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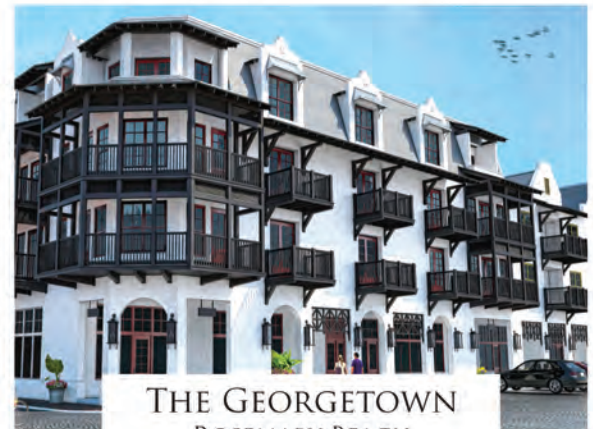
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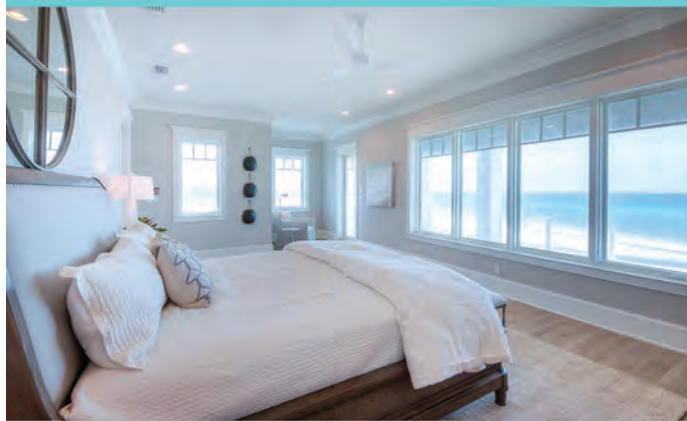
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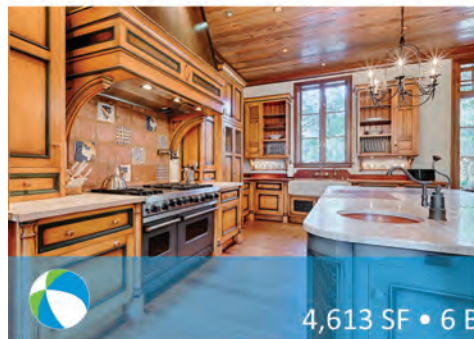
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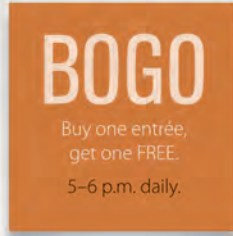


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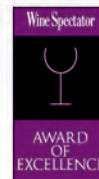
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It's no wonder that 30-A is such a popular destination. When you couple our natural DNA programming with the culture and fun of 30-A, it's like a double whammy overload of excellent vibes and endorphins.

As always, this issue is packed full of stories about the people, places and things that make 30-A and the surrounding area so great. We invite you to delve into the pages that follow and we hope you enjoy reading them as much as we enjoyed creating this issue for you.

Until the next issue, let those beach endorphins fill you up with happiness. And enjoy the surf, sun, delicious food, magnificent events, and amazing shopping that 30-A has to offer.

Sincerely,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



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Send inquiries to 227 Sandy Springs Place, Suite D-297, Sandy Springs, GA 30328. Or call (404) 560-3677. Send press releases and e-mails to miles@thirtyareview.com

about the cover

Model

Sydney Black with MSB Agency

Photography

Vera Hogenson, www.verahogenson.me

Wardrobe

Blazer: H&M, Dress: Forever 21, Shoes: Asos

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Publisher/Editor-in-Chief

Miles K. Neiman

Managing Editor

Jennifer Thompson

Graphic Design

Brenda J. Oliver -

Cover Design

& Magazine Layout

Sharon Jollay - Ads

Cover Photography

Vera Hogenson

Photography

Jacqueline Ward

Contributing Writers

Jessica Badour

Susan Benton

Susan Cannizzaro

Julie Herron Carson

Tom Fitzpatrick

Anna Ferguson Hall

Christina Homer

Anne Hunter

Whitney Lee

Alden Mahler Levine

Erin Oden

Amelia Pavlik

Bart Precourt

Sarah Murphy Robertson

Maddie Rowley

Amanda Sanders

Liesel Schmidt

Anne Schultz

Kimberly Watson Sewell

Ridgeley Standard

Kempton Taylor

Mary Welch

Ad Sales:

miles@thirtyareview.com

Distribution Manager:

Warren Butler

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Showbiz and Events in September and October



Photo courtesy Alys Beach

ALYS BEACH

SEPTEMBER:

6th Annual Alys Beach 5K & 1 Mile Fun Run

September 3, 2017

Located along Scenic Hwy 30A, the course winds through the town and ends with an oversized obstacle course for kids of all ages, music, food, and beverages available in the Amphitheatre. 1 Mile Fun Run is kids 12 years and younger only.

Cost: 5K is \$35 online in advance until Sunday, August 27th, after that the price to participate is \$50. 1 Mile Fun

Run is \$15 online in advance until Sunday, August 27th, after that the price to participate is \$25.

ALYS BEACH AMPHITHEATRE

OCTOBER:

Noche de Los Muertos

October 27, 2017, 8pm - 11:30pm

Night of the dead costume party at the Caliza pool. DJ, cash prize for Best Costume, bottle service is available to purchase.

Cost: \$50 in advance, \$60 at the door.

CALIZA RESTAURANT

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October 28, 10am - 5pm

Enjoy the crisp, autumn air while perusing artist booths filled with paintings, pottery, jewelry, and other hand-crafted items.

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Saturday, October 28, 2-5pm

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NORTH BARRETT SQUARE

Cocktails on the Coast

BY LIESEL SCHMIDT



The new Beach Bar serves up Bud & Alley's award-winning cocktails.



Conveniently located at end of Bud & Alley's new boardwalk on Seaside's sugar-white sandy beaches.



Serving up refreshing cocktails, beer and wine with a friendly smile.

Photos by Alissa Aryn Photography

There's nothing that goes together more than a refreshing drink and the sun-dappled waves rolling in and out with the pull of the tide – but until recently, those two things weren't quite so possible to bring together out on the sands of 30-A. Sure, you could order your beachy beverage and look out longingly over the sparkling sand from your perch at a restaurant table, but sipping that cool cocktail and sinking your toes into the sand was a no-go; until Bud & Alley's founder and owner Dave Raushkolb was finally able to realize his long-awaited dream of creating a beach bar right on the sands behind his beautiful restaurant in Seaside.

Building on his already successful brand, Raushkolb dove right into setting up shop with a small bar area and some umbrellas, positioning them at the foot of his recently completed beach walkover – an asset that truly does more than just adding ease to a beachgoer's sojourn to the sand. "The new point of access connects everyone to the restaurant's copper-topped dining gazebo, where they can enjoy our fantastic food and drinks with that wonderful view, and now it also leads right there to our brand new bar area," Raushkolb explains.

The current setup is merely the beginning of a coming "enhancement" project Raushkolb is kicking off with some very talented designers and architects who share his vision and are part of the task force for a number of

other changes being planned for the south side of Seaside. For Bud & Alley's, the changes include tearing down the service buildings that are part of the restaurant's holdings along the road and replacing them with one large structure to house both Taco Bar and Pizza Bar, and expanding the already-popular roof deck over Bud & Alley's main building. Equally exciting, in Raushkolb's estimation, is the beach bar now claiming its place on the sand.

Upon completion of the expansion project, the new access will run directly from Scenic 30A just past the new Taco Bar and lead down to the beach. "To have Seaside's newest beach access run through our property from the roadside to the beach is just awesome, and I'm thrilled to have the walkover and the bar finally in place and open," says Raushkolb. "I've been waiting for a long time for all of this and to have the opportunity to bring people something that's really just an even better way to enjoy paradise has been a truly special project for me."

Raushkolb launched his concept with a temporary bar that will eventually be replaced by a permanent structure. Bud & Alley's Beach Bar guests are able to order "beach versions" selections of artfully created craft beach cocktails, frozen drinks, craft beers, wine, and some tasty food made by the talented chefs at Bud & Alley's. "It's a tremendous convenience for people who are going to the

beach or may already be out on the beach, because they're now able to have an informal lunch or a drink right there, without even having to shake the sand off their feet to get served," Raushkolb explains. "There's nothing better than that – having cocktails at your fingertips in such a beautiful setting, and our guests are absolutely loving it."

And what's not to love? Cocktails, including the Lemon Thyme Lemonade, the Rum Runner, and the Dragonfly join a menu of refreshing drinks like Bud & Alley's award-winning Bloody Mary. Raushkolb says, "People crave drinks that are light and refreshing and fruity when they're at the beach, so we created a menu that really speaks to that."

