

R *the thirty-a* REVIEW™

view of 30-A's favorite people • places • things

Fall *at the* Beach

INSIDE:

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



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Offered by **Tracy Sweetland**
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4395 Bahia Lane #E-21 **BROWNSTONES**
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Offered by **Liz McMaster**
c: 850.366.8520 | liz@lizmcmaster.com



57 E. Endless Summer Way **SEACREST BEACH**
4 Bd | 3 Full / 2 Half Ba | 2,671 Sq Ft | \$999,900



Offered by **Claire Bain**
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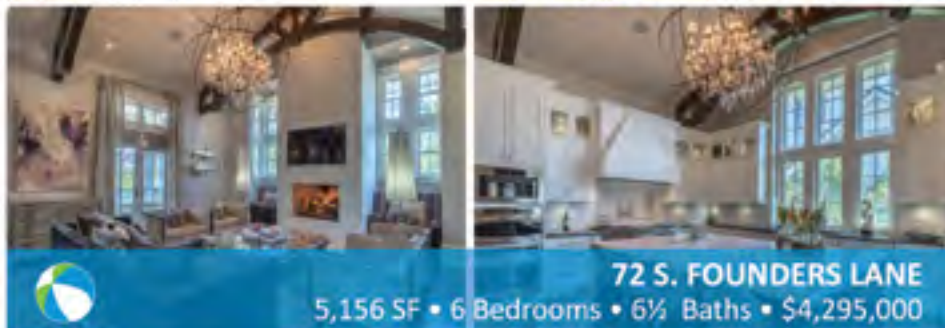
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Light of the Pearl



Shade of Pale

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A SELECTION OF SOME OF OUR NOTABLE SALES FOR THE FIRST HALF OF 2018



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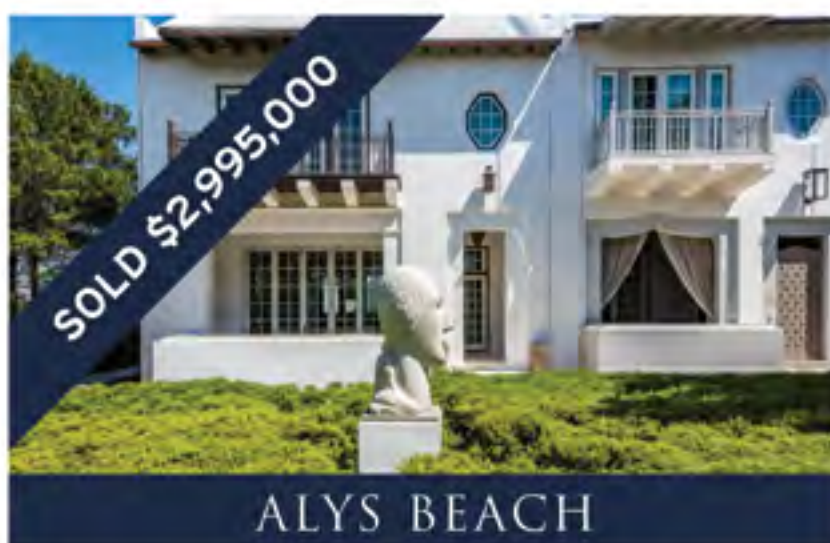
60 Deer Lake Beach Drive



30A GULF-FRONT

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74 Majestica Circle



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73 Sand Hill Circle



WATERCOLOR

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Coastal Luxury is pleased to have represented both Buyer and Sellers on the successful sales of exquisite beach homes along our coast this year. Please reach out to us to allow us the opportunity to assist you with your real estate needs in the coming seasons!



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Santa Rosa Beach



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FOOD & DRINKS



SHOPS AT THE HUB



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Don't miss out on this 30A experience! Welcome to The Hub, a three-acre epicenter with incredible food, live music, shopping, and a 25 ft. jumbotron. Grab lunch or dinner from one of seven food stands, listen to live music, join us for a movie, go on a shopping spree, or catch the big game on a screen so big it feels like you're part of the action.

COME VISIT TODAY!

24 HUB LANE, WATERSOUND BEACH

WWW.HUB30A.COM

letter from the publisher

AUTUMN IN 30-A



The beach is a seemingly different place depending on the season. If you're a local of 30-A, you know that fall at the beach is the most beautiful time of the year to enjoy the best that 30-A has to offer. The weather is perfect, an Indian summer of sorts, and the crowds have thinned out enough for you to feel like you have the place to yourself a bit.

It's truly a beautiful and relaxing time to spend with family and friends at the beach. And the perfect time to explore all the hidden gems.

As always, this issue is packed with the people, places and things that make 30-A and the surrounding areas great. We invite you to peruse the pages that follow and read about the characters and magic that 30-A has to offer. Whether you're a local or a visitor, you are sure to find new stories and new secrets at our beloved beach between these pages.

Happy Autumn,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com

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We failed to credit Dawn Chapman Whitty for her fabulous photos accompanying our Local Music profile in the summer issue. We apologize for the oversight.

about the cover

Model

Madison Coker with www.msbmodels.com

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Jewelry: www.CeciliaMarieboutique.com

Location

www.HuntRidgefarm.com



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

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Breakfast, pressed sandwiches, salads,
snacks, and heartier entrées, along
with coffee, wine, and beer.



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Breakfast, 7am – 10:30am, Daily
Lunch, 11:30am – 4pm, Tuesday & Wednesday
Dinner, 11:30am – 8pm, Thursday to Monday

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Theatre and Events in September and October

ALYS BEACH

SEPTEMBER

Alys Beach 5K & 1 Mile Run Benefiting ECCAC
ALYS BEACH AMPHITHEATRE
7am, September 2

Join us for the 7th Annual Alys Beach 5K & 1 Mile Fun Run, presented by the Alys Foundation. Located along Hwy 30A, the course winds through the resort town and ends with an oversized bounce house for kids of all ages, music, food, and beverages available in the Amphitheatre.

Online in advance until Sunday, August 26th at midnight: 5K is \$35 and 1 Mile Fun Run is \$15 (kids 12 and younger only)

From Monday, August 27 until Friday, August 31 at 11pm: 5K is \$50 and the 1 Mile Fun Run is \$25

Any remaining registrations will be sold on Saturday, September 1 from 10am-2pm at the Alys Beach Amphitheatre during Packet Pick-up

Sinfonia Goes Pops
ALYS BEACH AMPHITHEATRE
7:30pm, September 2

Enjoy the orchestral sounds of Sinfonia Gulf Coast under the palm trees in the Alys Beach Amphitheatre. Fireworks to follow. Bring blankets & low-back chairs. Food and beverages available for purchase.

Cost: Free

Wine & Song
NEAT
5pm-7pm, Tuesdays, September 4, 11, 18, 25

A few select wines will be showcased with light bites and live music. Case deals on featured wines.

Cost: \$15 per person – 21 and up
NEAT: 850.213.5711

Après Beach Wednesdays
NEAT
5pm-7pm, September 5, 12, 19, 26

We're excited to introduce our newest special, Après Beach Wednesdays. Join us for our weekly Wednesday special.



Photo is courtesy of STM Photography.

Seaside Halloween Derby

Cost: \$2 off selected cocktails, \$1 off draft beer, and \$1 off selected food items

NEAT: 850.213.5711

OCTOBER

Wine & Song
NEAT
5pm-7pm, Tuesdays, October 2, 9, 16, 23, 30

A few select wines will be showcased with light bites and live music. Case deals on featured wines.

Cost: \$15 per person – 21 and up
NEAT: 850.213.5711

Noche de Los Muertos
CALIZA POOL & RESTAURANT
8pm-11:30pm, October 26, 2018
Night of the Dead Costume Party at Caliza Pool, costumes required. \$1000 cash prize for best costume.

Cost: \$50 in advance, \$60 at the door.
21 and up.
Caliza: 850.213.5700

THE HUB 30A

Please check hub30a.com or call for times & details!

Tuesdays: Classic Movie Night

Wednesdays: Family Movie Night

Thursdays: Locals' Night! Enjoy live music, beer and food specials and more – 6pm

Fridays: Live Music or DJ and Football, 6pm

Saturdays: College Football on a 25' LED Jumbotron and 13 flat screens, food and drinks all day

Sundays: NFL! We have The Ticket & on a 25' LED Jumbotron plus 13 flat screens, food and drinks all day
All entertainment is free!

THE PEARL HOTEL

Live music
FOOW - Fish Out Of Water
Tuesday – Sunday from 6-9pm.

SEPTEMBER

Labor Day – End Of Summer Celebration
HAVANA BEACH ROOFTOP LOUNGE
September 2, 3-9pm
Special menu available for purchase. Craft beer and bar specials all day.
Live entertainment; Walk-ins welcome.

Sweet Series: Preserves and Jams
September 16, 11am-1pm
HEMINGWAY ROOM

Enjoy a Chef Led Class: Learn how to preserve fruit and other in-home preservation techniques

Includes beverages and supplies, plus enjoy your hand-made jams and preserves as a take-away item
\$55 per person;
Reservations required.
(25 person class maximum)

OCTOBER

Culinary Adventures: The Fall Wine Dinner
HAVANA BEACH HAT ROOM
October 12, 6:30-9:30pm

Includes four course chef's dinner with curated wine pair-

ings from our Uncorked Wine Event selections

\$100 per person; Reservations required.

Culinary Class: Curing and Pickling
PEARL BALLROOM
October 24, 11am-1pm

Chef Led Class: Learn how to enhance meats and fish, and preserve seasonal produce that you can enjoy weeks later with these time-honored methods.

Includes beverages and supplies, plus enjoy your hand-made pickled items as a take-away item
\$55 per person; Reservations required.
(25 person class maximum)

ROSEMARY BEACH

Kids' Monstrous Halloween Bash & Trick-or-Treating
NORTH BARRETT SQUARE
October 27, 2-5pm

Bring the little ghosts and goblins out for a spooktacular good time! Games, prizes, pumpkin decorating, trick-or-treating, and costume contest. Don't forget to tour our spooky graveyard if you dare!

The 30A 10K

This race takes place on Thanksgiving Day, November 22, 2018 in Rosemary Beach beginning at 7:30am.

For registration and information go to 30A10K.com

The Hub is hosting packet pick up on November 21 from noon - 7pm. This year's race shirt is designed by 30A local artist Justin Gaffrey on the 30A brand dumpster diver t-shirts.

SEASIDE

SEPTEMBER

Labor Day Weekend Celebration
AMPHITHEATER

Friday, August 31, 8pm - A Wrinkle in Time -

Saturday, September 1, 7pm - Concert - The High Divers -

Seaside Farmers Market
AMPHITHEATER

Saturdays, September 1, 8, 15, 22 & 29, 8am-noon

Central Square Cinema, 7pm
AMPHITHEATER

Classics shown on the Big Screen!

September 7 - The Truman Show

September 14 - Hook

September 21 - A League of Their Own

September 28 - E.T.

OCTOBER

Seaside Farmers Market
AMPHITHEATER

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

Columbus Day Weekend Dance Event
AMPHITHEATER

Saturday, October 6, 6:30pm

Central Square Cinema – Halloween Movie Night, 7pm
AMPHITHEATER

Friday, October 26 - Hocus Pocus

9th Annual Halloween Derby
AMPHITHEATER
Saturday, October 27, 10am-2pm

Trick or Treat Seaside
AMPHITHEATER

Halloween, Wednesday, October 31, 4-6pm

Amavida Coffee

BY MARY WELCH



We want people to create special moments in our cafe spaces: whether it's while they have a cup of coffee and connect with friends, or take a break from life's challenges. We believe there is power in a cup of coffee.



For Dan and Sally Bailey and the folks at Amavida Coffee and Tea, a cup of coffee is more than just some java. It's a undertaking to help better the world and have a positive impact on coffee producing communities and workers.

"It's our mission, passion, and cause to help improve lives where we can; not only for coffee producers and workers, but for our customers and local communities too," says Jennifer Pawlik, program manager/benefit officer. "We want to be more than a place to get a cup of coffee. We want to be a place of community. We want people to create special moments in our cafe spaces: whether it's while they have a cup of coffee and connect with friends, or take a break from life's challenges. We believe there is power in a cup of coffee."

