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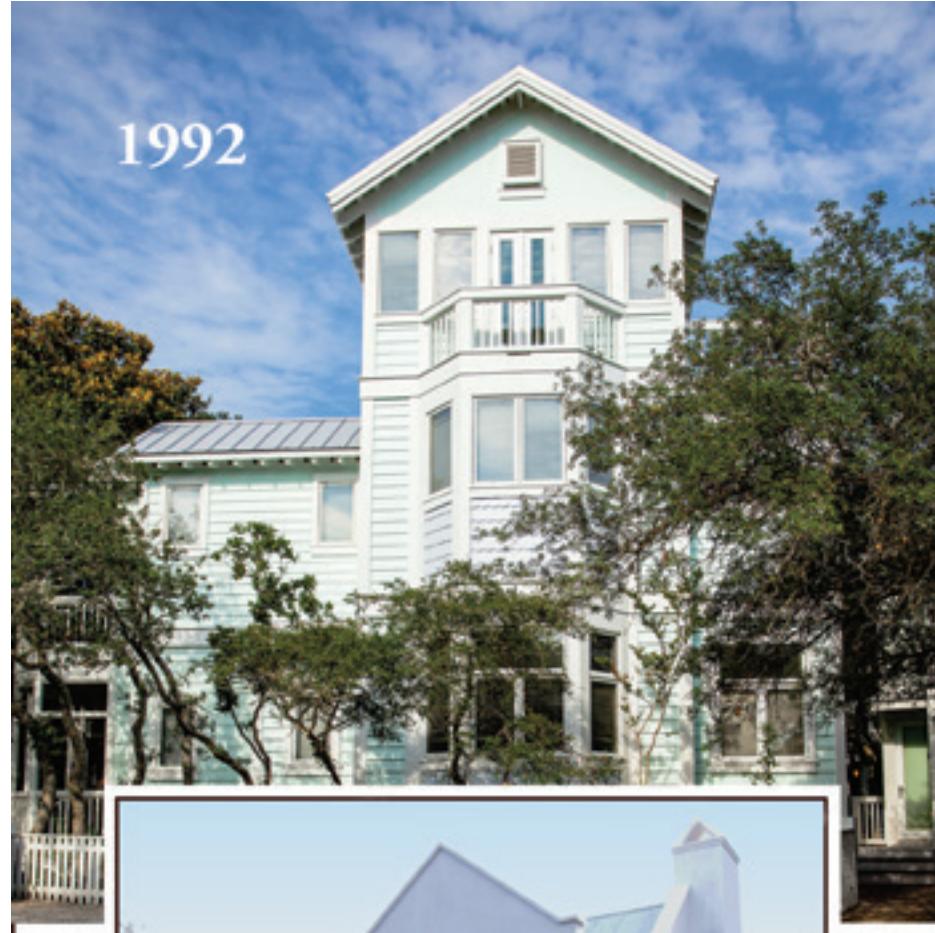


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A collage of images showing wine bottles and a cheese platter.

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This advertisement features a vibrant, colorful design with a film strip border. It includes images of the candy store's exterior, interior, and staff, as well as various candy products like lollipops and wrapped candies.

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The image features a stylized biplane logo with a green outline. The top wing has a small vertical stabilizer with a red and white striped pattern. Below the wings, there are two green circles representing landing gear. The fuselage is white with a black propeller at the front. Below the plane, the text "723 WHISKEY BRAVO" is written in a bold, black, sans-serif font. At the bottom of the image, there is a teal banner with the words "THE 723 HAPPIEST COASTAL SPOT" on the left and "FAVORITE 30A SPOT FOR" on the right.



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61% filling their home during slow seasons

71% attracting renters

66% marketing their homes across the appropriate channels

GET MORE BOOKINGS

67% of owners who have rented their property both ways claim they would get more bookings using a management company.

67%

54% of those who have used a professional manager to rent out their home have done so in order to get as many bookings as possible.

54%

RECLAIM YOUR TIME

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letter from the publisher



THE SCALES OF LIFE

Life. It's all about balance. A little of this, a little of that, carefully and thoughtfully added, makes a great recipe for happiness. Throw in a bit of wild abandon to the mix, and you're sure to reach success.

After all, isn't the reason we go on a beach vacation so that we can bring a little balance to our lives? Balance from too much work, responsibility and stress? When you create an escape zone anywhere, you are bound to feel better. When that escape zone has the magic, fun, beauty, and wonderment of 30-A, we don't have to ask why our little town is such an incredibly popular vacation destination.

This issue is dedicated to finding balance in life. Whether that balance is achieved by living at the beach, vacationing at the beach, or simply having a "beach attitude" and keeping a 30A.com sticker on your car bumper, we encourage you all to find your balance.

Featured on the cover are yoga experts from Balance Health Studio on 30-A. These guys focus everyday on helping locals and visitors alike to obtain a healthy balance in life through fitness, meditation and attitude. Check them out if you haven't already.

As usual, this issue is packed full of the people, places and things that make 30-A great. We encourage you to use this magazine as your guidebook at the beach. Each article tells a story beyond the typical nuts and bolts of a business and into the inspiration of the human condition. The magic that helps us each find balance inside.

Until next issue, grab a board, catch a wave and feel the wind in your hair. Just don't lose your balance.

Miles K. Neiman

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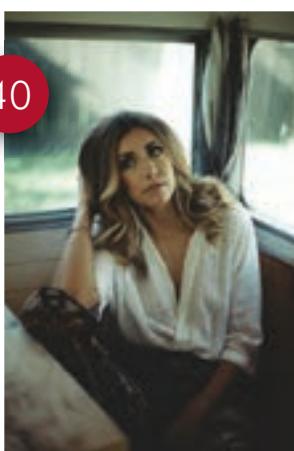




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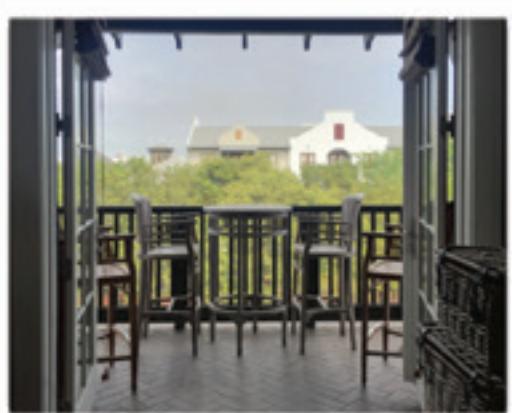
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Showbiz and Events in September and October

ALYS BEACH

Alys Beach 5k & 1 Mile Fun Run

Sunday, September 4, 7 am

Alys Beach Amphitheatre

Join us for the 5th Annual Alys Beach 5K & 1 Mile Fun Run, presented by Visit South Walton, on Sunday, September 4, 2016 in Alys Beach, Florida. Located along Hwy 30A, the course winds through the resort town and ends with an oversized obstacle course for kids of all ages, music, food, and beverages available in the Amphitheatre.

Labor Concert and Fireworks Show

Sunday, September 4, 6-9pm

Alys Beach Amphitheatre

Join us for live music by The Bucktown All-stars followed by fireworks. Food and beverage will be available for purchase.

Broadbent Selections Tasting

Thursday, September 22, 5-7pm

Fonville Park

Weekly Wine Tastings

Tuesdays from 5-7pm

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Howl-O-Ween Pet Parade & Pumpkin

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Fonville Park

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Noche de los Muertos

Friday, October 28, 8-11:30pm

Caliza Restaurant

Join us for a night of the dead costume party. Music by DJ Jason Jani, costumes required, cash bar, ages 21 and up.

Family Movie Night

Wednesdays, July 6, 13, 20 & 27 and August 3, 10, 17, 24 & 31, 7pm

On the big screen & under the stars



SEASIDE

Labor Day Weekend Celebration

Friday, September 2, 8pm

Central Square Cinema

Star Wars Episode VII: The Force Awakens

Saturday, September 3, 7pm

Amphitheater

The Mulligan Brothers

Seaside Farmers Market

Saturdays 8am – noon

Amphitheater

Central Square Cinema

Fridays, 8pm

Amphitheater

9/2 - Star Wars Episode VII: The Force Awakens

9/9 - The Mighty Ducks

9/16 - Grease

9/23 - The Truman Show

9/30 - The Goonies

7th Annual Halloweener Derby

Saturday, October 22, 10am – 2pm

Amphitheater

Trick or Treat in Seaside

Halloween, Monday, October 31, 4-6pm

Amphitheater

Labor Day Concert in Alys Beach



Raising The (Craft) Bar

BY SARAH MURPHY ROBERTSON



Margarita Flatbread



Seared Tuna Salad



Burger of the Week
(fresh mozzarella, pesto and pepper bacon burger)



Basil Smash



Raspberry Smash



Goat cheese avocado dip

Chan Cox is known for innovating many successful establishments in South Walton. Now his keen instinct to harness the popularity of the craft beer movement has made its way to 30-A in Grayton Beach. This location is in one of 30-A's oldest communities - revered for its laid-back, you-only-live-once approach to life. Kicking back with good food and brilliant craft beer seems like a formula made for Grayton and its visitors. Cue The Craft Bar at 30-A: poised to fill that void and ready to make magic happen.

At any given point 30 stellar craft beers are on tap at The Craft Bar and these rotate weekly. All styles are offered, from pilsners to IPAs to ciders and stouts. You won't find a better-curated or wider variety of craft beers anywhere in the area.

Local favorites include selections from Grayton Beer, Idyll Hounds, and Proof Brewing Company out of Tallahassee. And while their focus is, of course, on exceptional Florida and regional craft beer, The Craft Bar also carries labels from operations worldwide, including Belgium and New Zealand. They keep the list fresh and ahead of the curve.

Rare and aged vintage beers are offered here too. These 750ml bottles are typically barrel aged and much like a fine wine boast complex characteristics that beer lovers or "beer geeks" will appreciate and savor. Craft beer isn't just



Huge draft selection

commitment and professionalism to the culture of craft beer that makes them stand apart.

The Craft Bar seats nearly 250 and has an impressive menu with a great range. Their appetizers are not your typical bar food. Try their Chevre and Avocado dip created with Alabama goat cheese, creamy avocado, Applewood smoked bacon, and just a hint of spice. Served with pita chips, this dip is terrific alongside a craft cocktail or beer.

Leading the charge in the kitchen is Executive Chef Scott Plumley. He has twenty years of experience in the industry and is well respected for both his leadership skills and passion for executing the dishes guests enjoy most. Ensuring The Craft Bar's tavern-inspired menu is on point with superb attention to detail (like freshly cut daily french fries!), Chef Plumley is a huge asset to The Craft Bar at 30-A.

Finding quality, locally sourced products is a priority for The Craft Bar and the beef used in their burgers is pasture raised and grass fed from Heureux Natural Meats here on the panhandle. This lean, flavorful product becomes one of the best burgers around. The Craft Bar Burger is a half-pound of beef with caramelized onions and your choice of gourmet cheese served on a beauty of a brioche bun. Order one. Trust us.

The patio at The Craft Bar is large, covered and pet friendly. For an area with the unofficial, tongue in cheek motto "Nice dogs, strange people", this is definitely a key amenity. Stop by after your walk with Fido and enjoy a

cold draft and some tasty eats. What could be better?

Monday through Friday from 2 pm to 6 pm it is Happy Hour at The Craft Bar. This generously translates to \$5 on terrific food items and beverages. The bites offered include their Nashville-style "hot chicken" or barbecue pork quesadillas. Quench your thirst with their Basil Smash cocktail made with bourbon, simple syrup, citrus, and fresh basil. Or pick from a selection of craft beer drafts. These are rotated and offered for \$5 as well. This is a great time to try out a new style or label.

Open seven days a week at 11 am for lunch and until 11 pm Sunday through Thursdays. Friday and Saturdays they serve until midnight. And remember The Craft Bar for Sunday Brunch. Their brunch menu is available between 11 and 4 and they have plenty of seating so there's a lesser chance of a wait.

So scoot on over soon for a meal or sip. The sky's the limit on beer choices and the bar is officially raised.

