)



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**MARTY SHOEMAKER**, who is an avid tennis player, teaches tennis to underprivileged kids, is a member of Rosemary Beach Racquet Club and is also a licensed Realtor with Beachy Beach 30A Real Estate.

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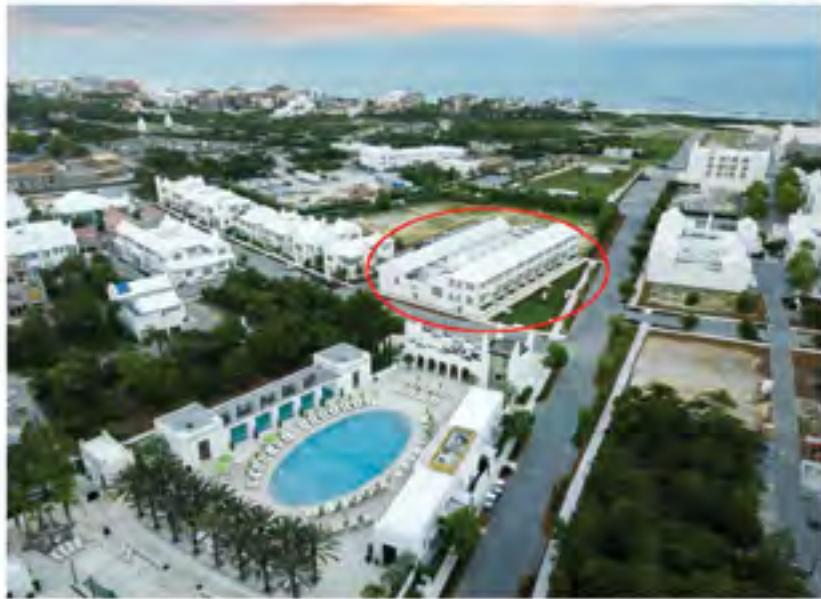
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# Entering the War Zone

BY ANNE HUNTER



As I walked through the debris-strewn streets of historic Saint Andrews, my eyes fixed on a huge pile of art that was spilling out of a storefront along Beck Street. It looked like the insides of an art gallery were gutted and splayed outside. Most of the art was water damaged and splintered, but as I gazed closer into the pile of wet rubbish, I spotted a few barely salvageable pieces of art. I tramped deeper into the mountain of wreckage from the once pristine gallery that was now overtaken with wind and water damage and flipped upside down on the street. It was beginning to rot.

This scene is a familiar one for the hundreds of ravaged business owners and residents who were positioned in the path of Hurricane Michael. But our side of the tracks had been spared. This was only my second drive into “The War Zone”, the name that residents along Highway 30A have deemed descriptive of the path of destruction left behind by Hurricane Michael. The previous week, photographer Jack Gardner insisted that I join him on one of his trips to deliver sandwiches and water, contending that I not look away from destruction just 20 miles east of us.

It was on those trips that Jack captured these photos of the destruction. Jack grew up in Valparaiso, Florida, and first began taking pictures at age 12 when



his parents gave him a Kodak Brownie Hawkeye camera for Christmas. His father, who was an avid amateur photographer; and his uncle, who had been a portrait photographer and then later a photographic engineer at Eglin Air Force Base; were both inspirations in his photographic career. Jack is well known for his architectural and portrait photography, as he is one of the first, if not the first photographer to document the life and architecture on 30-A.

He, like so many of my friends and neighbors were also the first to go in and help Panama City recover.

Hurricane victims were pulled from their homes, fed and clothed. Locals sought refuge for them. The Mignot family freed residents from their homes within hours of the storm's passing, cutting trees with chainsaws. Paige Schnell drove straight in to save a family, and with the help of friends and colleagues had a new home delivered to them. Shelli Allen Roberts rescued one family after another, literally pulling them out and finding food for them to eat, warm beds to sleep in, and clothing. Dr. Hillary Glenn and her colleagues created a pop-up clinic into the war zone and devoted countless hours to free medical care. The list of good deeds by good people goes



Scenes from the destruction of Hurricane Michael, including The Martin Theatre, originally built in 1936.

Photos courtesy of Jack Gardner Photography

on and on and on; and, if you are reading this, you are likely one of them. But, the crisis continues for those still without shelter, without jobs, and without income.

As I stared out of the window from inside of Jack's car navigating through the storm ravaged borders that day, the overwhelming mass of debris engulfed me. I could not ingest anymore. My body slipped onto the floorboard where I buried my head from the scene and wept. Jack maneuvered through the destruction, where trees were snapped like toothpicks and the earth seemed upended on itself. Now as we enter spring, his photographs are a reminder that the recovery continues.

**For more information or to view the full collection of photographs: Anne Hunter Galleries, 25 Central Square, Seaside, FL, [www.annehuntergalleries.com](http://www.annehuntergalleries.com)**

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# Author of Local Favorite, *Grayton Winds*, Launches Next Novel

BY TRACEY M. HAWKINS

Lindley's novels are all set in idyllic and historically fascinating locations that stand in stark contrast to suspenseful tales of love, betrayal, and murder.

Novelist Michael Lindley took us on a marvelous journey to the Grayton Beach of the turbulent 1920s in his third novel, *Grayton Winds*. Replete with bootleggers, gangsters, dangerous women, and a killer hurricane in 1926, it recounts the story of Mathew Coulter and his journey with a ten-year-old blind girl who could be the final salvation for her wayward mother and his own haunted soul.

Former resident and now a frequent visitor for over 25 years to 30-A, Lindley is retired from a marketing and ad agency career and now writes full-time from his homes in Michigan and Florida. With his second book from the *Hanna Walsh and Alex Frank Low Country Thriller* series, *A Following Sea*, his stories move on now to Pawley's Island and Charleston, SC.

In this new sequel to *Lies We Never See*; an Amazon Top 50 pick for Historical Fiction/Mystery and Suspense; Hanna and Alex reunite for a present-day story of mystery, murder, and romance in the Low Country of South Carolina.

