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## 30-A LIVING



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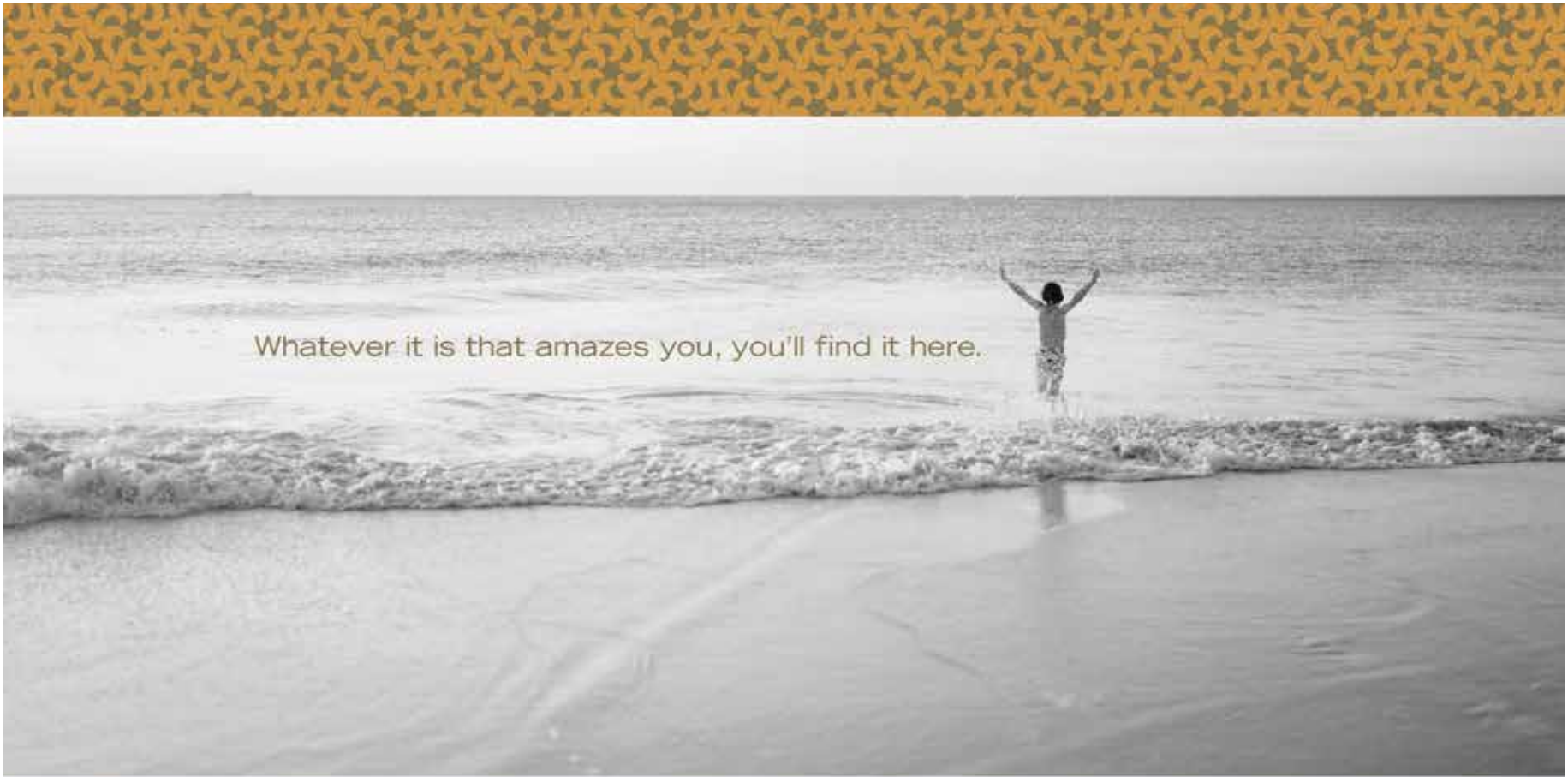
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Kathleen Nixon, MD and Gregory Berkey, MD



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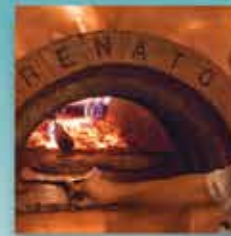
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Read Tom's golf column in this issue.



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# letter from the publisher

## 30-A LIVING



Whether you are residing on 30-A, or just visiting, living on 30-A captures a spirit and style very unique to the area. Regardless of the amount of time you spend here, you can't help but be affected by the special vibe that encompasses the 30-A region.

It's an attitude, but it's not pretentious. It's a style but it's not always high-fashion. It's a quality of dining out, but it's not always expensive. It's a vibe. I've been to many beach towns, many beach resorts, and 30-A has a vibe all its own. Perhaps this is why my friend Mike Ragsdale's 30A.com brand is so successful. It captures not only a popular family vacation getaway, but also a very unique and special attitude that can only be found within this zip-code. Visitors and locals alike recognize this special quality. It's like that really stylish couple on the dance floor; you simply can't, not, notice them.

Within the pages that follow, you will find the special essence that is 30-A. You will find stories of the people, places and things that make 30-A one of the finest beach communities, not only in the south, but also in the world. Read with care, and we hope you enjoy the delights that follow.

Until next time, ride the wave, smell the salt air and make your day great. 30-A living is the way to go.

Sincerely,

Miles K. Neiman

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



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# Showbiz and Events in May and June

## ALYS BEACH

### Mother's Day Brunch

Sunday, May 8, 10am-2pm

Caliza Pool

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### Digital Graffiti

May 13-15

Alys Beach

Digital Graffiti at Alys Beach is a festival of digital virtuosity from all over the world. Join Alys Beach at the intersection of art, technology, and architecture. Visit [digitalgraffiti.com](http://digitalgraffiti.com) for more information.

### Fairhope Brewing

#### Company Tasting

Thursday, May 26, 4-6pm

NEAT Tasting Room

### Sinfonia Goes Pops at Alys Beach

Sunday, May 29, 7:30pm

Enjoy the orchestral sounds of Sinfonia Gulf Coast under the palm trees in the Alys Beach Amphitheatre. Food and beverage available for purchase. Free and open to the public.

### Wine Tasting at Fonville Press

Tuesdays, May 3, 10, 17, 24, 31 & June 7, 14, 21, 28, 5pm-7pm

A select few wines to be showcased along with lite bites and live music. \$10 per person, 21+ up.

### Summer Reels

Tuesdays, May 31 & June 7, 14, 21, 28, 8pm

Bring a blanket or low back chairs to enjoy a movie under the stars in the Alys Beach Amphitheatre. Food and Beverage available for purchase.

5/31- Frozen

6/7-Minions

6/14-Shaun the Sheep

6/21-Barnyard

6/28-The Muppets

### Summer Concert Series

Wednesdays, June 1, 8, 15, 22, 29, 7pm-9pm

Join us for live music in the Amphitheatre. Food and Beverage will be available for purchase.

6/1-The Scratch Tones

6/8-Beach Mice

6/15-The Rips

6/22-The Currys

6/29-Continuum



Seaside Amphitheatre  
Brandon Babineaux Photography

## SEASIDE

### Seaside Dance Month

Saturdays, 6pm

Amphitheater

5/7 - Joffrey Ballet Concert Group

5/14 - Ballet Pensacola

5/21 - An Evening of Dance, Directed by Davis Robertson

### Seaside Farmers Market

Tuesdays, May 24, 31 & June 7, 14, 21 & 28, 8am-Noon

Saturdays, May 7, 14, 21, 28 & June 4, 11, 18, 25, 8am-Noon

Amphitheater

### Children's Theatre Performance – Seaside Repertory Theatre

Monday, May 23 & 30, 5:30pm

Monday, June 6, 13, 20, & 27, 6:00pm  
Amphitheater

### Memorial Day Weekend Festivities

Friday, May 27, 8pm

Central Square Cinema

The Good Dinosaur

Saturday, May 28, 7pm

Amphitheater

Concert – Great Peacock

### Stories by the Sea

Mondays-Fridays, May 30 - August 26, 4pm

Solomon Square

### Seaside Writers' Conference

May 14 - 21

Seaside Institute

More info at [seasideinstitute.org](http://seasideinstitute.org)

### Huck & Lilly - Children's Concert

Tuesdays, June 7, 14, & 21 5:30pm

Amphitheater

### Seaside Summer Concert Series

Wednesdays, June 1, 8, 15, 22 & 29, 7pm

Amphitheater

Announcement for bands Monday, May 2nd

Central Square Cinema

Fridays, 8pm

6/3 - Cars

6/10 - Up

6/17 - Pan

6/24 - The Lego Movie

## WATERCOLOR

### Movies in the Park

May 5, 12, 19 & 26, 6 pm

June 2, 9, 14, 16, 23, 28 & 30, 6pm

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### Mother's Day Breakfast

May 8th, 8 am - 12 pm

Fish Out of Water

\$65++ per adult & \$30++ per child. Call 850.534.5050 to reserve.

### Memorial Weekend Concert

May 29th, 5 pm - 8 pm

Marina Park

### Concert

June 6th, 6:30 pm - 8 pm

Marina Park

### Dive-In Movie at Camp

June 7 & 21, 6 pm

WaterColor Pool

Call 850.534.5975 for more information.



# Homey Italian at the Beach: Angelina's Honors Tradition

BY SARAH MURPHY ROBERTSON

February 2016 marked the 22nd anniversary of opening Angelina's Pizzeria & Pasta in Seagrove Beach. That is no small feat for a family-run restaurant anywhere. In an area as young as 30-A, this popular spot for Italian food is most certainly a local institution!

Brian and Jan Ethridge moved to Scenic Highway 30A in 1994 to realize their dream of establishing an Italian eatery. Angelina's, named after Jan's grandmother, captures their vision and honors her recipes. Just east of Seaside, you'll find Angelina's in a charming white-sided, green-roofed house in lovely Seagrove. The universal appeal of a hot fresh pizza is undeniable and Angelina's has been doing it right for a long time. Visitors make stopping at Angelina's a must-do while on vacation and locals can't get enough of their lunch and dinner specials.

Freshly prepared salad dressings using only high quality cheeses, and crafting homemade dough and sauces daily, ensures that each meal served at Angelina's is as good as their last. The Ethridges also know how important value is to

families. While they emphasize keeping their food as fresh and delicious as possible, an ongoing focus is keeping it all affordable. This family-friendly philosophy is important to Brian and Jan so they keep prices reasonable. Longtime customers appreciate it and return year after year as a result.

Angelina's principal player is, of course, their delicious pizzas. Each one is made on a hand-tossed crust and with Angelina's homemade marinara. Guests can choose from three sizes: 12, 16, or 18-inch pies. Create your own favorite from customary pizza ingredients like sausage, pepperoni, and veggies; or get adventurous and add toppings like anchovies, jalapeño peppers, or Gorgonzola cheese. Every combination is sure to



Shrimp scampi over linguini



Chicken Picatta



Ravioli



Spicy marinara fettucini

entrees also grace the menu. These are fashioned with attention to detail, using authentic, tried, and true recipes. The Chicken Piccata is a perennial favorite: lightly floured marinated chicken breasts pan-sautéed in olive oil and lastly finished with bright lemon, butter, and capers. The dish is served with perfectly-cooked fettuccine in a tomato cream sauce. The Veal Marsala is also superb – medallions of veal married with shallots and mushrooms. The sauce is then reduced down with rich stock, cream, and Marsala wine. Yum!

Every day until 3 pm, Angelina's serves up outstanding lunch specials. All the traditional comforting Italian fare is represented: from cheesy lasagna and manicotti to chicken

parmesan, but they don't stop there. With a nod to coastal cuisine, lunchtime features include Shrimp Scampi, Seafood Ravioli, and their Linguine Frutte de Mar – this shrimp, scallop and clam dish is tossed in a garlic white wine sauce and just enough red pepper flakes to add the perfect amount of heat. All lunch specials also include a crisp house salad and warm buttery breadsticks, too! Jan's Shrimp Salad is served over greens or as a sub sandwich, and features large gulf shrimp sautéed with just a hint of that seafood staple classic, Old Bay seasoning.

These creative salads and sandwiches are customer favorites at Angelina's. Even their staff can't get enough of them. "I love the Chicago Beef Sub – it's our version of a French Dip – I probably eat

be a masterpiece! Calzones, Stromboli, and the beloved decadent Pizza Cheese Sticks – oozing with mozzarella cheese and drizzled with fragrant olive oil, garlic, oregano, and basil – also utilize the house's incredible dough and are definitely crowd pleasers.