The Craft Bar at 30-A is located at 170 E County Highway 30A Santa Rosa Beach, Florida. Phone them at (850) 213-4000 or follow them on Facebook at www.facebook.com/TheCraftBar30A.

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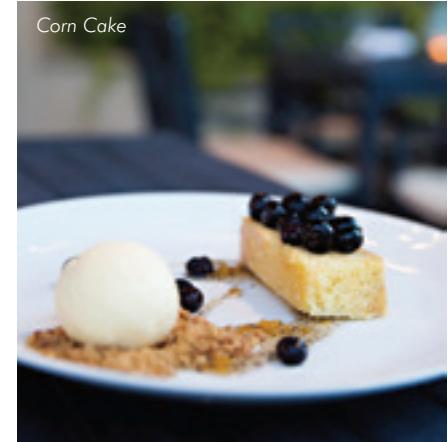
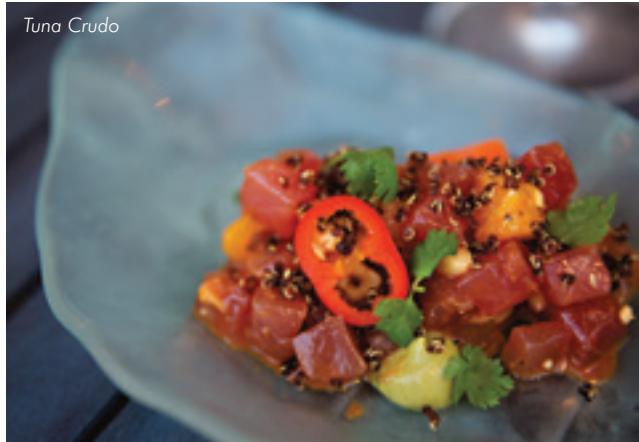
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Roselie Dining and Seafood Bar

BY KEMPTEN TAYLOR



Known as one of the shining stars on the Gulf Coast's dining scene, Chef Kevin Korman; formerly of Caliza Restaurant in Alys Beach; recently set off on his own venture and opened Roselie Dining & Seafood Bar with his wife Angela this past summer. Located in 30Avenue off Hwy 98 in Inlet Beach, Roselie is where fine dining meets the laid-back beach life and truly offers something for everyone.

The restaurant is the culmination of a lifelong dream for Chef Kevin and Angela Korman. The couple met, fell in love, and started their life together on 30-A; and their passion for food, family, and hospitality is apparent. The restaurant's namesake, Roselie, is a tribute to their daughters by combining the two girls' names – Rosalyn and Eleanor. This family affair will be just that, as the couple aspires to bring an upscale dining experience that is approachable, yet surprising.

Roselie welcomes the whole family, both young and old, to experience Chef Korman's inventive approach to modern American cuisine. The restaurant even features a kids' area with activities to keep tikes occupied while parents enjoy their meal. "My wife and I love to travel and most of our travel is based around food and restaurants. But we also have two little girls, so we know how stressful

it can be to try and eat at a nicer restaurant with children. So we had an idea to create a place that could be both family friendly and still serve great 'fine dining' food. We knew Roselie needed to be a place that anyone could come to. Whether it is a special occasion like an anniversary, an intimate evening or just coming off the beach with the kids. We welcome it all," says Korman.

The 90+ seat New American restaurant is already making waves and showcases the area's most valuable asset – the ocean. Chef Korman's menu highlights its incredible bounty along with offering a variety of other locally-sourced dishes and handmade pastas. Chef strives to ensure that each dish on the menu has meaning behind it; whether it be the item's origin, a personal food memory, color, or unique presentation. Inspired cuisine is the name of the game at Roselie and guests will find this apparent as they listen to the wait staff guide them through the fairytale of each menu item's unexpected creation. "Roselie is about stories. Everything in this place has a story behind it. The name of the restaurant, the inspiration behind the food, the lighting, the drinks....everything. Stories are entertainment and we want people to walk away happy. Excited with their experience, smiles on their faces, and hopefully with stories to go and tell their friends until we see them again," says Korman.

Small composed seafood plates like Snapper (Granny Smith apple, tomatillo, jalapeno, lime, cilantro); Royal Red Shrimp (cured tangerine, local tomato, buttermilk, feta) and Yellowfin Tuna (pickled peppers, heart of palm, avocado, quinoa, barrel-aged soy and citrus) shine on the menu at the Seafood Bar and offer guests a way to experience fresh, unexpected flavors from the Gulf through a variety of ceviche and marinated seafood items. The ever-changing menu showcases global flavors as well as reflects the current season and

the area's local artisans that produce the ingredients used. Lamb Loin (corn, asparagus, chanterelles, farro, "burnt bread puree", black Vinegar sauce) and Cavatelli (braised duck, sweet potato, rapini, ricotta, pistachio) have already become Roselie's signatures on the menu and has guests flocking to the restaurant. Chef Korman is known on 30-A for reinventing classics by using alternative preparations and presentations, which can be seen in items like "trash fish" of the day (summer squash succotash, sunflowers seed, Old Bay, mustard), where he takes a less-common fish that is often outcast by fisherman and chefs and constructs a beautiful plate that will tempt taste buds. The "trash fish" of the day is an example of how Chef Korman encourages diners to think outside the box and try the unordinary.

Roselie is open for lunch, dinner, and happy hour seven days a week, and serves weekend brunch on Saturdays and Sundays. The quaint patio, seafood bar, well-dressed dining room, chef's table and private dining room give patrons many ways to experience Roselie Dining & Seafood Bar. The restaurant is located in 30Avenue at 12805 US Highway 98 East, Suite E101 Inlet Beach, FL. For reservations or additional information, call (850) 909-0400 or visit the restaurant online at roseliedining.com.



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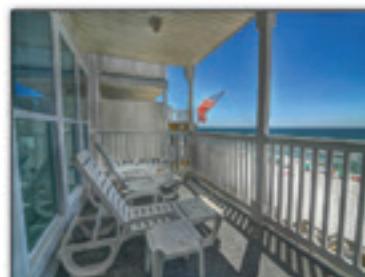
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Hanie Nasri of Marie's Bistro

BY SUSAN BENTON

South Walton has become a foodie mecca, and Marie's Bistro is a true local gem that offers eclectic, international, and seaside inspired menu selections with Cajun, Asian, Greek, and Tex-Mex flavors infused into many of the preparations.

Located in the heart of Blue Mountain Beach, Marie's Bistro serves lunch, dinner, Sunday champagne brunch, and has a fantastic happy hour from 4:00 to 7:00 p.m. The restaurant is a hot spot when it comes to specials, such as Tuesday through Saturday half-priced sushi, \$2.50 Bud Light, \$3.50 wines by the glass, \$4.00 well drinks, \$5.00 margaritas, and \$5.00 appetizers draw in the crowds.

Comfortable seating is available inside Marie's Bistro as well as outside on the patio, but make no mistake, their warm and friendly service is also available for those seeking a grab-and-go meal, as they have the only drive thru on 30-A. Drive up and order, or call ahead and pick up your order.

At the helm of this fantastic empire; that also caters weddings and events; are Hanie and Marie Nasri, who provide an inviting experience and apply attention to detail. Hanie was born and grew up in Cairo, Egypt, but was raised by Catholic nuns in a boarding school near his home. Hanie says, "I fell in love with cooking on my weekends spent at home, learning by my grandmother's side. I went to market daily to purchase produce and vegetables as we did not have refrigeration, so farm to table was normal for me. Tasting nature is a food memory. It is what I enjoy."

In 1978, Chef Hani came to the United States. He worked in New York City before moving south to Houston, Texas. He was employed under tutelage of Wolfgang Puck for Rosemont Corporation at The Remington Hotel, and says, "It was the best experience! We served the most excellent food, provided the best in customer service, flew in fresh Dover sole, Beluga caviar, and spring lamb from California. I decided that I could not work at a better place unless I opened one myself!"



Chef Hanie Nasri

Hanie and Marie (a chef in her own right) married in 1982 and decided they wanted to begin their family in a smaller town with a good quality of life. A close friend told Hanie of a slow paced area along the Florida Panhandle that they might consider, which they did when they made their move to Destin.

The summer tourism and military bases nearby were good to them, but in 1995 they decided to focus strictly on catering. You can still find their restaurant location open today under its new name, Graffiti's.

Lucky for us, Hanie and Marie decided to head to South Walton for their next restaurant venture, and opened Marie's Bistro in 2010. Hanie says, "With the

I fell in love with cooking on my weekends spent at home, learning by my grandmother's side. I went to market daily to purchase produce and vegetables as we did not have refrigeration, so farm to table was normal for me. Tasting nature is a food memory. It is what I enjoy.

amount of visitors we have, we wanted to serve a diverse menu for all tastes, and that is why we are unique to the area. We are true to our locals, their friends, and families. I want to utilize the opportunity to share all of the training and skills that God has blessed me with. It is harder in the kitchen but rewarding when visitors return three, four, and even six nights in one week."

Quite popular with parents is the one-price-for-kids deal. When the kids are fed well, the adults can relax and enjoy a nice dinner too. A few favorite dishes include the fresh hand-rolled sushi, spring rolls, and the wasabi yellowfin tuna. Marie's spicy shrimp, the fish tacos, and the key lime pie are also a must.

Chef Hani says, "All of our dishes are made from scratch with an infusion of passion and creativity. Critics have been raving ever since we opened and our guests are quick to agree. I do not serve anything that I am not proud of!"

Marie's Bistro is located at 2260 West County Hwy 30A in Santa Rosa Beach. Hours of operations are lunch and brunch, Friday through Sunday 11 a.m. to 2 p.m., dinner Tuesday through Saturday 4 p.m. to 10 p.m. and closed on Monday. For more information call (850) 278-6856, or visit mariesbistro.com and GulfCoastRestaurants.com.

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Savoring Sunday: 30A Farmers Market at Rosemary Beach

BY SUSAN BENTON



Market in full swing



Surveying the Nature's Hand Cattle Co. Offerings



Majors Country Farm Table Display

Rosemary Beach is full of charm that draws visitors back time and again. It is more than likely the reason that this beach neighborhood was named by CNN as one of America's most romantic small towns. Along with the romance also comes great cuisine, culture, fashion, and food finds; especially on Sunday when visiting the 30A Farmers Market at Rosemary Beach.

Launched in 2013 by owner and manager Diane Kolopanas and her husband Charles, the market has grown in size and success. Diane and Charles had been managing a Greek Festival near their home in Memphis that featured food, vendors, and music, with over 25,000 attendees, so managing a market in Rosemary Beach was a natural fit. While in Memphis, Diane and her family vacationed in the area on multiple occasions, and finally decided to settle in permanently (as so many do after visiting).

Rosemary Beach businesses are involved in the 30A Farmers Market, like Restaurant Paradis serving their own specialty crepes. Chef Tim Creehan of Cuvee 30A and Cuvee Destin is known to stop by to purchase fresh regional produce sold by purveyors such as Jenefer's Garden, and Majors Country Farm who recently obtained natural certification.

From Memorial Day to Labor Day, plan to start early; bring cash or a checkbook (though many vendors will take a credit card), and a small thermal cooler; and stroll through the market in the Town Center rain or shine on Thursdays and Sundays from 9 a.m. to 1 p.m. However take note that the rest of the year the market is only open on Sunday.

The location of the market is a win-win for those shopping and selling, as the Town Center is a lush grassy area offering shade from trees and gentle breezes off the Gulf. It's the perfect spot to savor a bite of lunch like the hummus and other delights from Mano's Mediterranean Food, owned by Wally who is of Lebanese decent. Diane

encouraged him to take over the Mediterranean cuisine, her forte, as she could not squeeze making Greek pastries into her busy schedule with the market now at its peak of 45-50 vendors. Diane also manages the Grand Boulevard Farmers Market on Saturdays in Sandestin from 9am to 1pm, and the newest market in Niceville, affectionately called "That Farmers Market at Palm Plaza". Diane says, "I love it. It suits me and I enjoy feeding my family locally sourced foods."

It is important for shoppers to meet the farmers, fishermen, and artisans that produce their food; and they can expect to find milk, eggs, grass-fed beef, lamb, free-range chicken, pork products, fine sausages, and more.

