

the thirty-a REVIEW™

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SPRING BEAUTY

INSIDE:

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Theatre, Art and Shopping
Real Estate Profiles and Updates

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Best Practices When Choosing Your Property Management Company

Picking a professional property management company for your vacation home can prove to be advantageous, if you choose the right one. Owning property in 30A/ South Walton is a huge investment and choosing the right managing partner should be your first priority. With a variety of property management firms in the area, finding the perfect partnership can be time consuming - and you know the saying "time is money!" But, it is very important that you take the time to choose your management company wisely to avoid headaches down the road.

If you are a new owner looking for property management and don't know where to start, or if you're not sure your current company is meeting your expectations, there are some key business practices and services you need to look for in a property manager to determine if it will be the right match.

-Experience: At Sandcastle Escapes, founder and President Taylor Williams has over 17 years of experience and says there are several good property managers in the area. "Laws and regulations are constantly changing so you want to pick a property manager that is plugged into the local real estate market and is on top of the rules affecting the community and property owners in South Walton."

-Owner Relations: Clear and frequent communication are key to building strong relationships between owner and managing partner. Sandcastle Escapes' owners are periodically updated via electronic communication on their rental activity, maintenance evaluations, and monthly statements, all of which are also available at any time through an online owners' portal. "We pride ourselves in providing the same concierge-style and personalized approach to our property management as we do with our guests," says Audrey Price, Director of Sandcastle Escapes.

-Maintenance and Housekeeping: A major benefit to hiring a management company is having another set eyes looking out for your property. An efficient maintenance team will advise and perform preventative services to your property, as a result reducing direct costs to you, the owner. Equally, a clean and well stocked property is critical to the presentation and function of your rental.

-Technology Friendly: When searching for a property manage-

ment company in the South Walton- 30A area make sure you check their websites thoroughly and pay attention to how they advertise. Marketing is important, so if they are not advertising with pictures or are not technology friendly find another company - there is no excuse for that in this day and age!

-Effective Accounting: An up-to-date company should supply owners with monthly reports available electronically, as well as provide an automated direct payment option. In order to improve efficiency and best practices, at Sandcastle Escapes, we've streamlined our paper waste by converting all in-house work orders, schedules and owner's billing to electronic documents. Owners can readily and securely access the online site where they can review billing statements, reservation reports, and important notices.

When you select a property management company make sure to watch out for additional fees. You should not have to pay a penny more for services that should be included in your rental agreement.

Beware of these property management Don'ts:

- Don't pay for marketing, it is the management company's responsibility to procure bookings.
- Don't pay for photo shoots. Professional photos of your home are the responsibility of the management company in order to properly market the property.
- Don't pay heavy up-front cost for property set up.
- Don't work with a company without a referral program in place for owner referred bookings.
- Don't pay a set "call out" or "service fee for maintenance to be performed on every item requiring attention.
- Don't pay for monthly/per booking replenishment cost for toiletries.
- Don't participate in management programs that do not allow on-line bookings. Online bookings are the number one source of rental income.

To learn more about the benefits of becoming an owner-partner with Sandcastle Escapes Vacation Rentals, please call 1-888-650-2753 or email audrey@sandcastleescapes.com.

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Chris Ogle is a local financial advisor with over 13 years service, a lifelong Emerald Coast resident, and lives on 30A with his wife and four children.

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We have thoroughly enjoyed the process. You have allowed us the flexibility to be engaged to the degree we wanted, and we have always felt fully informed. We have been involved in the decisions we wanted to be a part of and you took care of the ones we didn't.

You have always been accessible by phone or in person. Reporting all progress has been consistent and we always knew where we stood with our budget. Additionally, your daily visits to the site were evidenced by the fact that you were into the details.

Our project superintendent, Kenny SanAngelo, was outstanding. You attract and retain highly competent people who are as adamant about quality as you are. The subcontractors who you have worked with for years understand and deliver that same level of professionalism and pride in their work.

Most of all, we appreciate the fact that you are a "straight shooter". You have certainly earned our trust, respect and friendship.

Since we began coming to the Gulf Coast we have had a dream of our own special place by the sea. You built Falling Waters Villa and that dream is now a reality. We appreciate you!

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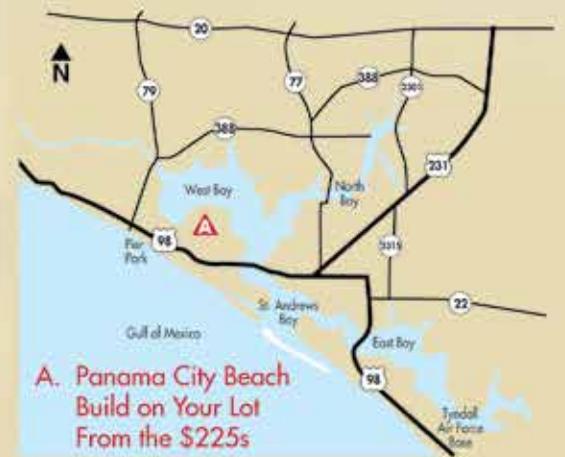
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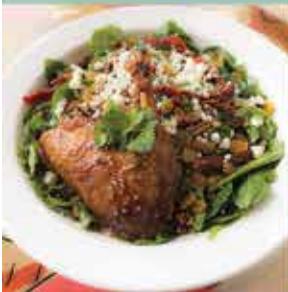