So, too, does the food that restaurant runners take out to bar guests looking for a little more sustenance than a simple sip. The selection of small beach bites and limited menu currently in place will be expanded next year to include offerings not only from the kitchen at Bud & Alley's, but from Taco Bar and Pizza Bar, as well. "It's a great way to service new guests and bring people something different," Raushkolb says. "We're offering something that no one else does, and we're maintaining the excellence and level of standard that our brand is known for."

"My team and I are always looking for ways to enhance and improve the Bud & Alley's experience," says Raushkolb. "This concept fits that vision perfectly, and to have the first beach bar on 30-A is very exciting."

It's exciting indeed – and that's definitely worth drinking to.

Bud & Alley's Beach Bar is located at 2236 County Road 30A, Seaside, Florida 32459. Open daily 11:00 a.m.-5:00p.m., determined seasonally. For more information, call (850) 321-5900 or visit budandalleys.com

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Smoke Signals

Back Beach Barbecue Brings the Heat

BY SARAH MURPHY ROBERTSON

Just east of 30-A in Panama City Beach, Back Beach Barbecue is lighting their pit fires at 2:30 am so diners' 12-hour slow cooked meats will be on point.

Back Beach Barbecue opened in June 2017 by Danny and Monica Cosenzi. The couple may be best known along 30-A for fine dining at their Restaurant Paradis in Rosemary Beach, but this newest casual concept has been six years in the making and a dream come true. Through travel, research, recipe testing, and even trial smoking in the Cosenzis' backyard, Back Beach Barbecue is now a reality.

Danny and Monica have always emphasized their staff is really more like family. Back Beach Barbecue has been a collaborative effort. Chef/Partner Mark Eichin, Pitmasters Chris Mack and Shane Kirkland, and all around "MVP" Donnie Sellers have all been essential elements in its establishment.

Appreciating the art and science behind a great barbecue operation, Danny and his team set off for Texas to get a feel for how some of the best barbecue joints in the country do things. They were met with openness and generosity as barbecue pros like Frankin's, Black's, and Lockhart's. These venerated establishments showed them their time-tested methods for creating legendary barbecue.

Any barbecue enthusiast knows "low and slow" is the key to the tastiest meats. Back Beach Barbecue uses Lang reverse flow BBQ Smokers with their offset firebox design to create consistent killer meat. These cookers are often called "stick burners" because they burn wood on one side of the unit and the heat circulates around the proteins on the cooking compartment's side.

Back Beach is proud to feature true stick burning barbecue and they cook everything on these smokers. They've even affectionately dubbed their two original smokers "Smokey and the Bandit." (The third is named Buford, another homage to the classic movie's sheriff.)

What's a fire without fuel? Wood adds big flavor, and when using a stick burner, the type of wood makes a big

difference. Back Beach only uses locally sourced and cured hard oak for a slow burn and clean heat.

When it comes to barbecue, keeping it simple means you are doing it right. "The rub we use doesn't have any sugar, it is simply a two to one ratio of black pepper and kosher salt with a few savory spices," Danny divulges. The goal is always to ensure the tender meat stands out.

So you see, Back Beach Barbecue did their homework and when they opened for business in June, they quickly found a loyal fan base. Diners eagerly line up to order from a chalkboard menu at the counter, and hungrily watch as their selections are hand cut to order.

Danny explains, "You pay by the pound and can even ask us for just one rib or one slice of brisket." The array of meats includes, Texas-style brisket, pulled pork, chicken,

turkey, sausage, and pork spare ribs. On Thursdays, Fridays, and Saturdays they also offer beef ribs until sold out. Their sausage is made in house with two kinds available – a zesty pork jalapeno cheddar and a spicy beef.

Keeping it classic, Back Beach prepares a red skin potato salad, coleslaw, macaroni and cheese, bbq baked beans, brisket brunswick stew, and collard greens. The meats are served on butcher paper on trays and guests can further customize their order with a side.

Guests can also enjoy their "Q" on sandwiches, salads, or atop a loaded baked potato. The homemade dessert menu boasts even more old-fashioned goodness in the form of banana pudding and blueberry pie.

After all this effort, Back Beach certainly doesn't cut corners on the condiments. They make four house made sauces, including an Alabama White Sauce crafted from local Grayton Beer Company's Beach Permit Blonde Ale.

The feel of the restaurant mirrors the down home comfort food it serves up. This place is laid-back with open air dining – the perfect festive atmosphere to gather on the patio and spend time with family and friends. In addition to their Panama City Beach space, Back Beach Barbecue caters private or corporate events and has a beautifully equipped food truck with a full kitchen.

Back Beach Barbecue promises delicious food crafted from the dedication to true stick burning barbecue. For such a new operation, its commitment to tradition signals success for many years to come.

Back Beach Barbecue is located at 19714 Panama City Beach Parkway, Panama City Beach, Florida 32413. Open seven days a week for lunch and dinner beginning at 11 am. For more information you can find Back Beach Barbecue on Facebook, Twitter, and Instagram or visit www.backbeachbarbecue.com.



Sliced Brisket and Sausage sandwich



Sliced Turkey



Members of the Back Beach Barbecue team

Photo by Alissa Anya Photography



Pitmaster Shane Kirkland reloading one of two Lang reverse smokers




Beef Rib



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Baking Bliss

BY LIESEL SCHMIDT

If you've ever smelled the aroma of fresh bread baking or torn into the pillowy soft interior of a crusty loaf still warm from the oven, the thought of living "by bread alone" certainly seems tempting – and easily within the realm of possibility.

It was this very love of the loaf that inspired longtime friends and seasoned restaurant industry insiders Dave Rauschkolb and Phil McDonald to partner up and start Black Bear Bread Company. They rolled out their first batches of bliss in spring 2016 at the Seaside Farmer's Market to give the locals a taste of the breads and baked goods they planned to feature at their soon-to-be-opened bakery and café.

It wasn't an idea that rose out of thin air. Quite the contrary, as the two had long been working on the idea to launch a business together but hadn't quite found the right niche. And filling niches in the market is Rauschkolb's expertise – having opened Bud & Alley's, Taco Bar, and Pizza Bar.

It was at Pizza Bar that talented chef Phil at last got to showcase his skills working directly with Rauschkolb. "Phil is a phenomenal chef, and he's done incredible things at Pizza Bar while he's been there," says Rauschkolb, who encouraged one of McDonald's unique talents to rise – literally – as one of the cornerstones of the menu at Pizza Bar: baking fresh breads and doughs for their gourmet pies.

"While I was working in New York, I worked in a restaurant where they were doing absolutely everything from fresh from scratch, right there in-house, from baking the bread everyday to breaking down and butchering their meats," McDonald says. "The baker taught me how to make fresh sourdough from a starter, using the process of fermentation for natural leavening instead of making the bread with commercial yeast, and it creates such a fantastic product. The taste is amazing," he continues.

That amazing taste certainly gave Rauschkolb and McDonald something to chew on, especially in light of the fact that nowhere in the area was there a bakery or café offering freshly baked breads, pastries, and coffees. And so their half-baked idea for creating a partnership of some kind came to life, and the pair set out to found



Artisan Sourdough Bread

similarities to a croissant, but sprinkled with sugar and salt before being baked in a muffin tin. A breadly delight common to the French region of Brittany, Swenterton has been baking them like mad over the past year that she's been working with McDonald and Rauschkolb, using them as a canvas for fresh fruits and nuts and anything else that inspires her creativity.

It's the perfect meeting of the minds, it seems, as the whole concept behind Black Bear is, of course, that naturally leavening sourdough. Sourdough

that serves as the foundation for a full menu of items that showcase McDonald's culinary skills in their fresh breakfast and lunch dishes as well as Swenterton's addictive pastries and breads. Complementary to that is a coffee bar featuring Stumptown Coffee Roasters from Portland and an impressive offering of "dynamically seasonal and sustainable food," McDonald says. "Every single thing on the menu at the café is going to be locally grown and sourced produce and meats from farms where we have a personal relationship with the farmers. We've been to the farms, we've seen the cows, the pigs, the chickens. We know how they're being treated and how they're being raised, and we're passing that down to the customer, making sure we're doing things that are sustainable and responsible."

Sustainable and responsible in every bite, the food from Black Bear Bread Company is something that embodies the soul of good bread – wholesome, comforting, and absolutely tasty.

Black Bear Bread Company is located at 26 Logan Lane, Santa Rosa Beach, Florida 32459. Open daily from 7:00a.m.- 4:00p.m. For more information, call (850) 588-1703 or visit www.blackbearbreadco.com.