It's been over a year, and free legal clinic attorney Hanna Walsh has tried to move beyond the betrayal and violent murder of her husband. Charleston Police Detective Alex Frank, who helped bring the killer to justice, is becoming more than a friend. Then Alex's ex-wife comes back to town with a shocking secret, and all of Hanna's trust issues coming racing back.

When Alex's father is charged with the brutal death of a rival shrimp boat captain and he digs deeper into the crime, he finds himself in the crosshairs of dangerous killers. As Hanna tries to help with the investigation and



Image courtesy of Michael Lindley

defense of Alex's father, she hangs on to a distant hope that she and Alex can get back together, but his cunning ex and a vengeful crime syndicate have other plans for all their futures.

Lindley's novels are all set in idyllic and historically fascinating locations that stand in stark contrast to suspenseful tales of love, betrayal, and murder. His first novel, *The Seasons of the Emmalee*, remains a frequent #1 pick in this genre on Amazon. Both the story and its sequel, *The Summer Town*, are set in the beautiful resort village of Charlevoix in northern Michigan.

"I'm excited about this second book (*A Following Sea*) in the Hanna and Alex series, as we focus more on their present-day story and the dark forces that continue to threaten their lives and relationships. The first book, *Lies We Never See*, had an interesting parallel story set in the Low Country of South Carolina and Texas during the Civil War, and I may well revisit that era in future installments," Lindley explains.

Lindley also hinted about a sequel to *Grayton Winds*, set along the shores of Grayton Beach, that he has in the works. "Look for more in the Coulter family saga with Mathew, the women in his life, and his corrupt family who control the liquor trade in the South in the early 1900s."

Lindley voiced his appreciation for local bookstores Sundog Books in Seaside and Hidden Lantern Books in Rosemary Beach, and their long-time support of his work. He attended a book-signing at Sundog in March 2018 and plans to return to 30-A later this year, including another trip with his wife, Karen, to Panama City to continue to assist with the Hurricane Michael relief effort.

"Karen and I took a week in December to work with Operation Blessing in Panama City. We were overwhelmed with the devastation we encountered from the storm. There is so much more work to be done," Lindley recounts. "It's remarkable and so fortunate the storm's destructive path stayed to the east of Highway 30-A."

**Michael Lindley novels are available through local bookstores and online book retailers. You can learn more about his books and upcoming releases at his website, [www.michaellindleynovels.com](http://www.michaellindleynovels.com) or his Author Page on Amazon and GoodReads. You can follow him on Instagram at MichaelLindleyNovels for more on his books and the writing life.**



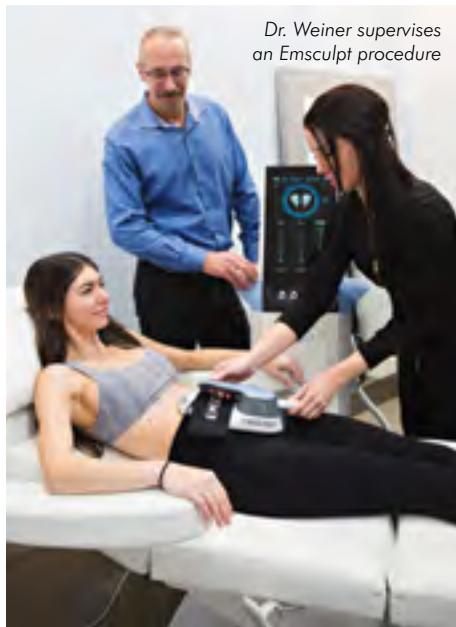
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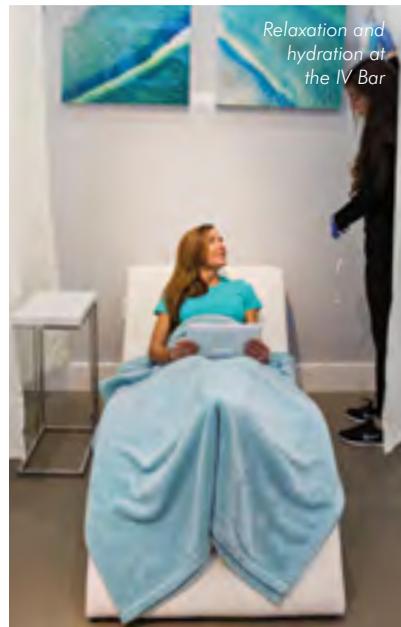
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# The Aesthetic Clinique and Dr. Steven F. Weiner Celebrate The New Year

BY TRACEY M. HAWKINS



Dr. Weiner supervises an Emsculpt procedure



Relaxation and hydration at the IV Bar



Laser hair removal

The past year was a year of growth, change, and celebration for Dr. Steven F. Weiner and his practice, The Aesthetic Clinique. 2018 brought the practice and renowned surgeon many accomplishments and impressive awards, including Best Aesthetic Practice in the U.S. by The Aesthetic Show; induction into the RealSelf Hall of Fame, (being named one of the RealSelf 100); and achieving RealSelf Top Contributor and Core Aesthetic status. Dr. Weiner also became a Gold Status Partner with Zo Skin Health, one of the first physicians to win the Presidential Elite Award from Galderma, and was awarded Center of Excellence recognition by Lutronic Laser Corporation. The Aesthetic Clinique also became a Regional Training Center for Suneva, a leader in Regenerative Aesthetics, and Dr. Weiner served on the Advisory Boards of Revance, Galderma, and Suneva. In addition to these impressive new devices and procedures, Dr. Weiner and The Aesthetic Clinique begin 2019 as the recipient of the Best in Destin Medical Spa recognition.

Dr. Weiner also dedicates his time to writing, lecturing, and providing training and educating of fellow physicians on ways to improve outcomes and minimize complications throughout the aesthetic industry. He is currently working on his upcoming book and has published three clinical papers.

In addition to all this, the Aesthetic Clinique has expanded its office space (it is now three times larger), and they are introducing seven new devices for patients in 2019. Emsculpt is the one device that uses electromagnetic energy to build muscle and reduce fat. A

series of 4 30-minute treatments is recommended to see results, and the procedure is painless with no downtime.