Not only is fresh from the Gulf seafood available; like red snapper, grouper, tuna, and shrimp; but wild salmon flown in from Canada is as well. You will not want to miss tasting the many other craft food items like hot sauces, dips, salsas, guacamole with homemade tortilla chips, jams, preserves, pickled vegetables, honey, and even local sea salt from Destin Sea Salt Company.

Diane says, "I'm thrilled to showcase our diverse purveyors in such a beautiful setting and in helping shoppers select the food to meet their needs for the day or the week!"

New information I found out from Diane is that the majority of vendors have to grow some of the ingredients themselves that they put into their products to sell. Toast creates an amazing pimento cheese spread. Ask for a sample and you will be hooked. Also, Hope Soap gives back to the cause of women's trafficking with 25% of their proceeds.

In the heat of the summer you might want to bring a hat to the market, but if you forgot the sunscreen it won't be an issue, as Shine On Living sells that too, and it's organic.

For more information about 30A Farmers Market at Rosemary Beach visit their Facebook page: www.facebook.com/30aFarmersMarket. For vendor applications contact Diane Kolopanas at (850) 499-4697 or email her at memlas@aol.com.

Susan Benton is a food and travel writer and the owner of 30AEATS.com, where she shares her passion for cooking and her commitment to promoting farmers, fishermen, chefs, artisans, and restaurants along the Florida Panhandle.



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The Sonder Project

BY ALDEN MAHLER LEVINE

In Florida's impressive climate, things that start small can get big fast. That's certainly been true of The Sonder Project, a global nonprofit founded on 30-A in the spring of 2015. What started out as a company committee to help organize employees' local volunteer hours has become an independent organization with the lofty goal of "ending extreme poverty and fighting hunger around the world".

It all began with the Community Committee at 360 Blue Properties, according to Ashley Hamm, CEO of the local property-management company and a co-founder of The Sonder Project. "Honestly, faster than you could ever imagine, it just kind of evolved," she says. "We brought in other people from the community and decided we wanted to branch this thing off and make it its own nonprofit."

It soon became clear that other 30-A businesses were interested in getting in on the action. In meetings with partners at 30a.com and YOLOBoard, Sonder Project staff noticed a pattern. "We had created the blueprint for something they wanted to be part of," Hamm remembers. "I think we had a lot of the same visions and a lot of the same purpose... to help bring awareness to some of the stuff going on in the world outside of our small community." In late 2015, YOLO and 30a.com became official founding partners of The Sonder Project.

The fledgling charity embraced a concept called the Millennial Villages approach, first tested by the United Nations in 2004. Rather than, say, worrying about education across a continent, this approach focuses on education, water, health, gender equality, and a variety of other issues in a single smaller place. It helps make the biggest possible impact, Hamm says. "We're not just building a school and then leaving." The team's first project was building a school in Roure, a village in Burkina Faso; but that was just the beginning. The charity now estimates it has provided water to over 7,000 people, classrooms to over 650 children, and deworming medication to over a million people in total.

The key, Hamm says, is the partnerships. "There are great organizations that already exist," Hamm says. "Rather than go in and try to reinvent the wheel, we take a high-impact philanthropy approach, which is where your dollar goes the furthest." Donors can track down a



different charity to address each of their interests – or, through The Sonder Project, they can address a number of issues in one place. As The Sonder Project's administrative costs are covered by its founding partners, Hamm says, 100% of those donations go to projects on the ground.

And those projects aren't all in Africa. "There are people outside of what we call our 'bubble' right here in the panhandle, just outside of our local community, who live well below the poverty range," Hamm points out. As one way to address those needs, The Sonder Project has developed relationships with over 50 property-management companies around the United States and helps connect them with appropriate local charities. Through the partner management companies, renters are asked to pack up non-perishable food items they no longer want at the end of their stay in a special bag provided by The Sonder Project. That food is then routed

to hungry residents nearby – over 1,000 pounds of food donated so far.

Hamm is personally proudest of The Sonder Project's ability to bring awareness of the world to people close to home. "I really like the idea of just sharing the stories – which is the whole point of our name," she says. The charity's name was chosen from among suggestions from participants, friends, and family, several of whom suggested the word sonder. In his *Dictionary of Obscure Sorrows*, blogger John Koenig defined the word sonder as "the realization that each random passerby is living a life as vivid and complex as your own." Hamm says it was an obvious choice. "It just fit so perfectly with our mission, so we went with it."

That focus on stories, Hamm believes, will be the key for The Sonder Project going forward. "In ten years, I'd love to think that we'd provided access to clean water to a lot of people, and we'd fed millions of people with our food-collection program. But most importantly, I would just like to know that people are more aware than they were ten years ago about what's going on in the world."

The Sonder Project is headquartered in Santa Rosa Beach, Florida. For more information, please visit the website at www.thesonderproject.org.



LIFE DEFINED



U2 • 79 NONESUCH WAY

This stunning 3,145 square-foot home, designed by Eric Watson, features 4 bedrooms plus a double-bunk room and 4.5 baths. Chelsea Frazer Interior Design created a masterpiece with the interior furnishings, fixtures and finishes. The home is just steps to the Caliza Pool & Restaurant, Town Center, Fitness Center, and Nature Preserve.



U8 • 52 SPICE BERRY ALLEY

Framing Arboleda Park, this 3,297 square-foot home is designed by renowned Khoury-Vogt Architects. The home features two master suites, two guest bedrooms, bunk area, 4.5 baths, media room, park side loggia, two-car garage, courtyard loggia, and pool. Buyers have the opportunity to make many of the interior finish selections for the home.



E6 • 57 GOVERNORS COURT

This 4-bedroom, 4.5-bath courtyard home features a courtyard with dipping pool, detached master suite, junior master suite, living and dining rooms, and gourmet kitchen. The master suite has 25-foot vaulted cypress ceilings, a jetted tub, sunken shower, and private poolside seating. Two guest bedrooms, are located on the 2nd floor.



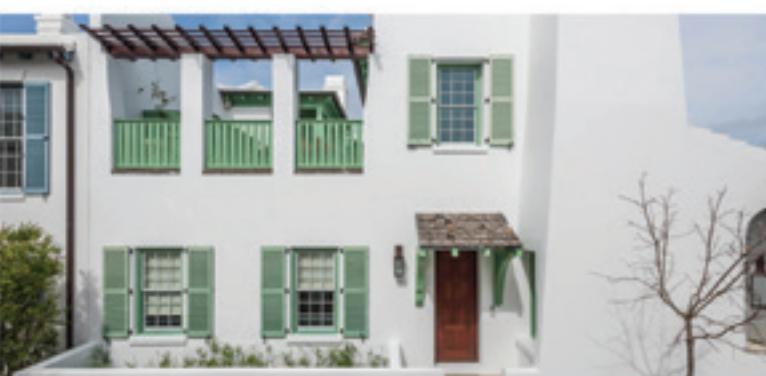
J12 • 31 NORTH CHARLES STREET

Located just north of Fowlerville Press, this Somerset Home, designed by Architect Gary Justiss, features 4-bedrooms, 4.5-baths, a generous courtyard with a pool, open loggias, and second floor flex space and den. Buyers can make personal interior finish selections for the home.



U29 • 45 SUGARLOAF ALLEY

Located just north of Town Center near Caliza Pool & Restaurant, this Somerset Home, designed by Gary Justiss, features 3 bedrooms, 3.5 baths, bunkroom, with a spacious center courtyard and pool and two-car garage. Buyers can make personal interior finish selections for the home.



A6 • 50 SEVEN WELLS COURT

This 2,672-square-foot courtyard home is designed by renowned architect Robert Orr. A generous dipping pool, built-in seating and an outdoor fireplace ensure the courtyard, encompassed with greenery, will be used every season. On the second floor, two spacious guest suites open into a louvered gallery and a spacious rooftop terrace.

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Weight as a Sign of Other Conditions

BY DR. NITIN BAWA, MD



Dr. Nitin Bawa, MD

Some people think that losing weight is just about the number of calories taken in and the amount used up by exercise, so they say that the important thing is just to push away from the dinner table. Nothing could be further from the truth. In reality there are numerous conditions that make it difficult to lose weight and it is important to address all of those.

HIGH INSULIN

Growing up in this country involves being exposed to a lot of candy and sugar. This causes one to develop insulin insensitivity where the body becomes used to high levels of insulin and develops a tolerance to high insulin levels. This high insulin level tends to cause weight gain. Metformin is a medication for diabetes but is now touted as an “anti-aging drug” as it lowers insulin. There is also a new weight loss drug called Saxenda that is also used for diabetes and helps to lower insulin.

PCOS

Lots of women have PCOS (Polycystic Ovarian Syndrome) where female hormones, instead of being released from the ovary, accumulate as a cyst and the progesterone gets converted to testosterone. Progesterone counteracts the weight gain effects of estrogen, so not having this hormone causes “estrogen dominance”, which makes it difficult to lose weight. In this case, adjusting hormones make it easier to lose weight.

TESTOSTERONE

Because we are surrounded by a lot of chemicals in our environment that are like estrogens, men can often run low testosterone levels. This low testosterone causes men to become couch potatoes, lose muscle mass, have low sex drive, and Erectile Dysfunction. Adjusting these levels can make it easier to lose weight.

MENOPAUSE

Starting even in the 30s, a lot of women can have declining hormone levels that tend to make it easier to gain weight. Adjusting hormones can make it easier to lose weight.

STRESS AND ANXIETY

When we are stressed and anxious we tend to gain weight for two reasons. The first is that high stress causes cortisol to be high and that causes weight gain. The second is that many of us are stress eaters where we eat to relieve our stress. Some anti anxiety medications such as Wellbutrin are now used for weight loss, as helping people feel better make it easier to lose weight.

BOWEL FLORA

The bacteria that we have in our gut can help us or hurt us. There was a recent study done where bowel flora from obese adults was put into rats and the rats ended up becoming obese. Yogurt has different bacteria that are beneficial for us, so eating this regularly is a good idea but taking a probiotic pill also helps. Use organic chicken that has not been given antibiotics as we can indirectly get antibiotics from the chicken we eat. These antibiotics kill the good bacteria in our gut.

CRAVINGS AND FOOD ADDICTION

Many of us have cravings and can even have food addiction. Some of the cravings can be from yeast overgrowth in our gut, which likes sugar and makes us crave sugar. Eliminating yeast from the gut can help with these cravings. Contrave is a newer medication that helps with cravings and food addiction.

THYROID

Many people can have subtle thyroid abnormalities that make it difficult to lose weight.

It is important to not just check TSH but to also check T3 and T4 as many people have trouble converting the inactive T4 to the active T3. Medications like Armour thyroid can sometimes be better than levothyroxine as they contain the active thyroid hormone T3, in addition to the inactive T4 in levothyroxine.

INFLAMMATION

Just like a car burns gasoline and produces fumes, we produce oxidative free radicals when we burn food for energy. If we do not get enough antioxidants, or have other conditions that do not allow us to reduce these oxidative free radicals, we tend to get weight gain. Inflammation causes damage to the body and tends to tell the fat cells to store up for a difficult period. Reducing inflammation by having more antioxidants helps to make it easier to lose weight.

Don't let anyone tell you that your weight is due to poor control on diet alone. There are many other things that make it difficult to lose weight.

Dr. Bawa is an Internal Medicine Physician who is accepting new patients and can be reached at (850) 534-4170.



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Nutrition and Weight Loss made simple: 4 rules!

BY DR. BART M. PRECOURT

Wow! That's what I say to myself when I see how much different, confusing, and often false information there is about nutrition and weight loss. Commercials, miracle products, fat loss shakes, diet pills, body wraps, and who knows what's next! What's clear is that this IS a big and important topic. All of us are affected by our nutrition.

The challenge as I see it now is two fold. First, weight loss and nutrition have been overcomplicated. In this brief article, my 4 rules will give you a solid path to good health and your ideal weight. The second challenge is: the quick fix syndrome. This is not a quick fix article, yet follow these four rules and you will be quickly on your way to health.