Phil, Dave and Debbie



Fresh baked goods



Pop Up Market

Black Bear. The dynamic duo, however, needed to become a trio in order for their plans to be successful, as McDonald's baking skills were not quite fortified enough to carry things on his own. Quite fortuitously after the baker they initially hired moved out of the area, they welcomed Debbie Swenterton to the team as the "head dough slinger", putting her hands to work kneading everything from sourdough loaves to baguettes, bagels, and something quite fancy: a buttery, layered pastry called Kouign-amman that bears



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Eddie Driggers of Coastal Blue Farms

BY SUSAN BENTON

Audrey Hepburn once said, “To plant a garden is to believe in tomorrow.” That is the philosophy behind Coastal Blue Farms located in Freeport. Owner Eddie Driggers says, “Coastal Blue Farms is all about the food. We are a suburban sustainable farm located on eight acres just across the bridge from 30-A, and we bring the highest quality products that are grown using non-GMO and organic seeds to area restaurants, markets, and farmers’ markets.”

With over 3600 square feet of greenhouse indoor space that allows Coastal Blue Farms to produce in excess of two thousand heads of artisan leafy greens per week, nearby chefs flock to the farm in person to hand select what they want to use in their menu preparations. Chef Lock of Amici 30A Italian Kitchen at 30Avenue in Inlet Beach is especially fond of the basil varieties and recently commented on the aroma of the Thai basil, saying, “It reminds me of home and my mother’s pho, a comforting soup. The greens that Eddie grows are so fragrant and bright.”

Because Coastal Blue Farms grows in an environmentally controlled greenhouse, it allows them to keep the bad pests out and the good pests in, like bees. Eighty percent of the indoor farm is grown using a hydroponic deep-water culture practice, along with vertical gardens; while the other twenty percent is grown using organic practices implemented by NSF certified standards.

“Because our greens are grown in a controlled environment, we avoid the use of pesticides. We strive to minimize the impact to the environment and have a zero waste process, meaning we always try to use and reuse 100% of any byproduct that comes from Coastal Blue Farms growing practices, ensuring only the safest, tastiest, and freshest produce,” says Driggers.

With so much land, Driggers has plans for expanding the exterior space to include a seasonal chefs garden and more edible flowers, micro greens, and herbs. “We grow a lot of unique lettuce varieties that chefs don’t have access to, so we fill a need. Everything you consume comes from a farm somewhere, but the words farm to table have been overused. One of the things we want known about our story is that we are community based. We eat in the restaurants that use our produce and we know the product is hyperfresh, meaning typically harvested the same day it shows up on the menu,” explains Driggers.



Eddie Driggers

Eighty percent of the indoor farm is grown using a hydroponic deep-water culture practice.

Driggers was working in the tech industry for a fortune 500 company when he realized he was no longer happy. So, he began working pro bono in Texas with Sustainable Harvesters to learn farming techniques and practices to implement a large scale growing operation. “Growing up in South Alabama and even living in Texas, we always vacationed at the beach. We were ready to come home and plant some roots here, pun intended,” recalls Driggers.



Tomatoes



Hydroponic system



Basil

Coastal Blue Farms is also passionate about educating consumers on growing techniques and will sell their products straight from their farm, something many farmers don’t like to do. Farm tours are available Tuesday through Thursday and last about an hour. The cost is \$10.00 per adult or \$25.00 for a group. Children are always free. The best part is you get to take home some goodies from the farm while gaining an appreciation of how to grow healthy food. Driggers says, “We are also gearing up to teach seasonal farming classes, along with microgreen and hydroponic gardening classes!”

Coastal Blue Farms is located at 95 Happy Hollow Drive in Freeport, Florida. Hours of operation are Monday through Friday from 9a.m. to 5p.m. You can purchase products directly from Coastal Blue Farms, at the Seaside Farmers Market, and at the 30A Farmers Market at Grand Boulevard. For more information, call (850) 564-3440 or visit their website, www.coastalbluefarms.com.

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Brandi Hezinger: B-Modern Art Gallery

BY MADDIE ROWLEY

Brandi Hezinger remembers being kicked out of Odyssey of the Mind art class when she was nine years old because her teacher didn't believe that Brandi had painted a very Picasso-like piece of art all by herself. "That just fueled me to want to pursue art even more," says Hezinger, owner and artist extraordinaire of B-Modern Art Gallery, located off East County Highway in 30-A.

After graduating from the Dallas Art Institute, Hezinger embarked on a career in graphic design, but ultimately realized she didn't want to be chained to a computer all day. That's when she found one of her artistic "sweet spots".

The Tulsa, Oklahoma native started her own business painting murals inside of Dallas restaurants and bars, and then began selling her original artwork to local galleries. "Back then, they were taking 60% of everything that I painted, but I really wanted to be featured in the galleries so I just took what I could." She scraped by, as most artists tend to do at the beginning of their careers. Then she launched a faux-finishing school in an up-and-coming artsy area of downtown Tulsa, where she taught others how to create the popular faux-finished look on walls and furniture. Then, she landed a contract that took her across the country painting murals in churches. In the end, she was more successful than she ever hoped.

"At 25 years old, I had earned enough money to buy my first building. It was an old gas station and I restored it and held art classes there. It had a loft-type of feeling to it," says Hezinger.

Years later, after relocating down to 30-A to move her daughters closer to their father, Hezinger picked up her paintbrush again for the first time and decided to open her own gallery – where her main inspiration is Andy Warhol. "Since I had painted realistic paintings for so long and made art that everybody else wanted, it felt so nice to do what I wanted. I got inspired when I went to Italy and studied printmaking because I felt like I had more freedom, and then it just started from there."



Now, Hezinger's layered technique is unique. For example, she'll start off with a beautiful painting of flowers, then cover it in a sealant and waits for it to dry. After it dries, she'll paint over the flowers completely for a different look – a type of bravery all on its own. Hezinger repeats this process up to 12 times.

"I'm so ADD that I end up starting about four paintings at the same time. It can take three to four weeks to finish just one," says Hezinger.

Her vision for B-Modern Art Gallery's future is to continue to teach and give back to other artists at every level. She wants to help beginner artists hone their skills while teaching advanced artists how they can reach more people through their work.

"I want to help educate our area on what modern art is because I feel like we don't have a lot of modern artists here and I think that's definitely a need in the community. However, I'm seeing more modern art pop up around

the area, like in Alys Beach and Rosemary Beach, which is great!"

B-Modern Art Gallery has a new exhibition every month from February until October. Corresponding with this, each month the gallery will feature a new local charity to benefit. Hezinger has a clear vision for the grand opening exhibition, where a portion of the sales will benefit Alaqua Animal Refuge.

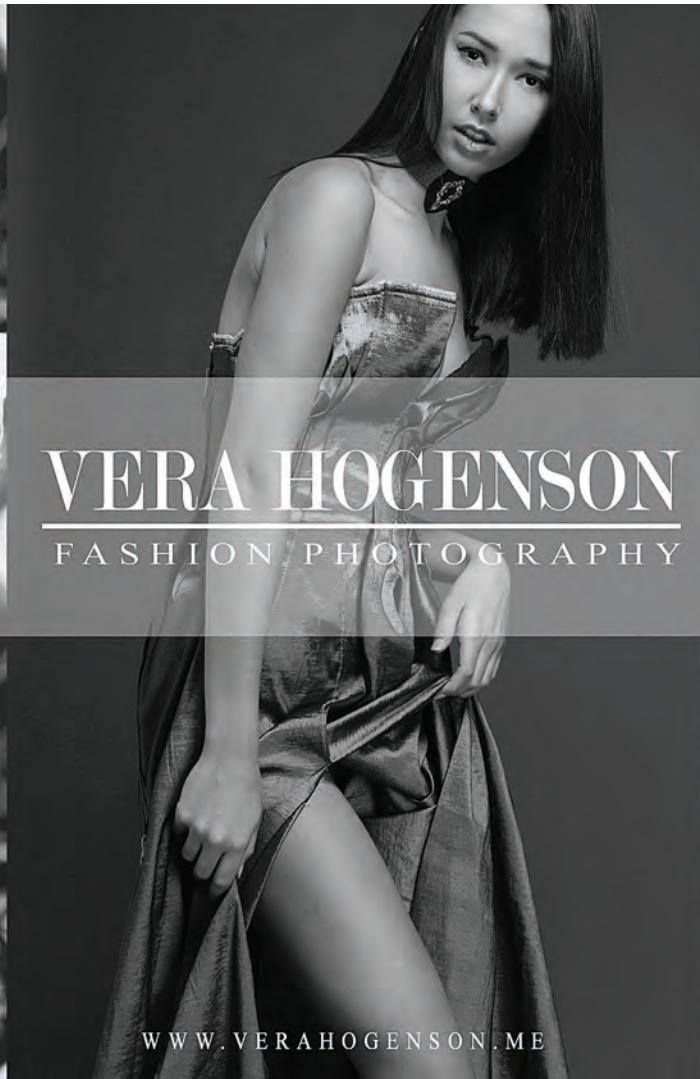
"We're going to have a girl in a tent drawing dogs and then we'll sell apparel inside of the gallery, we'll have a DJ, and hors d'oeuvres. It'll be nice," she says.