Dozens of "home style"

it three times a week and never get tired of it," confesses Kitchen Manager Shawn O'Drain.

Since 2000, O'Drain has been a part of the close-knit team that makes Angelina's exceptional. The restaurant is very important to him and he is always on the lookout for enthusiastic new talent – people who are motivated to learn, grow, and appreciate the craft of cooking and serving excellent food. Dedication to these principles has kept Angelina's ahead of the curve and a favorite hot spot all these years.

Running a successful small business, with decades of consistent service, requires providing a quality product shared at a fair price. It wouldn't be a stretch to say Angelina's Pizzeria & Pasta has that foolproof recipe down pat.

**Angelina's Pizzeria & Pasta is located at 4005 East County Road 30A, Seagrove Beach, Florida, 32459. You can phone in orders to go at (850) 231-2500 and view their entire menu online at [www.angelinas30a.com](http://www.angelinas30a.com). Hours of operation are Sunday through Thursday 11am – 9:00 pm, and Friday and Saturday 11 am – 9:30 pm.**



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# Deliciousness from the Hub

BY SARAH MURPHY ROBERTSON

Stopping at The HUB has quickly become a must-do when on 30-A. As The HUB enters their second season serving loyal locals and returning visitors, it is evident the variety of tasty eats and perfect outdoor atmosphere makes it one of the best central spots for groups to gather to enjoy a good meal and a good time. New Executive Chef Michael Schultz is proud to be at the helm of this impressive outfit and is looking forward to the exciting busy season ahead.

Chef Schultz started his career in the culinary field at a young age. By 14 he was already cooking at The Lobster House in Cape May, New Jersey. Before long he found himself training in the 5-star Le Bec Fin in Philadelphia. Eventually his work ethic and talent caught the eye of film director, M. Night Shyamalan, and Schultz was hired as his personal chef. He worked for the next eight years for Shyamalan while continuing his training at fine restaurants like Daniel and French Laundry. He then chose an adventure to Key West where he honed his coastal cuisine skills for six years before The HUB opportunity opened up. We are very lucky to have a chef with these kind of culinary “chops” creating food on 30-A.

Chef Schultz and his team offer food that is straight forward and delicious. For example, Red’s Chicken Shack takes the highest quality local seafood and chicken and lets it shine. They prepare their seafood rolls with a sauce made from a little mayonnaise, tangy citrus zest, and chopped fresh herbs of parsley, cilantro, and tarragon. This mixture perfectly complements the delicate flavors of your choice of wild-caught Gulf shrimp, Florida blue crab, or lobster. All three of their signature seafood rolls are served with golden French fries and a pickle spear. Can’t decide which to try? Order the Trio of Rolls and divvy them up with a friend!

At Red’s, the chicken tenders and fried chicken sandwich are made with all natural and certified organic chicken. The quality of this meat is evident upon first bite. Battered and fried to crispy crunchy perfection, this is some seriously yummy chicken. Luckily you can order a whole bucket to share because parents will likely find it hard not to sneak one from their kids!

And since family is what The HUB is all about, every kid’s meal is served in a beach bucket – ready for its next job holding sand, making castles, and memories! Chef Schultz is also quick to point out that The HUB staff is happy to accommodate special requests and dietary needs. “We always try to anticipate what our guests might need; offering gluten free pizza crust for example,” he explains.

Also, diners should expect to see new bites regularly added to the menus. The plan is for the offerings to evolve as The HUB grows. Product availability and seasonality



Shrimp and lobster rolls



Chef Michael Schultz



Hugh Mitchell



Guests by our fire pit

will always play a role as well. “When the Cobia is running we will offer it as our Fish Sandwich of the day,” Chef points out.

Chef Schultz carefully selects his purveyors - choosing only the best local and regional sources for the meat, dairy, produce and seafood he uses. The HUB is proud to only obtain food from groups employing organic and pesticide-free farming practices.

In a team of nearly 40, leadership is an important aspect of the job and Chef Schultz genuinely enjoys training and teaching his chefs. He himself was afforded amazing mentoring experiences, and helping new cooks as they come up through the ranks gives him personal satisfaction. It is an aspect of the job that benefits everyone – including The HUB’s guests!

Open daily starting at 11 am, The HUB has something for every palate and they pride themselves

on the thought that goes into each menu item. They are excited about their new picnic area featuring a wood fire pizza oven using locally harvested wood, and a Taco Food Truck. The tacos are made with the freshest, finest ingredients like scratch-made chorizo sausage. Every detail counts and finding this kind of finesse in fun, accessible food is a rarity. Frequent visits to the HUB are highly recommended!

***The HUB is located at 7000 East County Highway 30A. You can contact them at (877) 318-0808 or visit their website at [www.hub30a.com](http://www.hub30a.com). Be sure to follow them on Facebook, Instagram, and Twitter for all the latest on their many free live entertainment schedule and food and drink specials.***



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# Giovanni (Gio) Filippone of Vue on 30a

BY SUSAN BENTON

Executive Chef Giovanni (Gio) Filippone



Often, when selecting a restaurant with a view, getting a table to see it might be difficult. But at Vue on 30a everyone has the sought after backdrop of the Gulf to feast by, while experiencing the innovative menu offerings. But it's not just about the view. If you are seeking a sophisticated yet laid back atmosphere to dine, nibble on tapas while sipping a glass of wine, or thirsting for a craft cocktail at the bar after a busy day, then the Vue on 30a is also where you need to be.

Vue on 30a is the only restaurant on Florida's Scenic Highway 30A that has been voted as having the *Best Waterfront Dining* by Florida Travel + Life Magazine, and the *Best Place to Watch a Sunset* by the readers of Destin Magazine. Executive Chef Giovanni (Gio) Filippone is at the kitchen's helm conjuring up new flavors to savor.

Born in 1970 in Givet, France, Filippone immigrated with his family to Bayonne, New Jersey when he was just 10 years of age. The strongest memories of his youth were always around the family table and cooking together. "We never ate fast food and rarely ate out. My mother was my biggest inspiration, and since her passing, I can feel her presence and passion in my creations today," says Filippone.

Chef Gio Filippone attended the Culinary Institute of America in Hyde Park, New York and completed their

chef program in 1997. He worked in different restaurants, steakhouses, and hotels in New England and says, "When working in the hotels, I was surrounded by such talent each day, which pushed me to work hard and do my absolute best. The hotel industry helped me gain a great deal of experience, but also confirmed that cooking was always what I wanted to do."

An offer came to him to work in Destin, Florida, and Filippone says, "The atmosphere reminded me of being at home as a young kid, and cooking with my family. I was excited to focus on specialty dishes and get creative with all of the fresh seafood, meat, and produce available in the region at my fingertips!"

While working as an Executive Chef in Destin, Filippone auditioned for Fox Broadcasting's culinary reality show, *Hell's Kitchen*, hosted by famed chef Gordon Ramsay. He was asked to be a part of the Season 5 cast, which aired in January 2009. Filippone made it into the top six and says, "The audition was a quick decision, and though I hesitated, I realized it was actually the chance of a lifetime, a way to really challenge myself and the skills I have mastered."

Now, as the Executive Chef of Vue on 30a, Filippone has incorporated all of his experiences into a refreshed bill of fare that blends his twist of American northern, southern, and Italian cuisine with the greatest ingredients available in the area. Dishes like Pistachio Grouper, or the Whole Fish that is tempura battered and served with sweet Thai chili sauce and soy has been a big hit with

patrons. However, Filippone has created a new menu for the spring and says, "Each dish tells a story using what the eyes see and what the palate tastes." Look for the Grilled Lamb Porterhouse with sundried tomatoes in a chimichurri sauce, the Andouille Fried Oysters, and the Sautéed Lobster Tail in lemongrass curry coconut sauce to be making waves this season.

In 2013 Chef Gio was awarded "Best Chefs America", and Vue on 30a continues to be a "Most Booked" restaurant at OpenTable.com. With Chef Filippone at the forefront, it is easy to see why. On his days off you will more than likely find him enjoying time with his family and cooking up a meal of linguini and clam sauce, his personal favorite.

**Located at 4801 West County Highway 30A, Vue on 30a is the ideal environment to cater small gatherings or large wedding events. Hours of operation are lunch, Monday - Saturday from 11am-2:30pm; dinner daily from 5pm-9pm, Happy Hour daily from 3-6pm, and Sunday brunch 10am-2pm. For more information or to make a reservation, call (850) 267-2305.**

**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. Look for her cookbook to be released this year.**



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# Heureux, It's A Way Of Life

BY SUSAN BENTON

What do a cattle rancher and a plastic surgeon have in common? It's not a joke, but truly the love of good beef!

For the last 15 years, Doug Boatwright has raised cattle on his farm in Holmes County just north of Defuniak Springs, along with horses, pigs, and chickens. Boatwright, who holds a degree in cattle management from Mississippi State, says, "I had been on the quest for homegrown beef. My original vision was farm-to-my-table, until I saw that there was a need." His family was producing just enough for their household and for regional sales of half and whole cows.

At a social meeting a few years ago, Boatwright and Dr. Scott Ennis of Destin Plastic Surgery crossed paths, and began diving into a conversation about their mutual passion for eating clean. Ennis's vision for buying healthy beef for his family was in line with what Boatwright was already doing, so the unlikely pair decided to form a partnership. The goal was, and is, to make local high-quality beef available to all, but in convenient sizing for the home cook and small scale restaurants.

Boatwright, however, did not have a large enough herd. He says, "I reached out to other ranchers in nearby Walton and Holmes counties that produced low stress, pasture and grain fed meat like I do. They are my friends with good herds, practices, and I'm comfortable with them."

With that, a new business was born; but it needed a name. Dr. Ennis's daughter was studying French at the time and overheard the pair discussing their happy cows. She gave a plug for the name to be heureux, meaning happy, fortunate and good in English translation. The fit could not be more perfect.

Heureux cows are raised in small groups with access to pasture grass and are hand fed non-GMO locally grown vegetables, such as soy, corn and peanuts. Commodity



and by-product feeds are never used. The ranchers also do not use growth hormones, or unnecessary medicines. Boatwright is hands on, right down to the USDA certified humane processor, and says, "I need to be there for the animal and for quality control. I know what the customers and individuals are looking for. I often cut the steaks we sell."

Most of the steaks are 21-day dry aged, but patrons can custom order over 50-day dry aged. "We are the only ones dry aging our own beef in the South that I am aware of. This is not your wet aged, cryovaced beef found in the grocery store," explains Boatwright.

Both business partners agree that the beef is not as lean as grass fed and they prefer it that way, as they feel it has better flavor and tenderness. Obviously, many award-winning restaurants are in agreement too, as Seagar's; located in the Hilton Sandestin Beach Resort and Spa; Tim Creehan's Cuvee 30A, and all of the Florida gastropub locations of The Craft Bar, are just a few using Heureux beef.

With the popularity of the beef, and Boatwright's knowledge and history of raising hogs, pork is now available as well. When perusing the Heureux website, you will also find delicacy items such as oxtail and beef liver.

Heureux is selling their products direct to consumers at Destin Ice and Seafood in downtown Destin, and at the Grand Boulevard Farmer's Market at Grand Boulevard in South Walton on Saturday's from 9am to 1pm. When you buy direct from a farmer, you're engaging in a time-honored connection between eater and grower. Knowing farmers gives you insight into the seasons, the land, and your food.

Boatwright, proud of his business, chuckles and says, "Eat more Heureux! We are serving a quality, clean, local product, produced by our family for your family. It could not get any better!"

**For more information about Heureux, to purchase products online, or to make contact with a representative, visit [www.heureux.com](http://www.heureux.com).**





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# New Muscogee Nation Micro Farm Initiative Offers Local Students and Others Volunteer Opportunities

BY JULIE HERRON CARSON



Winston Churchill once said, “We make a living by what we get. We make a life by what we give.” Lettye Burgtorf, founder of Rosemary Beach’s Ohana Institute, wants her students to take Churchill’s words to heart, which is why the school stresses service to others, along with academics. Opened in 2010, Ohana Institute educates students from third to twelfth grade, offering an experiential education that combines both theoretical and real-world experiences. Students are exposed to academics, STEM, arts, music, culture, travel, and much more to help each one discover his or her talents and passions.

As part of that self-discovery, the Institute’s high school students are required to complete 25 hours of charitable work per year, but most donate many more hours of their time, and begin giving back at an early age. One of the non-profit organizations that benefits from the students’ efforts is the Rural Relief Program, a charitable outreach of the Muscogee Indian Nation in nearby Bruce, Florida. Over the past few years, the students have assisted members of the tribe with their food pantry, organized food donations, cleaned the pantry and distributed food.