TruSculptID is a 15-minute procedure using radiofrequency technology to reduce fat by 24%. There is no downtime, and it can be performed on all parts of the body with some mild skin tightening achieved simultaneously.

Genius is a radiofrequency microneedling device for which Dr. Weiner personally performed the required FDA trials necessary to get clearance for the device. Genius deposits energy into the deeper layers of skin to improve laxity, skin texture, reduce acne scarring, and reduce pore size. It is the most advanced RF microneedling device on the market and can also be used for hyperhidrosis.

Genius PRP is a Platelet Rich Plasma. Derived from a patient's own blood, it is used to improve healing and injured tissue or chronic wounds. It can also be used for rejuvenation and to stimulate hair growth.

FaceTite gives a patient approximately 35% of what a neck lift would, but with considerably less downtime required. It is an hour and a half long procedure performed by Dr. Weiner during which a radiofrequency probe is placed under the skin and on the skin surface to deliver radiofrequency energy. Skin tightening, collagen stimulation, and minor liposuction can all be performed simultaneously using this procedure. The procedure can be performed on other body areas as well.

Pico+ is a combination of Pico Second and Nano Second Lasers that translates into very quick pulses

with extremely high energy. The procedure allows for treatment and removal of most tattoos safely and efficiently. In the near future, Dr. Weiner plans to add a fractional hand piece that will allow him to treat scarring and stimulate skin rejuvenation.

Splendor X is the most advanced hair removal system available. Two lasers, an Alexandrite and a Nd:YAG, are fired simultaneously to target the hair efficiently in all skin types. Air and contact cooling improve comfort for the patient. The procedure is extremely fast; a patient's legs or back can be treated in less than ten minutes.

In addition to these impressive new devices and procedures, Dr. Weiner and The Aesthetic Clinique begin 2019 as the recipient of the Best in Destin Medical Spa recognition.

Established in 2005, The Aesthetic Clinique focuses solely on non-invasive and minimally invasive cosmetic procedures with the addition in 2017 of IVbar30A, which offers specialized intravenous fluids containing nutrients, vitamins, and antioxidants.

*The Aesthetic Clinique is located along 30A in Blue Mountain Beach at Redfish Village. "Helping to make 30A, Destin, and Panama City more beautiful." To schedule a complimentary consultation, call (850) 622-1214 or visit their website, [theclinique.com](http://theclinique.com), for more information on services, procedures, and products.*



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# Your Kids: Five Tips for Nutrition and Health

BY DR. BART M. PRECOURT

**D**o you have kids, take care of kids, or ever feed kids? If yes, then you are playing a role in their health. This goes for grandmas, school teachers, babysitters, and the like. The good news about kids' nutrition: it's NOT as hard as we make it. The bad news: the cards are stacked against us. Mainstream marketing, cultural pressures, spouses, etc. have bought into the idea of just giving our kids crap food because it's easier.

Use this brief article as an outline to move in the right direction.... not perfection.

I will start with some bold statements: First, children should NOT be in charge of what they eat, nor should they be responsible for always making the proper decisions for nutrition—that's what adults are for. Second, children learn mostly by watching and mimicking. They are watching you. Do your best to walk your talk.

## Avoid these 3

Sugar, dairy and GMOs! Not a surprise here. Sugar consumption is at an all-time high. Consuming GMOs is equivalent to putting harmful chemicals directly into your cells. Dairy causes inflammation and there are plenty of much better ways to get calcium and vitamin D.

Some of the biggest improvements I've seen in children's health—reducing anxiety, ADHD, learning abilities, etc.—have been a result of making changes here. At first it will take some effort and education on your behalf. I recommend easing into this.

## Get Outside!

Study after study shows that kids who spend more time outside are more emotionally balanced and have less sickness. The sun provides us with the tools we need to naturally make vitamin D. Vitamin D is great for our immune system, emotional health, and overall balanced behavior. Computers, phones, and tablets are not going away, but it's important that we prioritize time outside with nature. One to two hours daily would be great.

## Supplements

This may be the easiest way to help level up your child's health. There are two primary supplements that provide the widest range of benefits.

Dr. Bart M. Precourt



**Study after study shows that kids who spend more time outside are more emotionally balanced and have less sickness.**

First, a high-quality fish oil. My favorite is Cod Liver Oil. This may be the most important of all. Fish oils (essential fatty acids) are critical for supporting brain health and reducing inflammation. Keep in mind, sugar, toxins, dairy, etc. all create inflammation. In my office I also carry other options for kids who may not swallow capsules or like the taste.

Second, a whole food multivitamin. And no, the gummy bear and flintstones multivitamins are not ok. Yet, if they're already taking those... great! You have developed a good habit. However, the quality of our

vitamins and minerals is just as important as our food choices. The best overall whole food multivitamin I use for children is Catalyn from Standard Process. This also comes in a chewable version.

With just these two supplements and proper dosing, you would be taking great steps for your kid's health.

## More Leadership and Love

In today's environment, children and adults have more distractions than ever. Work, school, events, and social media to name a few, all competing for our attention. Some sources like social media have turned stealing a child's attention into a science. That's where as adults we need to step up! Moms, dads, teachers, doctors, grandparents, anyone who is leading children. We need to put down our phones, we need to get back to family time. A recent survey just came out reporting that only 1 in 3 families have family dinner more than three times a week.

This topic is often ignored when your child is at the doctor's office or at the parent-teacher meetings, but children NEED LOVE AND LEADERSHIP. This is another easy action step to take that can start today.

## Food variety:

I was "that" child. The one that made life hell for my mom at every dinner because I was so picky. Yet I need to give my mom credit. She didn't bend! I ate what was served or went to bed hungry. Eventually I learned to love and appreciate her efforts and healthy food choices. After all, she is my mom and wants what's best for me.

So here is the easy food strategy: Eat more Veggies, Veggies, Veggies! Organic and Non-GMO whenever possible. Variety is key. Kids eat less vegetables now than ever. Help them get the critical nutrients they need to grow and be healthy.

For more details and strategies for you child's health, check out my podcast *Kids Nutrition* on iTunes @Dr Bart Precourt - Health Made Simple.