After the grand opening exhibition, Hezinger will focus the second exhibition on flowers, where a young 15-year-old local artist will draw flowers in real-time right outside of the gallery. "I'll have a girl walking around who has flowers painted on her body and drinks with flowers in them. The proceeds for this second exhibition will go towards a cancer foundation, but I'm still in the process of planning it."

Hezinger has never been afraid to take chances when it comes to art, and she feels like the most important thing she can do is give back to the community and help people understand that just like art, life itself is a process.



The B-Modern Art Gallery is located at 10343 E County Highway 30A Suite 111, Seacrest Beach, Florida 32461. Reach them by phone at (850) 708-2521 or go to their web site at: www.b-modernartgallery.com



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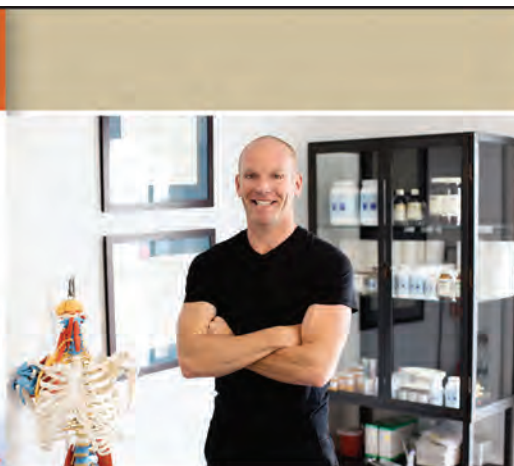
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Summer House Lifestyle

BY MADDIE ROWLEY

Melissa Skowlund, owner and curator of upscale boutique Summer House Lifestyle, spoke over the phone while scouting out a possible second store location in Georgetown, a historic area in northwest Washington, D.C.

"I'm also thinking about a location in Austin, Texas," says Skowlund, as she dove breathlessly into her vision for the shop's future. Summer House Lifestyle, which is in Santa Rosa Beach on Uptown Grayton Circle, is well-known for being ahead of the curve when it comes to all things interior design; but the boutique also includes stylish items for children, as well as jewelry, office supplies, and candles. Skowlund has set up vignettes throughout the shop to show customers how items can be styled and used.

"I try and find unique items for the store because we have a little more of a sophisticated palette and we tend to go outside the norm. I'm generally ahead of trends," she says.

Skowlund, who splits her time between Wisconsin and 30-A, speaks about the trends that she's currently seeing throughout her many travels to New York, London, Atlanta, and Dallas – just a few cities where she goes to get inspiration and purchase items for her store.

"I'm trying to stand out a bit. Classic with a modern twist is really my style, and I like clean, open, airy, never fussy," says the designer of ten years.

Recently, Skowlund completed a project for a client in D.C. where she installed Lucite rods for the drapery, and used beautiful peacock grass cloth wallpaper paired with gorgeous, textured fabrics. The living room was done in an icy blue with Celerie Kemble curved sofa that she covered in a crypton fabric, since her client has two kids and two dogs.

"Crypton is a material that was developed in the medical field and now they use it in fabrics. The sofa felt like white velvet and looked like white velvet, but if you spilled a glass of wine on it, it will just wick off," says Skowlund. "We made her house look sophisticated but still livable."

Skowlund says that wallpaper is something that has effectively come back from the 70s – but with a big-time

makeover. "Wallpaper is back in a huge way. It has been for a while but I see it being embraced even more, and there's so many new materials now. I just did a powder room at a house in WaterSound where we did a faux-gray wood vinyl wallpaper.

In addition to wallpaper, mixed metals throughout a home help make rooms more eclectic and prevent "dating" of the home just by looking at cabinet pulls and lighting. "My favorite thing right now is to mix metals and avoid using all brass or all chrome. I think having a little bit of a mix makes it interesting and timeless. If everything is brushed nickel, for example, you really put yourself in a box."



Children's showcase



Fine artwork vignette



Washington, D.C. project



Bedroom showcase

Skowlund likes to incorporate a subtle element of surprise in all her designs, steering away from anything too cliché or ho-hum. She often does this with the chandeliers and lamps that she chooses to light up an area. "I love lighting, I think it's like jewelry. You add the right light and it really makes the room."

Skowlund is all about the visuals; using Instagram to nail-down design trends and gather ideas. Schumacher, a wallpaper company, and designer Bunny Williams also serve as interior design muses. Current color trends include indigos, blues, and navies, and resurgence in "Americana" design, which she says isn't just because it's summer time, but because it's iconic. "I'm drawn to classical, East Coast, New England-style and I want to bring a little bit of that to 30-A. I'm a quality person. I want something that will last forever inside of a home, and I work with companies where for the most part, everything is made in America.

Skowlund sees herself traveling all over for interior design jobs. Her current dream is to work on a mountain home and to expand the store to one or two more locations. Day-to-day, though, her goal is to make her customers feel good. "I really want everyone who walks into the store to feel better when they leave. I want them to leave feeling refreshed.

Summer House Lifestyle is located at 57 Uptown Grayton Circle Santa Rosa Beach, FL 32459. Phone is (850) 231-0133 and hours are Mon – Sat, 10a.m. – 5:00p.m.

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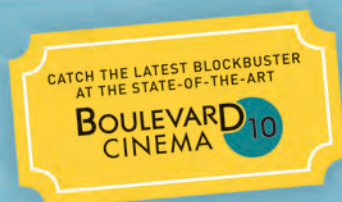
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Rosemary Beach Home to First Sculpture Exhibition on 30-A

BY ANNE HUNTER

BACKGROUND

Tom Kramer and Mary Zahner were touring near Provence when the Rosemary Beach couple stopped off in the town of Gigondas. “To our surprise, they were wrapping up an outdoor sculpture exhibition with an auction of about 30 sculptures that had been on display throughout their town.” Both artists themselves, the couple wound their way through the inspired artistic creations. “An idea was born,” Tom says, grinning. “It dawned on us that Rosemary Beach would be a perfect venue for an outdoor sculpture exhibition.”

Joni Younkins-Herzog began paying closer attention to the angel trumpet flowers in her neighbor’s yard and at the Marie Selby Botanical Gardens in Sarasota, Florida. “I was smitten with its unique form,” the artist muses. Herzog recreated small life-sized versions of the flower made out of old art magazines, then researched its medical and opportunistic properties, becoming enchanted by its natural architecture.

In 2014, the Townscape Enhancement Committee discussed enhancing Rosemary Beach with public art. “We aimed to create something that would add variety, color and complement the architecture. Although we discussed it, nothing came of it at that time,” says Tom, recalling a conversation with Victoria Lee, who is married to Lawrence Pugh, an agent for George Rodrigue, the New Orleans artist well known for creating the Blue Dog paintings. It would be another year before the spark of their conversation would ignite in Gigondas. In two more years, Rodrigue’s Blue Dog sculpture would arrive in Rosemary for installation.

RESPONSE

Home from vacation, Tom shared the idea with Town Manager, David Bailey. “He loved the idea and urged me to pursue its development.” Bailey discussed it informally with the Property Owner’s Association, who were cautiously supportive.

“We identified about 20 locations in Rosemary Beach,” explains Bailey. “Most were in large green spaces, in neighborhood parks, and the smaller green spaces tucked around our community. We felt that clustering them in the central part of our town would increase the likelihood that residents and guests could walk to all the sculptures.”

Meanwhile, Herzog was wrestling with steel spider webs to create large installation sculptures for her small intricate bronze Barbie spider series. The end result was the angel trumpet flower that Herzog named Iliana.

“Iliana not only houses one of the Barbie spiders but also represents the power of plants and feminine wildness as she beckons from a distance and towers overhead,” muses her maker of the 17-foot tall sculpture. “The huge flower appears to be leaning over as if to listen to you,” says Bailey.



Photos by Thomas Kramer

RESULT

All told, 35 sculptures were submitted for consideration. Using the expertise of Jennifer Carvalho-Bindi, curator for Sea Contemporary Art Space, 11 sculptures were selected for inclusion in the exhibition. The George Rodrigue Foundation of the Arts offered to display Colors of My Mind, which brought the final count to 12 sculptures.

The exhibit opened May 27th and runs through October 7th. Bailey says of its success, “All of our wonderful civic spaces are more than just pretty places – they are stages where people can interact and where events

can be held. Our master plan and our architectural regulations have created a community where this can happen every day.”