The Baileys opened a coffee roaster company in 2004 and later a shop in Seacrest Beach, near Grayton Beach; before moving it to Seaside in 2008. New coffee cafes followed at Rosemary Beach, St. Andrews in Panama City, and Miramar Beach. Overall there are about 30 full-time employees and another dozen or so part-time (more during the high season).

And while customers can always get locally made pastries to go along with their morning cup of joe, Amavida also serves Latin-inspired foods at its St. Andrews and Seaside locations. Among the items on these menus are: arepas (stuffed corn cakes), empanadas and plates: chicken burrito, enchilada, torta and popissa mixta. Service is from 11:30 a.m. until 6 p.m. Monday through Saturday. Menu items may vary between the two cafes that serve these Latin favorites. Prices are from \$8.55 to \$9.95.

"We also have grab-and-go food and vegetarian and gluten-free options. We want healthy options out there," Pawlik says. "Most pastries are local and we source local for the kitchen and grab and go where possible. Most beverages for the grab and go are local, like Noli South Kambutah."

While the cuisine has been a hit, it's still all about the coffee and the bigger picture. Amavida buys, roasts, sells, and serves a variety of fair-trade coffee from several coffee cooperatives. Among those for sale are coffees from 14 countries, including Rwanda, Colombia, Peru, and Burundi. "We like the model of working directly with

the co-ops and small farmer co-ops because we think we can make a bigger impact," Pawlik says.

In addition to the specialty coffee they serve in their cafes, Amavida sells it to special grocery stores, coffee houses, and organic markets in 15 states. Locally, it's available at Ever'man Cooperative Grocery & Cafe in Pensacola and New Leaf Market Co-op in Tallahassee. They provide private label coffees for several area hotels as well.

While there are four locations, each is different. "They reflect the communities that they're in," Pawlik says. "The vibe is the same. We want customers to get a feeling of love — loving life and having a good quality of life. We want everyone to be able to come in, do some work or schoolwork or enjoy a cup of coffee with a friends. We want all our cafes to have a friendly, fun vibe."

However at St. Andrews, it's a bit "hipper, salty." Pavlik says, "It's a laid back vibe, while at Seaside and Rosemary, it's more light and bright. Seaside is small, quaint where you'll want to take a cup to go and walk around."

It's a similar situation at The Market Shops in Miramar Beach, where there is limited seating. "There's so much to experience at that shopping center. It's a hidden gem. We want people to get a cup of coffee or tea and then walk around."

But whatever the vibe, Amavida wants you to have an experience and carry it forward. "We really hope to inspire people," she says. "It's not just 'hey, look at what we do.' It's more of a 'hey here's something that we did and we can do more.' We want to challenge and inspire people to go out and make a difference. It may be as simple as choosing to move away from plastic straws to protect our beautiful beaches and wildlife, or giving back in another way. There are lots of ways to inspire people and make a difference."

And you thought it was simply a cup of coffee.

Amavida Coffee and Tea: Four locations. Opened various times. www.amavida.com



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Pescado

BY LIESEL SCHMIDT

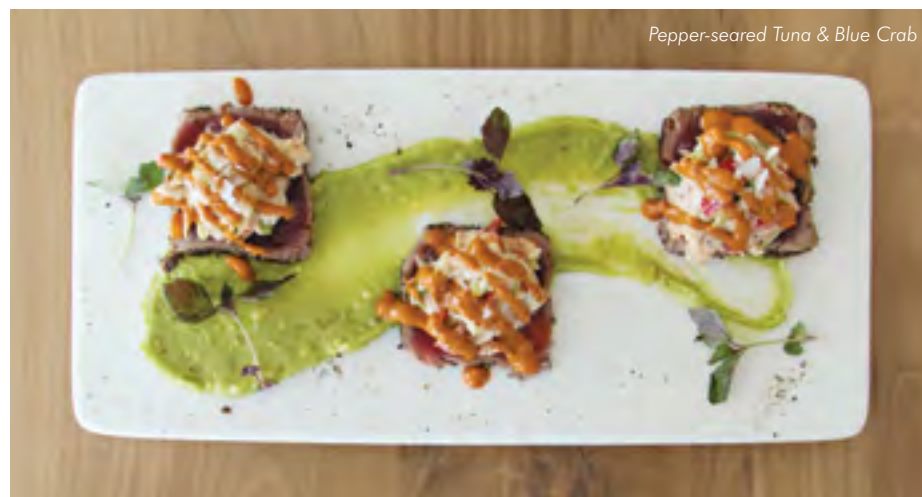
The Spanish word for fish, Pescado fits the restaurant located at the uppermost point of the “Orleans” building, which affords sweeping views of the Gulf that change with every hour of the day and every turn of the tide. Featuring a menu of seasonally changing featured dishes, small plates, and shareable entrees, the underlying theme of this beautifully designed venue is to create food worthy of that view: food with exquisite flavor and presentation that showcases all that the Gulf has to offer. Whether diners choose to take a table indoors or venture out onto the rooftop patio and bar area, the connection to that famous emerald green water is always in view, that fresh sea air salting every dish and flavoring every bite.

Since opening in early spring of 2018, Pescado Grill and Rooftop Bar has gained wide acclaim across Rosemary Beach, as well as the entire community of South Walton and beyond. As an acclaimed chef whose career has taken him to the kitchens of some of the area’s best restaurants, Executive Chef Ken Duenas has an appreciation for the beauty of the ingredients in his hands as well as the skill set to bring them to life. The menu is respectful of freshness in every aspect, from the array of local seafood, freshly-caught fish and premium proteins, to the colorful sauces drizzled on the plates. Each dish is a work of art, a carefully executed display of what results from focusing creativity, passion, talent, and technique together in cohesion.

Along with partners Joe Freer, Greg Wakeham, and Steven Sapp, Chef Duenas has created a great following at Pescado, drawing in diners who crave something different—not only in flavor, but also in atmosphere. It is at once fine dining and casual, an achievement that can only be attributed to the location and the decided lack of pretention that could easily pervade in a venue whose menu offers such luxurious cuisine. “We wanted to create the atmosphere of a casual restaurant and really keep an unpretentious attitude,” says Freer. “The best thing about having a restaurant in Rosemary Beach is the whole feel of the community and getting to meet people from all over the Southeast as well as different parts of the globe. We offer everyone an unforgettable experience because of our fine food, excellent service, and the eclectic menu of amazing craft cocktails.”



The perfect blend of farm-to-table and ocean-to-table, there is dedication to using the best, most fresh ingredients available in season; and that dedication is something that clearly shines through in the taste of each menu item. Uniqueness is certainly an important ingredient as well, evident in such small plates as the Grilled Hamachi Kama: a beautiful dish of grilled yellowtail collar perfectly accented with the smoky saltiness of guanciale and the earthiness of roasted eggplant served with chayote-lime salsa. For refreshing bites that embrace flavor in its original form, the raw bar offers such options as Steak Tartare, Seafood Salad, and Crudo. For those who love to taste an abundance of the sea and love to do it all family style, the Chef’s Feast features whole grilled fish, plump shrimp, fried pork, smoky chorizo sausage, golden-fried shrimp fritters, clams, and mussels served with red rice and a garnish of pickled cucumbers, chopped red onion, and fresh diced tomato. The Paella Valenciana brings a taste of the Spanish coast, while the Catonese Whole Lobster wanders over to the kitchens of Asia.



With so much to appeal to the senses, the entire menu is wildly popular with Pescado’s diners; but every bit as popular are the lively libations created by the mixologists behind the bar. Served up with a twist of creativity, each drink shows that the minds behind the mixing know what makes a great drink—and love to taste the results of their experiments. From the light and bubbly Endless Summer and the sweet Pineapple Express to the spicy kick of Tomorrow’s Pain, there’s a cocktail sure to satisfy every need; and they love to pour it on.

Sweetening things further, Chef Duenas also plays the role of pastry chef, whipping up a daily parade of confections such as cheesecakes and chocolate pot de crème as well as a fresh assortment available

according to the season. From starter plate to finishing drop, Pescado is one dining destination that’ll really have you on the hook.

Pescado Grill & Rooftop Bar is located at 74 Town Hall Road, Suite 4B, Rosemary Beach, Florida 32413. The restaurant is open daily 3:00 p.m.- 10:00 p.m. Bar hours are 3:00 p.m.-11:00 p.m. For more information, call (850) 213-4600 or visit www.rooftop30a.com.



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Dhiru's Dinners

BY ANNE HUNTER

Dhiru Thadani's father and mother, Ambrit & Gunu, believed that stressful days are forgotten by adding good friends, good food, and good conversation; as the fondest memories are gathered around the dining room table.

An architect and urbanist, Thadani began cooking in Seaside as an artist in the Escape to Create residency program in 2011, the same year that he was a recipient of the Seaside Prize. The artists and wardens would meet for dinner every Wednesday night to share ideas and constructively critique each other's creative projects. Thadani requested that he cook a meal for the group. The following week, the program wardens, Marsha Dowler, Cathy Toole, and Jane Crew were willing sous chefs and a tradition emerged: Thadani would host a dinner for the artists-in-residence in the following years.

In the years to follow, that scrumptious tradition would transform into a coveted invitation to attend one of Thadani's delicious dinners when he visits Seaside to oversee the town's architecture projects. Thadani has always enjoyed the company of individuals who are talented, tolerant, and adept at a skill or craft — sharing an interest in their work process, their struggle to create, be authentic, and sustain a living wage as artisans. "Hosting dinner parties in Seaside is always stimulating, educational, entertaining, and a bonding experience among the local artists. Walton County is one of the few areas that I know of where there is this abundance of creative individuals."

Share your thoughts on art, architecture, and cooking.

Architecture should be evaluated like cooking, in that the ingredients should be local, of high quality, and free of synthetics. The served dish should be visually pleasing, satisfying, pleasurable to taste, and complement the rest of the meal. The creative process of cooking is similar to designing a building; except the satisfaction is more instantaneous. Like a building, you want to use the best



Illustration by
Dhiru Thadani

Cooking with fellow architects is no different than making a building — it takes teamwork.

natural ingredients, free of synthetics, that have not travelled far. And time-tested method of construction. The dish you make should complement the other dishes at the meal, just like a building should complement the context that it is placed in and not try to stand out. Unless it is the main dish, similar to the civic building in a neighborhood.

When did you first begin cooking for friends?

A close first cousin, Sabrina, came to visit me when I was in grad school, and she was appalled at my eating habits. (She) took it upon herself to teach me some basic cooking procedures to prepare Indian food. With a few successful dinners I gained interest in preparing my own meals and entertaining in my apartment. And it did wonders for my love life, as the average male was helpless in the kitchen. On my trips back to India, I made it a point to learn one or two new dishes, by watching the house cook prepare meals and taking copious notes

as they cooked intuitively without measurement. I tried to understand the essence of the spice and what an ingredient added to a meal rather than a metric measurement.

What are your favorite dishes to prepare?

I always enjoy preparing Indian food as I constantly miss it. However I am comfortable with several cuisines. More recently I have been concentrating on vegetarian food,

widening my repertoire of dishes. I have always enjoyed vegetarian food, more friends are moving toward a vegetarian diet.

What do you enjoy about your Seaside dinners?

We all are guilty of getting complacent about maintaining our friendship as we negotiate the chores of daily life. Friendship is a gift of life. I find myself in the role of instigator of events, as I am happy to have friends over for dinner every night. To be a civil society one must have a social life. Sharing a meal is on top of my list of social activities. Dinner with friends reminds me of my mother and the fabulous dinner parties that she would have. It was always a party when she was around. I remember that local musicians in Bombay would regularly stop by our house when there was a party, to entertain the guests — it was usually late, after hours, as they had jobs performing at the local bistros.

Dhiru A. Thadani is an architect and urbanist and the author of *Visions of Seaside*. As a design principal and partner, he has completed projects throughout the world. For more information: www.seasideinstitute.org/dhiru-thadani-2011/





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Caveman's Cupboard

BY MARY WELCH

To Tony DeBlauw, having a meal is more than simply putting food on a plate; it's a lifestyle choice. Well, it's not a choice to eat, but it is a deliberate choice of what he puts into his mouth. "I'm from the Pacific Northwest and the mindset there is pretty pervasive. People want healthy foods. I want good clean food for others and myself. I'm not doing this to get rich, but I didn't see a lot of options when I moved here for the type of food I want, so I decided to do it myself. I'm passionate about it."