**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 Seagrave Beach, FL at Balance Health Studio, [www.balance30a.com](http://www.balance30a.com). For a consultation contact Balance Health Studio at (850) 231-9288.**

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B E A C H

# Hope in the Darkness

BY LIESEL SCHMIDT



Aftermath of Hurricane Michael



Top and above: HOPE Panhandle Relief Hubs  
Left: HOPE Housing repair volunteers

It is in times of crisis that people have the chance to shine, when they have the opportunity to show their heart and their kindness and prove that the human spirit truly can make a difference. And in the aftermath of Hurricane Michael's brutal assault on Northwest Florida late last summer, that human spirit came out in full force to rebuild, repair, and restore the hearts and hopes of those whose lives were tossed about—and seemingly destroyed—by his merciless winds.

Naturally, efforts to rebuild seem impossible when damage is so widespread: countless homes without power or water, areas submerged in deep waters without anywhere to channel them, food and water supplies depleted, medical help out of easy reach. But even in the midst of all that, there can still shine a ray of hope when selflessness, compassion, and love emerge from the darkness and bring together people in one common goal of doing good.

It was to mobilize that goal and bring it to fruition that Panama City natives Mara and Reese Harrison created Hope Panhandle, officially beginning operation the day after Hurricane Michael came to shore. And while their efforts might have been met with only a small measure of assistance, the outpouring of support—financially, physically, emotionally, and spiritually—was truly proof that goodness still prevails.



Hurricane Michael.” And the devastation indeed has been catastrophic. Daunting, by all admission. But rather than backing away and turning a blind eye to the needs all around them while their own lives slowly went back to normal, the Harrisons and their newly-formed band of volunteers literally mucked their way through the wreckage and loss to serve in any way they could by cleaning up debris, getting people medical help, handing out supplies, and cooking and serving meals.

“We started out serving about 10,000 meals per day, and those numbers grew to almost 15,000 per day—we were their only help. At that time, we received a constant stream of donations and welcomed the help of volunteers all throughout the day, and they did anything from

cooking and serving to packing lunches at our kids' school and driving loads of hot food over for serving. We're extremely grateful to people like Steve and Jan Stevens of Rosemary Beach Realty and their group of volunteers, who bagged 200 lunches every other day for next-day delivery—we couldn't have accomplished nearly as much good without that kind of generosity,” Mara continues.

Having moved to 30-A a few years ago, the Harrisons may not have been living in the thick of it all, but their heart for their adopted hometown clearly came up when disaster struck. So, too, did the hearts of

people in the local area as well as in the rest of the country who heard about the devastation. “We've been fortunate to have people fundraise on our behalf by doing things like offering concerts, donating a percentage of business proceeds to our team, holding toy drives and community drives for

supplies, and offering free labor as we purchase supplies. Jessica Standley of Rosemary Beach Rentals is even offering discounts to vacationers who will offer one day of volunteer work while they're in Rosemary Beach. This is so important to the efforts because, as visitors vacation here, they'll also be able to take the story back to their own hometowns and continue to get the word out that help is still needed in our area.”

It takes only a few stories from Mara to illustrate the difference it's been making as people have flocked to aid them, only a few moments to realize that lives can be changed when people show up. Slowly, things are being rebuilt. Slowly, life is returning to a place of normalcy and hopefulness. And while it will still take time to feel whole again, the hope is there—and that's a powerful thing. “The people who helped us and who are still helping us never hesitated when we asked for help—they made it all happen, showing up and volunteering every single day. It was amazing, and it's still amazing,” Mara says.

“This entire situation has given us a new hope in humanity. People are good, and they want to give. I firmly believe we were created for community and that we were each gifted with special strengths and talents. When we all use those gifts, the outcome is a beautiful thing.”

**For more information on Hope Panhandle, call (833) 467-3726 or visit [www.hopepanhandle.com](http://www.hopepanhandle.com).**

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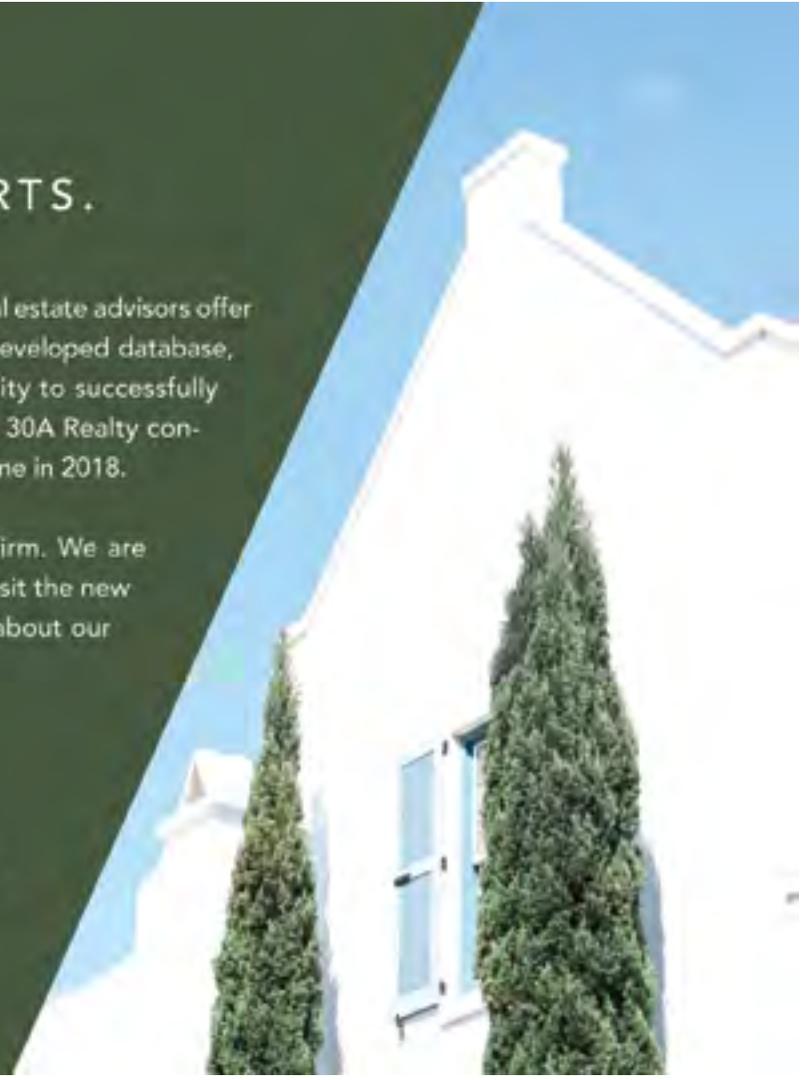
30A Realty welcomes 2019 with many new opportunities for growth within our firm. We are excited to introduce our new branding, website and office. We invite you to come visit the new headquarters at 4042 East County Highway 30A in Seagrove Beach to learn more about our services and what the 30A market has to offer.