When sculptor David Richardson first had the vision for Sea Beast he did not know where it would be displayed. He only knew that he had to create it. “I’ve always been fascinated with the Nautilus shell both artistically and architecturally. The shape and flow is flawless in design. Nature forms these shells in the most efficient way possible.” Sea Beast is Richardson’s way of paying tribute to such an amazing mollusk through sculpture. “I believe this monumental metal mollusk loves being in Rosemary Beach.”

Iliana, Sea Beast and Colors of My Mind are just three of twelve outdoor sculptures on view. A printed map, as well as an audio featuring the artists, allows visitors to enjoy a self-guided tour with their smartphone. The “Otocast” app can be downloaded for the audio tour.

“The sculptures have become landmarks of sorts that are part of a treasure hunt,” Bailey says with pride. “Take a different route to the coffee shop every morning – you might find another sculpture on the way. They all are worth visiting more than once.”



“Votive” by Greg Johnson



“Colors of My Mind”



Photo by Joni Younkins-Herzog

The Sculpture Exhibition is funded by donor support. It is free and is open to the public. Catalogs can be obtained from any Rosemary Beach Merchants. For more information, or to learn how to donate, visit Rosemarybeachsculpture.com or email tkramer@uwf.edu.



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Memory Loss and Brain Fog?

BY DR. BART M. PRECOURT

One of the most common symptoms I see in my clinic today is one that is often not discussed: memory loss and brain fog. Forgetting names, unable to find words, forgetting what you were doing and lack of motivation are some of the symptoms. Hopefully this article will create some clarity and reduce some of your concerns. Inevitably many of us jump to the conclusion that this may be the beginning of something more serious like Alzheimer's or Dementia. Although these symptoms are not to be taken lightly, most often they are not early signs of major brain issues. Most often, memory loss and brain fog are the result of three major stressors. Of course, if left untreated, these rather easy to fix symptoms can lead to undue stress on brain function.

Below you will find an explanation for your brain fog and memory loss and some remedies.

CAUSE #1: PHYSICAL STRESS

Sometimes the root of cognitive symptoms is too much exercise. However exercise typically enhances brain function and supports the natural balance of non-stimulating neuroreceptors like serotonin and melatonin. The physical stress that often compromises brain function is lack of sleep.

When deficient in sleep, your brain goes into survival mode and keeps a private priority list of what's most important to remember for survival. Remembering someone's name is NOT vital for survival. Knowing how and when to apply the brake in your car is.

CAUSE #2: CHEMICAL STRESS

It always comes back to nutrition. A diet high in carbohydrates and sugary foods keeps the brain on overdrive. And yes, alcohol is part of the sugar family. This creates a sugar addiction for your brain. When you get low on carbs and sugars your brain slows in function; and this is often noticeable when your blood sugar drops and you get "hangry." This is due to a hormone imbalance, not a lack of food.

High glycemic foods often deplete the minerals and the precursors used to make neurotransmitters. Specific neurotransmitters like serotonin, dopamine, melatonin, and GABA are needed for proper brain function. Magnesium, for example, is depleted at twice the normal rate when you drink alcohol or eat sugar.

CAUSE #3: EMOTIONAL STRESS

This is also the same as "busy-itis." For most of us, our lives have become very busy. For some it's pure stress, not the fun kind. For others, it's stress caused by a lifestyle that's nonstop. Regardless of the cause, when our brains have reached their max on handling outside stimulus and busy schedules, the brain goes into survival mode and things like names and occasionally words are often altogether forgotten.

NATURAL BRAIN FUNCTION REMEDIES

Treating this requires a twofold approach. First take a look at your current stressors and see where you can make improvements. Nothing will fix a simple lack of sleep other than more quality sleep. A bad diet is always a bad idea. For starters, do your best to eliminate sugary foods at night then improve from there. Sometimes eliminating emotional stress is the toughest part to change. Emotional stress can be a consequence of many factors that are out of your hands. Yet breathing techniques, yoga, and exercise always help to manage stress.

For supplements, here are some of the safe and very effective remedies that I use in my clinic. With brain health, it's best to take a three-part approach: Fats, minerals, and herbs. Your brain is made up of nearly fifty percent fat, so we need a diet rich in healthy fats like avocados and coconut oil. My favorite fat for brain function is old school Cod Liver Oil. It contains essential fatty acids that protect your brain and reduce unwanted inflammation.

Minerals are also a critical part of brain function. This is probably the most overlooked by many people and doctors. One of my favorites is a broad-based mineral

Dr. Bart M. Precourt



from Standard Process called Min-Tran, nicknamed "happy pills" for its impact on creating a better mood.

Then of course we have some of the more popular and clinically used herbs. Utilizing the proper dose with quality herbs can create quick results. My two favorites are Bacopa and Gingko Synergy from Medi-Herb. Both have long been known for improving working memory and for sustaining brain health.

For personal use and in our clinic we use a liquid Brain Tonic. Although the taste takes some getting used to, the results are fantastic. For your specific health needs you can call our office for a consultation.

Dr. Bart M. Precourt 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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From Finance to Real Estate

BY KEMPTEN TAYLOR

Stewart Haire, of Homes on 30A, didn't have too hard of a time adjusting to the "Florida style". He recalls, "It was my first job out of college and I started working for Exit Realty NFI. I was quite young and eager, with my navy blue suit, tie, and shined shoes. I took one look at my client in khaki pants, untucked shirt, and flip flops, and I knew right away I was out of place and overdressed." The young man from Albany, GA had some learning to do! "It was the first lesson of many, and one I never forgot. In sales, it's not about me, but about my customer, and not about my needs, but about my clients' needs. I've learned and I've grown, but my focus has always been to anticipate the needs of my clients," he says.

Stewart moved to the Emerald Coast in 2005, landing in Destin; but it wasn't to get into real estate. "My degree was in finance. I graduated from Georgia Southern with every intention of building a career in the banking industry," he recalls. After arriving and interviewing with a local bank, Stewart got an immediate offer but asked for a little time to think about it. "I was trying to decide between Atlanta and anywhere else," he says. But like many, the Emerald Coast's beautiful white sands and relaxed lifestyle sold him on not just the area but away from being a banker.

"I got the real estate bug almost from the moment I got here," he says. "I was just drawn to the business. My first mentor was a salty old-timer, Phil Woolley with Exit NFI Realty, who steered me towards D.R. Horton builders just before the crash. They were a real life boat for a newbie realtor in a rough market and were just getting started in Northwest Florida at the time."

With his time under D.R. Horton's guidance, Stewart says, "I met many of the key players here on the Panhandle and developed relationships; friendships really; that have broadened my knowledge base, ultimately to the benefit of my



Stewart Haire

clients," he explains. Along the way, Stewart earned his MBA in Finance in 2009. In 2013, Stewart began venturing out on his own working under or getting help from many of the best in the business individuals, such as John Paul Somers, Jean Jackson Crews with BB&T, Jeff Adamson and Andrea Farrell of Keller Williams Luxury division, Karen Smith & Hilary Farnum at Beachy Beach Real Estate, Erin Oden of Coastal Luxury; and finally teamed up with Karen Holder at Homes on 30A. "These folks were instrumental in my development and I just got lucky they put up with my endless questions over the years," he says, crediting "their encouragement and support" as crucial in his transition from the relative security of D.R. Horton to the brave new world of marketing and selling luxury homes. "I enjoy the finance aspect of real estate. Many of my clients are investors and I'm comfortable with the numbers. I'm also comfortable telling my client when the numbers do not add up. I always try to get back to the basics and understand the needs of my client. Are you raising a family, are you investing for a profit, or are you buying a slice of paradise? In each case, the answers may vary, but people still just want the facts."

I always try to get back to the basics and understand the needs of my client. Are you raising a family, are you investing for a profit, or are you buying a slice of paradise?

If you'd like to learn more about Stewart Haire of Homes on 30A, please call (850) 687-4450, visit www.stewart.30apropertysearch.com or email: stewart@homeson30A.com



A TESTIMONIAL

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Feeding the Growth

BY LIESEL SCHMIDT

When you're consistently at the top of your field in an industry as challenging and competitive as the real estate market, you're obviously doing something right. For Homes on 30A teammates Karen Holder and Linda Campbell, the strong skillsets they each possess combine to create a partnership where serving clients is a passion and a calling rather than just a job. With more than 30 years of combined experience, Holder and Campbell have been serving the 30-A area in all things real estate to help match up clients with the properties of their dreams and bring listings to light to find just that right buyer. It's their magic touch, the keys they hold in unlocking the treasures that make up 30-A, and the very thing that has been the not-so-secret secret of 30-A's success as a continually growing community for more than a decade.

"It's been amazing for to us to watch and see how much 30-A has continued to thrive," says Homes on 30A founder and owner Karen Holder, who moved to the area from Georgia after falling captive to the charms of this coastal gem. "In a day and age when people can vacation anywhere in the world, 30-A is still a top vacation destination for people from all across the globe," she continues.