RULE 1: NEVER SKIP BREAKFAST

Abiding by this rule will be a game changer for all of those who have ignored it for years. Everyone has heard "breakfast is the most important meal of the day." What to eat for breakfast will be answered in Rule #4. If a client tells me they don't eat breakfast, that tells me they have a slow metabolism. Your body will learn to slow down its metabolic rate and hold on to calories when we consistently skip meals. For people who say they just aren't hungry in the morning—you will need to re-teach your metabolism how to get started and develop a morning appetite.

RULE 2: NEVER GET FULL

Oh boy... Most of us are members of the "clean plate club", which means we violate this rule almost daily. Essentially, getting full creates a stress response by your digestive system. Extra insulin, stomach acids, and even cortisol are released. These extra hormones and acids only lead to more disruption in digestion and blood sugar levels. Yet maybe the most important part to understand for this rule is that your **fat cells serve 2 primary purposes**. 1. *Store toxins* such as processed foods, chemicals, and stress hormones. 2. *Store excess energy*. Excess nutrients are stored in your fat cells. This can even happen when overeating your grass-fed beef and organic spinach.

RULE 3. DRINK 1 GALLON H2O DAILY*

This is the easiest and most essential rule! If you are not drinking enough water to thoroughly flush out your body, you become toxic. And remember from Rule #2 that fat will be deposited to store toxins. Think of the difference between a river and a pond. The river is a natural filtering system with fresh water and a pond is

Dr. Bart M. Precourt



stagnant where infection and toxicity can occur easily. Be like a river!

* Ideally consume one half of your body weight in ounces daily. Clinically I find that although most people are aware of this, less than fifty percent do it.

RULE 4. THE FFP RULE!

This is the "what" to eat part. FFP stands for Fiber, Fat, and Protein. This is what you should have in all of your meals. This is a very simple and straightforward approach to always be certain you are eating in a healthy manner... don't overcomplicate it! **Fiber** comes from fruits and veggies. Ideally, eat more veggies than fruit. The theory that fruits have too much sugar is simply not correct. All fruits and veggies have fiber, which is what expands your belly to signal your brain that you are satiated (full). **Fat**... yikes! Eat fat? Yes, eat healthy fats! Avocados, eggs, and coconut oil are a few good choices. Fats require your metabolism to speed up to be converted to energy. They are also the foundation of where all your

hormones are made and are essential for healthy brain function. Like fiber, fats also signal your brain to be satisfied. Lastly, **Protein**. Proteins are essential for brain function, musculoskeletal repair, and energy. The most utilizable proteins will come from your animal proteins. Animal proteins also come with healthy fats. Eggs are a great source of protein and fats. Eat the yolks!

Bonus tip: If you don't know if a food is healthy, the answer is NO. Real, unprocessed foods that come from God's Garden only (bartprecourt.com for more on God's Garden). It's that simple... You got this!

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



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Richie Gudzan: The Paddle Out

BY ANNE HUNTER

In 2012, Richie Gudzan was a corporate executive that set out to secure a side venture. "I started a rootsy little clothing brand using my artwork on t-shirts. I called it Paddle Out, built around my passion for surfing, fishing, and paddling both freshwater and salt." It was a great way for Gudzan to tap his creative drive and to have some fun.

The Paddle Out line would soon gain traction along the Gulf Coast when surf shops and boutique retailers scooped up the brand. Gudzan recalls, "I started thinking that maybe if I pumped a little effort into this it could be something." Then, that December, Gudzan and his wife Mallory had a little girl, Ellie; and his world changed. "Suddenly that corporate ladder didn't really seem to lead anywhere, and I decided I wanted my life's work to be something my little girl could be proud of; something that influenced other people, and allowed me to effectively use the creativity I'd been given."



Richie Gudzan

Gudzan knew that it would never be easy to unplug from his corporate job, but in May 2013, he made a bold move and cashed in his 401(k) and jumped in head-first into a new endeavor: becoming an artist. "I've spent the last several years painting more than I ever have before, and looking for opportunities everywhere to showcase my work and grow my little Paddle Out brand and begin creating works of art. It's led to some really incredible opportunities, and a few mistakes too, but I am living by my faith, finally understanding what it means to be free, and enjoying being part of a great story."

Below, the up and coming artist talks about his love for 30-A, the moment he began painting, and the dream life that he is living.



Photos courtesy of Jack Gardner

Describe the moment you first began painting.

I'm not sure there ever was a moment; it's just always been in my blood - part of me. Doodling as a kid, and really all through life; I've just always felt the need to translate what I see, and the way it makes me feel, into two dimensions. It's freeing in a way I can't describe, and always has been. I can remember drawing whales and sharks with colored pencils when I was 3 or 4 years old, and I've dabbled with just about every medium you can think of since then - oils, pastels, watercolor, charcoal... you name it.

What do you love most about Scenic Highway 30A?

I like feeling connected to the people around me, and that's a very cool part of what I see when I'm here. There's a familiarity and warmth that you just don't see most places. It's like the perfect mix of southern hospitality and escapism. Things don't move too fast and everybody seems genuinely grateful to be here. And the setting is like a postcard. Inspiration is not hard to find here - it's everywhere I turn. The seamless mix of colors, the green and blue hues of sky, clouds and emerald water accented by warm sand; it's like walking into a painting. Since my work requires the actual fish as the basis of my paintings, it's a monumental undertaking to come down here, catch fish, and then transport them all the way back to my studio in Birmingham to start a piece (especially the big

fish!). So, I am actively looking for some part-time studio space in the Santa Rosa Beach area now, and hopefully one day we can call it home.

Your dream life?

I'm living it. An incredible, beautiful wife; two healthy and hilarious kids; good health; and a job that doesn't feel like work. I am a spiritual person and I believe that true fulfillment can only come from knowing God, knowing His purpose for your life, and pursuing it with fervor; so that's my dream. Wherever I am, I want to be known for approaching each task, each challenge with passion, grace, gratitude and respect.

What does it feel like to be fisherman and as a paddle-boarder?

Have you ever seen a dog with his head out the window of a car going 70 miles an hour, ears pinned back and jowls flapping in the wind, drool flying everywhere, and a look of sheer bliss in his eyes? Kind of like that.

For more information on Richie Gudzan, visit his website at www.thepaddleout.com or shop the collection at Anne Hunter Galleries, located at 25 Central Square, Seaside, FL 32459, and online at www.annehuntergalleries.com.



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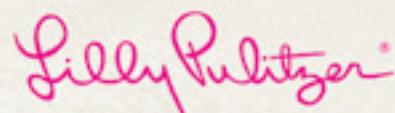
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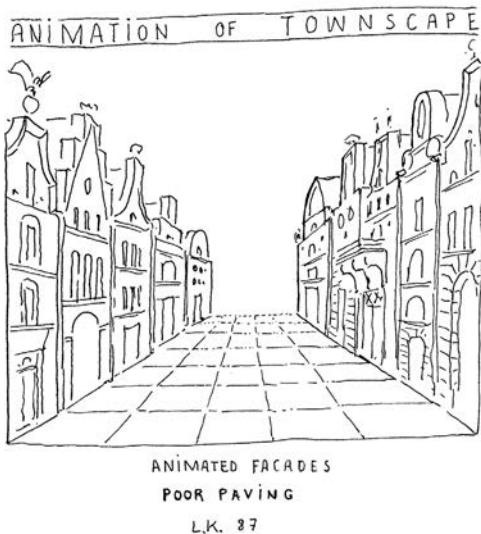
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Art and the New Urbanism

BY ANNE HUNTER



The three New Urbanist towns that changed the course of planning in the United States are among the string of pearls that line the beaches of Scenic Highway 30A. Seaside (founded in 1980), Rosemary Beach (1990), and Alys Beach (2000) were all designed by Andres Duany. At thirty years of age, the Yale graduate was retained by Robert and Daryl Davis to design the plan for Seaside. The Cuban-born architect shifted his vision for Seaside from the Miami-style modernism that he had been designing to traditional architecture and walkable urbanism--after hearing a lecture by the man who would become his mentor: Leon Krier, just four years his senior. Krier is the designer of Poundbury, the famous town created by Prince Charles.

My interest in the potential of art in new urbanism led me to Mr. Krier in Mallorca, Spain, where he now lives. Here, I share the chronicle of correspondence with Mr. Krier, concluding with the diagrams he sent that communicate beyond words. I hope this gives us a glimpse

into the thoughts of one of the great visionaries who inspired our beloved towns. It is part of a conversation intended to foster a more coherent art movement among the hundreds of artists now associated with 30-A.

May 11, 2016

Dear Mr. Krier,

The following questions might not be taken as specific to be answered, or you might prefer to use them as stimulus for a position paper on the role of art in urbanism--and even to discuss the possibility of a critical new urbanist art movement:

What is the critical role of art in our setting, which is in balance with both urban and natural?

What is the role of the architecture as the dominant art--which is so intensely established in these three towns of 30-A--in relation to the other visual arts—and perhaps the performing arts, and literature?

What might art be in a place that is both intensely regional in the way that the American South can be—and yet is also inhabited by cosmopolitan visitors?

Is such a thing as an art movement possible today—or is art altogether about individual expression. Might this be a place so specific in character that a new urbanist art movement can be incubated?

With popular tourism and modernity arriving every day more in our precious places, how might it be possible to avoid the descent into kitsch?

What institutions and programs should these towns nurture to foster a healthy culture which includes the arts?

Sincerely,
Anne Hunter

May 12, 2016

Dear Ms. Hunter,

Thank you for your good letter. I am not quite aware of what I am supposed to contribute, for when and for where. The role of Kitsch and Fraud, hot and cold, hard and soft are going strong because they are the food for the

decentered and alienated individual.

Kind regards,
Leon

May 13, 2016

Hello Mr Krier,

Last week, I was invited to write a column about our local arts culture for a beach publication that is not as scholarly as the publications that you would typically contribute to, but it is very well-read. I have been granted 700 words per column with six columns per year. Yes, of kitsch and fraud. Their personifications in art and life surround me and make life boring, and cause me to feel alienated and sad. But in the new urbanism of Seaside, Rosemary Beach and Alys Beach, I think, it is different. I have studied the creators of these places - the visionaries and artists of these towns - whose canvas we are living upon - and my studies led me to Robert and Daryl Davis, to Andres Duany, and now to you. I think that something magnificent is happening here and I need your help in understanding and communicating to those, like me, who are left with kitsch and fraud, unless we present the truth.

Thank you,

Anne

May 14, 2016

Dear Anne,

Thank you for the long intro. I have unfortunately no time at present to write in extenso about this. I am more optimistic about architecture and urbanism than about fine arts in general. I have a deliberate policy to keep contemporary art out of public space if I can. Even though there are very great sculptors working today like my brother Rob or Andy Stoddart, the programming of the subject matter is tragically lacking a publically relevant content. Modernist public art, instead, is not only lacking in content but also in form. It is mostly fraudulent and damaging to public space. It is generally to do with scurrilous self-searching and self-promotion, of no relevance to the public realm or polity.

Best regards,
Leon



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Kelsey Waters meets Nashville. It's love.

BY AMANDA LAWSON



Kelsey Waters

In the years since Kelsey Waters began building her stage presence in bars up and down 30-A, the Florida Panhandle native has advanced her career in stages.

First there was taking the leap of faith by moving to Nashville. Then there was the publishing deal. And now, just under three years after her big move, she's secured a booking deal with William Morris Endeavor.

WME, as its known in the industry, is a giant in entertainment. The agency has offices in Beverly Hills, Nashville, London, and Australia; and represents artists, athletes, actors, speakers, and literary players across all genres. In the world of country music, where Waters is making her name as a songwriter and folk artist, WME represents household names like Garth Brooks, Brooks & Dunn, Blake Shelton, The Band Perry, Eric Church, Florida Georgia Line, and a host of others.

"We've had a timeline since the beginning," Waters says. "We have all these things that, as a team, we want me to accomplish as an artist at certain points. There's really only one window for these milestones, and if they don't get done, I've missed my shot."

The 25-year-old songbird has remained on schedule, having already played shows alongside The Band Perry in Wabash, Indiana, and Keifer Sutherland in Birmingham, Alabama. She's also spent the last year and some change cutting her teeth as a songwriter at Little Extra Music under the leadership of veteran music executive Lisa Ramsey-Perkins.