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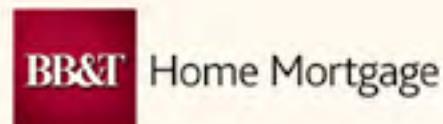


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# Eight Years of Upward Growth Moves the 30-A Real Estate Market to Record Pricing

BY ERIN ODEN

The home market along Northwest Florida's Scenic Highway 30A Corridor has logged eight strong years of appreciation. 2018's record breaking average home sale price, in fact, exceeded the peak years.

Our coastal home market has been steadily rising since 2010, with the average sales price of all closed residences along Scenic 30A in 2018 just over \$1 million. This is up 6% over 2017, up a notable 68% over the last six years, and above 2007's historic high.

Comparing against other popular luxury home markets along Florida's coastlines, our pricing remains attractive and lower. The planned communities of 30-A continue to raise the bar. Town planning that achieves the framework for the most idyllic beach lifestyle and boasts award-winning architecture has lent the most exceptional aesthetics lining our coast.

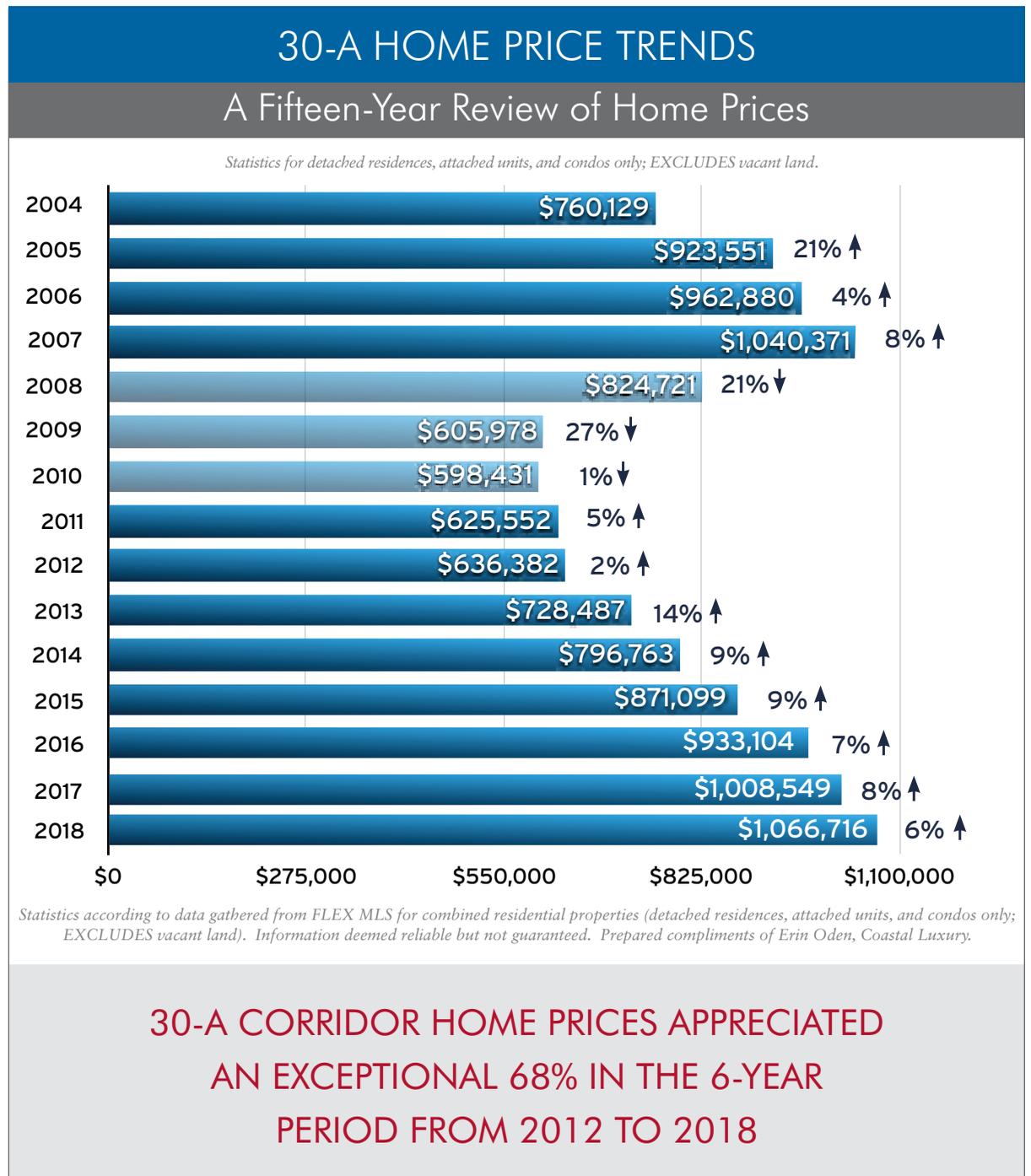
More and more buyer groups are continuing to discover this matchless piece of paradise. The increasing volume of sales each year further confirms the mounting demand and our area's overwhelming appeal.

It has been an exciting and dynamic time to participate in the growth of our special beach towns. Many changes have been seen in development and the home market. We foresee 2019 will build upon the momentum we are currently experiencing.