The appeal is readily apparent anywhere and everywhere you look. Holder expands, "The years have proven that 30-A is a true family destination and the area seems to have that family draw largely because of the natural beauty here. It's truly distinctive, with emerald green waters and white sand all along its breathtaking beaches; rare dune lakes; countless systems of trails to hike and explore; nature preserves; ease of access to so many amenities, activities, and attractions like deep sea fishing and golfing; and lack of commercial buildings and high-



Karen Holder



Linda Campbell

People recognize the fact that 30-A possesses something special and unique, making them want to invest in and experience for themselves.

risers – all balanced out with unique little restaurants and shops and planned communities that come together to create an old Southern Florida feel that has its very own special flair and charm."

The charm has not gone unnoticed by investors and developers by any means, and sales projections have reflected that in undeniably staggering numbers – not to

mention the impressive speed that large developments have been taking shape. "Real estate has been in high demand here for more than a decade and it continues to enjoy that demand, which has resulted in the development of some of the largest projects in the Panhandle. This exponential growth is also due to the many new direct flights coming into and out of the area from huge cities, including Atlanta, Austin, Houston, Nashville, Chicago, Baltimore, Pittsburgh, and Charlotte – all of which play a key role in opening up feeder markets that bring in new vacationers," Holder reports.

And new vacationers mean new gains for the economy. "Sales are still growing and show no signs of slowing. During the first six months of 2017, sales have increased by

30 percent from 2016 in price points from \$600,000 and up, and the \$3 million price point and higher have also shown gains of 38 percent," adds Campbell, an Alabama native turned proud Florida girl with more than 20 years of real estate expertise under her belt. "People recognize the fact that 30-A possesses something special and unique, making them want to invest in and experience for themselves." For Holder and Campbell, providing that for their clients is a part of their passion – and that's one of the greatest strengths that's given them success in their real estate careers as they help grow the community they love.

For more information on Homes at 30A, visit www.homeson30a.com. To reach Karen Holder, call (850) 687-1064. To reach Linda Campbell, call (850) 830-3173.

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Marianne Berrigan Grant

BY SUSAN L. CANNIZZARO

Consistent and dedicated easily describe real estate professionals Marianne Berrigan Grant and Blake Cooper. With over 30 years of experience in the Northwest Florida market, Grant is a co-owner and broker with Homes On 30A, and has remained one of the top producers for the Emerald Coast Board of Realtors. With her partner Blake Cooper, Grant has maintained a strong professional relationship for 13 years, staying busier than ever in the growing and thriving market of the Scenic Highway 30-A corridor.

Grant and Cooper held positions with the original St. Joe Company sales team at The Retreat, WaterColor, and WaterSound; and continue to specialize in these communities today. Their teamwork has consistently achieved top-producer results throughout their partnership. The two quickly formed a solid professional relationship based on complementary expertise, honesty, and mutual respect. “We have become dear friends and genuinely enjoy coming to work to share laughs along with sales,” adds Cooper.

“It is a dynamic market with a wide variety of pricing for a wide variety of people. It is one thing that makes this area exciting with a great cross section of people of all ages and backgrounds,” says Grant. “Options include homesites starting around \$62,000 and they can go up to over \$7 million for beachfront lots. Fractional shares begin at about \$100,000, and condominiums can run from \$159,000 to \$4.5 million. Single family homes can start at \$280,000 to over \$13 million,” she adds.

“The diversity of clients and properties in our area presents new growth opportunities each day. I enjoy building friendships with clients and sharing in their excitement after introducing them to their ‘dream’ properties,” Cooper says.

According to Grant, a great deal of new construction is underway, including condominiums and single-family homes as well as new up-and-coming restaurants and commercial opportunities. “There are several new preconstruction opportunities in the condominium market along 30-A, with gulf front options available. We are limited on new, sizeable amenity community development, since much of the 18-mile stretch is, fortunately, in State Park systems. Kaiya will be one of the newest communities to become available over the next year on the east end of 30-A,” Grant explains.

Much of the 30-A region is currently in strong demand. Some locations are at more of a pricing premium than others. “Alys Beach and Inlet Beach, as well as the older favorite Grayton Beach, have been pretty hot so far this year. Blue Mountain to the east end is definitely an up-and-coming market,” adds Grant.

“I enjoy building friendships with clients and sharing in their excitement after introducing them to their ‘dream’ properties.”

Doug and Kelli Hudson of Nashville have been involved in several transactions over the years and calling on Marianne is “just a no-brainer” according to Kelli. “We had lived in WaterColor for years, then left in 2013 to live in Costa Rica. We came back to the area for a wedding this past January and realized how much we missed the area. We called Marianne and just closed on a house in Alys Beach,” says Kelli. “We really like how easy it is to get a one-hour flight from Nashville to get here. And we just adore Marianne, we can go for years without talking to her and we always just pick up where we left off,” she adds.

“Our real estate appreciation continues at a steady pace and the number of people coming to this area increases every year. We have both a tremendous drive-in radius as well as a continued number of direct flights being added to the three airports that serve the area,” says Grant.

For all your real estate needs, you can reach this highly sought after team by calling Marianne Grant at (850) 585-0621 or Blake Cooper at (850) 218-0202. To view properties and additional information on the area visit their website www.marianneandblake.com



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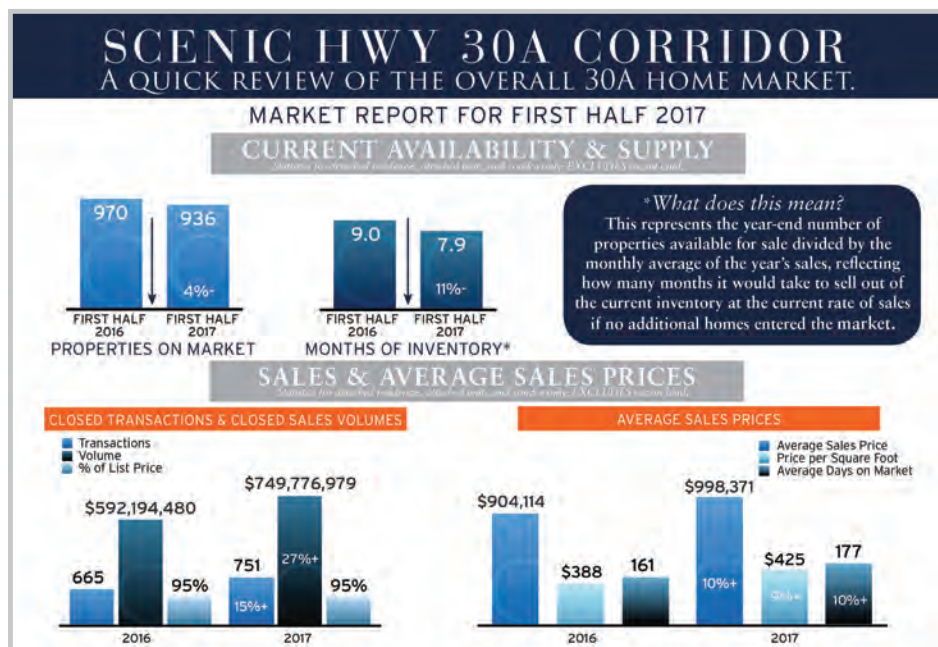
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Market Reports for First Half 2017

BY ERIN ODEN



30-A CORRIDOR

There was certainly no softening of the 30-A corridor home and condo sales for the first half of 2017, as volume hit \$750 million, up 27% versus prior year. Sales were strong in both Q1 and Q2. Below are noteworthy statistics propelling this increase:

- Number of transactions up 15%
- Average sales price up 10%
- Dollar per square foot up 9% (8% and 13% in Q1 and Q2 respectively) for sold properties

The average sales price was over \$1 million in Q2, a statistic we have not seen since 2007. With June 30 inventories 4% below that of a year ago, one may anticipate continued rising prices.

ROSEMARY

The number of sales in Rosemary for the first half of 2017 was 32, consistent with prior year's first half. Overall dollar sales volume and average price registered declines. However, this was attributable to an exceptional first half 2016 where there were 5 transactions exceeding \$5 million, versus 1 for this year. Excluding these outliers, we see overall prices continuing to tick up and profiting Rosemary sellers.

Construction of new condos, along with commercial space, appears to be nearing completion on the south side of town center and is well under way in north town center. Even though the community is just over 20 years old, we are seeing some complete teardowns and rebuilds

along with a number of major renovations. This attest to the value buyers are attaching to the community of Rosemary.

As of this writing there were 64 properties on the market with an average list price at \$2.8 million. Prices ranged from a \$699 thousand condo to an \$11.9 million beachfront home. This year I have had the pleasure to personally represent several exceptional transactions in this lovely community.