"In the first band I played in, my sister band, Marc Harris was our guitar player and really a mentor for me," Waters says. "When I moved to Nashville he connected me with Lisa. Ironically, she had a slot to fill at her

publishing company. She courted me for almost a year and really put me through the wringer. I was so green in Nashville, she put me in a writer room with other green writers and then slowly allowed me to work alongside other experienced writers like (Grammy Award winner) Lori McKenna to see if I could hold myself."

Waters rose to the occasion, eventually baring enough of her soul through song to get signed by Ramsey-Perkins, which opened the door for her latest deal with WME.

"Honestly, I can't imagine not having met Lisa when I did," Waters says. "I don't know how I could have made it here if I hadn't. It's hard. You see people leave all the time who have tremendous talent. I think it's a lot of luck and a lot about who you know and who can introduce you to whom."

Whether it's a little luck or a lot of talent that has taken her career to new heights, Waters certainly has a love of music running through her veins. Born to a musical family, she grew up to the sounds of Bonnie Raitt echoing through her childhood home, and according to her there always seemed to be an instrument or two lying around.

Her first endeavors into music came when Waters was just a teenager, playing alongside her older sister in bars on 30-A. The two played cover songs, putting their spin on everything from hits by Dolly Parton to Fiona Apple.

From 2009 to 2014, Kelsey played up to 150 shows a year, even winning the female slot in Panama City's Regional X-Factor and local accolades for "Best Female Vocalist" and "Best Original Song of the Year" at the 2014 Beachcomber Music Awards.

Despite the recognition, Waters says it's the stage opportunities that truly make her happy. "My long-term goal is to be a touring musician like Patty Griffin or Emmylou Harris," she says. "They're well into their age, and they can still sell out a run in two days. If you can play music your whole life like that and still be happy, then you've done it. I don't want to be a short-term artist; I want to do it forever."

While Waters has already recorded several demos, she is slowly but surely working on her album. Her next career milestone, in fact, is being signed to a label so she can complete it.

"There's definitely a lot in the works," she says.

For more information on Waters, including upcoming shows and new music, visit KelseyWaters.net or follow her at Facebook.com/kelssings.



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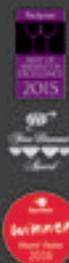
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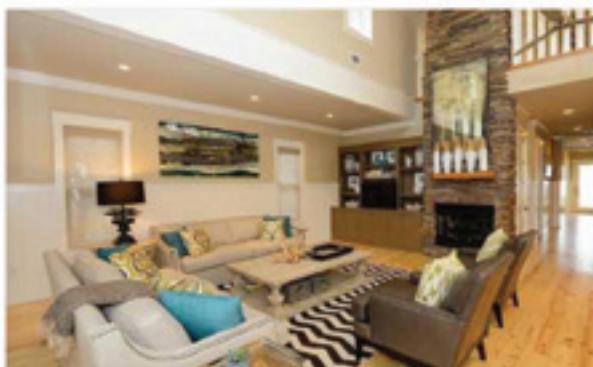
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Vern Yip: Right at Home in Rosemary Beach

BY ANNE HUNTER

Vern Yip is one of the most beloved and recognizable interior designers in America. He has helped countless families with their homes during his four seasons on TLC's *Trading Spaces*, NBC's *Home Intervention*, his own HGTV shows *Deserving Design* with Vern Yip and HGTV *Urban Oasis*, and through his private practice Vern Yip Designs in Atlanta, Georgia. Yip first discovered Rosemary Beach as an architecture intern working with his first firm out of graduate school. Now, with his new book, *Vern Yip's Design Wise: Your Smart Guide to a Beautiful Home*, launching September 13, expect Vern Yip to carry our inspiration to an all-time high.

"It's been a real passion project for me," says Yip about his latest endeavor. "Part of the book is filled with easy to access answers to people's most frequently asked design questions - such as how high to hang artwork, how high to hang the chandelier over the dining table, how to properly size a rug for a room - and part of it is a beautifully shot visual tour through our three homes in Atlanta, Manhattan, and of course, Rosemary Beach."

And as a family man with "two very active kids and 500 pounds of dogs," Yip understands the challenges of decorating a home that fits with a busy family life. Here, he talks about his new book, his love for family, his passion for the new urbanism; and how the architectural codes, styles, and colors of Rosemary Beach have him smitten.

Share how you discovered Rosemary Beach.

I discovered Rosemary Beach when I was an architecture intern at my first firm out of graduate school. It was the largest architecture and interior design firm in the southeast so there were a lot of other architecture interns as well as interior design interns. We were all students during the emergence of Seaside and New Urbanism, which was a prominent topic that everyone had been substantially exposed to. I even partially based my thesis on New Urbanism. Naturally, we all had a

fascination with Seaside and would put together group trips of about 10 to visit each spring and fall, renting a house too small for all of us so that we could affordably watch Seaside grow and develop firsthand. It was fun to ride our bikes at night, peeking into the interiors of homes, and walking through building sites. Seaside was still a developing, idyllic project with very little traffic. I was so fascinated with the idea of the architectural code and seeing how famed architects would interpret and often try to subvert it.

On one of those trips, we decided to stop by to see the Rosemary Beach site, which was really at the beginning stages of breaking ground and mostly consisted of a trailer off of 30-A that served as a sales office. Of course, we all heard about how DPZ (Duany Plater-Zyberk) was involved with a second New Urbanist town

on 30-A and were eager to wrap our minds around the differences in the architectural codes and town plans between Seaside and Rosemary. I was totally smitten. Seaside will always hold a special place in my heart but the architectural code, style, and colors of Rosemary immediately synced with me. I just had no idea how I would financially ever afford a lot at Rosemary. I was barely making enough to cover rent, utilities, and food. It's funny how both time and perspective can totally change a situation. Now, a million dollar gulf-front lot at Rosemary would be the bargain of the century.

What is the biggest obstacle facing our community and how can we turn it into our greatest attribute?

I think one of the biggest obstacles we face is maintaining the charm and feel of these communities. As 30-A develops and grows, places can begin to feel a bit overrun. And full of traffic. This same increase also makes it possible, though, to attract top-level culture, more wonderful retail, and a greater variety of restaurants. So, as with most situations, there are both pluses and minuses to contend with.

What do you love the most about Rosemary Beach?

Rosemary is an unparalleled community if you're looking for a thoughtful, family-friendly beach town filled with interesting people, great architecture, walkable restaurants, and access to some of the best beaches anywhere. My family had a home in Maui for many years and I've been to beaches throughout the Caribbean, Europe, Asia, South America, Australia, and Africa. The beaches at Rosemary are still my favorite. I've never been anywhere else with this magical balance of beach, culture, design, and people so perfectly woven into the fabric of the town.

Vern Yip will be at a reception and book signing hosted by The Hidden Lantern Bookstore in Rosemary Beach, Saturday, October 8, from 2PM – 4PM.

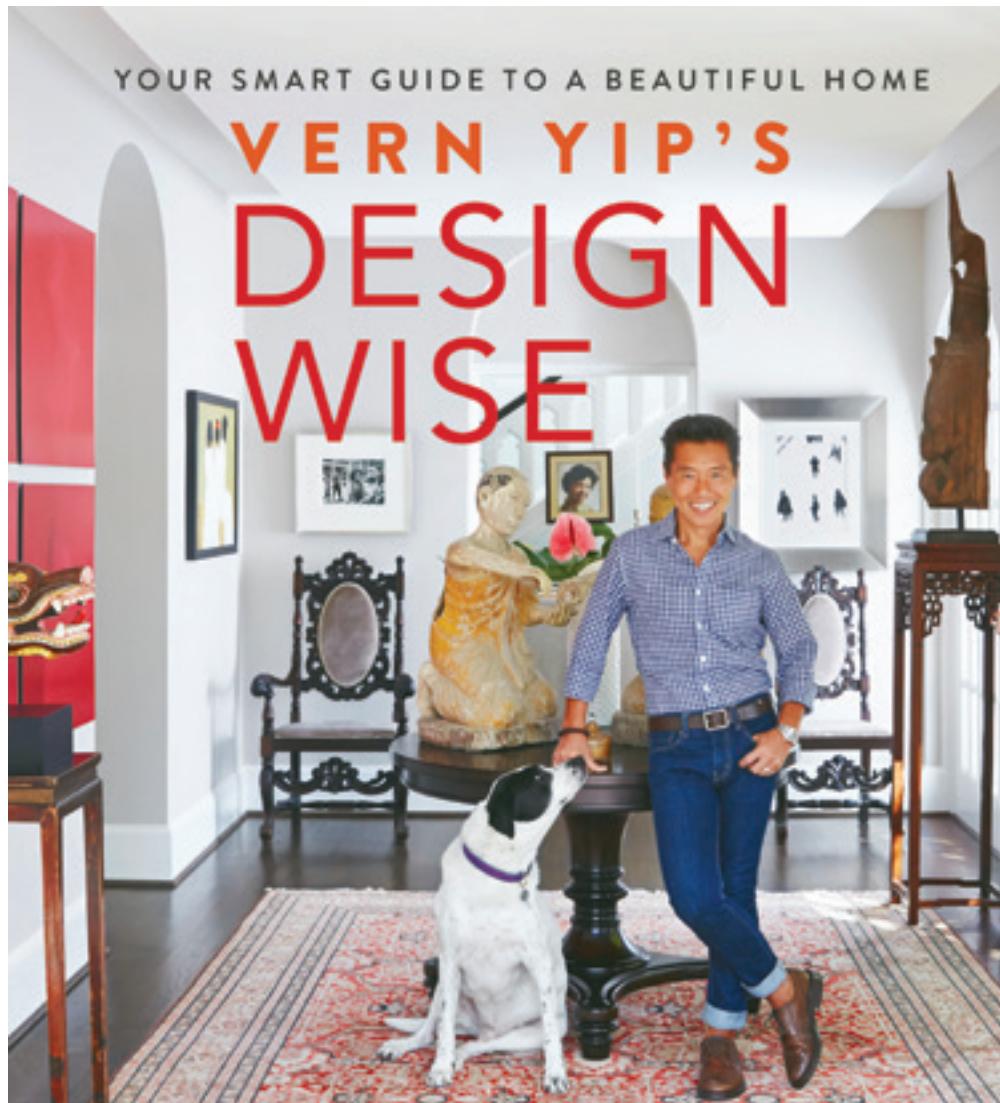
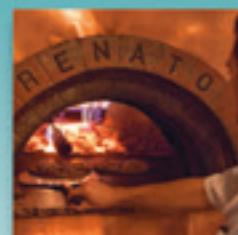
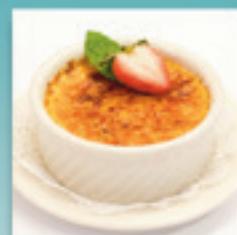
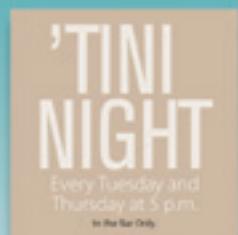


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30-A Goes Dumpster Diving

BY WHITNEY LEE

Sounds dirty, right? This new clothing line is actually cleaning things up, one shirt at a time. Over two years ago, Mike Ragsdale, founder of The 30A Company, and his partner JoAnn Ribaudo had a vision for a green effort that would ignite an environmental and preservation campaign throughout the area.

30-A's new Dumpster Diver line offers short and long sleeved t-shirts, collared shirts, and hoodies with various coastal, iconic designs that define the 30-A lifestyle. The shirts are an incredibly soft, durable, and breathable material that is made of... wait for it...recycled plastic, including discarded film, lunch room trays, water bottles, and more. Yes, each shirt is actually produced from the equivalent of eight 16-ounce plastic water bottles that otherwise would have ended up in a landfill. The 30A Company has partnered with a company that actually goes into landfills throughout the southeast and retrieves the appropriate supplies to produce the shirts.