*Erin Oden is the principal broker and owner of Coastal Luxury, a real estate firm that maintains a strong emphasis on intimate market knowledge and expertise in the luxury and Gulf-front market. Erin can be reached at 850.502.1220 or erin@coastalluxury.com. Or, stop by Coastal Luxury, located directly on 30A, the first office east of Alys Beach. Search all available properties at coastalluxury.com/SEARCH.*



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# An Interview with Nikki Nickerson, Realtor and 30-A Friend Extraordinaire

BY TRACEY M. HAWKINS



Nikki Nickerson, Jim Loznicka & Billzey

*From where/whom did your interest in the real estate profession first emerge?*

I moved to 30-A in 2001 and fell in love with the architecture and style of the beach homes we have here, and of course, these beautiful beaches.

I spent my early years with technology companies on the sales and market front. I had managed national direct marketing and advertising campaigns for different companies so marketing to clients in Nashville, Atlanta, and Dallas was an easy transition for me. 18 years of being in the business has allowed me to see what is missing on the selling and buying end, I think having a team of licensed agents really makes a difference in not having anything fall through the cracks.

Three licensed agents on my team for each client, allows me the flexibility to pursue my hospitality passion. Over the last decade, the Cowgirl Kitchen Restaurants, Feed and Supply Retail Store, and our newly opened Blue Mabel Restaurant and Bar have all been born on 30A. The real estate business has been very synergistic with my hospitality business. Everyone likes the perks of a VIP discount at our locations once they become a client.

*What is the greatest compliment you have ever received from a client?*

“We would never use anyone else!” All of my clients value the trust of my knowledge, my team’s knowledge of the market, and our integrity as agents to not just go after real estate commissions, but to have clients become friends for life and find them the best property for their criteria.

*When did you decide to open your business in 30-A?*

I started with Keller Williams Realty Emerald Coast in 2001. I find Gary Keller and the KW Brand to be one of the top education and technology companies for realtors and our clients. My real estate group, 30A Coastal Life, was established in 2012 and is still a part of the KW national organization.

I love the water and our beaches; this place provides a serenity that I have not experienced anywhere else in the world! The commute is great, and traffic is a moot point! We have beautiful, unique coastal lakes, dunes, and sunsets. I find that the people who make 30-A

their home, or even their second home, have a certain love for life. So many people have moved here to start a new chapter in their lives; there is a vibrancy and hope present. This hope and community togetherness really shined during Hurricane Michael and in the aftermath. Both full-time and part-time homeowners came together to help people in need.

*What are your other interests/hobbies, and do they relate in any way to your work as a realtor?*

I think travel is a never-ending source of inspiration for me. I own a number of second homes and commercial properties, and enjoy rebuilding them into what speaks to me: I like open-air living spaces and big kitchens for entertaining. I am also an avid Peloton cyclist and enjoy the camaraderie of working out with people all over the world--and mountain biking when I can hit the trails! But one of my favorite hobbies is cooking and entertaining; I think having friends over and breaking bread is what life is all about!

*Could you share with us one of the funniest or most inspiring moments that has ever happened to you in your practice?*

Well, I am not sure how funny it is to an outsider, but I really had a horrible time figuring out the keys to a lot of the higher end homes in my early days! Some of my first clients, who are to this day great friends, were dropped off in a Coastal Living tour home in WaterColor so I could go pick up a bunch of keys from the sales office. I came back, and they had tape measures and cameras out and decided to make an offer on the house. It was a \$1.6M house, so I was pretty happy! That was my first big real estate deal, and we still talk about it over a glass of wine at CK (Cowgirl Kitchen).

***The 30A Coastal Life Real Estate team includes the following, and they are available 24/7:***

***Jim Loznicka : (205) 295-4928***

***Chelsea Tully: (850) 376-8369***

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# The Beach Group

BY MARY WELCH

People like the fact that we're smaller, can give more personalized service focusing on 30-A. That's all we do.

Andy Wiggins and Ron Romano were best friends growing up in Colorado; today their kids are best friends growing up on 30-A. As for Wiggins and Romano? They're still best friends and broker/owners of The Beach Group, a real estate company that focuses squarely on 30-A.

Wiggins says, "Ron had discovered 30-A much earlier than I. He had already made it down here when my wife and I with five other couples came down for a visit. During that trip Ron asked me if I wanted to join him in selling real estate here. So I asked my wife if she wanted to move to the beach, she said yes and after a move across country and over 15 years later, here we are. Back then I had a three-year-old and a one-year old. Now the three-year-old is graduating high school and The Beach Group is a strong presence on 30-A."

Since opening in 2003, the Beach Group went from a start-up to a thriving company that was able to ride out the real estate recession and is more focused than ever. "We started when the market was hot but we didn't know anyone. No one made introductions, so we started the old-school way," he says. "We worked hard, knocked on doors and met people one-on-one."

By 2005 they had worked their way up to a team of 35 agents in three offices. Not only did the old school way help them succeed in business, it was one of the major reasons they were able to ride out the recession. "When it all crashed and people were looking to sell their homes – or others coming in to buy low – people remembered us and said that we were the only ones who were still making calls, sending out mailers, and getting out there to work with people."

As with all slow-downs, the economy helped The Beach Group refocus and stick closely to its beliefs and purpose. Through the pivot in 2009, Wiggins and Romano continued to debunk the notion that we shouldn't work with our friends. "We now have about 25 high quality agents in one office. We are fully focused on 30-A and we want to stay local. One of our competitive edges is that a lot of our competition is affiliated with bigger, national names. People like the fact that we're smaller, can give more personalized service focusing on 30-A," says Wiggins, "That's all we do."

The Beach Group caters to permanent residents as well as those seeking second homes for personal use and rental purposes. The market is "extremely strong" with a growing geographic market continuing to discover the Emerald Coast. "Obviously the area has always been attractive to those living in the Southeast and now we're getting a lot of people from Texas, St. Louis, the Midwest, and even further out west." While real estate investors steadily streamed in over the past several years, it's important to the duo and their investors that the 30-A market maintain its identity. "Our prices seem relatively inexpensive to them as they discover the area. And, why not? It's a very desirable area!"