DeBlauw puts his passion into two businesses: The Caveman's Cupboard, which is a collection of Paleo-oriented products, such as organic nut butters, bone broths, natural remedies, and healing clays. He also is a partner with George Fisher at Arrowhead Beef, where they offer 100 percent grass fed and finished beef, along with marbled Wagyu beef and Berkshire pork. Co-founded in 2010 in Chipley, Arrowhead Beef is a cooperative of family farms, local processors, and sales representatives.

The Paleo diet advocates lots of fresh lean meats and fish, fruits, vegetables, healthier fats, eggs, and nuts. Forbidden are processed foods, wheat, dairy, refined sugar, corn, and soy.

DeBlauw admits his life is a bit unconventional. He grew up in Montana where, in addition to hunting wild game, his family would buy half a cow and stick it in the freezer. "I thought everyone did that. I found out later, most go to the grocery store." He and his girlfriend traveled a bit and he had a bunch of odd jobs. "It was a personal adventure of finding oneself," he says. He did have one benefit: a co-worker turned him onto the Paleo diet.

His move to the Panhandle also wasn't traditional. "Most people say they visited the Emerald Coast or they heard about it and had to come. They love it and consider it paradise. My girlfriend got a job down here and I didn't have a good enough excuse not to follow her, so I came here."

Not finding enough Paleo products he decided to start making them himself and started with what still is

his most popular product: organic cashew butter. "It was a business borne out of necessity and I just thought I would turn my Paleo lifestyle into a business."

People, DeBlauw believes, want to know the origin of



Tony DeBlauw



producers for the Panhandle are still lacking here. We want restaurants and regular consumers to know that we are a resource for them and they can get excellent local Florida grass-fed beef."

Locally several restaurants are serving Arrowhead Beef. "James Neal at the Pearl in Rosemary Beach is a phenomenal chef. He's spent a lot of time outside this area honing his craft and being exposed to areas that demand these kind of products," he says. Other local eateries include Caliza Restaurant in Alys Beach, and Bud and Alley's Pizza Bar.

Consumers can go to their website and order a variety of cuts of meats, including steaks, hamburgers, and roasts, as well as meat for kabobs, stews and fajitas. They also sell pet food and less traditional parts, such as the tongue, oxtail, bones, liver and heart. DeBlauw is working on a line of jerky.

"Obviously we want to use as much of what we create in as many forms as possible. We are working to diversify our product portfolio and capture more of the market," DeBlauw says. "No one talks about how good bone beef bone broth is today. I would like to see a movement of people again eating organ meats. It's extremely healthy and I think it will be rediscovered. Beef liver is strong in iron and there are ways to package it to make a very delicious meal."

Everything he makes is organically sourced. DeBlauw sells them on his website as well as Saturdays at the farmer's market at Seaside and Sundays at Rosemary Beach.

For more, go to: Tony DeBlauw, Caveman's Cupboard, Santa Rosa Beach, Florida, call (850) 270-8804 or visit www.TheCavemansCupboard.com.

For Arrowhead Beef of Chipley, FL 32428, go to www.arrowheadbeef.com or call (850) 270-8804.

their food and what it does to their bodies. "There's a lot of misinformation out there. We're providing transparency to benefit the customers. They can make their own decisions, and we think they'll start buying the best options."

He says, especially in this area, that it's an uphill battle. "We can't compete on price but we can compete on quality." Their distinct line is Parthenais cattle, a French breed renowned for being exceptionally lean and tender because the muscle fiber is softer, and free of hormones, antibiotics, and pesticides. "This is a line that you really can't get anywhere else in the United States. We raise our cows. Then we purchased a USDA processing place. We're 100 percent vertically integrated, only of two in the state, where we bred, raise, process, pack, and distribute."

DeBlauw is spreading the word not only in the Panhandle, but throughout the state. "Legitimate meat



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Grayton Beer Company

BY KEMPTEN TAYLOR

If you're relaxing on any beach throughout South Walton, chances are you can spot someone sipping on a cold local brew from Grayton Beer Company. The company has been producing top-notch craft beers since 2011 and the passion for both the local community and creating exceptional beer are more than apparent when you step into the brewery's taproom. This locally owned and operated company has taken 30-A by storm and has plans to continue growth in coming years.

Owner Jamey Price is a Mississippi native. After meeting his wife, Candace, in Nashville, TN, they moved to the South Walton area in 2004 as newlyweds and immediately knew they never wanted to leave. They were looking for a place to settle and raise a family and quickly recognized that they belonged on the Gulf. "We realized that we would spend the rest of our lives here. We couldn't see ourselves anywhere else," says Price.

In 2011, Price started out on a path that would fulfill his passion: beer. The first beers were made through a contract brewer with the ultimate goal of owning and operating a brewery for Grayton Beer Company to call home. The company was named after Grayton Beach, a community that's values and natural beauty encompassed everything that Price wanted the brand to be. "Beer was always my favorite. It was about doing something local, with beer as the common denominator," says Price.

Fast-forward a few years to 2014. Price was joined by local brewer Shank, and they selected a location for their brewery and taproom on US-98 between Rosemary Beach and Grayton Beach. The brewery started with two beers: an IPA and a Pale Ale—and has been producing a wide range of beers since.

Grayton's flagship beer is the 30A Beach Blonde Ale, a light bodied ale that is easy to drink and well-balanced, a reflection of the laid-back life style of 30-A. Both the 30A Beach Blonde Ale and Grayton's new 30A Rosé Gose are canned so that they can be easily packed in the cooler and toted to the sand. Both beers are known for their easy drinking, perfect for a lazy day at the beach. The brewery's other staple of beers include Fish Whistle IPA (*Assertively hoppy. Dangerously Balanced.*), Staff Pale

Ale (*Classic American pale ale. Clean in taste. Gold in color.*), 1890 Founder's Ale (*A classic amber ale. Balanced hop and malt character.*), Salt of the Gulf (*Coastal interpretation of a unique/antiquated German style.*), and White Dunes (*A Belgian white. Pure refreshment. Hints of spice and citrus.*). All are

where the beer is brewed. The fully operational brewery, restaurant, and bar are open seven days a week for lunch

and dinner. Conveniently located in Grayton Beach, the Brewpub occupies the space formerly known as Craft Bar 30A. This microbrewery meets gastro pub features a state-of-the-art small batch brewing system, which allows them to make any kind of beer imaginable in this amazing seven-barrel system. "We knew we always wanted to do a brewpub and bring together the culinary parallels between food and beer. Our small batch system allows us to make every style of beer that we like. We do what we like and love doing it," says Price.

The menu at the pub offers diners Grayton Brewery's take on elevated bar food: featuring "sharables" like the wings and beer cheese nachos, "plates" like the catch of the day, salads, a variety of "buns" like the pulled pork sandwich, sides, and desserts. For non-beer lovers, they also serve wine and craft cocktails. The folks at Grayton Beer Company have put South Walton on the map for beer and don't have plans to slow down anytime soon.

Located at 170 E. County Highway 30A, Grayton Beer Brewpub offers live music, communal space for socializing, special events, and much more.

Stop by the Grayton Beer Company Taproom, Monday - Wednesday from 9-5 p.m., Thursday - Friday from 9 - 8 p.m. or Saturday from noon - 6 p.m. to have a taste for yourself, or grab a bite and a brew at the new Grayton Beer Brewpub for lunch or dinner and experience the best of beer on the Gulf. For information on Grayton Beer Company visit graytonbeer.com.



On tap beer selection



Crowler - the canned growler



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different beers in their own right, offering something for every palate. Grayton Beer Company is also proud to produce a series of barrel-aged beers, including the most recent release, Dubbel Barrel. Inspired by Grayton Beer Company head brewer Tyler White's passion for Belgian-style ales and Old Fashioned cocktails, the Dubbel Barrel is a Belgian-style dubbel-aged in Belle Meade Bourbon casks from Nelson's Green Brier Distillery.

In spring 2018, the company decided to make their beers even more accessible and opened Grayton Beer Brewpub to offer consumers a place to sit and sip



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If you are looking for that unique and "must see" experience while visiting 30A, be sure and stop in to visit the Justin Gaffrey Gallery, home to the artworks of Walton County's premier contemporary artist, Justin Gaffrey. The gallery is unlike any other museum or "white cube" gallery experience you have ever had! Take in the various paintings and sculptures inside and speak to a design associate about commissioning a "made just for you" artwork. Roam the scenic grounds in the outdoor sculpture garden and take advantage of the photo ops for that one of a kind selfie alongside Justin's surrealistic creations. See where this artist began his career in his original studio, or find that perfect piece of original artwork for your home. There is no obligation to buy, and the gallery staff is welcoming and knowledgeable of the artist's history, the body of work, and techniques. The Justin Gaffrey Gallery is located along 30A in Blue Mountain Beach at 21 Blue Gulf Drive and is open to the public Monday through Saturday from 10 am to 6 pm during the summer, and 9 am to 5 pm during the winter months. The Justin Gaffrey Gallery has something to offer for all tastes from contemporary abstract painting and sculpture, to modern still life, landscape, and floral painting, limited edition prints and one of a kind studio relics. For the art lover to the serious connoisseur, a trip to the Justin Gaffrey Gallery is a visit you will want to make each time you come to the beach! Be sure to follow Justin on Facebook and Instagram to see all of his latest creations and gallery events.



"Sunset Over Western Lake" | 48" Wide by 30" Tall | Acrylic On Wood Panel | Justin Gaffrey 2018

On Paint and A Prayer

Kirsten Reed Shares Her Story of Grief and How Art Helped Her Heal

BY ANNE HUNTER

Artist Kirsten Reed has fond memories of the unspoiled beaches and white sands of Northwest Florida from her youth. “I love our beaches, the trees, and the natural dune life. I spent many years growing up along the sandy shores of the panhandle, and I’ve watched it change over the years,” says Reed, who once served as a public relations executive for Sandestin Beach Resort.

The artist’s native roots run deep. Reed calls Nashville home, but her parents live in Niceville, where they purchased their home in 1979. “I always come back to visit friends and family. Much has changed, but I still take in the senses of our beautiful environment - the sound of the waves, the smell of the air, and the sight of a lovely sunset against the ever-changing painting from Mother Nature.”

There isn’t simply acrylic layered onto the canvases bearing Reed’s signature; no simple whims guiding her hand as she the moves paint on her palette. Heart, soul, faith, emotions, prayer, and benediction are the very essence of all she creates; and, just like Mother Nature, the finished product is often far more than she could have ever imagined. From angels to vibrant bouquets of flowers and serene sunsets, there is emotion at work on Reed’s canvas; and the purpose she feels in creating them is a beautiful thing to behold. It is with biographer Liesel Schmidt that Reed resurrects those emotions to share her story.

Artistic since childhood, Reed’s greatest outlet for her creativity initially took her in a direction that made the most financial sense; and for most of her adult life, she worked as a freelance writer for marketing firms who could put her talents to use. But when the tragedy of losing her younger child in 2000 after a short, heart-wrenching twenty-seven months filled with struggle began to seek release through painting, she realized that a once-abandoned passion could become more. But even with the paintings she created during the earliest days of dealing with her grief, Reed didn’t seriously consider turning her “hobby” into a legitimate career until the market crash in 2008 led to a decided downturn in writing opportunities. Coupled with various other changes in her life, the newly found time she had to focus on the outcries of her heart to pursue something that truly fulfilled her led her to the canvas—and the encouragement of others to sell her work gave her the courage to spread her wings and explore her talent.

That talent and the desire to create is one that finds its greatest purpose when least expected. From commissioned pieces that have hidden meaning



Artist Kirsten Reed

Photo courtesy of Chris Lowery

Heart, soul, faith, emotions,
prayer, and benediction
are the very essence
of all she creates.