TRASH-SHRED-SPIN-WEAR

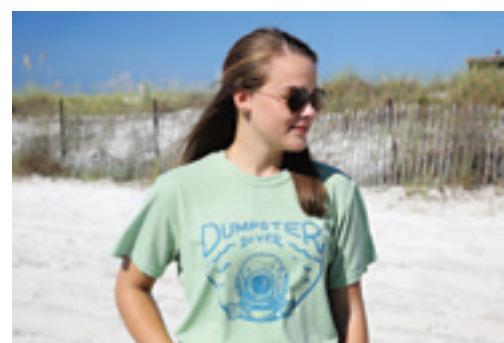
It's the process that creates the fabric for the shirts. A bottle is thrown in the trash, then shredded into small pieces, spun into a soft material and then woven together with recycled cotton fabric. Various colors of water bottles produce several colors of fabric to allow the Dumpster Diver line to feature the perfect combination of cool, coastal colors. For example, Dumpster Diver's green shirts are made from green plastic bottles, white shirts are made from clear water bottles, brown shirts are made from plastic root beer bottles, gray shirts are made from film, and black shirts are made from plastic to-go boxes and trays. The 30-A team has even

implemented a digital printing process, which eliminates the chemicals that are used in the typical screen-printing process.

"JoAnn and I have been researching this idea and planning for two years," says Ragsdale in a surprise Facebook live video announcement. "We wanted to create a new line of products that were very conscientious of our environment and really helped to protect our beaches for future generations."



The line was announced through a live Facebook video feed on June 22, 2016, which had over 41,000 views and reached almost 120,000 people in the first week! Within just the first week of sales after the official launch on June 23, passionate 30-A lovers embraced the new line, with the Dumpster Diver logo shirt being the most popular amongst the 13 different designs on 30Agear.com. The Unplug design made of lunch trays and to-go boxes and the Life Shines design made of X-ray film have been incredibly popular in the brick and mortar locations. Suddenly, dumpster diving is cool!



The Dumpster Diver line featured at Grayton Beach

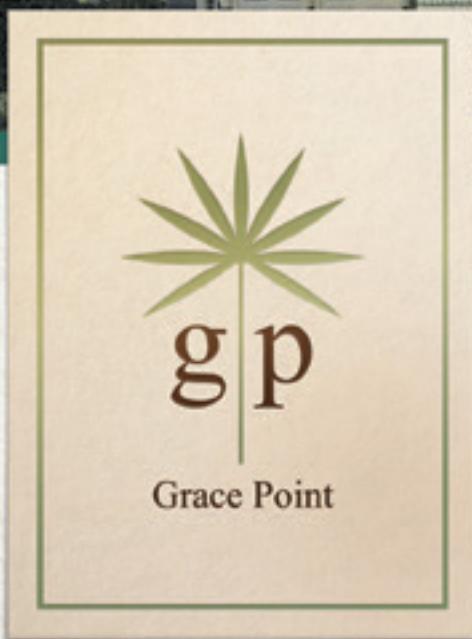
The Dumpster Diver line is just one aspect of the powerhouse brand that 30-A has become since inception in 2007. The brand operates a network of digital media properties and retail brands covering nearly 170 owned and licensed products, including 30A Wine, 30A Coffee, 30A Honey, 30A Radio, and more. More than one million of the famous blue 30-A sunshine logo stickers can be found throughout the United States and beyond. Between Facebook, Twitter, and Instagram, the 30-A brand has approximately 480,000 followers and continues to grow with every post, featuring the faces, places, events, food, and life on 30-A.

"The Dumpster Diver line embodies everything that represents our brand – a love of the fun, laid-back vibes of the beach and a commitment to protecting and preserving beach environments for future generations," says Ragsdale.

Gotta have it? The Dumpster Diver line can be found online at 30Agear.com or at one of four 30A Store locations, including Gulf Place, Seagrove Plaza, Rosemary Beach, and Pier Park.



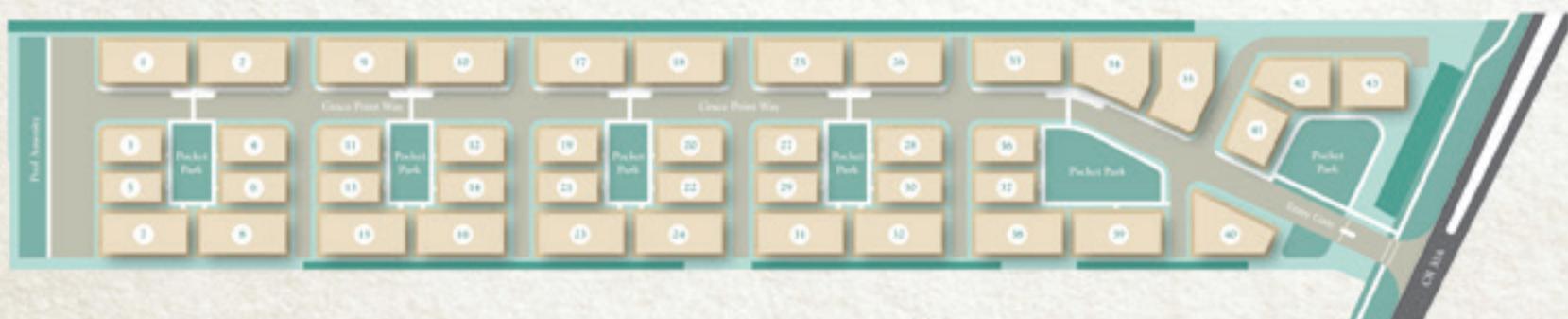
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BALANCE HEALTH STUDIO

BY JULIE HERRON CARSON



From L to R: Emma McKeever, Dr. Bart Precourt, Kelli Precourt, Melissa Davis

People everywhere are discovering the benefits of yoga. For many, a regular yoga practice relaxes the body, calms the mind, and builds muscle strength. The same can be said for time spent in the lovely communities along Scenic Highway 30A. The fresh air, bright sunshine, and crystal clear water help us relax, lower our stress levels, and encourage us to walk and cycle, rather than drive to our destinations. So, imagine how beneficial it must be to practice yoga AT the beach!

Balance Health Studio in Seagrove Beach is owned and operated by husband and wife team Kelli and Dr. Bart Precourt. Kelli is a certified yoga instructor (RYT 200/500), fitness professional, and Olympic athlete, and “Dr. Bart”; as his clients and the readers of this magazine know him; is a doctor of chiropractic medicine, licensed acupuncturist, and nutrition consultant. Along with their staff, they offer yoga classes, spinning, core fitness, personal training, acupuncture, massage, nutritional consults, cleanses, weight loss management, and more. While programs and classes are offered every day inside the bright and airy studio with its Gulf view, outdoor yoga sessions on the beach may be scheduled by appointment.

“My wife and I owned a vacation home in the area and came to 30-A almost every weekend,” says Dr. Bart. “During our beach getaways, Kelli tried unsuccessfully to find a local yoga community. Since she was already a trained yoga teacher, she decided to offer classes herself. There was such a strong interest that in 2006 we opened Balance Health Studio. For many, yoga has become an important component of a healthy lifestyle. Other practices, such as good nutrition, stress and pain management, weight loss and consistent exercise are all part of the experience at Balance Health Studio.

“Together, Kelli and I have over 40 years of combined experience working in health and fitness,” continues Dr. Bart. “Our goal was always to create a true Holistic Health Center with a personal and friendly approach. We work to improve the health of our clients by treating the whole person and offering a menu of classes, workshops, one-on-one consultations, personal training, and individualized health plans. There is starting point for everyone. For some it’s a yoga or fitness class. For others it may be a massage, pain management or a weight loss program.”

To help meet the demand for local high quality yoga instructors, Kelli set her sights on Balance Health Studio becoming an official Yoga Teaching Training School. Balance Health Studio is now one of the only Yoga Alliance certified yoga training schools along the Florida panhandle, offering both 200 and 500-hour programs. Kelli is achieving her dream of building a yoga community on 30-A and beyond by providing advanced Vinyasa teacher training. The program consists of 11 individual modules, including anatomy and physiology, meditation, nutrition, the

art of touch and more. Students can progress at their own pace.

Balance Health Studio serves men, women, and children from all walks of life: ranging from experienced yogis to first-timers, and from those with established health habits to those who know they need to make some positive changes. The studio naturally serves more locals in the off-season and more visitors during the summer months.

“People are more open to new experiences when they’re on vacation and they have the time for activities that might not fit in to their normal routine. We do our best to deliver an unforgettable experience so our visitors will go home wanting more. Kelli and I think of our vacationing clients as our ‘second family’ because we see so many of them year after year when they visit 30-A. We are very grateful that so many people want to make Balance Health Studio part of their 30-A traditions,” says Dr. Bart.

It’s never too late to focus on your overall health and wellness. And, whether that means taking a weekly exercise class, training for a sports competition, or learning how to best meet your body’s nutritional needs, the friendly and professional staff at Balance Health Studio in Seagrove Beach is ready and capable to work with you. Bart and Kelli Precourt promise, “You may come for the exercise, but you’ll return for the experience.”

Balance Health Studio is located at 3547 East County Highway 30 A, Santa Rosa Beach, FL 32459. Call them at (850) 231-9288 or go to www.balance30A.com.



Bart and Kelli Precourt



Sweetie Pie

BY SEAN DIETRICH



t's one in the morning, I'm in the ER waiting room with my wife. I have a gash in my foot from stepping on a piece of glass the size of a Dorito.

I'm only here for a tetanus shot and—God-willing—a free lollipop.

The waiting room is empty except for a white-haired lady at the desk who looks a lot like Aunt Bee. She talks like she's from a hundred years ago. Back when every child was honey, sweetie-pie, or sugar; when women wore housecoats, put baking soda on bee stings, and fed anything that moved.

In only a few seconds, Bee manages to complete paperwork, fit me with a plastic bracelet, and ask about my favorite baseball teams.

Through the automatic double doors walks a young couple. A girl clutching her chest.

"Oh, good heavens, what's the matter?" Aunt Bee says.

The boy can't get the words out. "M-m-my wife, she just woke up, short of breath..."

This fella is about as helpful as a pair of muddy boots. Bee turns her attention toward the girl. "Tell me what's wrong, baby."

The girl says, "Panic... Attack..." Bee escorts her to a seat. The girl is huffing while Bee rubs her shoulders, whispering, "Ssshhh. I'm here, darlin'." And she says it with a truckload of sugar. "It's gonna be alright. Y'all got any kids?"

The girl nods. "Th-th-three, boys."

"I'll be dog, I got three boys, too, all growed up now. Ain't kids just so much fun?"

No answer.

Aunt Bee is just getting warmed up. She asks the ages of the boys, which sports they play, and whether they fish.

The girl gives one-word responses between breaths.

Next, Aunt Bee asks for photos. The girl removes her smartphone and shows the old gal every blessed image she's got. While she does, Bee never stops petting the girl's hair.

This woman could write the book on how to be a grandmother.

Twenty minutes pass. The more the girl talks, the less she's stuttering. Soon, she's even laughing while talking about her boys.

Bee finally stands up. "Well darlin', reckon I'd better quit bothering you. We'd better get you checked in, so you can see the doctor."

The girl shakes her head and takes a deep breath. "No ma'am, I think I'm actually feeling a little better."

That's when the old gal must've noticed me watching the whole thing.

Because while she embraced the girl, she winked at me.

God bless you, Aunt Bee.

Sean Dietrich is a journalist, humorist, and novelist known for his commentary on life in the American South. He is a noted connoisseur of small towns, Labradors, and barbecue. Look for more musings and entertaining philosophical thoughts from Sean in each issue of the Thirty-A Review.