For those buying, ocean views are as important as ever but increasingly, so is having that coveted outdoor space. "The fastest selling homes on 30-A all have some sort of outdoor space and the market is figuring that out," says Wiggins. "Buyers want a courtyard, pool, fire pit, and outdoor kitchen."

As 30-A becomes more fully developed, more homes will be upgraded and renovated to stay competitive. "There's not much more land that can be developed," he says. "So, you'll see older homes being renewed and refreshed."

The fact that there isn't much more land to develop helps keep 30-A as the sought after and cherished real estate entity that it is. "30-A is a fantastic place to raise kids and come for a vacation. The value is trending upward and I don't see that changing."



Andy Wiggins

**Beach Group Properties is located at 2563 S County Highway 395 in Santa Rosa. Contact them at (850) 231-9007 or go to [www.beachgroupflorida.com](http://www.beachgroupflorida.com).**

# Funding Fundamentals

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON

**Y**ou have just executed your Revocable Living Trust (RLT). Congratulations. You are finished and your assets are free and clear of probate should you become disabled or die. Right? Wrong!!

Like a fine automobile without fuel in the tank, an RLT is not going to perform as designed without fueling (i.e., funding) it. Is this a “one and done” event? No—you must title some assets in the RLT without delay and others by beneficiary designation upon your passing. Remember, assets that are not titled in your trust may be subject to probate. Consider this an introduction to the three steps to successful trust funding and a look at the two unique assets requiring additional consideration.

## Identify

The first step is to determine what you currently own, its location, and how title is presently held. Make a list of your various holdings. The greater the detail, the more successful your funding. The list you make will also serve double-duty. If you become disabled or die, then your successor trustee will know exactly what assets are in the RLT or outside the RLT. This can avoid an unpleasant “treasure hunt” that can be expensive and time consuming.

## Transfer

Once your assets have been identified, notify the various financial institutions that you have created an RLT. They will want to know the name of the trustee, the trust name, and the trust date. Do not be surprised if an institution wants a copy of the whole trust or just certain pages to ensure accurate retitling. It is also important to request written confirmation from each institution that the requested retitling has successfully occurred.

Note: Some assets should be directly titled in the trust and others by a beneficiary designation for postmortem funding. For example, life insurance may be owned outright by the insured with his or her RLT as the primary beneficiary.

## Maintain

Buying and selling, selling and buying. Life goes on after you sign and complete the initial funding of your RLT. You should make sure that you take title to assets in the name of your RLT as you acquire them, or carefully establish the appropriate beneficiary designations for them to fund the trust at death. While you are at it, update the initial list used to begin the funding process. This inventory will be essential when your successor trustee needs to act.

## Special Consideration Assets

Two types of assets require careful attention when funding your RLT: real estate and retirement funds. A misstep in either instance can be very costly.

- **Real Estate:** If you need or want to transfer your own primary personal residence, secured by a mortgage, to your RLT, chances are good that you may retitle it to your RLT without written permission from the lender in advance. Nevertheless, if you want to be sure that no “due on transfer” clause will be triggered, the safest approach would be to get prior approval from the mortgage holder. Before retitling any real estate that is not your own primary personal residence, make sure you obtain written prior approval.
- **Retirement Funds:** These are some of the trickiest of all assets, especially when it comes to designating a contingent beneficiary after the surviving spouse. No designations should be made without legal and tax advice.



Kimberly Watson Sewell  
and Frank Watson



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# Ben Hogan's Secret

BY TOM FITZPATRICK

Earlier this year, I spent a few days with world renowned golf instructor David Leadbetter and his colleagues. We discussed the latest advances in golf instruction and how we can become better teachers of the game. David had just flown in from teaching tour pros in Dubai. His informative and entertaining perspectives are extraordinary.

His theme was how the body reacts to the clubface. It's easy to make a body pivot motion correctly without a club. Why then does the body not rotate properly when swinging with a club? It's because the body reacts in unusual ways when the clubface gets too open or closed.

We analyzed Dustin Johnson (DJ), who has a shut clubface and bowed left wrist. Because DJ is so athletic he can overcome the timing issues that a closed face can bring. For us regular golfers though, starting with a neutral grip offers a better chance of maintaining a square clubface and cupped left wrist. A neutral grip (*photo A*) has:

- two left hand knuckles visible at address
- a cupped angle at the back of the left wrist
- the matching cupped angle in the right wrist

And what is the benefit of maintaining a cupped left wrist to the top? (*photo B*) The club can release through impact, providing more power. If the left wrist becomes bowed, then you've closed the club face, making it tough to release. This was Ben Hogan's secret, Leadbetter says - to maintain the cupped left wrist angle. This creates



**Photo A**  
Start with a cupped angle in the back of the left wrist. Two knuckles should be visible as you look down.



**Photo B**  
Maintain the cupped angle in the back of the left wrist to the top of the backswing.



Jim Loehr and Tom Fitzpatrick

that ideal look of the club face toe that points downward and not skyward.

As a group, we then tried out some teaching aids. In the past we had to guess if the clubface was open or closed at impact. With the new Blast swing sensor it measures just that. This app showed me when I was putting with the face closed. The simple adjustment I made was to hold the left wrist firmer thru impact. This five minute correction just saved a year's worth of time!

Another great gadget is Eyeline Golf's laser light, which clips onto the lid of your cap. It shows me that my head moved backwards while putting - not good. The visual feedback easily helps me identify my fault and implement the fix. By re-training my head to stay

centered I could easily create a better pendulum shoulder motion thru the stroke. It's amazing how you can try to "keep your head still" and yet it still moves. It's that visual feedback that makes it so easy to eliminate inefficient motion.

I'd like to leave you with some powerful thoughts from our guest speaker Jim Loehr, tennis coach to 2019 Australian Open champion Novak Djokovic. In his studies he found that great athletes can:

- walk into situations and see things from an optimistic perspective, without losing reality
- focus on what is relevant and keep at bay those things that are not relevant to the events at hand
- develop personal character that builds sustainable success inside and also outside of sports

Jim says that when you are a character-driven athlete you cannot lose. In fact, no one loses and everyone gains. This can be applied in your business, sports, or family. Make it a great day on the golf course!