WATERSOUND BEACH

Although WaterSound Beach's number of sales was flat for the first half of 2017, dollar volume was up 19%, driven by a healthy increase in the average sales price. As we have noted for a while, there has been a trend of an increasing average sale price in WaterSound Beach. Specifically, one can observe that the average price per square foot was \$388 in 2009 compared to \$690 in Q2 2017.

As of this writing, 47 homes and condos were on the market at an average list price of \$2.3 million. Prices ranged from an \$849 thousand condo to a \$6.5 million beachfront home.

It has been my pleasure to personally represent a number of exceptional transactions in this lovely community. WaterSound certainly defines the coastal elements and lifestyle of 30A.

WATERCOLOR

For the last 5 years the number of annual home and condo sales have exceeded 100. With 64 transactions for the first half of 2017 it appears WaterColor is well on track to exceed the 100 mark again. Contrary to rather modest price increases in 2016, first half 2017 statistics revealed prices were on the rise:

- Average sale price at \$1.7 million, up 20%
- Average price per square foot at \$540, up 14%

As of this writing, 80 homes were on the market ranging from a \$658 thousand condo to a \$5.8 million luxury home.

30-A GULF-FRONT

Contrary to 2016, where the number of Gulf-Front sales was soft compared to the last few years, the first half of 2017 was very lively. Specifically, 76 home and condo sales were reported, up 43% versus the same prior year period. This, along with an increase in the average sales price, propelled a 54% increase in dollar volume of sales.

As of this writing, there are 120 listings for 30-A Gulf-Front properties ranging from condos below \$500 thousand to 28 luxuries offered at over \$5 million. We anticipate the market to continue its vibrancy through 2017.

30-A HIGH END LUXURY \$3M+

2016 was a banner year for 30-A high-end luxury \$3 million+ property sales. So, we were somewhat surprised to see the very robust first half 2017 where the number of sales more than doubled prior year's first half. The average sales price continues to be around \$5 million with the average dollar per square foot at over \$1 thousand.

At this writing a range of properties were on the market as follows:

- 66 offered at \$3 to \$5 million
- 36 offered at \$5 to \$10 million
- 4 offered at over \$10 million

It has been my pleasure to personally represent a number of exceptional luxury transactions along our unique 30-A corridor.

We at Coastal Luxury see the enthusiasm for our market continuing through 2017.

Erin Oden is the principal broker and owner of Coastal Luxury and 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 30-A, the first office east of Alys Beach. Search all available properties at coastalluxury.com/SEARCH



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When Should You Plan Your Estate?

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON

Did you know *yesterday* is history, tomorrow is a mystery, and today is a *gift*, which is why we call it the *present*?

Anything can happen to any one of us at any time and in any place. Cars crash, strokes strike, and each of us has a date with potential incapacity and certain death. Given this reality, it is never prudent to presume when it comes to the future. Have you created your estate plan? If not, then there is no time like the present.

UPON ADULTHOOD

Young people need to create their own estate plans upon reaching the “age of majority” (i.e., age 18 in most states). Why? On that magical birthday they become newly minted adults who are responsible for their own personal, health care, and financial decisions. Just ask any well-meaning parent who has ever tried to step in and make health care and financial decisions for an incapacitated adult child. Without proper planning for “incapacity probate” the parents cannot make such decisions and a judge will appoint the decision-maker.

UPON MARRIAGE

Just like the parents of incapacitated young adults, spouses cannot make fundamental decisions for one another if incapacitated. This is true whether married for 50 years or five minutes. Of course, minor children need to have guardians (i.e., backup parents) appointed and arrangements need to be made regarding their inheritance. Since some children become adults and other children just get older, inheritance planning deserves the same focus it took to create the inheritance in the first place.

UPON DIVORCE

As soon as the judge bangs the gavel and you are divorced, update that estate plan without delay. While your spouse may always be the guardian over your shared minor children, that does not mean your spouse needs to manage the inheritance you leave them. Change beneficiary designations, too. Under federal law, your spouse will inherit your ERISA retirement plan if still the designated beneficiary at your death, despite state laws to the contrary.

Just like a home, automobile, or your own health, regular maintenance is required to keep it up-to-date with all of the changes life brings.



Kimberly Watson Sewell
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UPON REMARRIAGE

Whether you are divorced or widowed, you may remarry and form a *blended family*. Without a carefully designed, executed, and maintained premarital agreement, you may disinherit your own children. If you already tied the knot, then you may pursue a post-marital agreement. Either way, you and your new spouse must pay careful attention to how you title assets and arrange beneficiary designations after the ink is dry on any “marital” agreement. What do you call disinherited children? *Plaintiffs*.

UPON RETIREMENT

Are you approaching or in retirement? If yes, then congratulations! Many retirees move to another state, whether to be closer to family or to someplace warmer all year long. Consequently, such retirees may end up owning real estate in more than one state. Without careful estate planning, this can trigger death probate in each state where real estate is owned. Retirement also is a time to review your life and consider charitable giving to the institutions most dear to you. Recently, the “Charitable IRA Rollover” became a permanent way to direct your required minimum distributions income tax free directly to charity.

Finally, regardless of your current personal circumstances, once you create an estate plan...you are not done. Just like a home, automobile, or your own health, regular maintenance is required to keep it up-to-date with all of the changes life brings.

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The Story Behind the 30A 10K

BY SHARON VAUGHN

It's 12:30 on a Wednesday afternoon and Karen Meadows arrives at Barbacoa at 30Avenue. She is a US Track and Field certified coach and mother of two, but now she is putting on her other hat: Founder and Race Director of the 30A 10K Thanksgiving Day Race Series. Co-Director Craig Baranowski arrives after showing one of his luxury real estate listings. Amy Stoyles is taking a short break from the office she shares with her husband at Archiscapes Architects to join the meeting before it's time to pick up her four-year-old daughter from school.

This is one of dozens of meetings and calls that will take place in preparation for the annual 30A 10K Thanksgiving Day Race Series. But these three represent more than just a trio of elite athletes, parents, and business owners. Six years ago they began the 30A 10K as a project to bring a fun Thanksgiving Day running event to the 30A area and a way to give back to their community. Since that start, the three co-founders never envisioned how much the race series would grow.

"Turkey Trots are traditions for families around the country, so I wanted to create a unique experience that really represents all we love about 30-A," says Meadows.

"We thought we would be lucky to get 300 people that year," says Stoyles. "We were shocked when we sold out with 800 participants."

"It's incredible to see not only how our local community has embraced the 30A 10K, but also how many families from out of town have made our race their holiday tradition," says Baranowski.

The number of runners isn't the only thing that has grown. Each year, the event raises money for selected local charity partners. Thus far, the 30A 10K, Inc. has donated more than \$200,000 to help local non-profits.

This year, on the Friday after race day the yoga studio Otium and 30Avenue restaurants Roselie and Amici 30A are partnering with the 30A 10K to offer the first annual "Sip and Stretch". Runners can work out those post-Thanksgiving Day aches with a complimentary therapeutic yoga session and enjoy wine and drink specials at the restaurants afterwards.

Thus far, the 30A 10K, Inc. has donated more than \$200,000 to help local non-profits.

Though the Thanksgiving Day race series is the main event, the 30A 10K has created three days of events for locals and visitors to enjoy. This year, the race expects to sell out with more than 2,500 runners in the 10K, 1-Mile Fun Run and NEW THIS YEAR: a 5K race. The Fall Festival, starting the Wednesday before race day, offers a special shopping experience with registration and race packet pick up that is surrounded by entertainment, dining, and shopping at 30Avenue. The race starts

and finishes in Rosemary Beach, taking runners on Highway 30A before turning around at Watersound and celebrating with a post-race party.

For the three founders, all the hard work comes together on Thanksgiving Day morning.

"Each year the team spends hours organizing the event from the logistics of race day to having the right number of volunteers and amenities to race shirts and our very special medal," says Meadows. "But it's wonderful knowing this all helps local families and children in need."

The support from the 30A community continues to be the cornerstone of the race's success.

"We are so thankful for the partnerships from our local community," says Stoyles. "We could not do what we do without the support of Barefoot Princess at WaterColor, 30A.com, Silver Sands Premium Outlets, Visit South Walton, 30Avenue,

Rosemary Beach, and our sheriffs and fire departments, to name a few.

"Not to mention the tremendous support of our own families," Stoyles adds. "They have not just accepted that we no longer do anything to help with Thanksgiving dinner, but they are out here helping take registrations, clean up trash, and even dance around in a Chick-fil-A costume if the need arises."