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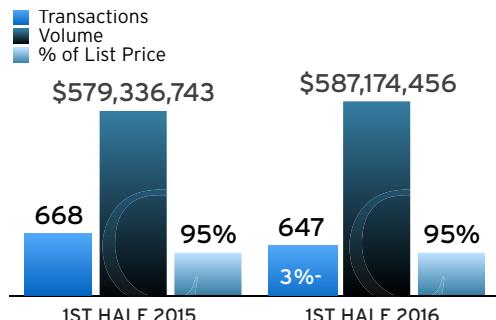
Pricing Continues to Uptick Scenic Highway 30A's First Half of 2016

BY ERIN ODEN

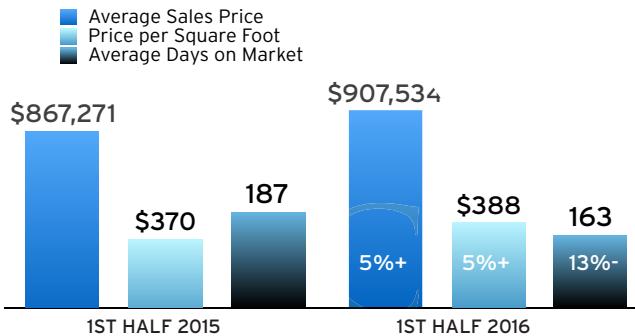
SALES & AVERAGE SALES PRICES IN THE SCENIC HWY 30A CORRIDOR

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

CLOSED TRANSACTIONS & CLOSED SALES VOLUMES



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.
Prepared compliments of Erin Oden, Coastal Luxury.*

Individual planned communities and most demanded sub-markets are showing similar positive trends.

WaterSound Beach's 1st half of 2016 statistics were similar to the same period last year with the exception of unit pricing. As we witnessed in 2015, a trend of increasing average sales price and average dollar per square foot of sold properties continues in 2016. At the end of June, 42 homes were on the market at an average list price of \$2.5 million. At this writing, prices ranged from an \$849 thousand condo to a \$7.0 million beachfront home. As in years past, I have recently had the pleasure to personally represent a number of exceptional transactions in this lovely community. WaterSound certainly defines the coastal elements and lifestyle of 30-A. We anticipate values and demand to remain strong in 2016.

WaterColor had a very active 2016 1st half, with transactions significantly exceeding the same period last year. We also saw a significant drop in the time listed properties were on the market before being sold. Average dollar per square foot for sold properties was similar to what we have seen over the last few quarters. Average sale prices continue at near \$1.5 million. The accompanying statistics are enlightening and important for sellers in assessing opportunity in the current market. WaterColor's charm continues to attract homeowners. At the

recently profited from overall demand and rising prices in their community. Construction of new condos, along with commercial space, continues to progress on the south side of town center and is expected to begin soon in north town center. Rosemary's home sites are almost completely built out with only a few empty parcels remaining. At the end of Q2, there were 65 properties on the market with an average list price at \$3.0 million. Prices range from a \$925 thousand condo to a \$14.5 million beachfront home. This year, I have had the pleasure to personally represent several exceptional transactions in this lovely community.

We are cycling an extremely strong 2016 year of activity for **30-A high-end luxury property sales**. So we are not surprised to see transactions for the 1st half of 2016 below the same prior year period. That said, 2016 activity is trending above any of the other 12 years we have been tracking statistics. Average sales price and related price per square foot continue to trend up. We also see a significant drop in the time listed properties are on the market before being sold. At this writing, 94 properties priced at \$3M+ are actively on the market. At the upper end, we see six properties with listed prices ranging from \$10 to \$14 million. All are on the beach or on one of our coastal lakes with unobstructed Gulf views.

Sale transactions for the 1st half of 2016 were below the same prior year period for **30-A Gulf-front** properties. That said, we are cycling a 2015 banner year. We are seeing the average sales price and related price per square foot continue to trend up. We also see a significant drop in the time listed properties are on the market before being sold. As has been the case for some time, there are currently a little more than 100 listings for 30-A Gulf-front properties. At this writing, listed properties range from a \$400,000 condo to a Rosemary luxury beachfront home priced at \$14,500,000.

We at Coastal Luxury see the enthusiasm for our market continuing through 2016.

The 30-A corridor home and condo dollar sales volume was well over a half billion dollars for the 1st half of 2016, up slightly from prior year. This was propelled by a robust 2nd quarter, where versus prior year Q2:

- Number of transactions were up 5%
- Average sales price increased 3%
- Dollar volume of sales increased 8%
- Average sale prices for the 30-A corridor continued to rise; these were up 5% for the 1st half, commensurate with the rise in the dollar per square foot of sold properties.

end of June, 83 homes were on the market at an average list price of \$2.1 million. At this writing, prices ranged from a \$729 thousand condo to a \$6.0 million luxury home. We expect WaterColor sales to remain strong in the coming months.

More than 25% of **Rosemary's** residences have turned over since 2013. That point may explain why we saw the number of sale transactions lessen in the 1st half of 2016, versus the same period of prior year. Even so, Rosemary's dollar volume of sales was almost flat due to several high-end properties being in the sales mix. Clearly, Rosemary sellers have



Erin Oden is the principal broker and owner of Coastal Luxury, maintaining a strong emphasis on intimate market knowledge and expertise in the luxury and gulf-front market. Erin can be reached at (850) 502-1220 or erin@coastalluxury.com. Or, stop by Coastal Luxury, located directly on 30A, the first office east of Alys Beach. Search all available properties at coastalluxury.com/SEARCH



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Make a Deal with the Dels

BY SARAH MURPHY ROBERTSON

Dynamic husband and wife duo, David Del Donie and Karla Del Monaco affectionately call themselves the “Del 2 Beach Dreamin’ 30A Team”. Between them, they have an impressive 60 years of sales experience. If you’ve been hoping to find your place along the beach communities of 30-A or you have a property to put on the market, you’ll want to talk to Karla and Dave.

Karla and Dave moved to Destin 20 years ago and opened the popular Karla Del Monaco store, which carried top of the line Italian and French designer shoes and leather products. One of Karla’s stores was also in Caesar’s Palace in Las Vegas. The store catered to celebrities like Cher, the Pointer Sisters, Tanya Tucker, Diana Ross, and royalty from around the world. Likewise, David had a rich and varied background himself – owning a clothing line in Nashville and working with Stella Parton for four years. This entailed working a very busy schedule as her road management, bodyguard, and wardrobe stylist.

After the Karla Del Monaco store opened in Miramar Beach, Dave started his first hot dog stand, which quickly became a success and local favorite. Through the restaurant, he garnered respect in the area for his strength of character, charm, and charisma. As Dave’s Dogs continued to grow, in 2000 Karla found a new passion and niche: condominium sales on Holiday Isle in Destin for East Pass Realty.

In 2014, Dave sold Dave’s Dogs and decided to go ahead and embrace real estate full time. With that, the Del 2 Beach Dreamin’ 30A Team was born. They chose ERA American Real Estate because the company has a long tradition of collaboration – just like this husband and wife team! ERA’s global network of real estate professionals combines local know-how with premium real estate resources. They use this technique to deliver the results clients are looking for. ERA has also loyally served the panhandle area for 35 years and knows the market well.

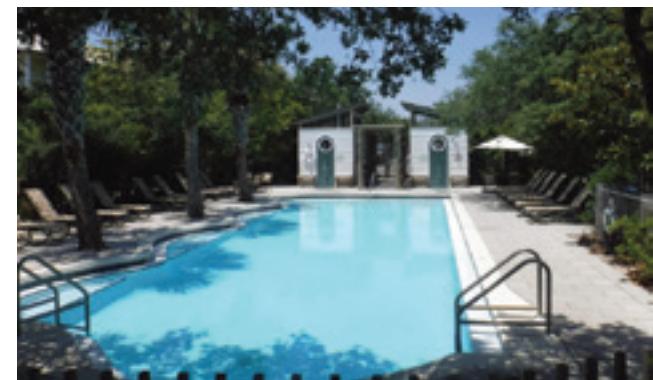
Through ERA, Dave and Karla were thrilled to join up with real estate mogul, Gloria Frazier. Frazier entrusted Dave and Karla with the 30-A office because she knew they were hardworking and would work tirelessly for their clients. In less than two years they have helped the 30-A office sales steadily increase.

Most recently Dave and Karla have also teamed up with two local builders: LPKK Investments and Nola Ventures. Through these new opportunities, they consider themselves more than just agents. They are “Property Promoters”. Seven days a week they build relationships and work hard to help achieve their clients’ goals. They don’t just put properties on MLS and wait for a phone call. Before listing, Karla and Dave analyze the market to be sure to price each property right.

David Del Donie and Karla Del Monaco



Featured property on 45 South Ryan Street in Seagrove



South Ryan Street community pool

Dave and Karla are creative with their services too. They feature and advertise homes in local publications and they take great care in each property they show. By putting on fabulous open houses, Dave and Karla help their sellers and potential buyers all at once. At times Dave also goes the extra mile to enhance properties. He has been known to refresh the paint and even stage homes if needed. This is the kind of attention to detail and dedication you want in your real estate professional.

Both Karla and Dave are of course members of the National Association of Realtors and the Emerald Coast Board of Realtors. Their integrity is widely known and they greatly value the relationships and friendships they have made in this area over the years.

And most importantly, with Dave and Karla’s enthusiasm and energy for real estate it means it never feels like a job! It is important to them that their clients enjoy the process and life here on 30-A. Dave confides, “I haven’t worked in 20 years on the Emerald Coast! It has all really been a blessing – both the storms and the rainbows.”

Be sure to contact them with any questions – these two are ready to help! Dave’s cell phone is (850) 240-3353 and Karla can be reached at (850) 240-3354. Visit Karla’s website at www.KarlaDelMonaco.com or follow her on Facebook at facebook.com/karla.delmonaco.3.

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Estate Planning for Singles

BY KIMBERLY WATSON SEWELL AND FRANK WATSON



Kimberly Watson Sewell
and Frank Watson

If you are single, you are in good company. Nearly half of all adult Americans are single. Being single can mean considerable personal and economic freedom. Nevertheless, just like your married counterparts, proper Life and Estate Planning is necessary to keep you in control.

DISABILITY PLANNING

Every adult American is responsible for making his or her own personal, health care, and financial decisions. In fact, you may take many basic decisions for granted. For example, you decide where to live, what medical care is appropriate and how to manage your finances. But what if an illness or injury leaves you unable to make even these basic decisions? Who will make such decisions for you? Who will have your best interests at heart?

Proper Life and Estate Planning is required in advance of your incapacity, if you want to appoint your own decision-maker. Otherwise, by default you may find yourself in the Probate Court in a legal process that typically employs three lawyers and makes your private, personal, health care, and financial circumstances a matter of public record.

CHOOSING GUARDIANS

Do you have minor children (i.e., under age 18 in most states)? If yes, you probably invest considerable time and treasure to provide them with a moral, safe, and secure home environment. What if you die while they are still minors? Who will rear them to adulthood? Who will provide the moral, safe, and secure home environment? Unless you want a Probate Judge to make the selection for you, proper Life and Estate Planning is required.

Who will manage the inheritance you leave for your minor children until they reach adulthood? Again, that decision will be made by a Probate Judge in the absence of proper Life and Estate Planning by you.

What if you have minor children, but are divorced or never married? Absent a showing of unfitness, the Probate Court will appoint the surviving biological parent not only to rear the children to adulthood, but also to manage their inheritance. Additionally, if the surviving biological parent then survives your children, they ultimately may receive your child/children's inheritance, which might not be what you would prefer to take place.

DISTRIBUTING MEMENTOES

Is family harmony important to you? Whether it is grandma's yellow pie pan, antique furniture, or that Civil War sword, such items should be identified in your Life and Estate Plan along with the designated recipient of your own selection. Otherwise, your valuables could end up in the hands of the wrong loved one or sold to a perfect stranger in your Estate

Sale. Either way, relationships between and among your loved ones could be bruised or battered unnecessarily.

ESTATE AND GIFT TAXES

Benjamin Franklin noted that there are only two certainties in life: Death and Taxes. While there is little we can do to avoid the former, proper estate tax planning can minimize the latter. One of the best kept secrets for reducing Federal Estate Taxes is giving while you are living. Such giving leverages the Annual Gift Exclusion (AGE) that is available to every taxpayer.

Under the AGE, each taxpayer may give \$14,000.00 each year to as many people as they wish. This wealth transfer does not trigger gift taxes to the donor or to the donee. Additionally, any future increase in the value of the gifted asset is not included in the donor's estate for determining Federal Estate Taxes later on. For this reason, gifts of appreciated assets (e.g., stock that is rapidly going up in value) are popular. [Note: legal counsel should be sought before making AGE gifts.]