Tenth-grader Haileigh Grinkmeyer has worked with the food pantry for several years, especially during the busy holiday seasons. “Helping in the food pantry has made me much more aware of the needs of others,” says Grinkmeyer. “I think it’s really important for kids my age to see how other people live and to get to know them.”

Now the Tribe is about to embark on an exciting



new project that will provide additional volunteer opportunities for many years to come. The Emerald Coast Chapter of Engineers Without Borders (EWB) recently announced The Muscogee Nation Micro Farm and Land Development Initiative. EWB and other community organizations will work together as volunteers to design and build a sustainable agriculture site on nine acres of currently unused tribal land adjacent to the Council House. When completed, the new site will include gardens for vegetables, herbs, and medicinal plants; a fruit orchard, greenhouse, a pond stocked with native fish, and a nature trail planted with native trees and shrubs.

Local Realtor® Jan Stevens, who along with her husband, Steve, is a strong supporter of both the Ohana Institute and the Rural Relief Program, says this new initiative will provide jobs, fresh food, and educational

opportunities for many area families.

“EWB is a national organization that undertakes engineering projects that empower communities to meet their basic human needs, including clean water, energy and agriculture. Working with the Muscogee tribe, the Emerald Coast Chapter members are completing the design phase of this project and will break ground later this year. Although the labor is donated, materials must be purchased, so we are very appreciative that the Walton County Board of Commissioners is supporting the project with grant money,” says Stevens.

Phase One will include several open-air Chikey huts built around a restored pond. Historically, the Muscogee and other Florida tribes used Chikey huts for cooking, sleeping, and eating. These new multi-purpose huts will serve as meeting and classroom space, among other uses.

Both Stevens and Burgtorf are excited about the expanded volunteer opportunities the micro farm will offer for Ohana Institute students. “I am sure we will find ways to broaden our involvement as the site matures. Early ideas include students serving as tour guides for visitors, assisting with harvesting, and preparing the fresh food for distribution through the food pantry,” says Burgtorf.

Stevens notes that by cultivating native plants, growing fresh food, and raising native fish, tribal members will be able to strengthen and teach time-honored skills of working with the land. She envisions cooking classes taught onsite in the future, as well as outdoor classroom learning opportunities for people of all ages.

“We want to instill in our students a strong desire to give back and to reach out to others throughout their lifetimes,” says Burgtorf. “The Ohana Institute has had the privilege of working with the Muscogee people for several years and we have become friends. Now our students, along with many others, will have the opportunity to work on this wonderful new project that will make the greater community even better.”

**Ohana Institute:** 82 South Barrett Square, Rosemary Beach, FL, 32461, (850) 231-1140, [www.ohanainstitute.org](http://www.ohanainstitute.org)

**Muscogee Indian Nation Rural Relief Program:** P.O. Box 3028, Bruce, FL, 32455, (850) 835-2078, [www.mnof.org/rural-relief-initiative/](http://www.mnof.org/rural-relief-initiative/)

**Engineers Without Borders, Emerald Coast Chapter,** [www.ewb-ecpc.org](http://www.ewb-ecpc.org)

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# Minimally Invasive Ways of Looking Better

BY DR. NITIN BAWA, MD



Dr. Nitin Bawa, MD

...before you go and consult a plastic surgeon that will probably want to do surgery, consider less invasive options.

Many people think that when they want to look better they should consult a plastic surgeon. However, plastic surgeons want to fill up their surgery schedule and are more interested in performing operations. Instead of surgery, there are many minimally invasive ways of looking better that have fewer risks of side effects.

Many people do chemical peels to improve the quality of skin. However, people can often have an allergic reaction to some of these chemicals. These chemicals often give off vapors that people breathe for a long period of time and these might not be very good for us in the long run. Lasers, on the other hand, can do a better job of peeling the skin. Pearl is a laser that kills off a small layer of cells on the outer surface of the skin, allowing better, healthier, tighter skin to come to the surface. This laser peel is a lot safer, less painful and more effective than chemical peels.

There are some lasers that are so gentle there is no downtime or peeling skin. Laser Genesis is a laser treatment that has been shown in clinical studies to shrink the size of pores and make skin look better without causing any downtime. There is only a gentle sensation of heat and minimal redness on the skin that only lasts about an hour.

Lasers also able to remove sunspots, which are a common problem in Florida. Limelight is a second- generation IPL (Intense Pulse Light) treatment that does not cause any peeling skin or downtime but can remove sunspots. The dark spots turn darker and flake off within a couple of weeks.

Tightening skin is another function that lasers can do very well. We use a laser called Pearl

Fractional that pokes holes in the skin and allows better, tighter skin to come to the surface.

There is also a new machine called infini that uses tiny needles that penetrate under the skin and build radiofrequency heat under the skin. This helps to tighten the skin without causing as much peeling skin and down time as some other lasers.

Many people use different creams that promise to remove lines and make skin look younger. Unfortunately, these creams rarely make much of a difference. Fillers, on the other hand, help to fill in lines and make a huge difference immediately. Most fillers are made of hyaluronic acid which is collagen and this not only helps to fill in areas that have lost collagen but also help to stimulate one's own collagen. Combining fillers and Botox makes the biggest difference in terms of reducing lines and wrinkles.

For people who have excessive fat under the chin, there is a new treatment called Kybella that is injected under the skin and helps to kill fat cells. For getting rid of fat in the belly area, coolsculpting is a non-invasive way to kill fat cells, instead of a tummy tuck.

So, before you go and consult a plastic surgeon that will probably want to do surgery, consider less invasive options. There are many laser treatments, procedures, and injectable medications that can help people look better. We spend much more time helping patients with these non-invasive options than plastic surgeons do and in many cases get much better results.

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





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# How to treat ADD/ADHD naturally!

BY DR. BART M. PRECOURT

**A**s a Holistic Doctor, I am often asked by patients if there are natural and healthy ways for treating health conditions. My response always starts with helping patients understand that the “natural” way is to support the systems, organs, and glands of the human body. The focus needs to be helping the body heal the cause of dysfunction, rather than just masking the symptoms.

If you're reading this article, you probably either know someone who has been diagnosed with Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) or you are personally dealing with the symptoms of ADD/ADHD.

## COMMON SYMPTOMS INCLUDE:

1. Forgetfulness
2. Hyperactivity
3. Inability to focus or finish tasks
4. Impulsive behaviors

It is common that if you or your child experiences any of the above symptoms, you or your child would be diagnosed with ADD/ADHD. The typical treatment protocol is the prescription of an amphetamine or other stimulant drug, e.g., Ritalin, Adderall, Vyvanse, or Concerta. These drugs are hard on the body and are associated with short-term and long-term side effects, including insomnia, convulsions, and permanent cardiovascular damage.

Without getting too technical in this short article, people with ADD/ADHD are stuck in a sympathetic dominant state of the autonomic nervous system. This is similar to a fight or flight state. Our goal in treating ADD/ADHD is to support the opposite: the para-sympathetic state of the nervous system. This is what allows the body to be calm, to rest, digest, and rationalize. To enhance the healthy functioning of the nervous system, we must feed the brain! Just like our muscles require very specific nutrients (protein), our brains need specific nutrients as well.

It is important to understand that people with ADD/ADHD do not choose to act inappropriately. Children with ADD/ADHD are NOT a product of poor parenting or lack of discipline. In fact, they don't want to misbehave, they just don't have the tools internally to handle what their body is experiencing. Most often, these children are amazingly kind hearted, intelligent, and wonderful little beings. They need our help as parents, friends, and neighbors to show some patience and understanding rather than judgment and discontent.

Fortunately, I've had some great clinical results with lifestyle modifications and natural remedies for ADD/ADHD patients and parents of children with ADD/ADHD. I know from clinical and personal experience that it takes consistency, commitment, and patience! I also know that attempting huge, sweeping changes is not the most successful course of action. The recommendations that follow are simple to apply. Nutritional changes will be of utmost importance, yet will be the hardest to make with children that already have imbalances.

## DIETARY AND LIFESTYLE MODIFICATIONS:

### 1. REDUCE SUGAR AND REFINED CARBOHYDRATES

Sugars and refined carbohydrates are usually the foods of choice for someone who is sympathetic dominant, but these fuel the problem!

### 2. INCREASE GOOD FATS: AVOCADO, COCONUT OIL, RAW NUTS, EGGS

Your brain is made up of almost 50% fat and it needs healthy fats to function properly.

### 3. EXERCISE DAILY

Exercising daily and creating a physically tired body reduces the feeling of restlessness. This is especially important in diminishing the resistance that children have when it comes to behaving properly. This will help them in school and at home. In reality, children were not designed to sit in a classroom for 8 hours a day without multiple recesses; that's a discussion for a different time.

### 4. QUIET TIME

Quiet time is just what it sounds like. This needs to be practiced! Even if it's just 5 minutes a day!

The following nutritional support is where I usually see people have the best results. These are the ones that I recommend and provide at our office:

Dr. Bart M. Precourt



## KEY SUPPLEMENTAL SUPPORT:

### 1. FISH OILS: 1000MG DAILY

Cod Liver Oil is my preferred choice for fish oils. This is probably the most notable and quickest way to support brain function. Fish oils are a source of essential fatty acids, which are used to reduce inflammation and support brain function. In my clinical experience it is an absolute must for people diagnosed with ADD/ADHD.

### 2. MINERALS

For minerals I suggest a broad base mineral product that is a whole food source. Minerals are the fuel for the parasympathetic nervous system.

### 3. RIBONUCLEIC ACID (RNA)

RNA is brain food! Great for anyone who is forgetful or use PDA devices regularly.

If you have any questions regarding specific supplement sources or dosages, contact our studio or email me directly at [info@balance30a.com](mailto:info@balance30a.com)

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



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Chris Ogle is a local financial advisor with  
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# What's RUN/SUP?

BY SARAH MURPHY ROBERTSON



WaterColor trail running



Flanked by the picturesque South Walton icon Western Lake, the Boathouse Paddle Club at the Award-winning WaterColor Resort has expertly harnessed the quickly-growing popularity of standup paddle boarding (SUP). They do this through offering rentals and lessons, but also through innovative fitness programming. Their approach makes exercise accessible, adventurous, and most importantly, fun.

RUN/SUP Founder Tom Losee is a local name synonymous with paddle boarding, but the fact is he's also a lifelong runner. Combining these two passions only made sense and over the last few seasons he has grown his vision into a team of professionals devoted to adventure exercising. The RUN/SUP model has evolved into a lifestyle brand with an activity "fit" for everyone.

Tom explains, "Our aim is to combine two of the best activities of this area – trail running and paddle boarding into a great, full-body workout." They do this in a number of ways, with the common denominators always being fresh air, incredible views, and a health-conscious focus. No matter your age or ability, you need to explore the Boathouse Paddle Club and see for yourself what RUN/SUP is doing.

Running is the best way to raise your heart rate and paddling targets core muscle groups, so a RUN/SUP workout truly exerts the whole body. Their RUN/SUP class is an energetic workout combining standup paddling, trail running, and on board exercises. Taught interval style, it is open to all ages and levels.

Another distinct fitness option is RUN/SUP's Speedwork for Runners. The focus of this experience is sprinting and repetitions to get runners in prime cardio shape. If you are looking for a hardcore workout, TRX Functional Training uses TRX Suspension as well as kettlebells, medicine balls, and bands to tone and strengthen. Another challenging class is the RUN/SUP Paddle Circuit. This is a combination of on board exercises and paddle boarding intervals.

In addition to the range of classes they provide, the RUN/SUP team is an experienced, well-oiled machine committed to ongoing fitness education and training. Their Creative Director and Brand Manager, Joe Godbee, recently received his RRCA Coaching Certification. This widely recognized course emphasizes successful coaching methods for all ability levels. And Program Director Dru Sandy is a Certified TRX Instructor and Personal Trainer

as well. Taking form, technique, and whole-body wellness seriously is a key element to the RUN/SUP model.

And they aren't done yet! RUN/SUP has introduced a way to give visitors the experience of living the lifestyle of an active local. Their RUN/SUP Retreats let folks experience a variety of fitness activities, with the Boathouse and award-winning WaterColor Resort being home base. Retreat guests will have the opportunity to try a RUN/SUP class as well as SUP yoga, high-intensity interval training, and TRX workouts.