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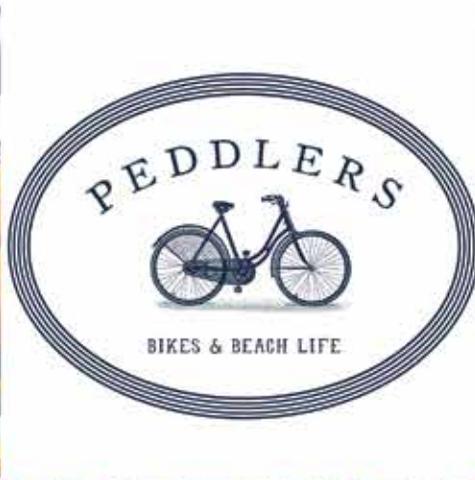
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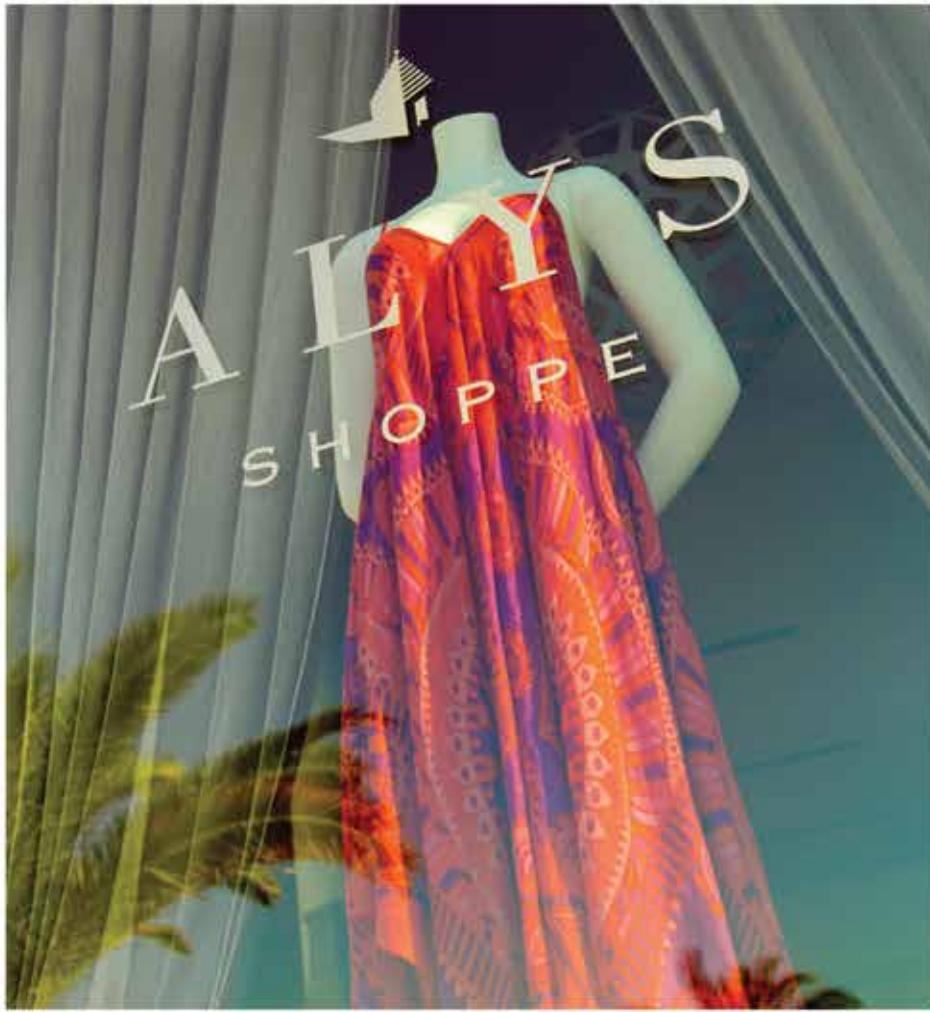
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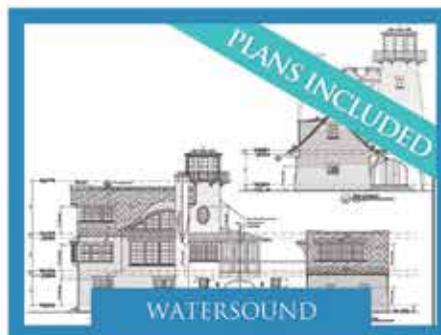
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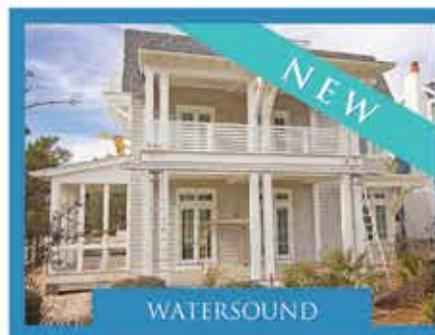
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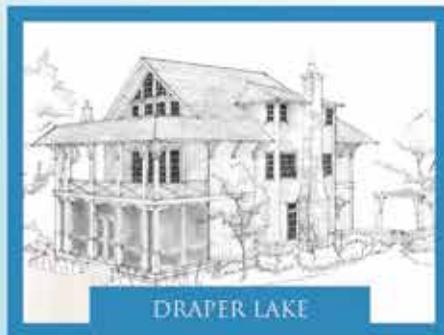
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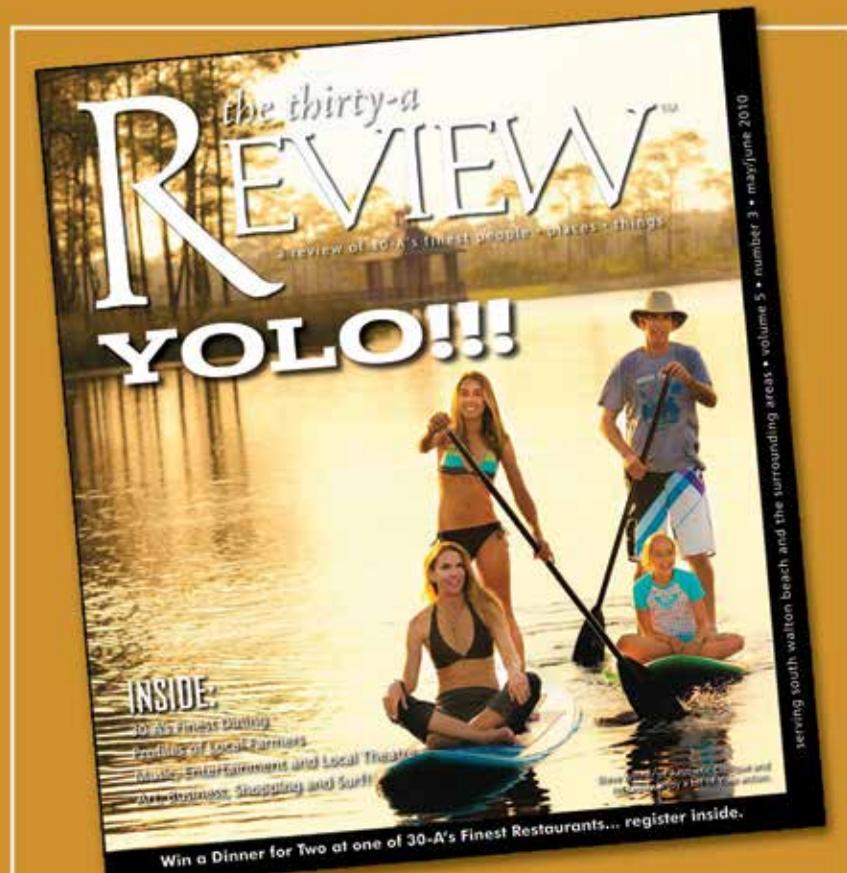
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Volume 5 • Number 3 • May/June 2010
Serving South Walton Beach and the surrounding areas

letter from the publisher

SPRINGTIME AT THE BEACH



It's springtime at the beach. Beautiful beaches, beautiful people and beautiful times abound once again up and down 30-A. Alas, the sleepy days of winter come to an end and make room for the hustle and bustle of spring break.

Cash registers begin to ring every 2 minutes and smiles break out as families celebrate what life is all about... tranquil moments and fun times celebrated with good food and drink among family and friends in a beautiful beach town.

Life is about connections and what better place to connect than here.

So as you visit your favorite haunts and say hello to old friends and new, take some time to peruse the pages that follow and read more about 30-A's finest people, places and things. Whether it's what to do after the sun goes down, where to eat, or where to shop, this issue is sure to please.

As always, we encourage you to try new things on 30-A, whether it's that new restaurant you've been meaning to eat at, or that new shop you've been meaning to visit. 30-A is bursting at the seams with creative and contemporary finds for every age, gender and style.

Until next month, enjoy the good life and enjoy 30-A!

Cheers,

Miles K. Neiman

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correction

We want to give a shout out to esteemed local photographer Shelly Swanger, whose credit was accidentally omitted in last month's dining issue. Shelly had several food photos featured throughout last month's magazine and she helped to make 30-A's finest restaurants' foods look as good as they taste. Thanks Shelly!

about the cover

Photographer: Jacqueline Ward

Clothing: Snap Girls Seaside, FL specializing in clothing for girls sizes 7/8 - teens #snapgirls30a on Instagram

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



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Gated Community - Gulf Views!

WaterSound Beach



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2,536 SQ FT • \$1,895,000
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1 Bedroom/1 Bath Cottage House

Santa Rosa Ridge



449 Ridge Road
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Summer's Edge



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Showbiz and Events in March and April

ALYS BEACH

30A Wine Festival

March 7-9

The 3rd Annual 30A Wine Festival returns to the beautiful surroundings of Alys Beach March 7-9, 2014, and is a showcase of premiere wine producers and local culinary favorites. This newly expanded three-day event features a Friday night gathering, "Bourbon, Beer, and Butts", Saturday wine tasting seminars, a walkabout and grand tasting, band party at nightfall, and Sunday's exclusive event, "Pork and Pinot" complete with croquet tournament (appropriate croquet attire encouraged). Weekend tickets are \$300 per person and proceeds from the event benefit Children's Volunteer Health Network. Purchase tickets at the Alys Shoppe, Alys Beach Bike Shop, Fonville Press, or online at 30awinefestival.com

Adventures in Alys

Mondays and Wednesdays

March 17, 19, 24, 26 & 31

April 2, 7, 9, 14 & 16, 10-10:30am

Join the Seaside Repertory Theatre for a completely original storytelling experience for children of all ages. Watch as we create a new, one-of-a-kind Adventure in Alys, created by our audiences, (and maybe even join in the stories yourselves)!

Nature Trail Tour

Mondays, March 10, 17, 24 & 31

April 7 & 14, 1-2pm

Wear comfortable shoes and meet at Fonville Press for a tour of the Nature Trail and property with horticulturalist Snookie Parrish.