**Tom Fitzpatrick is a Leadbetter certified instructor. He is an active realtor with Scenic Sotheby's Intl Realty. Reach him at (850) 225-4674 or visit [tom.scenicsir.com](http://tom.scenicsir.com)**



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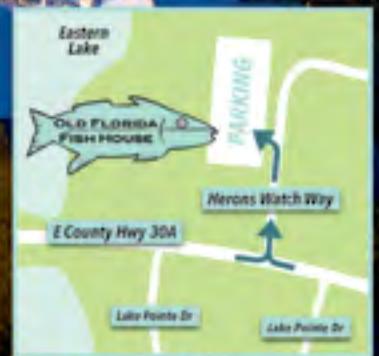
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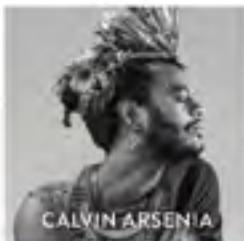
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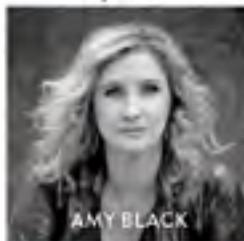
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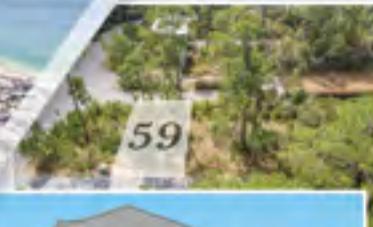
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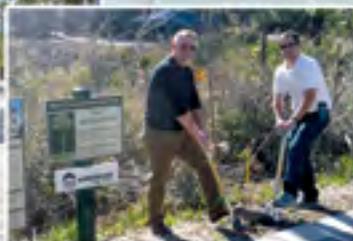
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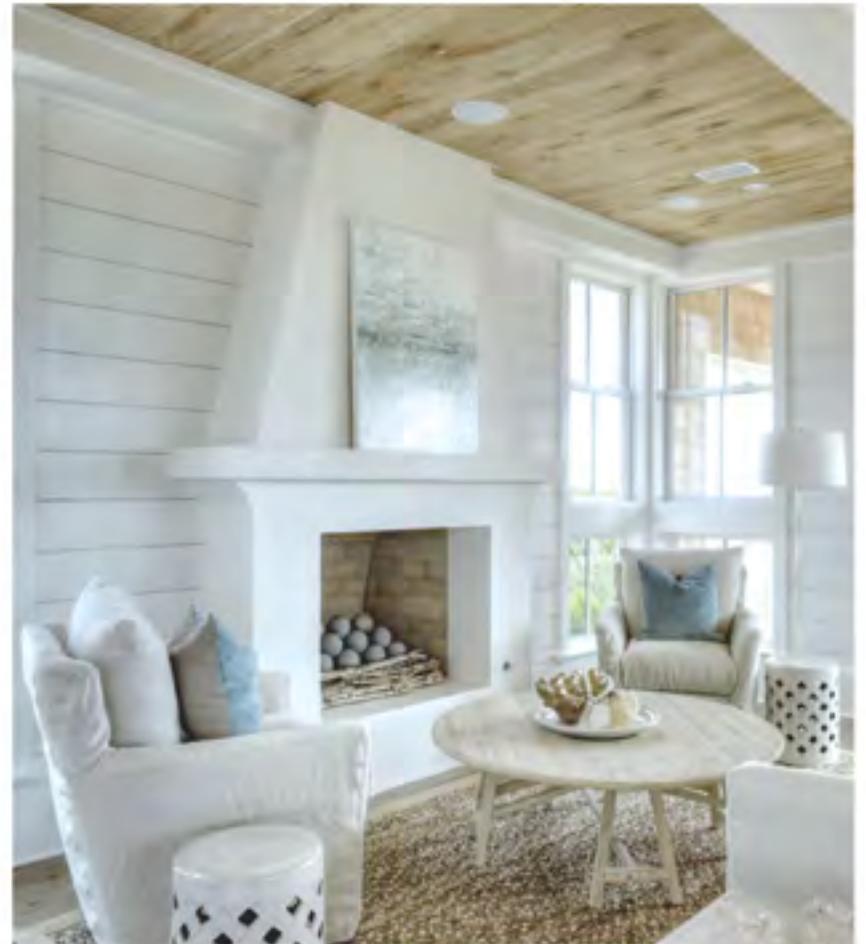
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495.36' x 60.59' of Gulf Front



25 Johnstown Lane | \$2,399,000 | 5 BR | 5.5 BA



102 Tuckers Lane | \$1,899,000 | 3 BR | 3.5 BA  
plus bunk room



37 N Green Turtle | \$2,299,000 | 4 BR | 3 BA | 2 HBA



10 Scout Lane | \$2,149,000 | 6 BR | 6.5 BA



29 Pleasant Street | \$1,199,000 | 5 BR | 5.5 BA



N. Winston Lane | 3 properties #98, #106 and #114  
4 BR | 4.5 BA with a 4bd-Bunk Room | \$1,499,000 ea.



33 W Water Street | \$1,424,000 | 2 BR | 3 BA  
plus Bonus Loft with 4 Built-in Beds



240 Needlerush | \$1,699,000 | 5 BD | 4.5 BA + Bunks



27-C St. Augustine Street | \$739,000 | 2 BD | 2 BA



15-A St. Augustine Street | \$789,000 | 2 BD | 2 BA



6208 Village of South Walton | \$349,000 | 1 BR | 1 BA



27 A St. Augustine Street | \$889,000  
2 BD | 2 BA + Bunks



Lot 8-D The Village of White Cliffs | \$359,000



50 Ashley Lane | \$699,000 | 4 BD | 3.5 BA  
New Construction



20641 Front Beach Road | \$1,100,000  
3 BD | 2.5 BA



136 Georgetown Ave PRC Unit Share 1F6  
\$89,000 | 2 BD | 2.5 BA

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