The certified team will be there every wobble of the way to provide guidance and instruction. And because this is a retreat, after all, the weekend includes plenty of time for relaxation. (Nap while listening to the surf anyone?) RUN/SUP provides all the equipment, from boards to yoga mats. Guests only need to bring their clothing, personal items, and an adventurous spirit!

The RUN/SUP team knows that 30-A is all about being family-friendly, so many of their activities are also perfect for kids. They have Eco-tours, Paddle Clinics, and Kids programming. Come visit their retail store for t-shirts, apparel, gifts, drinks and gourmet popsicles!

This year RUN/SUP will also introduce an 8-week summer race series. It will take place on Friday mornings, allowing weekly visitors ample time to register. Be sure to follow them on Instagram or Facebook to learn more about dates and how to sign up. This race will be a leaderboard format so visitors from all over can "compete" with the times of past participants! Also, stay tuned this fall for the second annual South Walton Run/SUP Race. This 4-mile circuit through Grayton Beach State Park and Western Lake offers three divisions, from Youth to Elite. The RUN/SUP motto is: Let your workout take you somewhere. Stop by the Boathouse to find out for yourself what that means. And be sure to wear your exercise gear – I have a feeling you'll be on board in no time flat.

**Open Daily from 9 am to 5pm, The Boathouse Paddle Club is located in the WaterColor Resort at 250 Watercolor Blvd, Santa Rosa Beach, FL 32459. For more information on rentals, lessons, or classes, call them at (850) 419-6188 or visit their website at [www.runsup.com](http://www.runsup.com). Follow them on Facebook at Facebook.com/RUNSUP30A for details on their retreats and races too.**



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# Mark Boomershine

BY JESSICA HOLTHAUS BADOUR



*Will Rogers Umbrellas, 2016, acrylic and diamond dust on canvas, 60×60 inch*

When you think of the word icon, it's easy to conjure up mental images of musicians like Mick Jagger and Jerry Garcia; movie characters such as Wonder Woman, Tonto, and James Bond; and stars like Marilyn Monroe, Steve McQueen, and Clint Eastwood.

To artist Mark Boomershine, they are "The People I Grew Up To With."

Such was the way he broke into the art world with his first exhibit in 2009, featuring iconic portraits. But if you'd asked him what he was going to be when he grew up, he wouldn't have said 'artist', he would've told you he was following in the footsteps of his family business (automotive dealerships), which his grandfather started in 1929.

"I sold my first car at 15 and that was all I ever knew; I was going to carry on the business after my father," he explains. "But you never know what life will have in store for you. In 1999, after 70 years, my family exited the business."

After studying Business Management and Fine Art, the opportunity to reinvent took hold. He started and owned Off Road, a tourism business in North Carolina; then moved on to invent, patent, and license an off road automotive safety product (even creating an infomercial). But in the back of all the business, he says there was always an artist screaming to come out.



*Nice, France, 2014, acrylic on canvas, 36×46 inch*

"My wife finally told me, 'I think you should try the art world,'" he says. "I couldn't get over the fact that I loved creating art, but when it came to my livelihood – doing it for a commissioned work – I always got stuck. So then I just started painting."

The resulting 25 portraits of icons from his childhood in the 1970s

includes the Tanto piece, inspired by watching *The Lone Ranger* as a boy. That painting is now part of a permanent contemporary western art exhibit at the Booth Western Art Museum in Cartersville, Ga. (a Smithsonian affiliate).

"It's interesting. I've always been drawn to faces; chest up, with a real focus on the facial features. Today, I continue to do those types of faces – strong faces that draw you in," he explains, describing his technique of painting as the "economy of gestures", tricking the eye into thinking one brushstroke is really 10 strokes.

"I go for larger broader strokes that are symbolic of more strokes, in that they almost look like an abstract from far away," he says. "I squint my eyes a lot when I paint; I think I'm giving myself crow's feet by squinting to look at the brushstrokes generally versus specifically."

While his portfolio today includes a heavy representation of portraiture works, there are race-inspired "Transportation" paintings, and his current exhibition, S.K.A.L. (Spherical Kaleidoscopic Abstract Landscapes), which was inspired by his new life on the West Coast.



*Mark Boomershine*

He and his wife, Cinda – Atlantan high school sweethearts – always talked about moving west and took the jump last summer. Mark's next show is slated for this fall as his debut in Los Angeles.

"The S.K.A.L. and beach scenes are inspired by being here in the SoCal lifestyle," he says. "I do so many icons and faces that are very specific; I wanted to add some more neutral images that are easier to work with in an interior space...I've also got some

pieces in an upcoming install for a new Douglas Elliman real estate office on the West Coast, which just opened in Beverly Hills."

Boomershine first started through word of mouth and quickly grew to become renowned in the art world. Today, he is frequently commissioned by people he's never met and clientele from galleries he works with (primarily in New York and along the East Coast). Shows later this year will increase his presence on the West Coast. From there,

international possibilities are on the horizon; Boomershine and *Thirty-A Review* Publisher Miles Neiman are looking at how he can take his art to Europe (Italy, perhaps) and hopefully St. Barts.

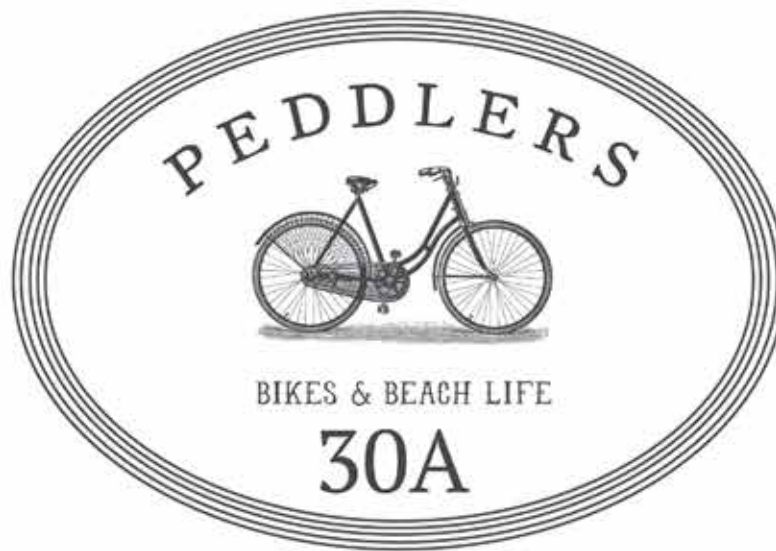
Want a Boomershine original for your own walls? Consider a portrait you'd like to capture forever, and send him a photograph. With today's technology, he can enhance a photo enough to create a real-life composition.

"A lot of the portraits I create are works off of a photograph taken originally as a selfie on a smartphone –

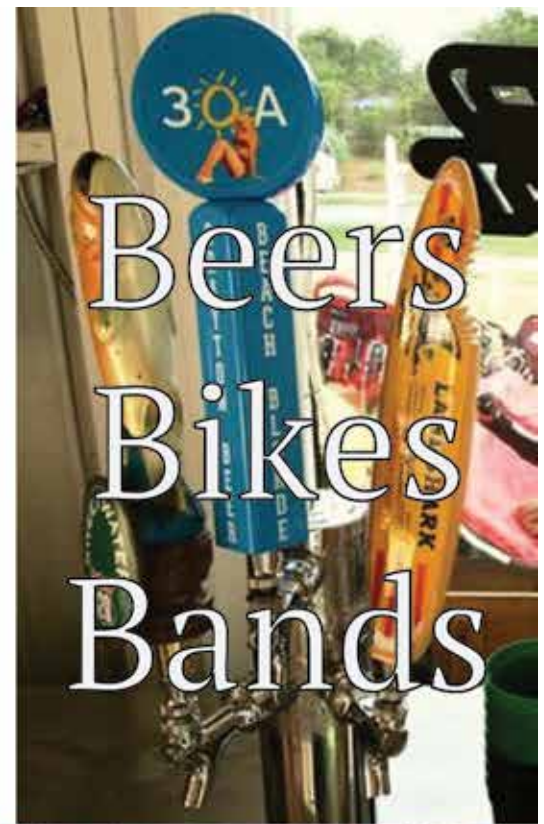
which is even cooler than hiring a photographer to take the 'perfect shot,'" he says. "We're inundated by photos today; I have thousands of pictures of my kids, whereas we just had Polaroids growing up. You can take one special image and I'll create a piece [of art] that's always going to be with you."

**Anyone can submit a photograph anytime (see the "Contact" page on his website). Learn more about Boomershine online, including a list of past and upcoming exhibit shows, at [www.markboomershine.com](http://www.markboomershine.com), and find him on Facebook and Instagram.**





Seacrest  
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# Ann Hartley Alys Beach

BY LIESEL SCHMIDT



Though the last name Hartley might be most readily associated with fine dining along the corridors of 30-A, there's more on the menu for Ann Hartley than just the well-crafted plate; and she's literally ready to talk shop. Having been in business with her husband, George, since they arrived on the beaches of South Walton in 1997, the former Dallas native has built strong relationships in the community, becoming a welcoming face for residents and visitors beyond the decades that the couple has owned and operated a succession of thriving restaurants.



Ann Hartley

With each of those restaurants, the same theme has run deep at the heart: service. It's a mindset that both she and George have driven deep in their staff: a dedication that has resulted in each of their venture's long-standing success; and one that Ann will continue in her latest undertaking, Ann Hartley Alys Beach. Much like the store she once owned in Dallas, Ann Hartley Alys Beach is a little shop of unique treasures, offering customers a range of hand-curated pieces of women's clothing and home accessories collected from all over the world.

The name itself is a reflection of Ann's truly devoted spirit and her desire to say hello and welcome people through her doors, even if it's just for a wave and a smile. "In every business we've ever owned, we've really worked there and been in our businesses, and I've made such great friends because of that," Ann explains. "I wanted everyone to see the name of the shop and know right away who owned it, so that people would come in to say hi," she says, her voice warming with a smile. "Over these years of owning businesses here on 30-A, we've been given the chance to form real relationships and love on people and be their friend, and I want to continue that here at the store."

Welcoming shoppers from far and wide, Ann's selection of clothing pieces are well-suited for the casual coastal lifestyle: interweaving foundational wardrobe pieces with great splashes of color in accessories and accent items to build a truly unique look that allows for individual style. "I want my ladies to be able to dress beautifully and comfortably, in fun and special pieces that they don't see every time they turn the corner," Ann says. "I hand pick the clothing in my store because I want this to be a place that has great things that people really love."

Continuing in that vein, every item on display in the 560 square-foot shop is an echo of Ann's love of the fun and extraordinary. She selects nothing from a pre-prescribed catalogue of corporate picks. Instead she chooses to wander the world on buying trips, sourcing all manner of women's accessories, art, home accents, artifacts, and antiques from exotic locations and across America to find special pieces from the cottage industry artisans carefully crafting their own dreams. "I love promoting people like that: small artisans who have really great things that you can't find in every store. Everything I have is really, really special and makes a statement. That's what this shop is about, making a statement both



in your clothing and in your home; and I don't think you have to spend a crazy amount of money to do that." Respective of that ideology, the price points at Ann Hartley Alys Beach run the gambit, offering something for every buyer who walks through her doors.

Having opened in March, 2016 Ann's tiny storefront might be a new kid on the block at Alys Beach, but she's truly excited for her future here. "My favorite thing about owning a store is making new friends and forming relationships with people... That's really always been one of the greatest joys in my life. Both George and I have always felt like we were meant to be serving

others with our businesses, and it makes us feel good to do that. We believe that whenever people come into one of our businesses, they're honoring us with that choice. They chose to dine with or shop with us, so we owe them a wonderful experience in return," she continues. "You never know what's going on in someone's life, so we just try to lift people up and give them joy. George tells me everyday, 'We live a charmed life, and if it ends tomorrow, we can say that it's been wonderful and a great ride.'"

It's a beautiful way to look at things, a realization of what matters in the midst of it all. A recognition that every life is special and worthy of being made to feel that way; and whenever the doors swing open at Ann Hartley Alys Beach, that's one thing that's sure to be found—even if you never spend a cent.