Nonie's Ark Animal Adventure

Tuesdays, March 11, 18 & 25,

April 1, 8 & 15, 10-11am

Nonie brings her traveling zoo to the Fonville Press courtyard and presents a hands-on show with seven different animals.

Cinema Under the Stars

Tuesday, March 11, 18 & 25,

April 2, 7:30pm

Bring blankets and low back chairs to enjoy a movie under the stars in the Alys Beach Amphitheatre. Piper's will offer food and beverage.

3/11 – Swiss Family Robinson,

3/18 – The Odd Life of

Timothy Green,

3/25 – Gnomeo & Juliet

4/1 – Up

4/8 – Toy Story 3

4/15 – The Little Mermaid

Spring Concert Series

Wednesdays, March 19 & 26,

April 2, 9 & 16, 6-8pm

Join us for live music in the Amphitheatre. Piper's will offer food and beverage.

3/19 – Forrest Williams,

3/26 – Roman Street

4/2 – Blue Ribbon Healers

4/9 – Daphne Willis

4/16 – Heritage

The Seaside Rep's Intro to Improv

Workshops at Fonville Press

Thursdays, March 20 & 27,

April 3, 10 & 17, 10am

Come take an introduction to improv comedy workshop with actors from The Rep. Our improv workshops are all about having fun and learning to think on your feet. Have a blast learning the basics through improv games and exercises! All ages and experience levels are welcome, and parents can join too!

Kickball on Kelly Green

Thursdays, March 13, 20 & 27,

April 3, 10 & 17, 3pm

Grab the entire family for a pick-up game of kickball

Parents' Night Out

Fridays, March 14, 21 & 28,

April 4, 11 & 18, 7-10pm

Enjoy dinner out with the grown-ups while the kids enjoy a night of art, games, and a movie at the Community

Center. Snacks provided. Cost is \$30 per child and open to children ages 4 and up. Register by phone at (850) 424-5058

ROSEMARY BEACH

Peter & The Wolf Musical

Storytelling

March 24 & 31, April 7 & 14, 7pm

South Barrett Square

Sinfonia's woodwind quintet (flute, oboe, clarinet, bassoon, french horn and narrator) brings Prokofiev's classic musical tale to life in this enchanting production, complete with vivid musical characterizations that highlight both the narrative and beloved score. Kids will be spellbound by the story of a young boy's adventures with a wolf in the meadow behind his grandfather's house, while simultaneously learning about classical music and the different instruments of the orchestra's wind section.

Children's Storytelling

March 18, 21, 25 & 28

April 1, 4, 8, 11, 15 & 18, 10am

South Barrett Square

Children's Outdoor Theatre

March 19 & 26

April 2, 9 & 16, 6:15pm

North Barrett Square

Androcles and the Lion

A singing mouse, an escaped servant, and a hungry lion form an unlikely trio of friends whose bond is put to the test by an evil Emperor in this enchanting and heartwarming play. While walking through the jungle, Mouse's passionate singing awakens the Lion, who, despite his immense appetite, lets the tiny Mouse go. Androcles, an escaped servant from the city, makes his way into the jungle where he finds the Lion with a thorn in his paw. Risking capture, Androcles decides to help the Lion and the two

become fast friends. But when the evil and lonely Emperor imprisons the two companions and forces them to face off in the arena, it's the tiny Mouse who reminds them all that friendships aren't easily broken.

Sinfonia Strolls

March 22 & 29, April 5, 12 & 19,

6pm-8pm

Town Center

Throughout the streets of Rosemary Beach, musicians will perform live/acoustic music set to the backdrop of picturesque Rosemary Beach. From violinists and chamber ensembles, to jazz pianists, steel drums, and acoustic guitar, to brass quintet and even a marching Mardi Gras brass Band...music will fill the air this season. You never know what you will hear around the corner.

8TH Annual Bombora Spring Boccee Tournament

April 19, Registration 8am-9am

East & West Long Green

Enjoy a day of sun, sport and sipping wine! For info or registration inquiries, email info@theclinique.net

Easter at Rosemary Beach

April 20, 8:30am

East & West Long Green

Non-denominational Church Service (bring a low rise chair).

Easter Egg Hunt

April 20, 10am

Western Green

Complete with a visit from the Easter Bunny and 10,000 Easter Eggs! (rain or shine)

WATERCOLOR

Art in the Park

March 15, 2014, 9am-5pm

Enjoy local artists and musicians as they celebrate spring with the Annual Art in the Park hosted by the WaterColor Homeowners Association in Cerulean Park and Town Center. Price FREE.

Easter Sunrise Service

April 20, 2014, 7am

Join owners, locals, and guests at the WaterColor BeachClub to celebrate Easter with a Sunrise Worship Service. Price FREE.

Easter Brunch

April 20, 2014, 9am-2pm

Enjoy a relaxing Easter Brunch at the LakeHouse with culinary delights by WaterColor Resort's culinary team. Easter Bunny Photo Opportunity. Price \$65 Adult/ \$30 Child. Reservations Recommended. (850) 534-5050

Easter Celebration

April 20, 2014, 12:30pm-2pm

Enjoy the fun of childhood with the traditional Easter Egg Hunt in Marina Park, followed by more fun and games. Easter Bunny Photo Opportunity. Contact Camp WaterColor for more details. Price FREE. (850) 534-5975

Easter Dinner

April 20, 2014, 4pm-8pm

Enjoy Chef-inspired creations at Fish Out of Water for Easter Dinner. Price \$65 Adult/ \$30 Child. Reservations Recommended. (850) 534-5050

Mother's Day Breakfast

May 11, 2014, 8am-12pm

Celebrate Mother's Day by taking Mom out to a special Chef-inspired breakfast at Fish Out of Water. Price \$65 Adult/ \$30 Child. Reservations Recommended. (850) 534-5050

SEASIDE

Go to www.seasidefl.com for a calendar of events.

Café Bolo Brings Brazilian Flair To 30-A's Food Scene

BY SUSAN BENTON



Fresh pastries



Flan



Brigadeiros

South American cuisine has made its way onto 30-A at Café Bolo, just west of Gulf Place. Owners Mara Romero-Perez and Robert Perez were waiting on the perfect spot to open an authentic Brazilian eatery and found it across from the Ed Walline public beach access on the first level of the Abacos building. Perez says, “We were on our way home from a Sunday in Seaside with our young sons and saw the sign for lease. We fell in love with the incredible water view and knew this was the place. We contacted our realtor and leased the space right away; we were open for business within three months!”

Though Robert Perez’s background has been in management and the restaurant industry, many local families might remember him as vvttheir children’s former

soccer coach at Ft. Walton Beach High School and Gulf Breeze High School.

As local residents, the couple wanted a true locals eatery; a café where beach goers can walk in with sandy feet and grab an empanada, or patrons can sit and enjoy gourmet fair trade Amavida coffee and authentic South American pastries, soups, and sandwiches.

On May 28, 2013 Robert and Maya opened their dream café and named it Bolo, which in Portuguese means cake. Mara Romero-Perez says, “I liked the sound of it. Bold and strong, like my people of Brazil and Robert’s of Chile. I love to bake and Robert loves coffee, so we felt like the name was a natural fit.”

Food carries cultural, historical, and individual influences. Born and raised in Parana, Brazil, Mara Romero-Perez draws inspiration from her family recipes to create the made from scratch morning pastries. Some include the popular Chicken Empanadas; Sausage or Ham & Cheese Rolls; the Individual Spinach Quiche; or the famed Tres Leches Cake, made with moist white cake, rum, whipped cream, condensed milk, coconut milk, and topped with fresh coconut. The traditional Brazilian Flan is also available.

Hand crafted each morning and a sell out by the afternoon are the gluten-free Brazilian Cheese Rolls. Perez explains, “In Mexican Restaurants customers are offered chips and salsa, in Italian restaurants it is bread and olive oil, and in Brazil it is cheese rolls.”