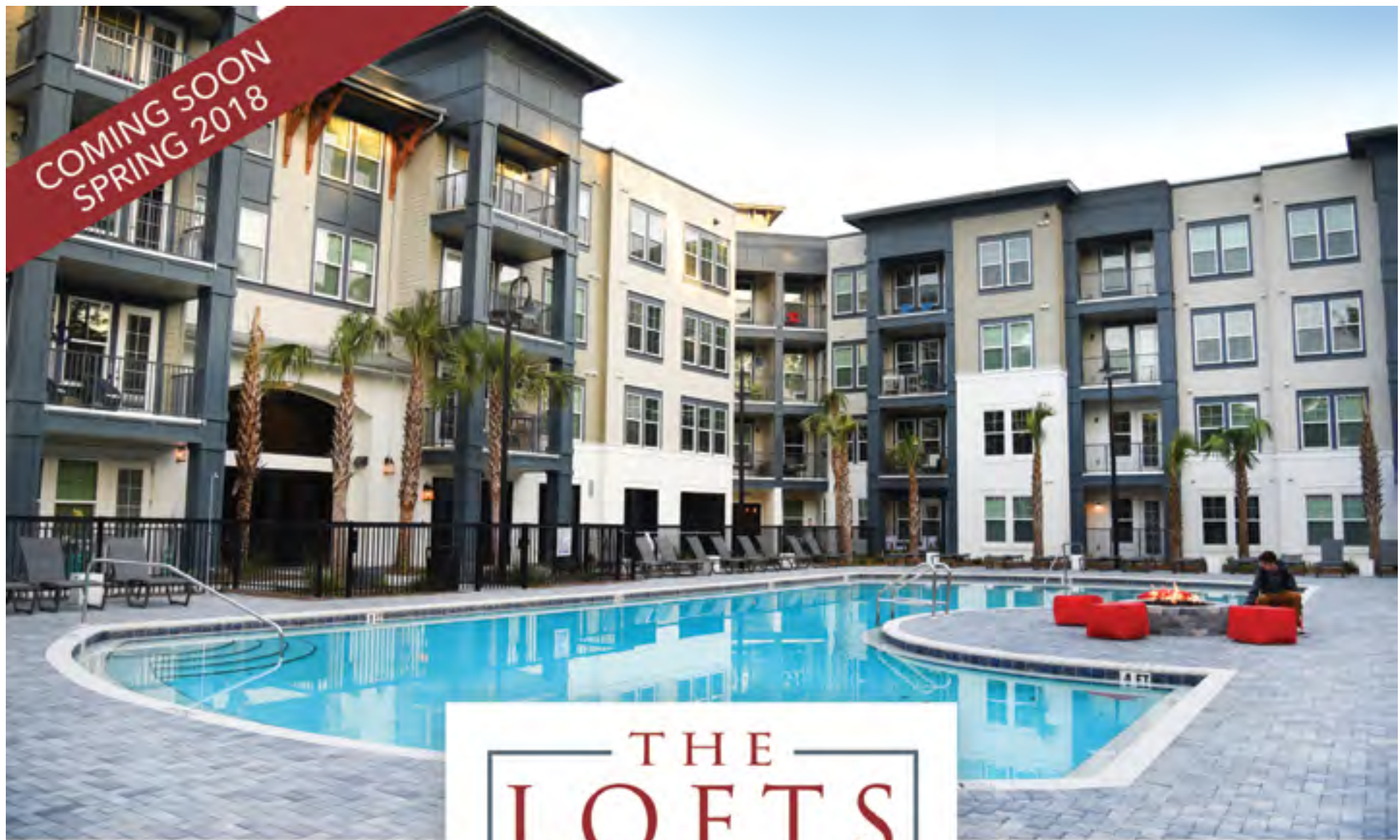
until their unveiling to messages that are revealed only after someone else has opened her eyes to them, Reed’s paintings are the culmination of her prayer and creativity—sometimes literally so, as she often writes a prayer that has weighed on her heart onto the canvas before she begins her work.

More than just a method of working through the grief of losing a child, painting is also her way of working through all of the emotions she faces in her life as each day unfolds—whether good or bad. “I think that healing is never complete,” she says thoughtfully. “Grief is

something that always resides in you; and sometimes it takes up more space in us than it does in other times, but you just kind of learn how to make it behave and how to manage it. Life is one of those tricky things that we’re constantly trying to figure out, but no one ever really does. You have moments of real passion and clarity and joy, and then you have those moments of darkness and grief; and I think my art has helped me through all those emotions that life brings by expressing it onto the canvas.”

The Kirsten Reed | MY {ART} STORY exhibition is hosted by Anne Hunter Galleries. Reed’s exhibition will run from October 1, 2018 – December 31, 2018, at 25 Central Square, in Seaside, Florida. Ten percent of all sales of Reed’s paintings are contributed to Palette with a Purpose, which donates to children’s non-profits in the local area. For more information: www.seasidetimes.com

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Stephen Harlan

BY ALDEN MAHLER LEVINE



"Heard About This Place"



"Shade of Pale"



Stephen Harlan

Stephen Harlan's artwork is striking: still scenes, peaceful, with knife-sharp images picked out against colors just a shade too bright to be natural. The images are printed on aluminum, canvas, or ceramic tiles in limited editions. They look like photographs, perhaps altered ever-so-slightly in the development process, but framed and captured in a split second by a discerning eye.

But Stephen Harlan is no photographer; he's actually a "digital painter". His process starts with pencil sketches purely from memory or real life, which he scans into his computer and then uses as templates. It's the same process as traditional painters, he maintains. "I use it as a background, very crude," he says. "Then I block in colors just like a traditional artist does. The advantage I have over a traditional artist, being that I paint these digitally, is that I can zoom in... I can basically paint a pixel at a time. And eventually it turns into a photograph. My whole goal is to basically have a hyperrealism."

In fact, Harlan thinks his paintings might be superior to both photographs and those created with more traditional paints. If fans want a print of a traditional painting, it has to be reproduced in some manner and then put onto a backing, and each step in that process changes the image a little. Harlan's process allows him to design the digital file exactly the way he sees it in his head and then produce it in exactly one step, keeping every copy consistent and preserving the colors and his designs. "It almost looks like you're looking at HDTV, it's so bright. I share the wonder and enthusiasm every time I

pull a new test out of the box with somebody seeing it for the first time. I'm just amazed at the technology."

It's also immediately obvious that Harlan loves the beach. He and his wife both grew up in Florida and lived in California and Maryland before arriving at their current home in North Carolina. The unifying theme of Harlan's images reflects these many seaside experiences, capturing the stillness and serenity of idealized coastal life without quite identifying a location. And Harlan says he has no plans to move away from beach-themed work. "People recognize my art, and as an artist, it's that stamp that you want people to remember. A couple of the newer pieces do have stark, bright backgrounds, and that's a little different for me. But the reaction to those pieces has been very positive, so we'll see what happens with that."

Certainly his art sells better in coastal areas, Harlan notes, but it isn't beach-vacation souvenir fare. "There are lots of great local artists selling at art shows and fairs," he says, "and I'm certainly open to people casually seeing my art for the first time, but that isn't my target." That's why those seeking a Stephen Harlan have to head for a more exclusive gallery. "Galleries attract people really interested in collecting," Harlan explains.

On 30-A, the gallery working to connect Stephen Harlan with fans of his art is Curate, located in the heart of Rosemary Beach. Owner Gary Handler wants Curate's focus always to be a on building relationships between its collector-customers and featured artists.

"Of course, someone can fall in love with a painting upon sight," he says, "But when we can provide the opportunity for someone to engage with the artist, the artwork becomes more than just something to hang on the wall. It becomes something personal, something to which the collector has a connection."

And Stephen Harlan fits right in to the Curate vision. Handler says, "The illumination found in his work is perfectly matched to the gorgeous light and color that lie in the landscape surrounding us. His recent visit to Curate was very successful. Collectors thoroughly enjoyed the chance to meet him and understand his artistic inspiration and the unique way that he approaches the creative endeavor."

And if you're ready to be a Harlan collector, he's ready to show you the images of his mind. "I like to draw you through a doorway, or draw you down a hallway, or down a dock, or make you feel like you could get into that boat," Harlan says. "It's not perfect. It's maybe a little bit off-centered, or something's a little bit different or a little bit skewed. Each piece is different and each takes on a life of its own."

To see Stephen Harlan's work in person and for more information about the broader art collection at Curate, contact Gary Handler at curate30a.com, (850) 231-1808, or gary@curate30a.com.

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Elmore's Landing

The Historical Landmark That is Revitalizing the Original Folk-Art Scene

BY ANNE HUNTER



Elmore's Landing Entrance



Photos are courtesy of Elmore's Landing.

Are you serious? She brought Elmore's?" Billie Gaffrey couldn't believe the news when she heard last year that Sam Dougandara had purchased the iconic landmark near the northwest corner of Highway 331 and Chat Holley Road, just south of the 331 Bridge. For Gaffrey, Dougandara's purchase came at the right time. "Everything has changed here and I'm left feeling 'what's my purpose?' I don't have anywhere to sell my art. Then BAM!, Sam bought Joe's property!"

Gaffrey's sentiments reflect those of many of the first outsider artists in Walton County. "There were less than twenty of us in the beginning," Gaffrey reminisces about the burgeoning Walton County art scene that began with the courage of a handful of Southern outsider, primitive, and folk artists in the 1980s.

Joe Elmore, the beloved primitive artist who passed away in 2017, was an inspiration to Gaffrey and others to who would go on to become the first artists in Walton County. "It's because of Eileen West, Dwight Ward, Woody Long, Joe Elmore, and other like them that I became an artist. They made me who I am...and I survived by making it." Gaffrey met Elmore when she was twenty years old. "He called me Little Youngblood," she remembers of the half-Cherokee Indian.

When Dougandara purchased Elmore's Landing, she assembled a team of the region's top tier primitive art talent to revitalize the property. Eileen West, one of the original gallerists in the area and well-known artist mentor who introduced the folk-art scene to her clientele; and, Billie Gaffrey, who co-founded Gaffrey Art in Blue Mountain Beach.

Their combined talents position Elmore's Landing for preserving the Southern Folk Art Movement that opened the doors to the regional art scene today. "It is

an honor to preserve Joe Elmore's legacy, and we take it seriously," says Gaffrey. "Eileen is the guru and I'm the muscle, but none of this would be possible, if not for Sam." Because of Dougandara, Elmore's Landing now holds a position on the historical map alongside the two formidable landmark art studio-galleries in Walton County - Woodie Long Gallery and Gaffrey Art.

"We know the people who come to Elmore's are looking for something unusual, and maybe a cold beer or cool glass of wine while they check it out. Our plan is to keep Joe's dream alive and preserve an art-authentic place for the community," says Dougandara, the sassy real estate mogul, wife, and mother of two; who sat down with me for a candid interview about her latest endeavor.

Who was Joe Elmore?

Joe Elmore was the chainsaw sculptor who built this place for his studio and workshop. He was here for nearly 20 years and one of the first artists to make Walton County his home. He made his place a landmark that locals and visitors look for when they come over the bridge. The huge buffalo and giant Indian head make people want to know about it. Every day people come in saying they have passed by the place for years and always wanted to stop in and see what's going on.

What inspired you to become the steward of Elmore's Landing?

The first time I saw the place it was pretty rough. Joe had been sick a long time before he passed last year and the place was a overgrown and falling down. Then I saw the potential of the gallery and what he wanted to do but he was just all over the place. I wanted to bring all of his

hard work to life and organize it so people could see what a true artist he really was - a folk artist.

How have the local artists and gallerists stepped up to support Elmore's Landing?

Eileen West came to work for us to explain how this place is a folk-art environment worthy of preserving and how Joe's art fits into the big picture of American art. Billie Gaffrey came to Elmore's and painted everything she saw in her swirling colors, including the walls and wildly painted stage where we'll have more live music when it cools off a little. It's modern art meets folk art.

How has Elmore's Landing been a positive "life's work" for you and your family?

The kids love going to the gallery. They meet their friends and share handmade ice cream from the Peace Pops people and run around in the courtyard playing hide and seek until they burn off some of that energy. Last fall, we hosted children's art classes every week and we hope to do that again in the fall. My wife, Julie, and I do our best to back up Billie and Eileen during the week and when we have special events, it's all hands on deck.

Anne Hunter is a gallerist and freelance writer on arts and culture. She serves on the board for The Seaside Institute. Read the full story on www.annehuntergalleries.com.