**Ann Hartley Alys Beach is located 11 Castle Harbour Drive, Alys Beach, FL, 32461. Open Monday- Saturday 11:00 a.m.- 7:00 p.m. For more information, call (850) 909-0235.**





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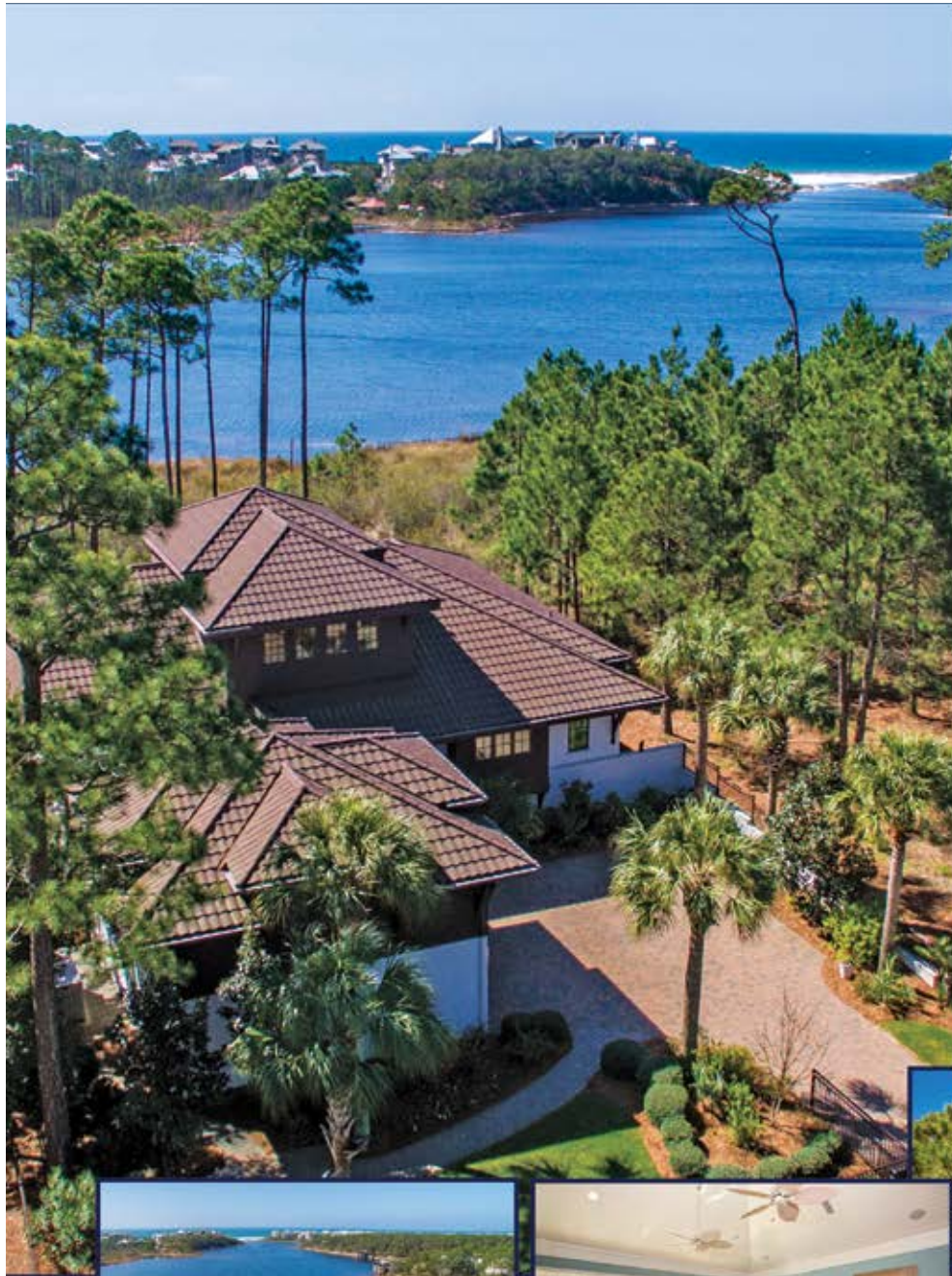
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Gorgeous landscaping surrounds the home, including an arbor on the walkway to the dock on Draper Lake, which includes water and electricity. This beautiful property has been maintained with exceptional care - a very special residence for a discerning family that wants to enjoy the relaxed 30A lifestyle without compromising privacy, quality, or space!



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## Fully Furnished Residence in Alys Beach on 30a

This exquisite residence is designed to enhance your together times, while providing luxurious personal space to retreat. The spacious foyer leads into the large open living/dining room and modern, gourmet kitchen. Step outside to a fabulous enclosed patio with outdoor kitchen, fully lined glass salt water pool, custom wall fountain, and poolside fireplace. The home is equipped with mobile-controlled technology and decorated by a renowned local designer. Just steps from Caliza Pool, the residence is a short walk or golf cart ride to the gorgeous sugar-white sand of the Emerald Coast.



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# Three Tips for Finalizing Your Spouse's Finances

BY CHRIS OGLE

**T**he death of a husband or wife can be an overwhelming experience, compounded by the financial matters you need to consider during this emotional time. Here are three tips to help you through the process.

## SEEK HELP FROM TRUSTED SOURCES

Locating and understanding will and trust documents confirming who has authority over the estate should be a top priority following the death of a family member. So is commemorating their life. Ask your closest friends or relatives to help you research arrangements for the funeral and interment ceremony to help ease your stress.

You should also consult with your attorney, tax advisor, and Financial Advisor to discuss the documents, deadlines, and procedures necessary to finalize your spouse's financial matters.

## GATHER IMPORTANT DOCUMENTS

Even if you're not in charge of your spouse's estate, you'll probably have a role in helping the executor designated to settle your loved one's finances gather important personal documents (such as prenuptial and child support agreements). Your loved one's most recent tax return can help you identify brokerage, dividend-yielding stocks, properties, or other assets your spouse held. Additionally, we suggest you do the following:

- **Order 10 to 20 death certificates.** The funeral home can help you obtain the copies you'll need to file for insurance and benefits claims, transferring assets, and closing bank and credit card accounts.
- **Locate your spouse's will, if there is one.** The will names a personal representative, or executor, which can be an individual (such as family member or friend) or an institution (a bank, for example). The personal representative is responsible for either filing the will in probate court or having an attorney do it, if the state requires.
- **Apply for a taxpayer ID number.** To avoid a potential IRS fine, the personal representative should apply for a taxpayer ID number for the estate using IRS Form

SS-4. The number should be used on tax returns, bank and brokerage statements, and other documents filed concerning the estate.

- **Notify Social Security if your spouse was receiving benefits.** If you don't stop benefit payments, you could face a difficult repayment process.
- **Deal with any retirement benefits and insurance policies.** Contact your spouse's current or former employers for information on life insurance policies, health insurance coverage, union death benefits, and pension plan and retirement plan benefits.

## PRIORITIZE ACCOUNTS REQUIRING IMMEDIATE ATTENTION

Take direct action or work with the executor of the estate to help ensure the proper handling of brokerage and other financial accounts. Additionally, it is important to monitor the deceased's deposit and credit card accounts — in particular, look for automatic charges that you will need to stop. The executor can guide you in determining which financial obligations take priority.

\*\*\*\*\*

*Wells Fargo Advisors does not provide legal or tax advice. Any estate plan should be reviewed by an attorney who specializes in estate planning and is licensed to practice law in your state.*

*This article was written by/for Wells Fargo Advisors and provided courtesy of Chris J. Ogle, Senior Vice President-Investment Officer in Destin, FL. He can be reached at 850-837-5366, [chris.ogle@wfsadvisors.com](mailto:chris.ogle@wfsadvisors.com), or found in the emerald waters somewhere off 30A.*

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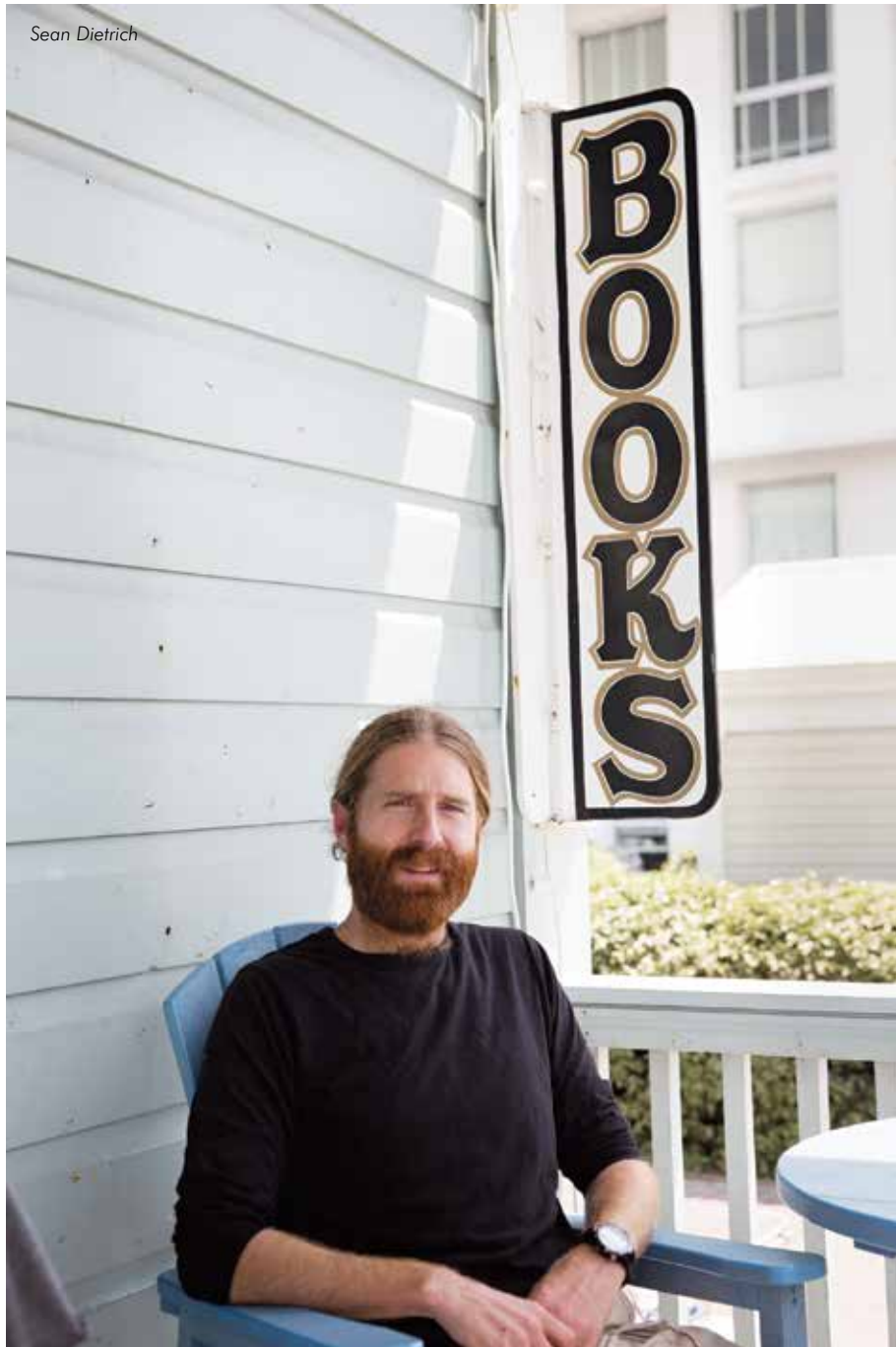


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# Little Fellas

BY SEAN DIETRICH



The last thing you want to read about is a gas station. I know that. So, instead I'll tell you about an old man who once owned one. I'll call him Mister Peters, though that's not his name.

Peters was the sponsor of our Little League team, and no matter how old you get, you don't forget things like that. Our T-shirts and caps bore his name.

Peters and his wife were salt-of-the-earth people. Their shop was out in the sticks, off the highway. The gas pumps were the original kind, with the spinning numbers.

Whenever you wheeled into his station, one of Peter's boys would wander out, usually covered in grease. He'd fill up your car then wipe your windshield with a squeegee. You'd paid cash and let him keep the change.

Peters's place was only miles from my home. Often we'd hike to it, through the woods. Past the creek; where we caught crawfish. Past the clearing; where the wild strawberries grew.

It was Peters who once let us boys buy a package of Red Man chew, on the condition we took a chaw right there, in front of him. Which everyone was afraid to do, except Kevin — who got as sick as a dog. We had to drag him home.

Lesson learned.

Over time, regulations made it too difficult for little stations to stay in business. At least, that's what Peters said while he wiped my windshield.

"It's big businesses," he said. "They're shutting us little fellas down. Pretty soon, you won't see side-of-the-road stations like this anymore. I'm sick about it. I've sank my life into this place. But they're going to have to take it from me. I'm gonna hang on until my fingernails quit growing."

Last time I saw it, Peters's station had plywood over the windows. There were no tire-stacks out front, no drums of oil. The tall sign had been taken down.