With meat being prominent on Brazilian menus, the couple decided to add a Brisket Sandwich to Café Bolo’s selections. Romero-Perez says, “The meat is slow roasted whole for six hours, sliced thin, and served on French bread with mozzarella cheese, lettuce, tomato, and red onion.” The chicken for the Chicken Salad is first pan seared and poached before being shredded and mixed with carrots, onions, green onions, apples, and green grapes, creating a flavor packed sandwich. The broth left over is used to make the hearty and soul satisfying Tortilla Soup. Robert Perez says, “I could not get away from it. I am crazy about Tortilla Soup and my loyal customers from south of the border were requesting it!” Made with fresh cooked chicken, garlic, jalapeño, cilantro, onion, special spices and tortillas, it is served with a side of sour cream. Other soups include Split Pea Soup and a Black Bean Soup that is served Brazilian style with bacon and smoked sausage (a vegetarian option is also available). Perez says, “Even though lunch service begins at 10:30, if menu items are ready before then they are for sale. We have one customer who enjoys our Black Bean Soup for breakfast!”

Café Bolo is located at 4360 Highway 30A West #105, Santa Rosa Beach, Florida 32459. Hours of operation are Monday-Saturday 7a.m. to 5 p.m., and on Sunday until 2 p.m. For more information call (850) 267- 3249.

Susan Benton is the owner of 30AEATS.com and partner in GulfCoastRestaurants.com, where she shares her passion for food and travel, and her commitment to promoting local farmers, fishermen, chefs, artisans, and the best restaurants along the Gulf Coast.

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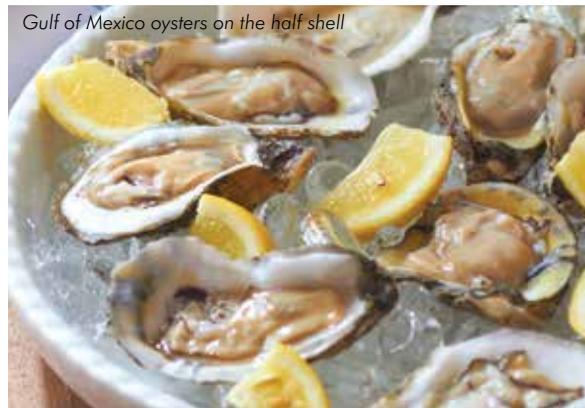
BY SUSAN BENTON

Located in Grayton Beach along Scenic Highway 30-A on Northwest Florida's Gulf Coast is Grayton Bar & Grill serving unpretentious, modern southern cuisine in a casual old Florida setting. Accommodating diners of all ages, the owners of Grayton Bar & Grill strive



Fried grouper sandwich

Throughout his prestigious career, Chef Johnny Earles has worked with such culinary luminaries as Chefs Jean-Georges Vongerichten, Tom Colicchio, Charlie Palmer, and in San Sebastian, Spain, Michelin three-star chef Martin Berasategui. Earles also previously held the record for the longest-standing eatery on Scenic Highway 30A (20 years) before Criolla's closed its doors in 2008. His culinary experience began at 22 years old when the



Gulf of Mexico oysters on the half shell

Fields, and Buddy Ward Seafood, to name a few. Earles applies new techniques and infuses contemporary flavors into his dishes that are refreshing and modern to the palate.

One popular dish is the whole grilled red snapper, served with a delicate reduction of shellfish stock and fresh herbs, reminiscent of a Criolla's dish for those who remember Earles' last successful venture. The beignet appetizers are filled with ramps and Asher blue cheese, while the heirloom greens & tomato salad is topped with house made basil buttermilk dressing. The fresh barbecue shrimp with soufflé cornbread is also a favorite.

The bar showcases several five-inch thick slices of one thousand year old river-recovered cypress gems for its expansive bar top, which has become a popular central gathering spot for locals and visitors alike. The Grayton Bar & Grill signature cocktails highlight the restaurant's devotion to small-batch craft spirits, wines, and beers. The most popular cocktail is the Clooney-rita, which is made with George Clooney's Casamigos white tequila, fresh-squeezed lime and lemon juice, agave nectar, and a splash of Cointreau. It has a satisfying, just-right natural sweet-and-sour flavor. Whether it's the Clooney-rita, a draft Grayton Beer, or a glass of Black Dog Cellars Rosé, meeting friends for a drink at the Cypress Bar is the perfect way to start and end a fabulous evening.

Sundays are also special at Grayton Bar & Grill. That's when Chef Earles takes classic comfort food to a new level, pushing the envelope on the flavors at brunch. In this casual fine dining space and mindset, guests will savor the sounds of musical performances that alternate weekly and often include gospel, jazz, indie, rock, and full-on musical performances.



Shrimp appetizer



Grilled snapper

to make you feel that the restaurant is not just an eating establishment, but an extension of their lives. The walls of the space are filled with photos of family and friends that summon memories of earlier days; when sun-kissed kids play kick-the-can at dusk while mom and dad sip beer and grill fresh-caught pompano.

Co-owners Debbie and Chef Johnny Earles want guests to feel like they are stepping into their home and their past when walking through the doors of Grayton Bar & Grill. New or old to the area, Debbie often greets guests with a warm welcome that makes everyone feel like an old friend and neighbor. Johnny often steps out from the kitchen to visit with patrons at tablesides just to say hello. Chef Earles says, "Everything here has a story to tell. Our vision is to bring back fond memories of Grayton."

Louisiana transplant came to Grayton Beach to help a friend launch a restaurant in an old beach shack. The location had been a grocery store by day and a dance hall by night. It had no air conditioning or commercial kitchen equipment. That summer gig ultimately transformed Earles into an accomplished chef when he became the owner of the fondly remembered Paradise Café.

At Grayton Bar & Grill, Chef Earles takes a modern spin on the nostalgic dining experience that can be tasted in his food. He sources fresh local ingredients from Mac Farms, Fudge Family Farms, Anson Mills, Dragonfly



Chef Johnny Earles and Debbie Earles



Grayton Bar & Grill is located at 170 East County Highway 30A in Santa Rosa Beach, Florida, 32459. You can reach them by phone at (850) 213-0891 or email at info@GraytonBarandGrill.com. Hours of operation are Tuesday thorough Sunday 11:30 a.m. to 12:00 a.m., and they are closed on Monday during the spring and summer seasons. Check the website or Facebook for fall and winter hours and live music postings.

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Ocheesee Creamery: A Small Batch Family Dairy

BY SUSAN BENTON

I met Mary Lou Wesselhoeft on one of my first visits to the Saturday morning Seaside Farmers Market many years ago. I sought her out based on the recommendation of a long-time local friend that told me the Ocheesee Creamery butter was the best in the

and Mary Lou started with about 30. They chose Jerseys over black-and-white Holsteins because the couple felt Jerseys produced well for their size, the feeding cost was less expensive, and the feed-to-milk ratio is better. “It’s like feeding a running back as opposed to a linebacker and they are much friendlier,” Mary Lou explains.

The dairy farm has grown to the daily milking of more than 120 Jersey cows, producing 400-500 gallons of fresh high-butterfat milk, and they have about 150 young stock that are not yet of milking age. Paul and Mary Lou think it’s important to raise their own, so that they know the quality of the herd. Paul and Mary Lou also bottle their whole and skim milk, chocolate milk, and cream and old-fashioned buttermilk, a decadent treat you must try when preparing fresh biscuits. They are still churning butter to sell directly to customers at their farm, on

The Wesselhoefts elected not to homogenize because they say it’s healthier for the consumer as a lower-cholesterol alternative. “It is also better for the digestion,” says Paul. It takes about two hours for the milk to make it to the shelves after production, and the bottles used for the milk and cream are made from recyclable glass, requiring a \$3.00 deposit for the first purchase. When the bottle is returned clean, the deposit is refunded if the customer doesn’t buy more. Repeat customers simply switch their old bottles for new and are not charged a second deposit. I personally find the bottles unique and have used the quart size bottles as floral containers for decorating, but Mary says that also, “Glass makes the milk taste colder and fresher, it is better for the environment, and it is nostalgic. Many older people enjoy our product because it reminds them of their growing-up days when milk in glass bottles was the norm.” With their own dairy devoted to an all-natural product with no additives, in late summer 2013 the Wesselhoeft family launched their own ice cream line with flavors such as Vanilla, Salted Caramel, and



We stepped back to a time when cows grazed on pasture land and got all the benefits of fresh air, sunlight, and pastures full of fresh green grass.

grocery shelves in the area, and at select farmer markets, while also selling a limited supply of cheeses bought from other suppliers, such as whole curds and cheddar.