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Nicole Paloma

BY LIESEL SCHMIDT

Perhaps it wasn't intentional when Nicole Paloma took a seat behind her first sewing machine that she would find the thing that gave her inner soul a voice. But what would unfold over the next decade was ultimately the destiny she never truly understood; until she realized that the things she was creating were actually "the physical manifestation of what I was working on in myself and in my sobriety—learning to let go of all of my imperfections, learning patience, and finding my own strength."

For Paloma, recovery and sobriety are just as much a part of her story as a designer as all the success has been. It wasn't until the self-taught Paloma decided to give her skills and undirected creativity an outlet by making pieces for her first two children that she realized that she could actually put it to good use and bring in some money. Having filled her daughters' closets to overflowing, she decided to sell some pieces and free up some space—and some cash—for more fabric and more designs.

Her rise to stardom was both unexpected and quick. In the blink of an eye, she had more orders than she could possibly fill. The pace of trying to get it all done, coupled with sleepless nights spent at her sewing machine and dealing with the emotional challenges of postpartum depression, made juggling it all impossible; and so she had to let the chance to launch her career as a children's clothing designer go.

Two years later when her family relocated to Santa Rosa Beach, Paloma was once again faced with the opportunity to create her own label—and the people of South Walton seemed to welcome her with open arms. "This community seems to embrace creativity, to show support for the people who have a desire to go for it and to chase their dreams; and that made all the difference in the world."

Over the course of the first few months, she landed contracts to sell her pieces in boutiques along 30-A and had orders in markets throughout the entire Southeast reaching six figures. Once she'd completed that first round of insanity, however, she realized that she wasn't cut out for the broader market. She liked the more personal aspect of being where her buyers were, rather than having it all represented by a sales team.

As if by serendipity, when Paloma closed that particular door, she found what she calls ruffle fabric. Setting to work to construct her first women's skirt, the pieces that sprang forth gained just as much attention as her children's line—and so she left childish things behind to launch her career in women's wear.

The move catapulted her into stardom, taking her to the first ever South Walton Fashion Week in 2013 and making her a local darling of the fashion world. She forged connections with heavy-hitters in the media world who could potentially set her already rising career on fire nationwide, realizing with every step she took that she had finally found her calling.

But in the midst of it all, Paloma struggled deeply with alcohol dependency whose hold on her only seemed to strengthen as her career became more successful. "I was trying to convince myself that all artists were crazy and that it was okay

that I was drinking as much as I was—after all, look at the success I was having, so what was the problem?" she recalls. But when repeated blackouts finally woke her up to the severity of her addiction, she checked into a rehab facility in 2014 and set her sights of a new design: sobriety.

Balancing sobriety, motherhood, and a successful career has not been easy—nor has the unexpected twists her life has taken over the past four years. Divorce, career shifts, and having a new baby thrown into the mix have all presented challenges that could easily have caused it

all to come unraveled beyond repair. But much like the pieces so signature to her label, Paloma's life is a layering of strong yet beautiful material: a

creation that, at first glance, might appear to be unfinished and raw. But there is purity in that rawness, frayed edges, and all; that gives it appeal. And for Paloma, it's the story of her life and her testimony of overcoming a struggle that gives her work its greatest purpose.

For more information on Nicole Paloma and her collections, visit www.nicolepaloma.com or call (850) 461-2414. Love_Sewn is the for profit organization she created to give women in recovery a way to learn a marketable skill, creating the Streetwear designs for her label. Shop the looks and give back.



Photos (immediate right and below) are courtesy of Marscha Cavaliere.

Photo (far right) is courtesy of Dawn Chapman Whitty.



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Gluten: Impact on Weight and Thyroid

BY DR. BART M. PRECOURT

We see it all the time: “GF” or “gluten free”. Is it just another exaggerated health claim or is there something to this “avoid gluten” idea.

For simple reading I will get to the punchline right away.

Avoid GLUTEN at all costs! Does that mean even for people who have never been diagnosed with celiac disease or a gluten sensitivity? The answer is still yes.

Where is gluten found?

Gluten is a protein that is mostly found in wheat, barley, and rye. This includes bread, pastas, crackers, cereals, and most beer to name a few. Foods that are gluten free usually will be marked on the packaging.

Gluten symptoms:

Some symptoms of gluten sensitivity show up right away like bloating and fatigue after eating. Other symptoms can show up over time. Brain fog, fatigue, weight gain, irritability, constipation, gut issues, depression, and many more. Joint pain, arthritis flare-ups, and even fibromyalgia can all be linked back to gluten intolerance. Many of my clients see amazing results, like less body aches and pains, when eliminating gluten. It's also common that gluten will cause hormone imbalances due to its negative impact on the thyroid.

Why is gluten harmful?

The simplest explanation is because we have a very difficult time digesting gluten. As a result, over time it damages the intestinal lining leading to a condition called leaky gut. This causes all kinds of health issues, including IBS, SIBO, bloating, constipation, diarrhea, and many other gut-related conditions.

When we cannot break down the gluten proteins, eventually they are circulated into the blood stream where they are identified as a foreign invader. This is where the big problems happen.

Now your body creates an auto-immune reaction to this foreign invader trying its best to kill it off and remove it. This can be the start of an auto-immune condition that builds up over time.

Gluten/thyroid connection:

This is where things really get messy. If you have any known thyroid conditions: hyper- or hypo-thyroidism, Hashimoto's disease, or even just a sluggish thyroid, then absolutely stay 100% away from gluten.

There are two key reasons that gluten leads to weight gain. First, it causes inflammation! The more inflamed you are, the more your body will hold onto weight.

The big problem here is that the molecular structure of gluten is very similar to the structure of the thyroid hormone. When your immune cells try to destroy gluten they also target thyroid tissue, destroying thyroid function. This can lead to auto-immune disease and hypo-thyroidism.

Where it starts:

Many of my patients will say: “I've always eaten pizza, it's never bothered me before.” And this may be true. Many of us never had issues with digesting and eliminating gluten. The problem is that we have eaten too much for too long. This long-term obsession with our gluten foods slowly breaks down the gut lining, leading to leaky gut. Now the same food you used to be fine with is causing major problems. My advice here: don't wait until you have a problem to take action!

Another good argument for removing all gluten products is that the vast majority has almost zero nutritional value. Most gluten-rich foods are processed and stripped of any nutritional value.

Impact on weight gain:

For starters, almost all gluten products are high glycemic foods. Therefore, they cause higher blood sugar levels which lead to more insulin production and fat storage. There are two key reasons that gluten leads to weight gain. First, it causes inflammation! The more inflamed you are, the more your body will hold onto weight.

Secondly, and maybe the most common that I see in my nutrition practice, is that the damaging effects of gluten on the intestinal lining make it harder to absorb nutrients. This causes you to constantly be hungry and seeking more nutrients (food).

Dr. Bart M. Precourt



What to do!

There is no such thing as “kind of” gluten free. It's like kind of being pregnant. You either are or you are not. Negative inflammatory effects of gluten can last as long as six months. This is why many people who dabble with going gluten free never see the amazing results that can occur.

Challenge yourself to go 100 days gluten free! Then on day 101 go out and test it, have a beer (gluten) and pizza (gluten) night. Journal about how you feel and act. The evidence will be convincing.

Be mindful that not all foods that say gluten free are good for you. Be mindful to eat real whole foods that have not been processed.

It's your health and your life... you're worth the effort!

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



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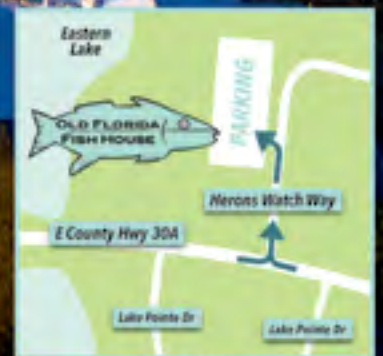
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Zarzaur Law: Keeping our Community Safe One Case at a Time

BY MARY WELCH



To Personal Injury Lawyer Joe Zarzaur, there are two things: keep the community safe one case at a time; and the numbers. For community safety: since the onset, his practice has been 100% dedicated to personal injury and wrongful death cases. For the numbers, there is a list. The number of board certified civil trial attorneys in the state of Florida (one percent). The number of dollars he believes is a fair settlement for his client (the highest was \$9.3 million against a subsidiary of Johnson & Johnson). That's his bottom-line point of view. And it's worked for his clients.

Zarzaur, who heads Zarzaur Law, P.A. in Pensacola, is a personal injury attorney who only takes on cases that involve serious personal injury or wrongful death. He fights for his clients to ensure they receive the compensation they deserve from those who do not take responsibility for their actions.

"I believe in quality, not quantity. I don't want to work on every case," he says. "I don't take every case that comes in the office. I want to make a difference. I want to make things safer and if I can, I'm not going to let a client settle for a quick deal.

"Look, we're enforcing community safety rules and they're important. We want to make an impact and help our injured client make their life just a little better."

Zarzaur is an AV Rated, Board Certified Civil Trial Specialist and recognized as such by the Florida Bar and the National Board of Trial Advocacy; a distinction that he shares with only one percent of Florida Lawyers. To be board certified, an attorney must pass a series of tests, among having 14 jury trials and recommendations from judges and other lawyers, that recognizes an attorneys' special knowledge, skills and proficiency in various areas of law, professionalism, and ethics in practice.

"You have a handful of attorneys certified to do this work but you have hundreds more advertising for these cases. The Bar provides a way to discriminate and help educate people on whom they should hire. Most people hire someone because of a bunch of billboards. People must do due diligence before hiring a lawyer," he says.

It makes little sense, he says, since all personal injury lawyers, regardless of background, record, and

professionalism, generally charge the same fee — a percent of the settlement or, in case of a loss, no money. "It's like walking into a store and the Rolex is the same price as a Timex. And, you choose the Timex," he says.

Zarzaur's biggest jury verdict came after almost eight years of litigation. He attained one of the highest injury jury verdicts in Escambia County history against a little known company known as Ethicon Endo Surgery a subsidiary of Johnson and Johnson. The verdict was \$9.3 million, which was upheld on appeal. He also followed this verdict with other multi-million dollar jury verdicts and hundreds of million in settlements.

"I think that once you get your first multi-million verdict, you know you're doing the right thing. You know that this is where you should be," he says. "That was my 'Ahha' moment. There's only a handful of lawyers who have gotten verdicts over \$9 million in Florida."

Zarzaur is in the right place, something he knew since he was in high school. "I knew I wanted to be a lawyer and the idea of being a trial lawyer and in a courtroom was attractive to me." He first gravitated to criminal law but found that was not his passion. In the end, he realized his talents and heart was in the personal injury side of the practice. "You have to find something that you're good at and that you love. I don't care what profession. Find something that makes you want to spend 10 to 12 hours a day doing nothing but that. And, if you're OK with that, then do it."

Zarzaur, who is also licensed in his home state of Alabama, says that appearing in front of a jury is a blend of tactics and performance. Rarely do you see the behind the scenes work put in by "Perry Mason", "Aly McBeal", or the gang on "Suits". "I don't like to think that when I'm in front of a jury that it's 'acting.' But everything must be thought out — every movement, every word. The jury has to relate to you and your clients and if they think you're acting you'll lose. But, at the same time, if you don't present your case in a fashion that is conducive to them, your client's message may get lost in the mix."

It's a fine line; but one that Zarzaur recognizes. Bottom line, he is a lawyer passionate about the community, safety, and getting his clients what they deserve. And isn't that what anyone would seek in a lawyer?

To reach Zarzaur Law PA, call (850) 444-9229 (Pensacola) or (850) 424-3236 (Destin). You can also go to www.zarzaurlaw.com.

I want to make a difference. I want to make things safer and if I can, I'm not going to let a client settle for a quick deal.

30-A Home Market Trends Continue To Bring Good News in the 1st Half of 2018!

BY ERIN ODEN

Home and condo sales continued to tick up for the scenic 30-A corridor during the first half of 2018. The number of sales, at 768, was slightly over prior year and the average sale price and price per square foot were up 4% and 5%, respectively. We anticipate the 30-A corridor real estate industry to exceed \$1.6 billion in 2018; and we are seeing the industry more that double in the last 5 years.