Listen, I'm no dummy. I know our world is only going to keep getting bigger. But I don't have to like it. Each year, there are more Walmarts, Best Buys, and Taco Bells; fewer general stores and no-name burger joints.

But I still have my Little League ball cap. And I'm going to keep it.

Until my fingernails quit growing.

*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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# The 30-A Real Estate Market Shows Upward Price Trends

BY ERIN ODEN

Pricing trends along the 30-A corridor have experienced a strong three-year uptick. Taking a closer look at the history of price trends from the peak of our market to today will provide greater insight.

Average sales price of all Scenic 30-A closed residences in 2015 was \$875K, up an impressive 10% over 2014, and a notable 38% three year increase. Looking back at 30-A's yearly average sales prices, this is the highest average sales price we have seen since 2007.

30-A's most popular planned communities show similar positive price movements.

Pricing for the community of Rosemary is trending similarly, with the average sale price of closed homes and condos for the 2015 at \$1.7 million, up 9% over 2014 and up 41% over three years.

Watersound Beach pricing continues to strengthen, with an average sale price of \$1.9 million for all closed homes and condos for 2015, up 5% over last year, and 38% over three years. This was the peak highest year for the community. As this young community continues building out, we anticipate healthy appreciation to continue.

The well-established community of WaterColor remains in high demand. WaterColor home and condo sales for the first half delivered an average sale price of \$1.5 million, up a nice 21% over 2014, up 35% over three years, and 48% over four years. Pricing is back just above 2007 for WaterColor homes and condos. While WaterColor boasts a high level of coastal lifestyle amenities, lending to the ideal family beach experience and attracting affluent purchasers and vacationers, it also offers greater affordability of all of the planned communities.

30-A gulf-front home sales continue to rise. The average sales price for 2015 was \$1.6 million, up 10% over last year, and an impressive 63% three-year appreciation.

We expect the gulf-front market to remain healthy and in strong demand, with inventory becoming scarce.

While the future of the real estate market is certainly unpredictable, knowing where the market is today and where it has been provides an advantage in assessing our real estate opportunities. We anticipate the 30-A market pricing will continue to strengthen in the coming seasons.

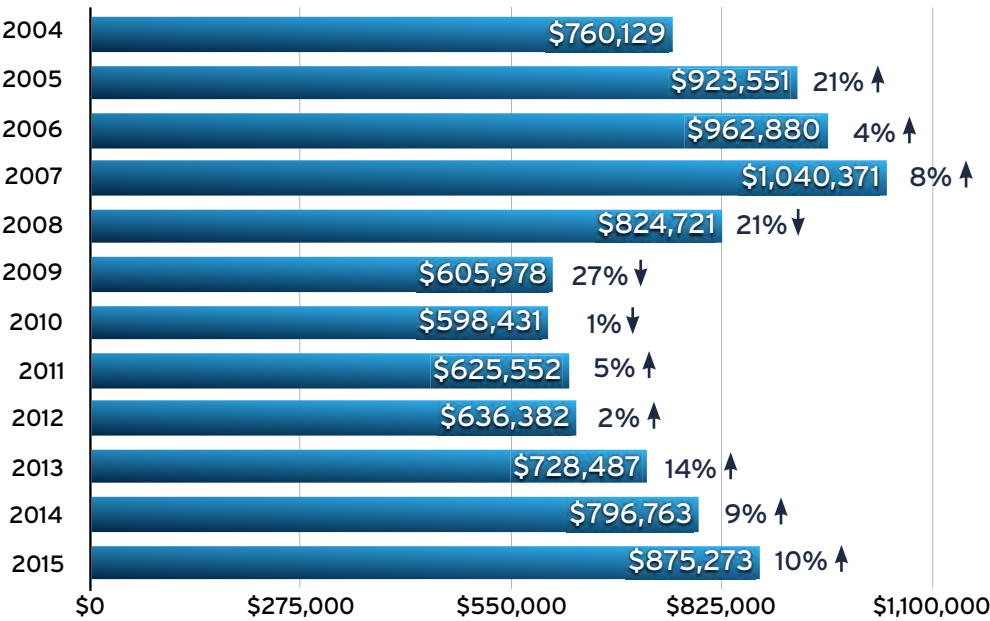


*Erin Oden is the principal broker and owner of Coastal Luxury, maintaining a strong emphasis on intimate market knowledge and expertise in the luxury and gulf-front market. Erin can be reached at 850.502.1220 or [erin@coastalluxury.com](mailto:erin@coastalluxury.com). Or, stop by Coastal*

*Luxury, located directly on 30A, the first office east of Alys Beach. Search all available properties at [coastalluxury.com/SEARCH](http://coastalluxury.com/SEARCH)*

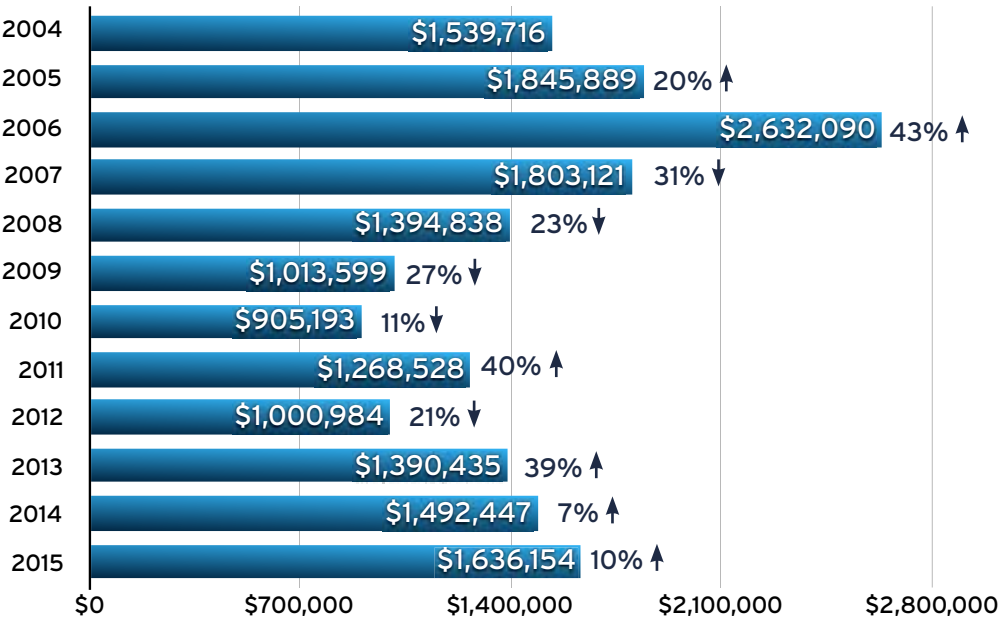
## A REVIEW OF 30A PRICE TRENDS FOR 30A CORRIDOR

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



## A REVIEW OF 30A PRICE TRENDS FOR 30A GULF-FRONT

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







Introducing the most exciting new real estate development in South Walton's 30-A corridor. The Village at Grayton Beach is a 47-home community perfectly situated on CR-283 in Grayton Beach's quiet north side between Scenic Route 30-A and Highway 98, just steps from the beautiful white-sand beaches, rare coastal dune lakes, and unique local hot spots such as The

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The Heron is an eight residence enclave at Inlet Beach, the eastern-most beach community on Scenic 30-A and known for its impressive beach access—the largest in South Walton. BetterBuilt's six homes in this intimate community near Rosemary Beach are situated between the Gulf and Lake Powell—largest of the rare coastal dune lakes—and provide for the ideal

combination of beach and lake activities. Inlet beach's laid-back vibe attracts locals and visitors alike. BetterBuilt's sophisticated interpretation of the traditional coastal cottage is the perfect compliment to this charming beach neighborhood. **Starting in the \$800's**



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# 850 Properties

BY LIESEL SCHMIDT



850 Properties Team

We put 100 percent of ourselves into each client and that's one thing that sets us apart.

Having already had years of sales experience under his belt when he moved to the 30-A area, it seemed only natural for former Texas native Allen Adams to set up shop along the sandy shores of the beautiful beaches that had so easily drawn him in. As an avid sports fisherman, Adams has an innate ability to sense the right moment for closing the deal; and it serves him well in his role as an agent. It comes from his angler's mindset, that unspoken art of negotiation between fish and man that brings patience into play as he waits to set the hook and bring it all in. His skill is undeniable, as is evidenced by his sales numbers; but increasing those numbers isn't the ultimate goal for Adams—the ultimate goal is client satisfaction. That is his true hook, and it's one that has proven successful time and time again as he built his team at 850 Properties.

With only a handful of agents, the company might seem like a little fish in the midst of a great big pond of even bigger fishes; but these agents have proven that it doesn't take a big team to get big results. In fact, its relatively small size has been one of the things that kept this boutique brokerage so in focus since Adams first opened it in 2013. Each team member is chosen for their unique skillset, their personal commitment, and their expertise. They take pride in their work and offer

personalized care, building a close relationship with their clients to meet their individual goals and truly satisfy their needs. "This is our full time passion, not just a job," says Adams. "We put 100 percent of ourselves into each client and that's one thing that sets us apart."

In 2014, Adams brought his long-time friend Patrick McCarthy on board as a co-owner and in-house legal counsel. To have such a resource was undeniably advantageous, as McCarthy's command of real estate law can offer 850 Properties clients something that not all brokerage firms provide. "Each client is different and each transaction is different; and each presents unique obstacles and opportunities. We strive to provide the highest level of client representation to help each one make the right choices, avoid problems, and achieve their desired results," McCarthy says.

Those results have certainly been achieved, as evidenced by the company's steady growth over the past three years. With the opening of offices at Henderson Beach Resort and three locations along 30-A, the newest of which is based at The Hub, the team will be more readily able to accommodate their increased presence throughout the area and reach a wider clientele. They also welcome a new broker associate to their Hub office: Debbie James, whose own approach to real estate perfectly

mirrors those inherent at 850 Properties. "When Allen and Patrick shared their ambitions for the growth of 850 Properties—not to be the largest brokerage firm, but to be the best—I knew we shared the same common goals and visions," James explains.

"I've had a working relationship with Debbie for over ten years and I've always admired her negotiation skills," says Adams. "She's tough but fair, and very professional, and she's a great addition to our team." With her years of experience in real estate, she complements her new team not only in expertise and personal dedication, but also in her core principles. "This is a company built on integrity and values; and we believe our success isn't just about the number of deals we do, but about the people and the relationships we build," she says.

For James, those relationships are one of the greatest factors for her passion, one of the most fulfilling and rewarding parts of her job. "I love meeting new people and developing lasting relationships with them—not only as a client, but as a friend," she says. "I love showing properties to my buyers and finding the *right* property for them." She speaks from experience, having found that *right* property herself when she and her husband decided to make their dreams of a life at the beach a reality in 2004. "They trust me to be honest and upfront with them, and I feel that I honor that when I'm working with them to find them a home."

As the future of Destin and 30-A unfolds, it brings with it new horizons and new opportunities. With those new opportunities, 850 Properties welcomes changes of its own, growing to meet the needs of those who dream of life in paradise and welcoming them home.

**For more information on 850 Properties, visit [www.850properties.com](http://www.850properties.com) or call (850) 231-2583.**





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# Preparing Your Home for a Fast and Financially Rewarding Sale

BY ROB WEIL

**Y**ou are ready to sell your beach house. This will be an exciting decision. Whether your family is ready to “move on” or “move up”, there are a number of things you can do prior to putting your home on the market that will improve your selling experience and give buyers a view of your home they will value more. Consider these simple tips to help you sell faster and get a better price.

## 1. TIDY UP AND GET “GENERIC”

We all get used to our houses over time. Before rushing to list your home, put on your “buyer’s hat” and think about what people will see when they visit. Buyers considering your property for purchase are likely viewing your home along with a number of others. In that sense, it is a little bit like speed dating. Think of all the things that made you fall in love with your home, and try to reproduce that feeling for a buyer. Make it new for them.

Clutter is your worst enemy. If you have any extra clothing hanging in closets, superfluous pantry food, old beach toys, etc., it’s time for them to go into storage, to charity, or the waste bin. This rule also applies to family photographs, garden chimes, keepsakes, and older household items. If it gets in the way of buyers envisioning themselves owning your property, it is getting in the way of you selling that property.

## 2. MINOR UPGRADES THAT MAKE A DIFFERENCE

The age and condition of your home’s fixtures can be bellwether in a buyer’s eyes. Are your bathroom faucets calcified? Do your lighting fixtures scream “Made in 2003”? Now is a great time to do some “faux renovations”.