The milk at Ocheesee Creamery is pasteurized but non-homogenized, so that the milk still has cream rather than broken down fats. The production process takes about 10 hours. The cream line disappears once the milk is shaken for drinking. Mary Lou says, “We stepped back to a time when cows grazed on pasture land and got all the benefits of fresh air, sunlight, and pastures full of fresh green grass. Studies show that cows that are allowed a primary diet of fresh grass produce milk with five times as much unsaturated fat than cows fed processed grains.”

Mint Chocolate Chip. Mary says, “We are different than larger farming operations. This is our family business that we plan to pass on to another generation, and that’s a big thing!”

Ocheesee Creamery is located at 28367 Northeast SR 69 in Grand Ridge, Florida. Store hours are Monday-Friday, 8 a.m. to 5 p.m. and Saturday, 8 a.m. to 12 p.m. CST. A farm tour is offered in the fall. Ocheesee vendors on 30-A include Chanticleer Bakery & Eatery, George’s at Alys Beach, La Lobas Bakery, and Seacrest Sundries. For more information please call the store at (850) 674-1573, follow Ocheesee Creamery on Facebook, and visit their website, www.ocheeseecreamery.com.

Panhandle, and they were certainly correct. As Mary Lou says, “We are the only dairy in the state that makes our own hand-churned butter!”

Currently, Ocheesee Creamery is a three-generation run small batch dairy farm with over 20 years in business. Mary Lou and Paul with their four children started small in 1989, on land that Mary Lou grew up on with her dairy farmer parents, Monroe and Naomi Yoder, and her seven siblings. Her parents raised about 35 cows. Paul



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Ten Misconceptions about Hormones

BY DR. NITIN BAWA

When it comes to hormones, there are several misconceptions out there. Here are a few that I see routinely.

I AM NOT AROUND PESTICIDES:

We are all exposed to pesticides and these days they are colorless, odorless and on our food. It is difficult to wash off pesticide residue that is buried deep in the crevices of food. Different cities and states with many mosquitoes do aerial spraying and other methods that disperse the pesticides widely. These pesticides look a lot like estrogens and so can cause weight gain.

OUR FOOD DOES NOT EXPOSE US TO HORMONES:

Hormones are everywhere. Animals make hormones and when we eat meat we get some animal hormones. Sometimes, cows and other animals might have hormones injected and those could pass on to us. Women take birth control pills and these hormones are excreted in urine, which makes its way to streams, rivers, and oceans. Then fish ingest them, which means they come back on our plate!

ESTROGENS ARE NOT HARMFUL:

Hormones are very potent substances and function very well when present in a few ppb (parts per billion). Plastics, pesticides and even thermal paper give off chemicals that work like estrogens. Estrogens tell the brain of men that there is no need for testosterone and testosterone production is reduced. Several animals such as frogs are exposed to such pesticides and they can have a neutering effect on the male gender.

PLASTICS ARE SAFE:

Plastics give off a chemical called BPA (Bisphenol-A) that is a Xenoestrogen or serves like an estrogen molecule. These xenoestrogens might lower testosterone for men and cause weight gain for men and women.

CANNED FOODS DO NOT HAVE HORMONES:

Aluminum cans are lined with a thin layer of plastic and this contains BPA. This BPA can get into the foods especially since the cans sit around for years. Acidic foods such as tomato sauces might cause more BPA to leach into the food. This BPA serves as an estrogen and can cause weight gain and breast cancer.

PAPER IS SAFE:

Thermal receipt paper gives off BPA which is easily absorbed in the skin. There have been studies showing that cashiers have higher levels of BPA in their system because they handle receipt paper. Alcohol that is in hand sanitizers allows this BPA to be absorbed better. Since we trust chemicals so much, we often handle receipt paper and then use hand sanitizers which would be an ideal way to make BPA penetrate better.

HORMONES DO NOT CAUSE BREAST CANCER:

Hormones such as estrogen make breast cells, uterine cells, and fat cells that divide. Estrogens increase the risk of breast cancer and we are around many chemicals that have this estrogen like quality.

PROGESTERONE DOES NOT COUNTER THE RISKS OF ESTROGEN:

There are several studies that show that estrogen makes cells divide but progesterone makes them mature and stop dividing. However, synthetic progesterone or FDA approved progesterones do not have this effect. Progesterone is even over-the-counter so most physicians are not aware of this beneficial effect of this natural supplement. You have to go to a physician who understands bio-identical hormones.

Dr. Bawa is a board certified Internal Medicine Physician with a special interest in bio-identical hormones, weight loss, holistic medicine and lasers. You can reach him at (850)424-7320



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Bart's top 10 Super Foods

BY DR. BART PRECOURT



Dr. Bart Precourt

So this is my personal list of “super foods,” which keep me a lean and healthy machine! Of course always choose organic when possible.

1. AVOCADO:

An excellent source of raw fat. These fats help your body absorb proteins better and send messages to your brain that you are satiated (full). Contains fiber, vit E, complex B vitamins and folic acid. Avocados will help balance your appetite as well as any food out there. Great with everything, they also make smoothies nice and smooth.

2. KALE:

A cruciferous, leafy green vegetable. High in antioxidants that protect your cells against cancer. Great source of fiber and rich in vitamins and nutrients, including vit A, C, iron, calcium, and chlorophyll. Beneficial for immune system, stomach, and liver function. Enjoy as a salad or in a smoothie.

3. COCONUT OIL:

Organic of course. Contains lauric acid, a fat rarely found in nature. This miracle fat has antiviral and antibacterial effects. Powerful source of instant energy as a result of supporting thyroid function. Supports immune system and promotes metabolism and heart health. Use it as a substitute for oil and butter, or rub it all over your body. This stuff has healing potential.

4. WILD-CAUGHT SALMON:

Another great source of naturally occurring fats and protein. Its best value is for its Omega-3s. These help your body naturally fight inflammation. Doesn't take much to be satisfied. *(Be sure it's wild-caught Alaskan salmon).*

5. ORGANIC EGGS:

Yet another great source of fats and protein together! One of the highest quality proteins available. Maybe the perfect meal. Great natural source of the complex B-vitamins and B-12. Aids in brain function, metabolism, and muscle repair. Perfect for the peeps trying to lean down.

6. WHEY PROTEIN ISOLATE:

Considered the gold standard of protein. Must be a non-denatured form from grass fed cows, free of hormones and chemicals. Helps regulate insulin levels and metabolism. Supports immune system, preserves lean muscle tissue, and promotes fat burning... what else do you want? Start your morning with protein to wake up your metabolism. (We have a great source available at Balance Health Studio.)

7. BLUEBERRIES:

Tons of antioxidants and packed with vitamins, phytonutrients, and fiber. Benefits the nervous system and even memory. Low on the glycemic index. Aids in anti-aging and skin health by preventing cell damage. Great on salads and in smoothies.

8. GARLIC:

Not only does garlic make everything taste good... it helps almost everything! Antibacterial, antiviral, reduces blood pressure, protects the heart, reduces cholesterol, and has anti-inflammatory properties that regulate the formation of fat cells! Eat some and then eat some more.

9. APPLE CIDER VINEGAR:

This is probably the least known of my top 10 list, yet it's a gem. Helps digestion, alleviates cold symptoms, fights diabetes, indigestion, heartburn, and even cures hiccups. Prevents lactic acid build up and wards off the feeling of being tired. Check out “Bart's Blaster” found at bartprecourt.com for my secret drink formula to boost energy and burn fat.

10. CINNAMON:

Another gem. Cinnamon helps regulate blood sugar levels, which means it balances your mood and cravings for carbs. Contains natural anti-infectious compounds. Reduces pain linked to arthritis and lowers LDL cholesterol. A great source of antioxidants and strengthens memory. Sure does make smoothies yummy too.