Regarding sale prices for the first half of the year:

- Average sale price = \$1 million +, a 42% increase over the last 5 years
- Average price per square foot = \$443, a 41% increase over the last 5 years

Investors must be thrilled with these statistics. Time on market has shortened and inventory has decreased.

These statistics point to a stable or perhaps increasing pricing environment.

As planned, non-stop flights to Panama City Beach airport (ECP) were augmented in 2018. We are now seeing 10 major cities with non-stop flights to this airport. This increased accessibility certainly contributes to the success of our area and our real estate market. All of the main planned communities report continued strong performance and we anticipate values and demand to remain robust during the rest of 2018.



30A CORRIDOR HOMES - FIRST HALF 2018

Current Availability & Supply

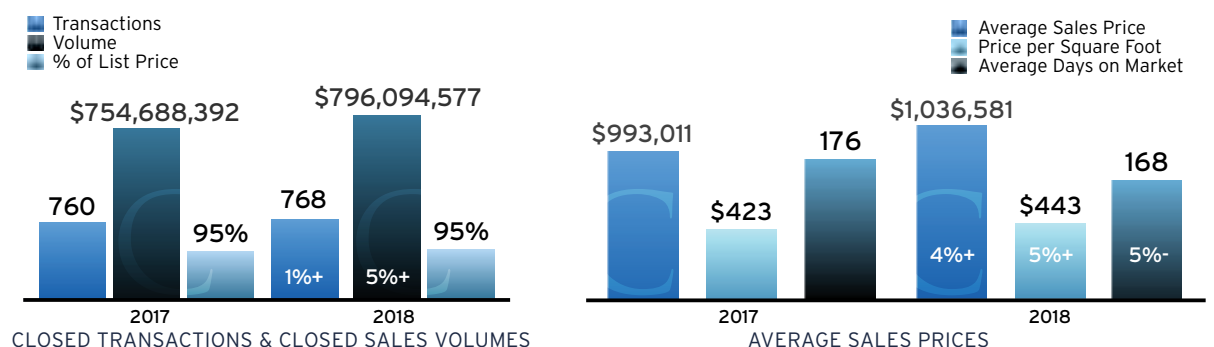


Statistics for detached residences, attached units, and condos only; EXCLUDES vacant land.

*What does this mean?

This represents the year-end number of properties available for sale divided by the monthly average of the last 12 months' sales, reflecting how many months it would take to sell out the current inventory at the current rate of sales if no additional homes entered the market.

Sales & Average Sales Prices



Statistics according to data gathered from FLEX MLS for combined residential properties (detached homes, attached units and condos). Deemed reliable but not guaranteed.

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.

The Lucian

BY ALDEN MAHLER LEVINE



The town architects follow the Alys Beach Design Code, which includes a vision of sustainability, safety, and integration of development and nature.

Ask any resident or visitor what it is they love most about 30-A, and you'll hear a lot of the same responses. The sand... the color of the water... the beautiful beaches... In other words, it's the environment that keeps people coming back to 30-A. And the environment is fragile. Other areas of Florida have rushed to develop and commodify their beautiful natural assets and have ended up destroying them. The 30-A community doesn't want to make the same mistake.

That's why the residents of Alys Beach were so excited when the Florida Green Building Coalition (FGBC) awarded four residences in The Lucian condominium property its highest certification of "green" construction standards. The condominiums' developer, Alys Beach Lucian Development LLL, was also named the 2017 Multi-Family Builder of the Year. The awards are based on evaluation of energy performance, water conservation, interior air quality, and disaster mitigation, among other criteria.

The Lucian sits just opposite the Alys Beach's Amphitheatre at the town center and features eight residences, four of which were finalists for the FGBC's award. Six of its units sold before the building even broke ground, according to local media at the time.

Alys Beach is a planned community with a demonstrated commitment to the principles reflected by these awards. Highway 30A runs right through the middle of town. Not quite half a mile north, the community maintains a 20-acre nature preserve with a boardwalk. The town architects follow the Alys Beach Design Code, which includes a vision of sustainability, safety, and integration of development and nature. The Lucian's designers say the commitment is long-standing. "Since the founding of Alys Beach in 2004, we've made it a priority to build homes that not only can withstand the Gulf weather conditions, but are also responsibly made," Marieanne Khoury-Vogt, of Khoury & Vogt Architects, wrote in a press release about the

awards. "This recognition from the Florida Green Building Coalition underscores that commitment."

Town designers worked to make sure The Lucian, like all Alys Beach properties, would provide safe, enduring shelter in Florida's often harsh climate. Alys Beach is the first community in the world to hold all its buildings to the Fortified for Safer Living standard of construction, requiring safely measures above and beyond ordinary construction codes. These standards encourage measures like stronger anchors and fasteners to keep roofs and walls intact and use of special fireproof materials wherever possible.

According to Pattie Glenn, the town's Green Consultant, city planners worked to identify "Florida-friendly" native landscape palettes and designs to make sure the buildings blended into the area aesthetically. These colors do double-duty for the community, because they actually do better at reflecting light, keeping the town's interiors cooler. Naturally cooler interiors means less energy consumption and by-products of cooling. The paints and varnishes themselves are known as "zero volatile organic compounds" paints, meaning they don't emit the "fresh paint" fumes and contribute to a better indoor air quality overall.

Environmentally friendlier paint isn't the only modification inside The Lucian's residences to contribute to its green reputation. Each unit features energy-efficient laundry appliances and dishwashers, as well as fixtures designed to conserve water. All lighting, lamps, and ceiling fans also meet rigorous standards of energy conservation.

Glenn is impressed by the town's dedication to principles of environmental protection. "I love their environmental mission," she says, noting that 100% of the town's storm and rainwater is captured on-site,



treated, and then returned to the aquifer. She also points to 100% drip irrigation in the town's horticultural design and its careful attention to erosion-control measures. The town's website also notes that its throwback cobblestone pavers and gravel road-beds mean about one-third of rain filters directly into the ground. This stands in stark contrast to other modern road-surfacing techniques, which cause runoff and erosion.

Perhaps most importantly, Pattie Glenn admires the way the town's designers want to convey their dedication to the environment to their customers. "They've eagerly sought 3rd-party independent inspections," she says. "It's their commitment to ensure each home earns the FGBC Green Standard and Fortified for Safer Living [standard] that impresses me. I don't have to be an expert in building science to know they've got that covered."

For more information about Alys Beach, The Lucian Condominiums, or The Lucian's environmental awards, please contact Lauren Ferguson at Polished Pig Media, (205) 383-8450 or lferguson@polishedpigmedia.com.



Inside the Lines

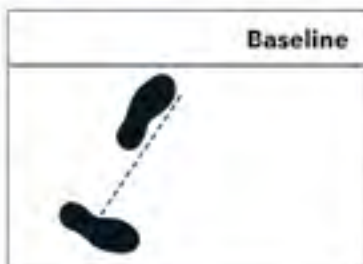
It is only fitting that this series begins with the serve. An old saying about serves goes like this- "you only live once, but you get two serves" and underscores the importance of starting the point with a great serve.

I am in the process of teaching my son this wonderful game and we're working a lot lately on his serve. We always start with his feet and work up from there to the grip, ball toss and follow through. The proper stance cannot be understated.



Marty Shoemaker

The Foundation Stance is a great serve stance for kids and beginner players. I still use it myself and after adopting this stance my serve percentage increased greatly. Don't get me wrong- I still go for three with some serves, sending them well up on the back fence and putting plenty of balls into the net from time to time, but overall it has been a huge component of my serve. By aligning the instep of the forward foot perpendicular with the instep of the rear foot, the stability becomes almost unshakable. I see many people serving and just as they begin to strike the ball they become unbalanced and it all goes downhill from there.



Arguably the foundation of anything is the most basic and important part. Everything we build, be it a house, building, or anything else must start with a strong foundation. We've all heard the story of the man who built his house on sand and the one who built his house on rock and how

that turned out. Thank goodness technology has allowed us to now build on sand or we'd all be in trouble along the beautiful gulf coast!

Over the years, I have delayed many projects- even this series- because the foundation wasn't there. Just like tennis, if we begin any project, we should endeavor to begin it with a strong foundation. Even if it means delaying the start, the results will be much more solid in the end.

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 Real Estate.

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Coastal Luxury—White Glove Service

BY LIESEL SCHMIDT

Erin Oden knows well the charms of the Emerald Coast, since her love affair with the beaches of Northwest Florida began during the summers she spent here as a child. And after marrying the beach boy who'd once been her childhood sweetheart, the former expat traded the Seine riverbanks for the Gulf dunes; and turned her love of the area as well as her business sense into a successful career as a real estate broker that eventually led to the creation of a brand.

After several years of working in the local real estate market, Oden opened the doors of the boutique real estate firm, Coastal Luxury, which has experienced consistent growth due to the strength of a strong brand and a focused client approach. This growth is continuing with the addition of top notch individuals with widely ranging skills; some who, like Oden, had spent years selling real estate, and others who brought talents and experience in fields that gave them a unique perspective on how to create relationships with clients. It has been a visionary approach and one that seems to have served well, as Coastal Luxury holds quite the successful record for sales numbers.

Coastal Luxury is prominently located on 30-A's east end, the very first office east of Alys Beach. The firm maintains a strong emphasis on intimate market knowledge and a high level of investment in focused niche marketing. Staying closely attuned to trends keeps clients aligned with the market for peak opportunity, as well as strategically marketing clients' properties above the expectation and the competition, has proven successful and rewarding. The boutique provides a strong team representation to deliver white glove service to their clients.

Coastal Luxury's sales are focused on the secondary luxury and investment market along the coastal communities of the Scenic 30-A corridor, Miramar Beach, Destin, and extend into the surrounding coastal areas. Coastal Luxury's principal Oden says, "We take pride in a client relationship that is defined by a high level of communication. We provide thorough and complete property information for our clients so they can make confident, informed decisions."

Oden recognizes that 30-A is a niche market filled with truly exceptional coastal properties. She recently added four accomplished professionals to her growing team of agents. The agents' varying backgrounds — a local veteran realtor, a former psychologist, a medical business owner, and a tourism pro — bring new energy



Coastal Luxury's dynamic group of real estate professionals enjoy a strong team culture to provide a high level of client representation.

and align well with Coastal Luxury's core values and focus on excellence in representation.

With the latest additions, Oden now works with eight top-producing agents, and she's excited to see how their skills feed into the company's growth as they expand their reach along the beaches of South Walton and the Emerald Coast.

Agent Sherry Currow is one of the latest additions. "I recognize how fortunate I am to have grown up and continue to live, work, and raise my family here where so many people come to vacation, and I believe buying a home here is more than just buying a house made of sticks and bricks—it's about buying a lifestyle," she says. "I believe my background in psychology helps me be a better listener and understand the various challenges, goals, and even stress that clients may experience, and I truly love the relationship aspect of this job."

Long-time area broker Rita Montgomery, whose own relationship with Coastal Luxury was first formed through professional channels as she worked deals for her own clients, was also thrilled to become a part of the team. "I've been blessed to have great working relationships with all the local agents across the board, and believe that the Coastal Luxury branding and marketing Erin has in place here will be an asset to all of my clients as they go through the process of buying, as well as selling."

That dual-sided experience of buying and selling is something that veteran businessman Daron Walters

brings to the table, as well. Though his background might be in physical therapy, his extensive knowledge of building and maintaining a successful business give him invaluable insight into the importance of taking service-oriented approaches to networking, marketing, management, and public relations. Going forward, Walters plans to focus on the medical community to market second home and investment purchases as he utilizes his own business and life experience to enrich the company. "I want my role here to be helping to make a great brokerage firm even better."

Further diversifying the skill set at Coastal Luxury, seasoned restaurateur David Biegler has turned his sales and local community experience into an asset when serving his clients' needs. Having operated

restaurants in the same markets where Coastal Luxury clients buy and sell properties, Biegler has long had an insider's perspective. "30-A is a magical place that I have been lucky to call home for 25 years, and it's going to be great helping others find their own pieces of paradise," he says.