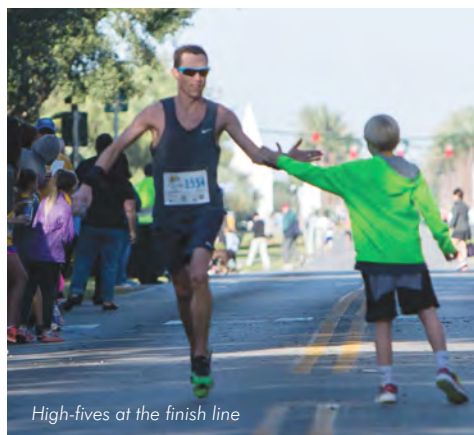
Karen Meadows is a USAT and US Track & Field certified coach. She specializes in triathlon and running coaching and is currently training for the Ironman 70.3 World Championships. www.coach-karen.com

Craig Baranowski is a luxury real estate agent and team leader for Keller Williams Realty Emerald Coast on 30A and a Category 2 Masters competitive cyclist. www.southwaltonluxuryhomes.com/

Amy Stoyles is the co-owner of Archiscapes, LLC, a local architecture firm specializing in residential and commercial architecture and stock house plans. She is an avid runner and triathlete. www.archiscapes.com



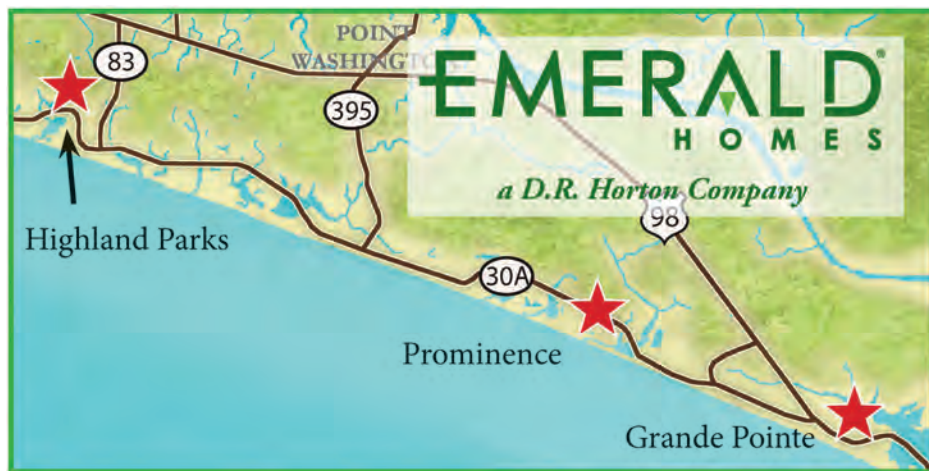
The start line of the 30A 10K race



High-fives at the finish line



The 30A 10K team: Karen Meadows, Craig Baranowski and Amy Stoyles with "Lucky the Turkey" the race mascot.



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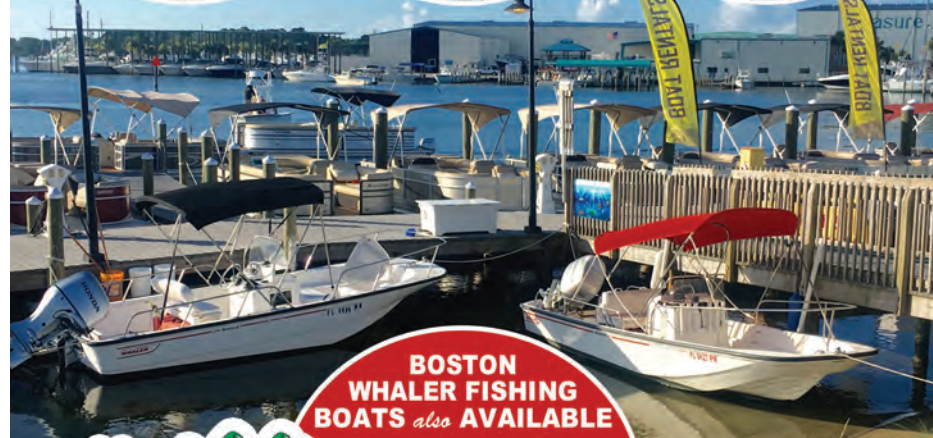
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Golf's Pivotal Key

BY TOM FITZPATRICK

Beginning golfers often take their first swipes at a golf ball by using only the arms. It's a common sight that generates no power and a rather clunky hit. When there is no sign of a turning motion with the body, there is no significant way to generate distance.

Your power base in golf is the rotation of the torso, referred to as the pivot. The better the rotation, the more you can transmit speed out to the arms and club, creating a whip like effect thru impact. As your torso turns it performs a second vital component – the transfer of your body weight slightly right and left. So you're actually pivoting around not one, but two fixed axis points – namely the right heel and the left heel.

Hook a club behind you to feel the pivot. Turn the navel towards your right axis point, the right heel.



Right Axis Point

Start your pivot with the turning of your navel into your right heel (*see photo on left*). As your core turns, feel a bit of resistance in your right knee. That helps avoid rising up.

Complete your backswing by turning your shoulders perpendicular to your spine. Your shoulders tilt on a diagonal, but your hips turn level!

Left Axis Point

Start your downswing by first transferring your weight forward to the left toe before settling fully into the left heel.

Finish your pivot by achieving all four equally important points (*see photo on right*).

- Knees are almost touching
- Hips face slightly left of target
- Right shoulder is closer to the target than your left
- Your head is forward of its original starting position

An awesome pivot is the engine of a great golf swing. It's not difficult – give it a try!



Move towards your left axis point, the left heel.

THE INNER GAME

Football's Tom Brady credits Tim Gallwey's *The Inner Game of Tennis*, a classic book that offers tips on overcoming self-doubt and nervousness. Gallwey writes that every game is comprised of an outer game and an inner game. The outer is played against opponents, and is often filled with contradictory advice; the inner is played within your mind, and its obstacles are self-doubt and anxiety.

Tim asks the question, "How much stress do I need to carry, and how much stress is really healthy?"

Roger Federer wasn't stressed at 2017 Wimbledon. Moments after victory, he commented on centre court "I'm playing really fun tennis. If you believe – you can go really far in your life".



Dustin Johnson pivots hard into his left axis, the left heel.



Tom Fitzpatrick has conducted corporate golf events, worked for David Leadbetter, and is an active realtor with Scenic Sotheby's Intl Realty. Reach him at (850) 225-4674 or visit tom.scenicsir.com



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Featured 30-A Local Golf Columnist



An aerial photograph of a large, multi-story resort building with a complex roofline and many windows. In the foreground, there is a swimming pool with red lounge chairs and a green lawn. The resort is situated on a sandy beach with dunes and vegetation. The ocean is visible in the background under a blue sky.





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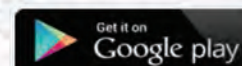
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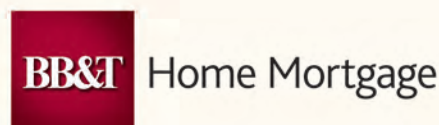


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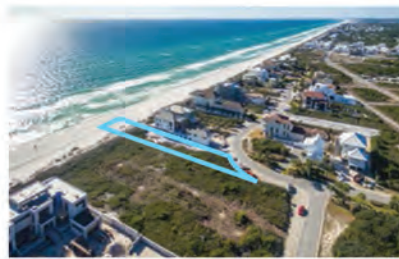
11 Spanish Town Court | \$11,900,000 | 6BR | 7BA
Gorgeous Gulf Front / Private Pool



32 Abaco Lane | \$4,399,000 | 5BR | 4.5BA
Fully remodeled by Tracery Interiors in 2017



3B Lofts East **PENDING**
\$1,199,000 | 3 BR | 2 BA
Located in the Town Center of Rosemary Beach



Paradise By The Sea - Lot 20
\$6,900,000
Gulf Front Lot in Gated Community located
between Alys Beach and Rosemary Beach



Lot 6 Beachfront Trail | \$3,900,000
48.64' x 385' | 48.64 Gulf Front Feet
Gulf Front lot in the gated community
of Seclusion Dunes



240 Needlerush Drive
\$1,790,000 | 5BR | 4.5BA
Located in the WaterColor Lake district with
access to the gulf front beach club



75C York Lane **SOLD**
\$409,900 | 2 BR | 2 BA
Located in Prominence featuring
The Hub town center



Lot 5 Michaela Lane
\$530,000 | 4 BR | 3 BA
Less than 1/2 mile to beach
and Gulf Place Town Center



141 Lifeguard Loop
\$899,000 | 5BR | 4BA
Seacrest Beach near Town Center



45A St Augustine **PENDING**
\$785,000 | 2BR | 2BA | 2 Bunks
Located on the Green in Rosemary Beach

ROSEMARY
BEACH®
REALTY

78C North Barrett Square | P.O. Box 611070
Rosemary Beach, Florida 32461
RosemaryBeachRealty.com | 850.278.2000



Steve and Jan Stevens



Ashlee Mitchell



TEAM STEVENS
REAL ESTATE

Steve: 678.777.8805 | Jan: 678.777.8806
teamstevens@rosemarybeachrealty.com

Ashlee: 850.428.7635
amitchell@rosemarybeachrealty.com