As with all nutrition and food choices, make decisions that align with what you want in life. Use foods that support your health goals. I gladly provide nutritional consultations to help you meet those goals. Weight loss, fatigue, hormone issues, stress, poor sleep, and digestive challenges are all common reasons people seek nutritional assistance. Contact Balance Health Studio at (850)-231-9288 to make an appointment.

Make yourself into a lean and healthy machine in 2014!

Dr. Bart M. Precourt is a Doctor of Chiropractic, acupuncturist and nutritional consultant. For nearly 20 years he has helped people get healthy, lose weight and create healthy sustainable lifestyles. To learn more or ask a question directly to Dr. Bart go to bartprecourt.com. He currently practices in Seagrave Beach, FL at Balance Health Studio, www.balance30a.com.

Of course when you think of super foods you think of foods rich in antioxidants, full of vitamins, and full of highly absorbable fats and proteins. Yet for me, when I think “super food”, I'm thinking of foods that feed the needs of my body—foods that are easy to obtain, protect my organ function, give me a clear state of mind, boost metabolism, provide energy, and burn fat.

If you're going to eat, you might as well eat the foods that serve you the most. My list of top ten of super foods might be different than traditional super food lists that you might find on the Internet. You won't have to pick berries from somewhere in Brazil or find an exotic health food store. These are easy to find and you might even already have them at home.



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Grace Morin had suffered from severe neck pain for 30 years. "It got so bad that I couldn't lift my right arm – it felt like a hundred pounds," she says. "I also couldn't control my right leg, so I would fall easily."

After an MRI revealed cervical stenosis – a compression of the spinal cord in her neck – orthopedic spinal surgeon Dr. Kornelis Poelstra recommended surgery at Sacred Heart Hospital on the Emerald Coast.

"He fused four discs in my neck to release the pressure, and he inserted two rods to restore the natural curve of the neck," she says. "Sacred Heart took wonderful care of me. They got me out of bed and on the road to recovery."

Before spinal surgery, Grace wasn't even able to hold a paintbrush to do her watercolors, and traveling to Navarre Beach for her painting lessons was too painful and too much effort. But these days, Grace has no pain and very little discomfort.

Now she can focus on the art of enjoying life!

To learn more more about the **Spine Center** at Sacred Heart Hospital on the Emerald Coast, visit www.sacredheartemerald.org/spinecenter or call (850) 278-3261.

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No Ordinary Spa

BY LIESEL SCHMIDT

Exacting in its standards, it is little wonder that the Pearl Hotel would offer guests nothing short of the best when it comes to a spa experience. As one-of-a-kind and exquisite as the name would imply, Spa Pearl is a retreat unlike any other, with signature treatments that take full advantage of the restorative nature and calming properties of the ocean from which these natural wonders are harvested.



Poolside spa

Since its opening in 2013, Spa Pearl has pampered its guests with treatments and massages infused with crushed pearl powder, an effective natural exfoliant that leaves the skin soft and glowing. Tradition and innovation are married within the open-air spaces of four poolside cabana spa treatment rooms, and guests are given a level of care to rival the best in the industry. Modeled after

the luxurious resorts in Miami Beach, the Pearl Hotel's demand for excellence and opulence is reflected in this small, intimate setting where patrons are offered respite and calm alongside breathtaking views of the waterfront that make the hotel itself such a treasure.

"We have such a special atmosphere, so peaceful and calming. It's the perfect place to find a relaxing getaway," says team member Kami Smith as she describes the spa's exceptional attributes. Location alone might be enough to attract spa seekers to its airy spaces; but Spa Pearl

is a true sensory experience, with a full menu of services that pamper from head to toe. "The training and the products that we use sets us apart from other spas in the area," Smith contends.

While deep tissue massages may be on offering, the spa's singular level of care pushes the boundaries of ordinary techniques and treatments, infusing their signature style into every element. One of their most popular, Smith says, is the Pearl Paradise Massage. "It's a signature treatment that uses essential oils and nautilus shells in the technique," she explains—fitting to this beachside paradise, where the arc and whorls of the nautilus shell are so iconic of the coastal culture. Stress and tension are tamed by the practiced hands of their highly trained massage therapists; muscles are relieved and revived. It is a restorative setting, for a restorative experience.

Also gaining popular attention with guests is the warm pinda massage, which features pinda—cooked rice balls. Unlike traditional pinda, however, which are made with rice and barley flour mixed with ghee—an Indian form of clarified butter—and black sesame seeds, Spa Pearl infuses theirs with essential oils and crushed lava rock, taking the healing properties of heat to a whole new level as they are applied along the shoulders and spine.

No spa would be complete without facial treatments and body wraps, and Spa Pearl strives to exceed expectation. It is, after all, a full mind/body experience, a



Massage Treatment Room



Pedicure spa

place of holistic healing and of recognition that each level of the mental wellbeing affects the physical. In this relaxing al fresco atmosphere, guests can unwind in an environment that seems far away from everyday stresses. It is tranquility at its best, perfectly positioned to encourage guests to let go and surrender to the hands of the experienced staff.

Signature to their facial treatments is the Pearl Sensation, which employs nutrient rich cashmere extracts and crushed black pearls. Each of the spa's facials and treatments was designed to re-tone, renew,

refresh. While each menu offering may be luxuriant and almost decadent, at its core is the mission of restoration, revitalization, and wellbeing. Nothing is chosen without intent. Anti-agers, antioxidants, detoxifiers...nature's best elements are explored and highlighted, harnessed by exclusively sourced products used in the spa's multi-faceted ministrations. Nail treatments pamper and beautify, and guests are served champagne during soothing hand and foot massages and masques. Therapeutic body wraps exfoliate and moisturize, tapping the skin's full potential to glow from the inside out. In such signature applications as the Mother of Pearl body wrap, the full body exfoliation is complemented by a white pearl body wrap and a glow enhancing, luxuriantly moisturizing karite massage. Indeed, it is a singular experience, in a singular place.

At Spa Pearl, the spirit of excellence is transcendent. Here, the mind and body are respected and revered, treated with care and treasured. Here, in the poolside cabanas of this unparalleled retreat, each guest is unique. Each guest is a Pearl.

Spa Pearl is open to both hotel guests and the public, by appointment only. Sunday-Saturday 9:00 a.m.-5:00 p.m. Located at 63 Main Street, Rosemary Beach, FL 32459. For more information and to schedule appointments, call (850) 588-2881 or visit www.thepearlrb.com

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Runnels Orthodontics

BY JESSICA BADOUR

Let's go ahead and be honest – who *really* likes going into a doctor's office? What immediately comes to mind might be long lag times in a drab waiting room, flipping through outdated magazines before finally going back to see the doctor (only to wait a little longer). Then there's the time spent checking in or, worse yet, the line at the checkout/billing desk.

Now, erase all those preconceived notions. Instead, picture a doctor's office filled with a warm and inviting sea and surf theme (fitting for the Florida Panhandle) and a reception area where you check yourself in electronically – but never wait; rather, you're immediately ushered back to begin your visit.

This vision is a reality for patients at Runnels Ortho.

"The key to our office is that it doesn't look like a doctor's office. We don't have a waiting room, we have a reception area. No one spends even a minute waiting, you come back as soon as you check in," explains Dr. Scott Runnels, who started the private orthodontic practice 15 years ago. "People check themselves in and out, preventing bottlenecks, and parents can come back with their kids for the appointment so we can all engage and discuss their progress."

Runnels, a Destin native, knew he wanted to become an orthodontist at the ripe age of 10 years old, and set out to do just that. After obtaining his post-doctoral certificate, Runnels returned home to start his private practice committed to orthodontic excellence. Today, his dual locations see more than 5,000 appointments a year. As a completely paperless operation from the get-go, it comes as no surprise that Runnels likes to be on top of the latest technology.

"With the highest technology, it's not a regular doctor's office you're stepping into," he says. "For the past year, I've been focusing on the newest options for our patients in the specialty of orthodontics. We're the only practice offering these new technologies in the Southeast."