There are a handful of plumbing supply stores and lighting galleries in the area. It has never been easier to find the look you want online. And by investing as little as a few hundred dollars in your home, you can potentially get that quick sale both you and your agent want.

Be sure to involve your plumber and electrician prior to purchasing anything, as not all fixtures have universal mounts. If you are working with a decorator, they can guide you with today’s popular choices.



Rob Weil

## 3. REPAINT OR REPENT

Now is a good time to make an assessment of the condition of your home’s paint. Paint is not permanent, especially in a salt air environment with intense sunlight. Whether it is a whole house exterior project or just touching up scuffmarks in a stairwell, this cosmetic improvement will come back to you in spades.

Consider going with a neutral scheme inside your home. If you are lucky enough to have an older house or condo with a lot of “beach character”, it is likely that some of the bolder colors and motifs will not translate well with today’s buyers. Consult a decorator or browse lifestyle magazines to find a good palate for your home before it begins to be shown.

## 4. DON’T GET KICKED TO THE CURB

The best way to avoid the dreaded “drive by showing” is to spruce up the front yard. The good news here at the beach is that many communities only allow low-maintenance and drought-resistant plants. So, your yard

may be in relatively good shape. Never underestimate, though, what a fresh layer of pine straw and a little pruning can do in terms of getting buyers through the threshold.

## 5. ASK YOUR AGENT

Your REALTOR® is your best resource for advice in preparing your home for sale. Ask your agent how you can help on the front end. Consult with information from the National Association of Realtors and local boards for all the steps you can take toward creating a strong listing and generating the desired results.

*For more information on Rob, or to browse current listings in and around 30-A, visit [RobWeil.com](http://RobWeil.com) or contact him by phone at (850) 714-1935 or via email at [rob@bpfla.com](mailto:rob@bpfla.com). You can also follow him on Twitter @30ARob or find him on Facebook at /RealtorRobOn30A.*



# Bird's Eye View

BY LIESEL SCHMIDT



Bill Smith

With ten office locations throughout the communities all along the Gulf Coast, Pelican Real Estate is inarguably showing its success. In fact, since founder Bill Smith opened the doors to the very first office in Seagrove Beach 20 years ago, the real estate brokerage firm has grown to become a trusted industry presence in the area as a trusted industry leader, with impressive sales numbers that speak well of Pelican's to meet their clients' needs and their desire to maintain the code of excellence that has been in place since day one.

As a former helicopter pilot for the Army, Smith could be considered a pelican of sorts himself, a bird of flight most at home on the sea. His interest in real estate began from the standpoint of an investor in the 1970s; and after he retired from his post at Ft. Rucker in Alabama, he realized that his casual interest could become more than just casual—it could become his mission.

Those early days in his first office at Seagrove might have seemed lean in the beginning, but with each client he served and every deal he closed, Pelican's numbers increased its portfolio and

attracted the attention of buyers, sellers, and renters who wanted to do business at the beach. Even when the market hit its downturns, Pelican's strengthening continued, adapting to the changes and meeting clients' wishes in whatever ways they could to ensure that they stayed soaring high. From Pensacola to Panama City Beach, Pelican's name is recognized for its agents' professionalism as well as their customer care, delivering results that have kept clients loyal and growing the brand from a small company with only three agents, to one numbering more than 100 strong group of passionate people, whose greatest goal is to serve their clients' needs and to exceed expectations. Each agent takes a personal interest in their clients, and

that—in Smith's estimation—has been what has made the firm such a force, even in the face of struggles.

Personal passion is what kept Smith himself on task back in 2009, a point in time that he'd initially planned on retiring. After the sudden loss of a daughter, Smith later found renewed strength in the focus of caring for his clients; and as he continued his work, he also regained a sense of passion for his career, leading him to rethink retirement and dive back into work, meeting each day and each challenge with fresh optimism and purpose. "I realized that I needed real estate to keep me busy, and the agents and employees in this company really kept me going," Smith recalls. "I started enjoying this business all over again and found that I still have such a strong passion for growing this area and working with my clients. There's so much potential here, especially in the communities of 30-A, which used to be more of a resort community. Now, it's becoming a place that people come to live and work on a permanent basis, rather than simply being a destination location."

The reason for that, naturally, is clear to Smith. "The saying might be a bit cliché, but I really do believe that people come here because 'life is better at the beach.' It's such a beautiful area, with friendly people who are so welcoming. Even though we've grown so much over the last 20 years, we still have the small-town feel of community," Smith says.

"Making a personal connection is what I love about the real estate business; and having old clients come by to say hello, even when they haven't seen you in years, is one of the greatest rewards, one of the greatest hallmarks of success in this industry," he says.

It's a hallmark of success, not only for delivering great results on the business end, but also on the personal end. In building the company, Smith has made sure that each of his agents have been a strength to the team, sharing not only his desire of mastering the market, but also his absolute dedication to offering his customers personalized care. Clients aren't just names and numbers—they're friends, neighbors, and colleagues, new members to this "nest" of a community that runs all along the Emerald Coast. At Pelican, the truest satisfaction comes in knowing that the mission has been accomplished—that each client has had their needs fully met, and that each one has finally found their landing place.

***Pelican Real Estate is located at 4039 E County Highway 30A, Santa Rosa Beach, FL 32459. For more information, call (850) 231-1902 or visit [www.pelicanproperty.com](http://www.pelicanproperty.com)***



# NatureWalk at Seagrove

BY KEMPTEN TAYLOR

Nestled between Point Washington State Forest and the white sand Emerald Coast beaches lies NatureWalk at Seagrove, an impeccable community offering the ideal location to experience all of 30-A. Enjoy direct access to the crisp green waters of the Gulf coast, natural hiking trails, upscale resorts, outstanding restaurants, and all the lively entertainment that 30-A has to offer; then conveniently escape the seasonal congestion and return to the community oasis. NatureWalk, developed by award-winning Kolter Homes, offers the tranquility of the serene beach environment, as well as the hustle and bustle of neighboring resorts—the best of both worlds!

Pristine white sand beaches line the Emerald Coast adjacent to the NatureWalk community—only a short distance away via a scenic stroll along the Lilly Lane Beach Trail or a quick ride on the NatureWalk Beach Shuttle. Seagrove Beach, recognized as the “Nation’s Best Beach”, presents quality sand, lovely water temperatures, vibrant ocean colors, and a spacious, uncrowded atmosphere. Beyond the sand and waves is a wealth of excitement and adventure—from deep-sea fishing, to paddle boarding on one of the neighboring Coastal Dune Lakes, to taking a bike ride down 30-A; you’ll never run out of things to do.

Experience an entire day’s worth of sensational happenings without even leaving NatureWalk at Seagrove. The Gathering Place is the social centerpiece to the NatureWalk community, providing residents, guests, friends, and neighbors with various resort-inspired amenities and family-oriented recreation. Chill out in the beach entry resort-style pool or swim laps in the adult pool with heated lap lanes. Residents can take a short stroll down one of the community’s many trails to check out Sunset Pond, NatureWalk’s picturesque pond stocked for light fishing. Back at The Gathering Place, enjoy family camaraderie with outdoor barbecue grills, a fire pit, and covered picnic areas to eat and socialize while your children have fun in the splash pool and children’s playground, or come and watch performances hosted by The Rep Theater. With so much to do, The Gathering Place will quickly become your family’s home away from home.



Nature Walk Trails



Pool amenities



Biking to the beach



Children's playground



Poolside grilling and fire pits

With a network of walking, hiking, and biking trails throughout the community, including a Fitness Course, neighborhood pickleball courts and basketball; you can train year-round from the comfort of your own NatureWalk home. The Fitness Course offers a variety of training options for all levels; and best of all, you are able to enjoy the community’s natural beauty while promoting a healthy lifestyle with workout stations designed to help you take your fitness to the next level. NatureWalk’s robust fitness and amenities options provide residents all-encompassing training without the burden of club or membership fees.

Once you’ve traveled the local scenes, venture off into nature and explore what only the local Florida coast can provide. Point Washington State Forest is a nature lover’s haven: home to miles of trails and rare species, including gopher tortoises, flatwoods salamanders, and red-cockaded woodpeckers. Nearby Deer Lake State Park features coastal dune lakes, an extremely rare phenomenon native to the Gulf Coast. The habitat of wonder and lively vegetation can be appreciated along the easy-access boardwalk spanning across the dune ecosystem.

At the end of the day, there’s nothing better than the comfort of home. NatureWalk offers eight different unique home plans ranging from three to six bedrooms,

with numerous options. Green efficient home choices are also offered, such as GE Café appliance packages, wood flooring throughout, natural gas, water-saving drip irrigation systems, spray foam insulation, and a variety of other smart features. See all of NatureWalk’s structural selections by visiting NatureWalk at Seagrove.com and customizing your own personal floorplan with Kolter Homes’ Interactive Floorplan tool.

“On any given day the kids are running in and out of the house, going from the basketball courts to the pool to the hot tub, grabbing s’more ingredients to take to the neighborhood fire pit or biking to Pizza by the Sea for a slice. It takes five minutes on our golf cart to get to the beach to watch the most beautiful sunsets on the planet, and we are a short bike ride from some of the best happy hours on 30-A,” says Jenn Carter, full-time resident of NatureWalk.

This season is the perfect opportunity to come and discover NatureWalk at Seagrove. An excellent selection of completed and near completion move-in ready homes are available to close on this spring. NatureWalk’s collection of three and four bedroom move-in ready homes include special upgrades and exceptional options and range in price from below \$500,000 to just over \$700,000. Tour three designer model homes, open daily. With so many different choices, anyone can find their perfect home at NatureWalk at Seagrove!

***NatureWalk at Seagrove is located at Sandgrass Boulevard, Santa Rosa Beach, FL 32459. To visit or obtain additional information, call (877) 726-3534 or visit [www.kolterhomes.com/new-homes/santa-rosa-beach-30a-florida-nature-walk-at-seagrove/](http://www.kolterhomes.com/new-homes/santa-rosa-beach-30a-florida-nature-walk-at-seagrove/).***





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# Modica Market

BY JAMES WATTS

It is hard to imagine life on 30-A without Modica Market. Based on the almost constant traffic in the store virtually year round and the Christmas cards that cover the walls each season sent by families from all over the country, I feel that I am not alone.

Charles Modica Sr. and his wife Sarah first opened Modica Market's doors in the heart of Seaside in 1989. Fast forward to present day 2016, where Charles Modica Jr. and his sister Carmel Modica keep those doors open by continuing the welcoming atmosphere people have grown to love; all while the two put their fingerprints in place to ensure Modica Market continues to be the place visitors and residents come back to time after time. "We want our customers to feel at home when they walk in the store," says Charles Jr. He went on to explain that his dad always said, "It does not matter who someone is or what they do. When they walk through our doors we treat everyone the same way."

Carmel adds, "Our customers are our family members."

From a business standpoint, Modica Market is much more than a gourmet grocery store. Most people visiting the market know about the delicious breakfast offerings from chicken biscuits; ham, egg, and cheese croissants; and muffins to Belgium waffles. Don't forget about the freshly squeezed orange juice; or add champagne and you have one of the best mimosas on 30-A. In the late fall and winter, Modica Market has different lunch specials Monday through Friday, like Taco Salad, Grouper Sandwiches, and the amazing tomato soup with a grilled cheese on the side. The rest of the year you can find fresh sandwiches, salads, and various homemade side items to pick up for a picnic lunch. Their desserts range from chocolate lava cakes, huge cakes, and pies. This is where many individuals' Modica Market experience ends.

But before you leave with your coffee and very berry muffin, take a walk around the store. Modica Market has evolved into a destination for foodies, craft beer lovers, wine connoisseurs, and dessert lovers. The market has shelves of exotic condiments, spices, and sauces not found anywhere else in the area. Michael Fraser, grandson of Charles Sr. and Sarah Modica, has introduced amazing homemade bread selections, tasty macaroons, and fresh cheese and meat platters. Grab a glass of wine or a pint of draft beer (there is a constantly rotating selection of nine beers on tap) to sip on while enjoying any of the numerous events held in the Seaside amphitheater. If you are unsure about what kind of beer or wine to pair with your snack or dinner, talk to Michael. He will not steer you wrong. For the traditionalists, don't worry. Ms. Lisa continues each day to cook up all of her usual dishes, including the delicious crab cakes and homemade desserts. If you are lucky enough to be in the area for Thanksgiving, skip



the cooking and pick up her homemade sides. I am sure your grandmother's dressing or squash casserole is good, but Ms. Lisa's is better. It is a true locally owned business that does not just pay lip service to supporting other local businesses, but instead promotes them. This is a great thing for all of us because locally owned businesses bring us small batch ice cream, locally made honey, excellent craft beers and homemade granola all found in prominent locations in the store.