"One of the things that sets our agents apart is that we share a core vision of creating and maintaining a standard of excellence in our representation of our clients and their properties," says Oden of the team she so proudly leads. "We bring a high level of expertise and market knowledge to the industry, and we offer a unique focus on offering white glove client service. We determine the buyer profile and strategically market to reach that specified buyer group; and that focus is really one of the things that has directly led to our success."

Coastal Luxury is a boutique real estate firm that maintains a strong emphasis on intimate market knowledge and expertise in the luxury coastal market. Coastal Luxury is ideally located directly on Scenic Highway 30A, just east of Alys Beach and just west of Rosemary Beach. Coastal Luxury -- 9961 East County Highway 30A, Suite 1, Seacrest, Florida 32461.

For more information, call (850) 213-3478 or visit www.coastalluxury.com

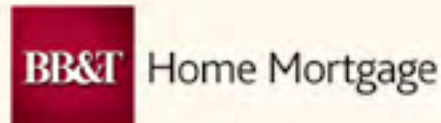


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An Insider's Advice About the Shifting Scene of Vacation Rentals

BY LIESEL SCHMIDT



Bob Dickhaus

Is buying vacation rental property on 30-A still a good investment?

Bob Dickhaus: Absolutely! The vacation rental market on 30-A continues to grow and is attracting a broader set of geographically diverse buyers. Historically, the majority of property owners and vacationers have come regionally; but the area is now being discovered on a more national level that stretches all the way to the West Coast.

What type of property makes the best vacation rental investment?

BD: Most property owners are interested in both the rental income potential and the long-term appreciation of their investment. Gulf front properties

have historically performed best in these two aspects, but not all buyers can afford the high prices that these properties command. For these buyers especially, homes in planned communities have provided a great investment opportunity that have performed well due to the amenities available and a yearlong calendar of events.

How are the changes being implemented by VRBO (HomeAway) impacting rental income?

BD: Almost all owners and renters are familiar with VRBO, whose parent company is HomeAway. Over the course of the past few years, they have become more of a booking site and have implemented higher user fees and made numerous changes that have resulted in reduced communications between prospective renters and owners/management companies. As a result, many potential renters are searching for alternatives such as Airbnb and booking.com; and owners or vacation rental companies that are solely dependent on VRBO have seen rental income decline significantly.

How has Dune managed to stay ahead of the curve and lower the risks of the VRBO changes?

BD: Dune Vacation Rentals has always employed a multi-channel marketing approach using emails, social media,

and targeted SEO such as Google ads. We also have been one the first companies to advertise with all four of the largest third-party marketing channels: Expedia (HomeAway), Airbnb and booking.com (Priceline), and TripAdvisor (FlipKey). In addition, we remain heavily invested in supporting and building our local presence with local real estate partner publications and other new emerging marketing sources.

What other changes are happening in the vacation rental industry that could negatively or positively impact a property owner's vacation rental investment?

BD: The consolidation of vacation rental providers is certainly something to be aware of. National and regional firms have been acquiring smaller vacation rental companies, which have caused a reduction in supplier choice, commoditization of services, and—in some cases—lower quality standards. This places Dune at a distinct advantage, because we have remained committed to being a high-end boutique luxury provider, with a portfolio of properties that is limited in each community to avoid internal competition between the homes we represent and drive the best results in rental income.

What advice would you give vacation rental home investors about selecting a vacation rental provider?

BD: To minimize the risk of market changes impacting rental income, owners should seek vacation rental providers with an established brand and proven multi-channel marketing program. Rental income is only half of the investment proposition, so it is especially important to contract with firms who have the ability to maintain the home at the highest standards for property appreciation purposes. Investors should also focus on finding providers with a proven capability to deliver great guest satisfaction, which results in repeat renters.

Dune Vacation Rentals is located at 1394 County Highway 283 South, Building 4, Santa Rosa Beach, Florida 32459. For more information, call (855) 813-3783 or visit www.dunerec.com

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The names are splashed around on television ads and over the Internet as a great alternative to spending your vacation time stuck in a hotel, affording vacationers the opportunity to enjoy luxurious accommodations at dream destinations all over the world, with room to spread out and experience a greater sense of privacy and authentic area living. It's created a highly lucrative industry with a revenue stream that capitalizes on the availability of rental properties all year long; and these international corporations have certainly made their mark. But wouldn't the experience of investing in a property or renting a vacation home be all the more enjoyable—and profitable—if the process was given the guidance of someone with an intimate knowledge of the area and a true dedication to quality?

Since opening Dune Vacation Rentals after moving to South Walton in 2002, former native of Atlanta Bob Dickhaus has done precisely that. He parlayed his extensive knowledge of real estate to create a successful firm focused on providing premier property management services for their investment property owner clientele as well as serving the needs of vacationers to connect them with their ideal rental homes. Despite the changes that have taken place over the past few years in the vacation rental industry, their personalized, multi-faceted approach has kept them decidedly ahead of the game, providing a better experience for vacationers and ensuring that profits stay up for investors.

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Sanders Beach Rentals

BY SUSAN CANNIZZARO

Those owners and guests that are celebrating special occasions often arrive to find their requests have been handled or certain surprise amenities from Sanders Beach Rentals awaiting them.

Steve Sanders had a dream of starting his own family run business with the goal to help individuals and families find the perfect beach rental and experience an amazing vacation. In September of 2003, in Santa Rosa Beach, Sanders Beach Rentals became a reality. Now, years later, that one house has developed into a multitude of luxurious beach properties along the beautiful 30-A corridor.

It began as a joint venture of Steve and his daughter-in-law, Alison Sanders; and later his youngest daughter, Sarah Elizabeth Jordan, joined the company. Both family members and the dedicated team strive to be extremely detailed oriented, going the extra mile to make homeowners feel they are in good hands to get their upscale property rented and properly managed. Thousands of families have enjoyed the variety these exclusive homes offered in several prime locations. Currently, Sanders has an extensive portfolio of homes located in WaterColor, Grayton Beach, Seagrove Beach, WaterSound and WaterSound West.

Guests can easily reserve a home by calling the main office or by selecting a home online through the Sanders Beach Rental website; both choices can be accessed anytime of the day or night. When clients arrive at their vacation home, all the extra details have been attended to by the Sanders Beach Rental staff. "We strive to make our guests feel cared for. We like to get to know them on a personal level and make sure they have the best experience imaginable," says Jennifer Farish, Director of Marketing for Sanders. Once guests arrive, they will find custom gift bags and toiletries they can use throughout the week and then take home. Bathrooms are stocked with top-of-the-line soaps and shampoos along with freshly laundered oversized bath towels. Kitchens are fully stocked with cooking utensils and luxury appliances. Those owners and guests that are celebrating special occasions often arrive to find their requests have been

handled or certain surprise amenities from Sanders Beach Rentals awaiting them. "It is our personalized service that makes us stand out," adds Farish.

There are quite a variety of home choices. Sanders Beach Rentals offers everything from a 1-bedroom condo to a 7-bedroom home that can sleep 20 with a private pool. Many of the homes come with bikes or electric golf carts, which are included in the rental fee. All homes are beautifully appointed, spacious, and decorated in neutral, calming colors and accents.

"Sanders Beach Rentals is an excellent beach rental company. We've probably rented 40+ houses on VRBO over the years, both directly from owners and from management companies, and Sanders is the best we've rented from. They are great to work with and are excellent with customer service," says guest Stacie.

Guests also enjoy all the little extras. "Their staff took great care of my family while vacationing at WaterColor. We had great customer service and the house was excellent in every aspect- great bedrooms, numerous porches, wonderful kitchen/living space, ping pong table, 6 bikes, plenty of clean towels, two canisters of propane for the grill, and the house was spotless. We look forward to future rentals through their listings," says guest Hal. Providing the best experience possible for each guest and homeowner is what Sanders Beach Rentals aims to do every day in paradise.



Steve Sanders

Sanders Beach Rentals is located at Redfish Village, 2050 West County Highway 30A Unit 121, Santa Rosa Beach, Florida 32459. To get more details, browse their properties, check out property management options, or to make a reservation go to www.sandersbeachrentals.com or call (866) 460-3195 for personalized service.

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RidgeWalk

BY MARY WELCH

A new, gated community in Santa Rosa Beach is catching the imagination of residents interested in living the 30-A lifestyle in a luxury way, with neighbors instead of short-term rental visitors.

Called RidgeWalk, the complex consists of 66 home sites nestled among 19.5 acres on the west end of 30-A. Of that, 9 1/2 acres — or 48 percent — is protected habitat. “You can have the best of both worlds,” says Kelly Webb, new homes sales specialist at Randy Wise Homes. “You can have the 30-A laidback lifestyle and be minutes from the beach but still have easy access to businesses, stores like Publix, and the Sacred Heart Medical Group — Emerald Coast. It’s huge. And you don’t have all the traffic that they do on the east side.”

RidgeWalk is developing the RidgeWalk homes. ResortQuest Real Estate, a division of Wyndham Vacation Rentals, is marketing and is the exclusive listing agency. Builder Randy Wise is a local mainstay in the home development arena and has provided building and remodeling services across Northwest Florida for 41 years. “My background is in real estate. I’ve had 11 communities sell out and I’m honored to work with Randy Wise. He’s a very respected builder and takes real pride in his homes. He’ll come and shake a buyers hand and say thank you for your business,” says Webb. “He’s pretty amazing.”

There are several features that make this community so special. Each home’s design is French inspired and features an elevated standard of luxury in terms of comfort, finishes, appliances and energy efficiency. Each home is prewired for SMART technology. Prices range from \$600,000 to \$800,000, depending on floor plan, and boasts solid mahogany hurricane-impact doors, brick exterior, 50-year shingle roofs, hardwood floors, quartz countertops, more than 100 gas burning lanterns outside, and a zero entry pool.

Houses range from 1,700 square feet to 2,700 and have two-car garages. Some have the master suite downstairs, which is important to many buyers, while others have elevators. “We also have single story homes, as well as five houses coming in that will have a detached two-car garage with a carriage house and an in-law suite, which will be in the \$1million range.”



Photos courtesy of Emerald Coast Real Estate Photography.



Any 30-A resident will tell you that phone coverage is “spotty along 30-A but that’s not the case at RidgeWalk,” Webb says. Each home has fiber optics technology inside and wireless access points throughout. In addition, each residence is prewired for surround sound and a structured distribution panel. “Technology is at the forefront of what we’re building. It’s super important to today’s consumer. You want to sit on your back porch and have wi fi. You will at RidgeWalk. We also have video cameras so that if I’m at the grocery store, I can tell if UPS is delivering a

package to my door and I can tell them where to leave it. You’re connected everywhere and anywhere.”

Of course, every coastal community needs a pool and that is the focal point of RidgeWalk’s amenities. A modern European-style 30-by60 feet with zero entry water will allow for a perfect day of floating and sunbathing. Nearby are a hot tub and a heavy timber outdoor pavilion with a fireplace, outdoor kitchen with two gas grills, and a covered area for small social gatherings. HOA fees are \$60 a month; when the pool and other amenities are finished, it will become \$540 a quarter.

As Webb stresses, RidgeWalk is more than houses; it’s a community. “So far we have 15 or 16 houses occupied and the people are so compatible. It’s so fun and a very positive vibe,” she says. “We’re not just selling a home to anyone, they have to fit the culture. We have executives who want a second home that they can be super proud of. It’s very affordable and they don’t want short-term rental people living next door, using their driveway and having no vested interest in maintaining the place. They want a stress-free, maintenance-free community.”

Of course, if you’re living at Santa Rosa Beach, the beach is important. “You can pull out of the driveway and see the Gulf of Mexico.” In fact, she has timed it to — literally — the second. “I rode my bike to the beach in three minutes. I took my golf cart and it took me three minutes and 20 seconds.” The direct access beach is Ed Wallin County Park.

So far, 15 homes have sold with five new ones coming out of the ground,” Webb says. “It takes 10

months to complete a home because we are particular about the details and quality finishes. We may not be the fastest, but we’re the best.” Currently, there are five new homes for sale that will be completed early 2019.

RidgeWalk is located at 241 RidgeWalk Circle, Santa Rosa Beach, FL. 32459. For more information, contact: Kelly Webb, kellywebb@randywisehomes.com; (850) 450-6429.