While jaw correction and braces have been a long and arduous process, the new technology Runnels Ortho is featuring – including Fast Invisalign, Carriere Distalizer, and Ortho Accel – help make the procedures of dento-facial orthopedics (which involves not only teeth, but also the jaw and facial features) more effective and efficient.

"Now we are able to scan teeth and get a digital imprint of the patient's mouth, allowing us to simulate treatment," Runnels says. "As a specialist, I can see if we need to move teeth around, or if there are any major jaw discrepancies that need to be corrected first."

Runnels uses Carriere Distalizer technology to correct jaw issues, even in adults; including those previously recommended for surgery, which is important if the jaw sits too far back or forward. Once the jaw is aligned properly, Dr. Runnels can determine options for the next course of treatment, be it Invisalign, braces, or whatever the patient prefers.

"This has been especially advantageous for our teen patients. Just as little as three years ago, this wasn't an option. Now, I can fix the jaw issues first and then go into Invisalign and its popular for them," he says. "At their age, we want to do something that's an aesthetic solution."

"What we do here are specialized orthodontic procedures, which are only performed by an orthodontist," Runnels says. "From a patient standpoint, you can have confidence in us, knowing we are a member of the American Association of Orthodontics."

Beyond providing patients the latest in technology and orthodontic excellence, the office's mission is to also provide a warm, friendly environment that involves the whole family: "The staff knows all our patients by name and that may seem cliché, but it's truly the image we have,"



Checkout station



Examination room



The Fighting Chair



Dr. Runnels and staff



Lounge waiting area

Ortho Accel (or AcceleDent) uses micro-pulses, similar to a pulsing toothbrush. The vibration increases cellular activity where the tooth sits in its socket, allowing teeth corrections to happen even faster, in about half the time. That's where Fast Invisalign or braces comes into play; the small mouthpiece is worn for 20 minutes a day to expedite the process of teeth correction. Dr. Runnels notes several female patients prepping for their wedding have been eager to use this technology to make sure they were smile-ready in time for the big day.

Runnels says. "People want to know we're up to date on technology and that they're going to be comfortable. It's about being professional and making sure our patients feel like they're family, too."

Runnels Ortho is accepting new patients on an ongoing basis. Contact their Destin office at (850) 269-0333; PCB office at (850) 249-3240. The practice is open Monday through Friday, with varying daily hours. Learn more at www.runnelsoortho.com or like them on Facebook.

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Cody Copeland

BY JULIE HERRON CARSON



stain to give the piece added depth. I paint on mostly salvaged wood and often incorporate found objects like animal skulls and antlers. People ask me if I'm a songwriter who paints or a painter who writes and plays music.

The answer is neither. I've never put art or music on the back burner while I focused on the other. Both means of expression are equally important to

30-A Songwriters Festival, introducing new fans to his electro-folk style. "I was excited to present some of my newer songs, especially those on *Two States* since I think the music really expresses who I am. And it was rewarding to have people tell me afterwards they connected to my new material."

Tracy Louthain, principal of Tracy Louthain Communications (TLC), attended the festival and says, "After experiencing Cody's unique brand of original music, I am now a fan. His songs are often unexpected, taking listeners on a journey of rhythms and melodies that reach highs and lows and everywhere in between. After purchasing his CD, I've discovered the diversity of his music and the wide range of instruments he employs to complement his vocal range and achieve a unique, textured sound."

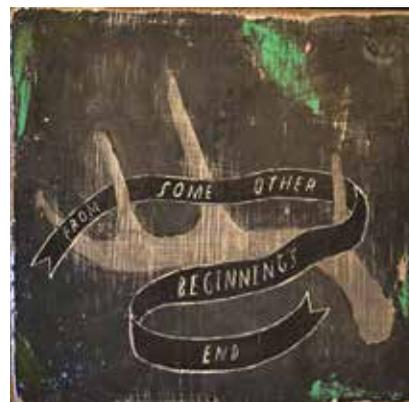
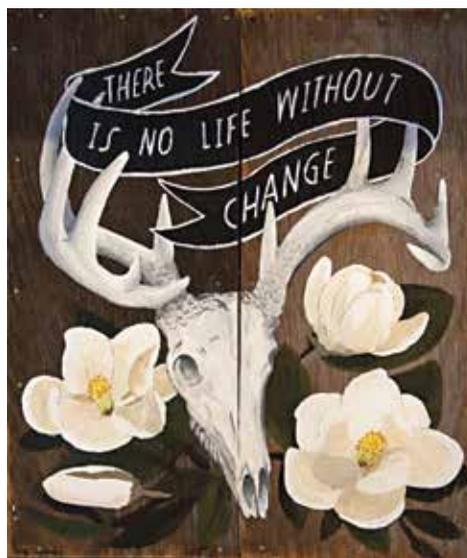
Copeland is also finding success with his painting and was excited to see his works shown last year in the SoHo neighborhood of New York City. Locally, his paintings are sold through Allison Wickey Studio and Gallery in Seacrest Beach, where he also works. "It's a wonderful opportunity to develop my style and learn about the business of art by working with Allison," says Copeland. "I help with displays and sales and also use the studio as my own workspace."

Debbie Weant, owner of 30-A Art & Junk in Seagrave Beach, sold Copeland's artwork in her first store when he was just a teenager. "I saw his potential right away. He has an amazing talent and I think the sky's the limit for him with his art and his music," she says.

Copeland says the people and places of Northwest Florida have shaped his creative output and strongly influenced who he is and the emotions he expresses through his art. "One reason I incorporate antlers in

my art is that deer shed their antlers so that they can grow a new set. For me, moving back to Florida from Chicago was like letting go of a fragment of my life so I could grow something new and beautiful here. The gallery job, new art, new music, new friends are all tips on my new 'antlers'."

Find out more about Cody Copeland's performances and artwork at www.facebook.com/codycopelandmusic



Many artists have moved to Northwest Florida to take advantage of the inspiration offered by the beautiful landscape and to enjoy the company and support of a thriving artists' community. But there are also "home-grown" artists who seem to have an innate desire to create, born of an affiliation with the sun, sand, sea, and the wild places that still exist along the Emerald Coast. One such artist is Cody Copeland, musician, songwriter, performer and painter.

Copeland grew up next door to his father's hunting and fishing supply store in Freeport, Florida and attended Seaside Neighborhood School. He began singing and creating art when he was just a child, and two decades later continues to channel his passion and vision into soulful music and arresting artwork. "My grandmother, who was a singer and songwriter, gave our family a piano, and some of my earliest memories are learning to play it," says Copeland.

As Copeland was developing his musical talent, he began painting, drawing inspiration from his surroundings. "I primarily use acrylic paint and sometimes add a

me. They are my passion and my professional pursuits. Art and music are all I breathe."

Not surprisingly, the personable and articulate young man is finding success in both genres. After living and performing in Chicago for a few years, Copeland moved back to Florida and released his third album, *Two States*, to critical acclaim. "Moving back was a big decision and inspiration for the writing of the album and the subject material of my recent works," he says.

Copeland is a favorite of the 30-A music scene, and earlier this year he was invited to participate in the annual



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Creative Space: Seaside Repertory Theatre

BY LIESEL SCHMIDT

Tell someone you're going to the theatre, and you're likely to elicit a look of surprise. Though most of us still associate the theatre-set as cultural movers and shakers with their gloved fingers on the pulse of society, that exclusivity is quickly crumbling. In fact, going to the theatre has become much more accessible to the regular Joe—not to mention more interesting. Cultural diversity is reflected both onstage and in the seats, creating an intimacy between performer and audience and a renewed interest in the arts.

Since opening in the spring of 2001, the Seaside Repertory Theatre has become the cultural hub of the community, a place where art has rooted itself and bloomed. Painters, musicians, performance artists, and actors have found audiences here, in this creative space where the air is charged with possibility and passion and vision. Unsung words wait patiently in the wings, un-recited lines echo on the walls. Each of its 75 seats waits with expectation for what's next...and what's next is pure art.