Charles Jr. has expanded the local offering by recently teaming up with local restaurateur George Barnes and wine-maker Pete Seghesio to create the 30A Coastal Dunes Wine Company. 30A Coastal Dunes was not just designed as a wine for people to enjoy, but also as a project to help raise awareness for the preservation of the coastal dune lakes; a vital part of the local ecosystem. When you purchase 30A Coastal Dunes wine, you are not just supporting a locally owned business, but also contributing to preserve an aspect of the area that so many people love. The wine can be purchased by the glass, bottle, or case at Modica Market. The Cabernet Sauvignon goes great with another fine offering from the market: hand cut fillets, rib eyes, and New York Strips.

"We are not trying to be something we are not; flashy or over the top," explains Charles Jr. "We are trying to stay true to who we are. We want everyone to feel welcome here." That is quite a business plan.

Modica Market is a crossroads for anyone who enjoys the culture created when you bring great food, great drink and all types of people together. It is a place to make new friends and meet old friends. It is exactly the type of place you wish you had back home.

***Modica Market is located at 109 Seaside Central Square Santa Rosa Beach, Florida 32459. During the summer months, the market is open from 7 a.m. until 8 p.m. In the fall and spring the market closes at 7 p.m. and during a few weeks in the winter they have been known to close at 6 p.m. Modica Market can be reached at either (850) 231-1214 or (877) 809-0994. You can also visit [www.ModicaMarket.com](http://www.ModicaMarket.com) or look them up on social media to stay up to date on special events like wine tastings, beer tastings, food specials, live music, and more.***





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# What is title insurance and do I really need it?

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON



Kimberly Watson Sewell  
and Frank Watson

## QUESTIONS AND ANSWERS...

In every real estate transfer the matter of title examination invariably arises and is often followed by a question as to the need/nature of title insurance. "But I have a deed and a title search was originally conducted," many people say. "Isn't that all I need?" No! A deed is not proof that the seller is actually the owner. Nor does it contain information regarding the rights others might have in the property, unpaid taxes, mortgages, easements, and restrictions. "Can't I find out about their rights from the public records?" Yes, most of them. However, all of the necessary information is not contained in a single book, in a given office, or even in the same county. Add to this the possible errors in indexing, improper searching, and errors

in examination; in other words, the human element; and one can begin to realize the need. Besides, what is not in the public records is often what causes title trouble.

## WHAT IS MEANT BY "TITLE"?

"Title" is synonymous with legal ownership of property. It legitimates your right to "peaceful enjoyment" of the property you own, within restrictions or limitations of use imposed by covenants or government authorities.

## WHAT IS TITLE INSURANCE?

Real estate title insurance, unlike most types of insurance, insures the property's title for the time period extending backward in time from the date of the policy rather than forward, protecting against losses arising from events occurring prior to the date of the policy. The title insurance guarantees a buyer's ownership and peaceful enjoyment against existing hidden claims, liens or judgments associated with a property after the purchase is completed. This means that when a buyer purchases real estate, a title insurance policy insures or otherwise guarantees that the buyer is protected if a hidden defect in the property title is subsequently discovered. Hidden risks such as those referenced below could potentially lead to a significant financial loss or actual loss of title to the property.

Title insurance will pay for 100% of all expenses in defending you against any lawsuits attacking the title as insured, and will either "clear up" the title problems or pay the insured's losses up to the amount of the policy.

## A ONE-TIME INVESTMENT

Unlike hazard, flood or casualty insurance, when you purchase a Title Insurance Policy, you pay a single, one-time fee based on the value of the property being insured. Yet, the policy provides protection indefinitely remaining in effect as long as the insured has an interest in the property. If the insured should die, the coverage automatically continues for the benefit of the insured's heirs. Additionally, if the insured sells the property via a general warranty deed, which is typical, the insured is giving warranties of title to the buyer, where the insured

covenants with the buyer that not only has the insured not personally done anything to adversely affect the title being conveyed, but neither has anyone else who has ever owned the property, and the owner's coverage continues to insure the owner regarding said warranties.

## HOW ARE TITLE INSURANCE RATES SET?

How title insurance premium rates are set varies from state to state. In some states, rates are set by the title companies themselves; and in others, such as Florida, the rates are set by the State Department of Insurance. For those states, each title company is required to charge the same for title insurance and rates are promulgated based on the purchase price of the property. As such, when shopping title insurance in Florida, you will receive similar rates for title insurance from each company.

Some HIDDEN RISKS that can cause a loss of title or create an encumbrance on title may include any of the following situations:

1. Seller purchased the property while committing mortgage fraud.
2. Seller or prior seller may have outstanding personal judgments which could attach to the property.
3. Forged or missing deeds, mortgages, satisfactions or releases of mortgages, and other instruments.
4. Invalid, suppressed, undisclosed, and erroneous interpretation of wills or undisclosed or missing heirs.
5. Liens from unpaid estate, inheritance, income, gift and real estate taxes.
6. A judgment or levy upon which the title is dependent may be void or voidable on account of some defect in the legal proceeding.
7. A prior deed may be voidable because it was signed while the grantor was incompetent, a minor or in bankruptcy.
8. Outstanding prescriptive rights not of record and not disclosed.
9. Mistakes made during the examination of the title of the property.



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# Getting to a Solid Impact Position

BY TOM FITZPATRICK

The impact position, often called the ‘moment of truth’ in the golf swing, determines what kind of shot you’ll produce. Will it be a solid hit or will it be a weak off-center slice? It all depends upon how the club lines up through impact.

The 30-A Review team found area golfer Basil Mattingly, who agreed to have his swing evaluated. When asked about the state of his game, he concedes, “I know how to move the ball around the course, but I’ve put real improvement on the back burner. I guess I’ll need to invest some time towards learning what to change”.

A study of Mattingly’s video, who plays a good game, reveals the most common fault in golf – an over-the-top, early release move to start the downswing. As we’ll see, his improper impact position can be traced back to that downswing start.

In figure 1, Mattingly’s head moves ahead of the ball, causing his right elbow to flare out and his wrists to early-release the club. His hands are leading the right elbow, which gets the club coming into the ball from an outside path.

Instead, let the right elbow lead the right hand so the club approaches from an inside path. In figure 2, see how my right elbow gets to the orange line before my right hand does.

His faulty start (figure 3) to the downswing results with him standing up through impact (compare his cap to the tree in each background). His grip at impact points back at his right hip, which adds loft and is a loss of distance. See the flat right foot – that’s a sign that there will be no true follow through.

We’d like the grip (figure 4) to be leading the club head and pointing towards the left hip at impact. My grip beats the club head to the orange line.



figure 1



figure 2



figure 3



figure 4

Mattingly found a straighter ball flight with these pointers:

1. Start the downswing by initially keeping the head steady and behind the ball
2. Drop the right elbow down in front of right hip
3. Get the grip to the ball before the club head by shifting your weight onto the left leg at impact
4. As advocated by Nick Price, have a more shoulder dominated golf swing
5. And Nick Faldo’s secret: keep the right shoulder moving to finish continuously, without pausing

If you slice, pull, hit thin, or hit heavy shots? Then put these tips into your game!

## BREAKS ON THE GREEN

One summer afternoon years ago, I was running through some unique Inner Game putting drills on the practice green at Isleworth. Being focused on my putting, I didn’t pay much attention to a golfer who drove his golf cart up to the other end of the green.

At one point I took a break only to notice that the other golfer was walking right towards me. He politely asks, “Hey, what are you working on?” It took me by surprise to find that it was Tiger Woods staring at me with a big smile. He was intrigued with some putting drills that train you to stay in the present. I then watched him putt around the cup in a clockwise fashion. His relaxed, happy go lucky vibe was apparent. In the time when he absolutely dominated the game, it was a treat to see a side of Tiger that few rarely got to see.



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

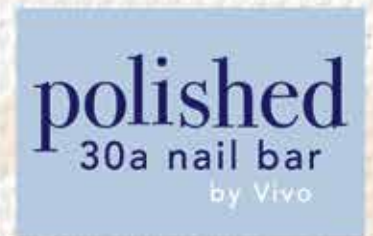


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*This 3,744 square-foot home designed by Domin Bock Architecture features 4 bedrooms, 4.5 baths and is located on a corner homesite south of 30A close to the Gulf Green beach access. The home's lavish courtyard hosts a large pool complimented with a summer kitchen. The second floor outdoor living area provides views of the Gulf.*



#### U23 • SOMERSET HOME

*Located on the corner of Arboleda Park and Nonesuch Way, this Somerset Home designed by Jason R. Dunham features 4 bedrooms, 4.5 baths, a spacious living / dining area, expansive courtyard with pool and grill area, and two-car garage. Buyers can make personal interior finish selections for the home.*



#### G4 • 55 HOGPENNY ALLEY

*This custom home features 4 bedrooms, 3.5 baths, a bunk room, and a two-car garage. The entry has a 22-foot ceiling and custom stairwell. The kitchen is open to a dining and living area, and the outdoor courtyard has a garden and loggia, a fireplace, and summer kitchen. The second floor master bedroom and bath open to a master terrace.*



#### 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.*



#### A2 • 22 SEVEN WELLS COURT

*This stunning 3-bedroom, 2.5-bath home was designed by the renowned architectural firm and Town Planners of Alys Beach, Duany Plater-Zyberk. The living room, kitchen and master bedroom feature expansive windows that give colorful views of the courtyard and pool, creating a seamless transition between indoor and outdoor living.*



#### U8 • 52 SPICE BERRY ALLEY

*Framing Arboleda Park, this 3,297 square-foot home is designed by renowned Khoury-Vogt Architects. The home features 2 master suites, 2 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.*

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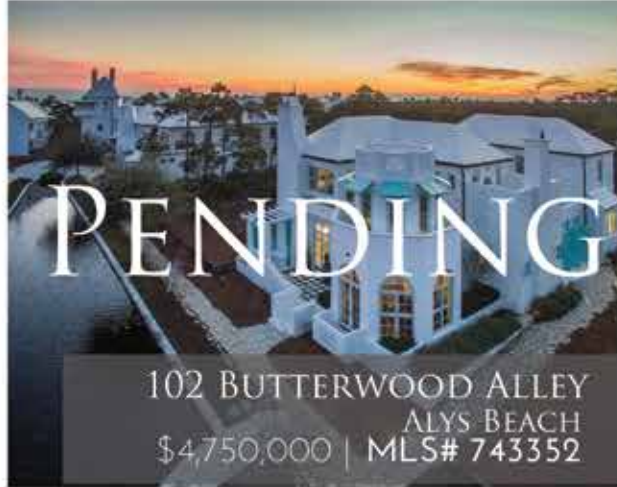
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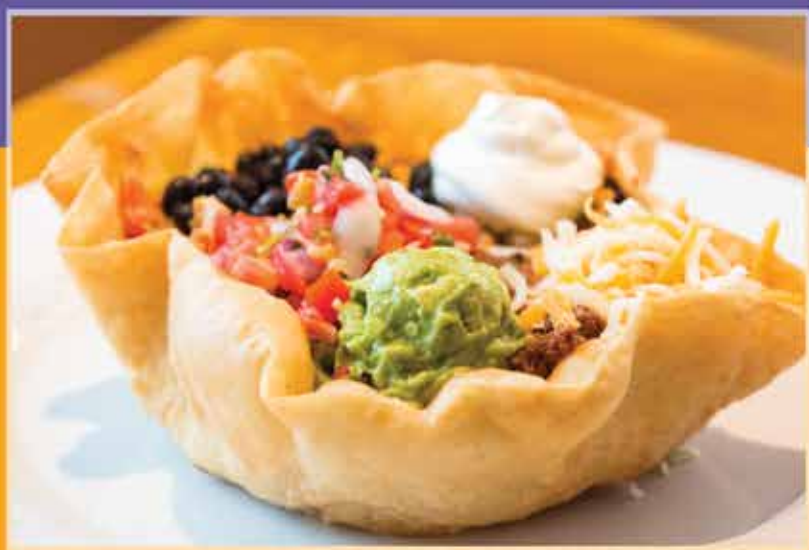
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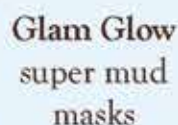
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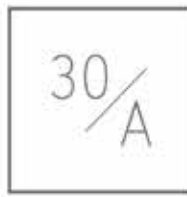
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