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Directing Your Health Care Decisions

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON

Something very important happened on April 14, 2003. Did you miss it? That is the required compliance date for the Health Insurance Portability and Accountability Act (HIPAA), a law which was enacted in 1996. The HIPAA “privacy rule” imposes strict guidelines on the disclosure of “protected health information” (or PHI) without a medical patient’s express permission. These privacy protections are designed to help us, but they can be problematic if your spouse or other loved one needs to “go to bat for you” with health care providers when you are incapacitated due to an injury or illness.

What HIPAA Requires

Before your spouse or loved one can discuss your health care condition, obtain your medical records, or seek a second opinion, they must have a written document executed by you, with very specific language required by HIPAA. Yes, you read that right. Even spouses do not have such authority simply by virtue of their wedding vows to care for one another “in sickness” and in health.

Advance Health Care Directives

Every comprehensive estate plan must include an Advance Health Care Directive (also known by other names, like a Health Care Proxy) that is HIPAA compliant. Period. This goes for every adult American who has reached his or her 18th birthday. With adult children tending to wait longer than previous generations to marry and with aging parents living longer than past generations, this has become a uniquely “Baby Boomer” challenge. Are you in that “Sandwich Generation” perhaps? A key component of the Advance Health Care Directive is the Durable Power of Attorney for Health Care Decisions through which the patient appoints Agent to make his or her medical decisions when the patient is unable to do so.

As with most important areas in life, communication with your spouse and loved ones is key when it comes to making life and death health care decisions for you.

The Three Variables

There are three variables at play when it comes to making these essential health care decisions. Unfortunately, we only know one of the three right now. However, that variable is why plans need to be made today, not tomorrow.

The first variable we do not know is *what and when*. What is going to trigger the need for your Agent to act? Is it an auto accident five minutes from now or a stroke down the road?

The second variable we do not know is health care related. What *technology, treatments, procedures, and pharmaceuticals* will be at that *what and when* time? What insurance will be around to pay for your care? As you can see, these are wild card circumstances we cannot anticipate.

The third variable is the one you know today. Who do you know and trust to make your *what and when* decisions based on the available *technology, treatments, procedures, and pharmaceuticals*... should you ever be unable to make your own decisions?

Communication is Key

As with most important areas in life, communication with your spouse and loved ones is key when it comes to making life and death health care decisions for you. Make certain to discuss your wishes ahead of time with those individuals charged with making important decisions for you.



Kimberly Watson Sewell
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do GooD for Girls

BY KERRI PARKER



Empowering girls to take charge of their health and fitness at a young age will ultimately help them to have a better chance of a positive attitude toward their bodies.

Statistics reveal a significant value of getting involved in sports at an early age, not only for fitness benefits, but also for our mental health. Unfortunately, there is a sharp decline in sports participation across the nation, especially among girls.

When I was a little girl my big brother slung a basketball my way and told me to dribble the smelly thing. I didn't know what I was doing, but apparently he thought I had a natural ability. He took me under his wing and to the best of his abilities, he taught me the proper way to shoot and dribble. To this day I still brag about being point guard for the B team of my middle school.

I am so grateful my brother took the time to see something in me that I didn't know I had. I was athletic but I did not realize it until I had his encouragement.

In speaking with Dru Sandy, Program Director for the BoatHouse Paddle Club in Watercolor, she emphasizes why she focuses on a fitness program for girls.

"Empowering girls to take charge of their health and fitness at a young age will ultimately help them to have a better chance of a positive attitude toward their bodies. Many girls have a poor self-image and a 'no can do' attitude about sports, because they haven't been moving or getting to know what they are capable of from a fitness perspective," says Sandy.

Her new program, called Girls Sweat 30A, is embarking on its second year offering two sessions per semester for elementary and middle school age girls. The two sessions span over eight weeks each, allowing the girls time to adjust and evolve their physical abilities through fun fitness activities. As the girls develop fitness abilities throughout the program, the level of intensity increases.

"Last season we saw many of our middle school participants leave our program because they joined their school track team. They were missed, but their joining a sport was a slam dunk for our program," says Sandy. Even better, those same girls returned after the season, continuing their fitness journey with Girls Sweat 30A.

The one-hour sessions per week start at 3:45 pm. Elementary is on Mondays and middle school is on Wednesdays. The group of girls meet at the BoatHouse Paddle Club, a charming setting bordered by Western Lake and miles of trails in WaterColor.



The group is always surprised regarding which direction Sandy might take them. They may jump on a Stand Up Paddle (SUP), run bridges or trails, stretch on the green, or do agility training throughout the hour. "The program has helped me heal from losing my Godchild. Having a healthy mind, body, and spirit is a struggle for many people. I hope our program helps girls fundamentally prepare for a healthy life," says Sandy.



Photos are courtesy of Dru Sandy.

If you are interested in enrolling in the fall sessions of Girls Sweat 30A or want to try a drop in session, you can register online at runsap.com/classes. If you would like to become a sponsor of Girls Sweat 30A or have questions, please contact Dru Sandy, dru@runsap.com or by calling (850) 419-6188.

Kerri Parker is the founder of doGooD LLC, a marketing strategy company with the core purpose of doing GooD for small businesses and non-profit organizations. Contact her at info@dogoodllc.com (850) 543-8690.



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Tiger Re-emerges

BY TOM FITZPATRICK



Photo 1

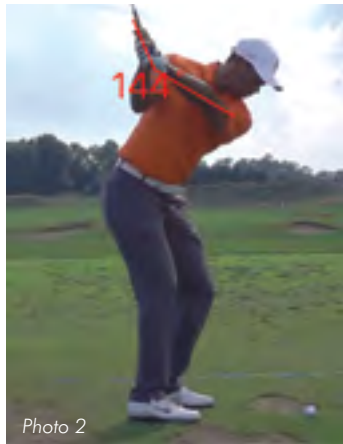


Photo 2



Photo 3

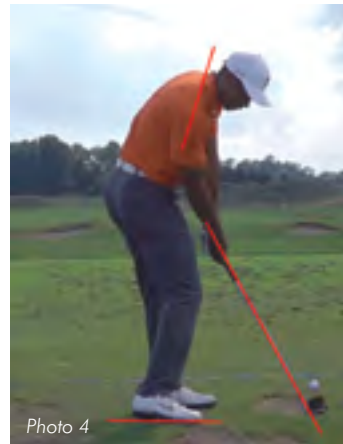


Photo 4

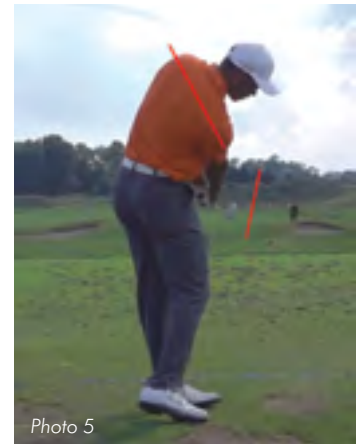


Photo 5

Photos are courtesy of V1Golf.

This summer Tiger Woods led the British Open in the final round with just a few holes to play. He followed that by a spectacular 2nd place finish in the PGA. Tiger's stellar play represented an amazing comeback by a golfer whose glory days were quite possibly over. Plagued by severe back injuries, his steady progress over the past year has been quite remarkable.

For one, Tiger's children are a big personal motivator. He's often commented that although they never saw him in his prime, he wants to show them how great Dad can still compete.

But let's take a look at Tiger's swing action to see what is helping this 42 year old to become a great competitor once again.

Photo 1: At setup, Woods creates nice body angles, not slouchy posture. His balance point is a line from the back of the triceps through the knees and into the balls of the feet. Notice how relaxed his arms hang down. They create an important angle formed between the arms and club. If you could take one key from this article then I would suggest noticing where your arms and club are at address and trying to match it back up at impact. The club should occupy the same space at both the start and impact. Anywhere close should result in a good shot.

Let's take a look at Tiger's swing action to see what is helping this 42 year old to become a great competitor once again.

Photo 2: As he gets to the top of the backswing, we see the left arm pressed across the chest while the thumbs and club point towards the sky. Notice how the left shoulder works under his chin – great turn! His head isn't raised so he is still in his posture.

Photo 3: Halfway down the club shaft matches his right forearm – perfectly on plane. See the space between his arms. If you slice the ball then chances are good that you'd see no daylight between your forearms at this juncture. The daylight also indicates that the grip is leading the club head into the ball for a solid strike.

Photo 4: At impact, did the club return to its original starting position? You bet it did. It's spot on. The only difference is that he's pushing down onto his front foot and heel.

Photo 5: Post impact, the right arm and club extend to the flag in a straight line, with the toe of the club pointing up! Notice how the right heel stays mostly grounded until impact. That's where it gets pulled off the ground due to the swinging of the arms through impact.

And finally, the right shoulder moves down and forward, not out and over as slicers often do. In fact, that right shoulder is the closest part to your target at the finish.

Rehearse these moves slowly in a mirror. And let's see how Tiger's storied career finishes!

Tom Fitzpatrick is a Leadbetter A Swing certified instructor, 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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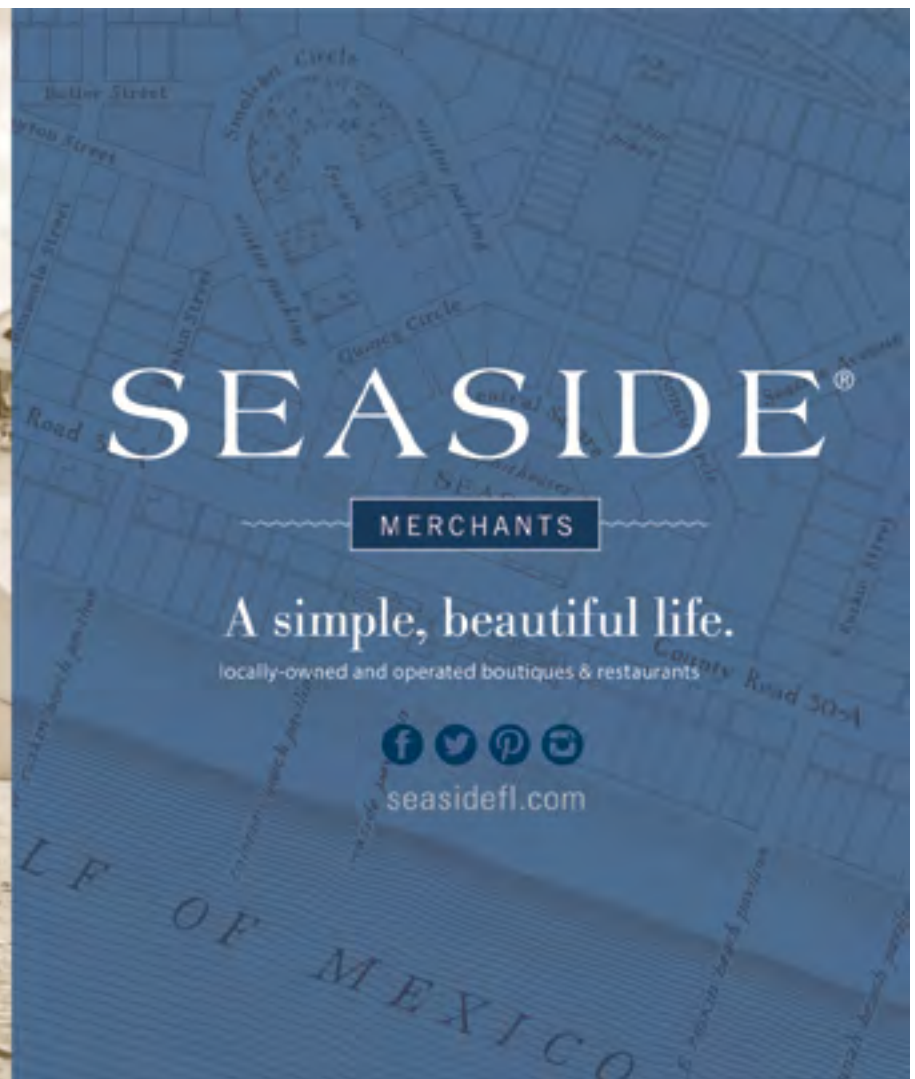
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

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