Are your likely beneficiaries young, inexperienced, or perhaps irresponsible? If so, various trusts can be created to protect your AGE gifts from their potential divorces, lawsuits, bankruptcies or good, old-fashioned squandering. Through carefully drafted trusts you can control how and when the gifted assets are made available to your beneficiaries. As legendary jurist Oliver Wendell Holmes put it: Put not your trust in money, but put your money in trust.

ASK YOURSELF...

THESE QUESTIONS REGARDING "ESTATE PLANNING FOR SINGLES."

1. Were I incapacitated due to an injury or illness, would I or my assets be subject to the Probate Court?
2. Were I to die leaving minor children, have I legally appointed at least one guardian (i.e., Bank-Up Parent) for them and someone I trust to administer their inheritance?
3. Were I to die, have I legally designated who will receive various valuable (or sentimental) items of tangible personal property from my estate, to avoid conflicts among loved ones?
4. Were I to die, have I made arrangements to protect the inheritance for my children from their potential divorces, lawsuits, bankruptcies or squandering?

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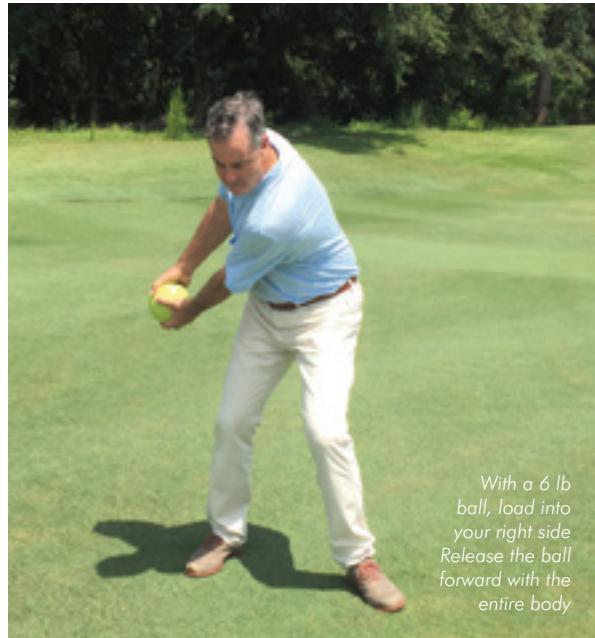
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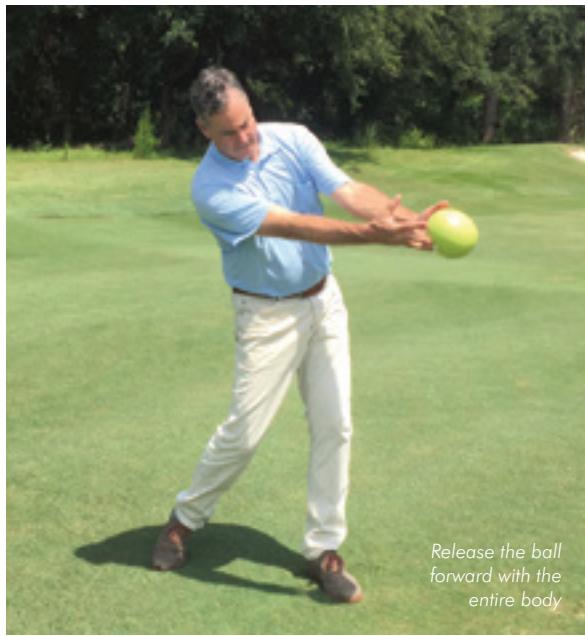
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Let's Get Moving

BY TOM FITZPATRICK



With a 6 lb ball, load into your right side. Release the ball forward with the entire body.



Release the ball forward with the entire body.

As school gears up again this fall, kids may find themselves sitting for 75% or more of their waking day. This excessive lack of motion continues to cause concern among health officials. Trends have emerged that indicate sitting for even two hours continuously is comparable to smoking. Over sitting can increase your risk for heart disease, clots, diabetes, back pain, possibly even cancer. Plus, it's been said, "If you're bored, you're not moving."

Today, we now know that ANY movement is good. When children don't have the time or place for customary sports or exercise, they are encouraged to walk, jump, twist, tumble, and stretch. Even the simplest of actions such as standing is now considered to be a health benefit.

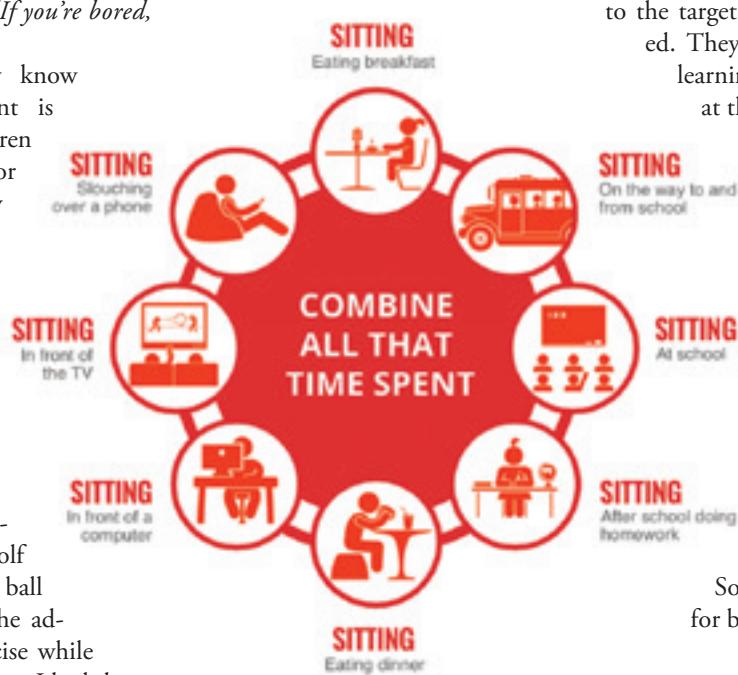
One of my favorite "get moving" golf drills is a weighted ball toss. I first learned the advantages of this exercise while at Lake Nona. And there I had the

occasion to head to the gym with superstar Seve Ballesteros, who was a proponent of the weighted ball. What I learned from Seve was how the toss naturally synchronizes the body and arms in a non-mechanical way. He always made an effort to make everyone around feel great.

For kids, take a 4 or 6 pound weighted ball. First, swing the ball back to opposite your right hip, then release the ball forward. Turn your chest to the target with the arms extended. They'll feel energized while learning a key golf movement at the same time.

Can you do this in five minutes? Throw twenty balls around a practice green, hitting pitches, chips and sand shots from a variety of slopes. You'll learn to be creative while keeping your metabolism up. The key is to move at a brisk pace from shot to shot.

So stop sitting and stand for better health!



HOCKEY PLAYERS MAKE GREAT GOLFERS

Do your kids play field or ice hockey? Then learning golf should be an easy transition.

BROOKE HENDERSON



Canadian golf sensation Brooke Henderson, who is only 18, has won three LPGA tournaments this year. As a young teen she was an avid ice hockey player. Brooke picked up golf quickly due to golf's similarities to hockey.

It's more instinctive to hit a puck than a golf ball. Kids can more easily grasp how a hockey stick's grip end must lead the bottom for solid slap shots. The same is true for golf. The grip leads the club head going into impact.

Can you spot the power producer? It's the low right shoulder and extended right arm chasing the puck down the line. It's instinctive to hit a hockey putt, but not so much with a golf club. Rehearse the hockey move at impact, and then hit a golf ball.



Tom Fitzpatrick conducted corporate golf events at top resorts nationally and also worked for David Leadbetter. Tom is an active realtor with Scenic Sotheby's Intl Realty. (850) 225-4674 or tom.scenicsir.com

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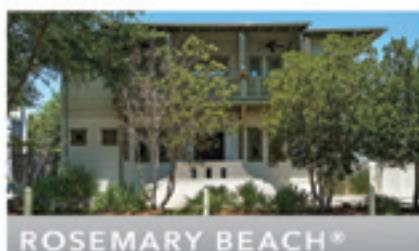
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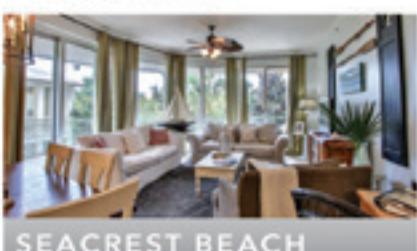
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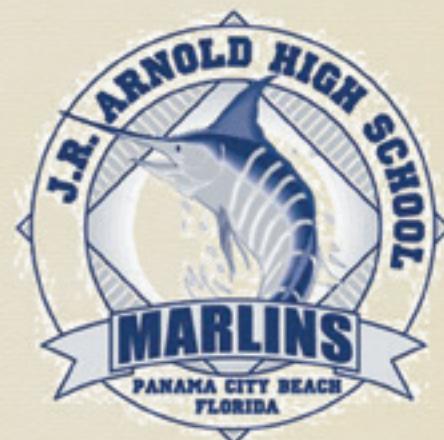
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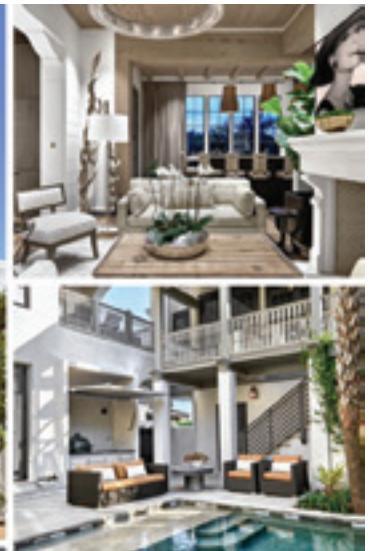
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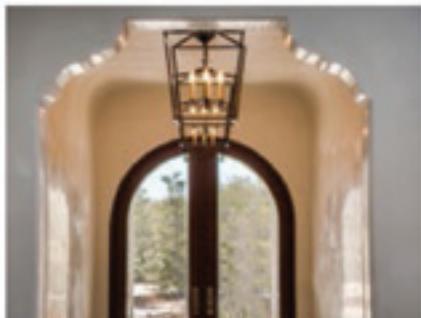
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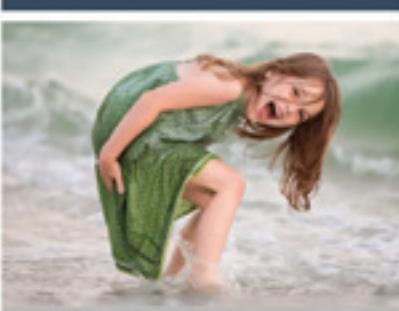
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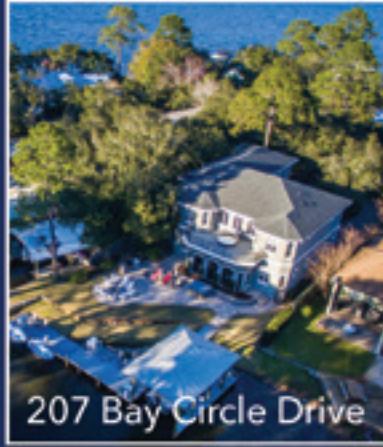
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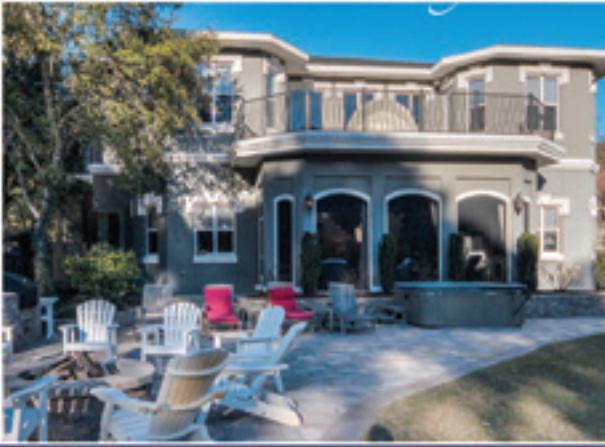
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