Offering main-stage performances of plays, concerts, and artist exhibitions of all kinds, the Theatre attracts patrons of every age and every interest. "You can see arts, the kids can be entertained, and people can come and be enlightened about pressing social issues," says Executive Director Brook Stetler. "It's got something for everybody, even people for whom theatre isn't a big part of their lives." That level of diversity makes it the perfect venue to attract multiple segments of the community, getting audiences in the door and opening their eyes to things they've never seen, ideas they've never heard, concepts they've never understood. It's a peek, a flash, a voice, or sound that once experienced, will never be forgotten. And it will leave them wanting more.

It was a desire to provide a multi-faceted cultural experience in the Seaside area that led to the establishment of the Seaside Rep; and with the closing of each season since its founding, it's discovered new audiences and attracted new generations of budding arts enthusiasts. "It's cool, because you'll see all these families and kids there together,

just watching a play; and I think, that's not as prevalent as it used to be," Stetler observes. "Coming to the theatre brings back good memories from people's childhoods and now they're giving those same kinds of memories to their own kids."

Such memories evoke an energy that is almost magical. It's what keeps people coming back to the theatre and instills a desire to be part of that creative force, to be right there in the thick of things. Here, in this black box theatre space, it seems almost possible. "It's an incredibly intimate venue," says Stetler. "The audience members are right up there against the stage, and there's a real interaction between the audience and the artists. In some bigger venues, the artists don't have much communication or back-and-forth energy with the audience," he continues, noting the marked difference in vibe at Seaside Rep. "You're actually in there with the performers, and it provides this really cool intimacy."

Passion begets passion, and the theatre group at Seaside Rep doesn't confine itself to the four walls. In



Brook Stetler



Concert image by Kurt Litschka

fact, theatre seasons have their traveling troupe of actors scheduled at different venues in and around Seaside, giving their audiences a taste of their talents with storytelling, concerts, and plays. And they don't stop there—improvisation workshops are offered to anyone "no matter the level of experience or how old they are—everyone from four to 104 can come and join us," Stetler says.

This is the land of creative opportunity and part of that mission has become providing for the future. Partnering with local schools, the Seaside Rep has established mentoring and internship programs to give interested students hands-on experience in different aspects of professional theatre: working with costume designers, directors, set designers, and stage technicians. "They'll get first-hand experience in high school and then go off to college more advanced than other kids at their age." It provides an advantage, in Stetler's estimation, that is priceless.

Who knows? Maybe one day, the boards of Broadway will be walked by one of Seaside Rep's progeny; maybe one day its artists will tour venues of international acclaim. But for now, this community theatre welcomes one and all

to its spaces—it asks only that you come dressed in the finery of creativity.

For more info on upcoming events and tickets, email Info@SeasideRep.org, call (850) 231-0733, visit www.seasidereptheatre.wordpress.com or follow them on Facebook at www.facebook.com/seasiderep.



Performance image by Kurt Litschka



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Exceeding Expectations

BY CHRIS OGLE



There is a fantasy world we all dream of, where customer service is always perfectly suited to our tastes. It exists because we are so often let down in the real world by apathetic employees who truly don't seem to care whether we buy or not. There are many reasons for this, including a lack of proper training, understaffing, and the sheer size of some companies. I can personally attest to being overcome with phone rage when, after being placed on hold and bounced around for half an hour, the phone unceremoniously disconnects. It can make you feel like a lone survivor in an uncaring world. But just as those miserable customer service experiences can stay with you for years, so can the extraordinary ones. I personally experienced one several years ago that was so strong I still get excited thinking about it today.

I was in the market to buy a new car and was thoroughly frustrated with my experience in the local area. It seemed as if every dealer only wanted to sell me a car they had in stock, not what I wanted. So I

ready to leave in my new car. But then a curious thing happened. People all over the vast showroom seemed to be getting up to walk outside at the same time. What was going on? Where were they going? My guy then got up to shake my hand and walk me out the door. Once outside, there was a paparazzi-style line of people forming a tunnel in front of me, with the car parked at the end. Every single sales person and associate, with genuine smiles, extended their hands and offered me a warm congratulation! They said, "Have a great day!" and "Congratulations on your new purchase!" and "Thank you for buying here, we hope to see you again!" It was a blur of adrenaline and positive energy that made me feel like I had won the lottery! I was so pumped up I couldn't stop thinking about the experience for weeks after.

There is no formula for excellent customer service. Many companies purport to "put the client first". But words often ring hollow; for it is the actions we experience that make us feel something. In a world

While technology can provide great convenience, it is no substitute for human interaction.

called over to a dealership an hour to the west and got in touch with what sounded like a knowledgeable salesman over the phone. When I described my situation and what I was looking for, he really listened to every detail. Going on a strong gut feeling, I engaged him to purchase this car as soon as he could find it. Also discussed was the potential trade-in value of my current car, which was difficult to pin down and agree upon over the phone. Nevertheless, I moved forward with the purchase.

When the call came in that he had secured my purchase, I drove over to the dealer on the appointed day. I was greeted with a warm handshake and treated well. The new car was exactly what I wanted. Furthermore, he actually understood and explained every feature on the vehicle, including how to use them, where the knobs were, etc. It was like talking with the design engineers of the car. All of that was great, but the best was yet to come.

After what seemed like hours of paperwork (is there any way to ever reduce that pile of forms?) I was

of increasing automation, it is important to provide the personalized experience. While technology can provide great convenience, it is no substitute for human interaction. The lesson that dealership had mastered over all else was simple: they made me (their customer) feel great about myself and my purchase. It was truly a fantastic experience that transcended the purchase itself.

This article was written and prepared by Chris J. Ogle, a local financial advisor with Wells Fargo Advisors in Destin, FL. He lives on 30-A and spends his free time surfing, swimming, and stand-up paddleboarding with his wife and four children. Chris can be reached at (850) 837-5366, chris.ogle@wfadvisors.com, or www.wfadvisors.com/chris.ogle.

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Breaking Up Is Hard to Do

What To Ask When Interviewing a Potential New Investment Advisor

BY MARGARET R. McDOWELL

Many property owners and new and part-time 30-A residents will eventually choose to establish a relationship with a local investment advisor as they spend more and more time at the beach. Here are a few important questions to include during a get acquainted meeting with a potential local advisor:

- Are you a fiduciary? An advisor who is a fiduciary has a legal, moral and ethical obligation to act only in your best interests and is held to the highest standard of client care. Stockbrokers and wirehouse advisors are not fiduciaries.
- Are you “fee-only”? A “fee-only” advisor sells no products, accepts no commissions from any source, and is compensated solely by his/her clients. A fee-based advisor may still sell products or accept a commission from the sale of an annuity or other product.
- Will you employ a tax strategy when selecting securities for my accounts? Will you coordinate sending my realized gains and losses through security sales to my CPA? Will you sell any of my holdings before obtaining and analyzing a complete cost basis and performing an overall tax analysis? If your new advisor sells your current holdings and you are left with a large tax liability, you may be no better off.
- Do you charge separately for financial planning or is your investment advisory management fee “all in”? Will you report my account performance “net of all fees”?
- Will you manage my assets yourself? If you will not be managing my money, will I have direct communication with the individual who is actually managing my assets?



Can you see yourself getting along with this person through both accommodative and disappointing markets?

- Will you monitor and rebalance my investments, or do you subscribe to a “Buy and Hold” philosophy? (If you are nearing or in retirement, be aware that a “Buy and Hold” advisor may not make adjustments in your portfolio during drastic market downturns; think 2008.)

Not all of the advisor responses will be perfect. Nor is there a perfect client. But the question is, as Robin Williams advised Matt Damon in “Good Will Hunting”, are you perfect for each other? Can you see yourself getting along with this person through both accommodative and disappointing markets? Can you communicate easily? Does your advisor get you? Does he/she understand your financial goals and appreciate your risk tolerance level?

Hopefully, after you sign an investment advisory agreement, you don’t fly from Spanky and Our Gang (“I’d Like To Get To Know You”) to Neil Sedaka (“Breaking Up Is Hard To Do”) too quickly.

Margaret R. McDowell, ChFC, AIF is the founder of Arbor Wealth Management, LLC, (850) 608-6121 - www.arborwealth.net, a “Fee-Only” Registered Investment

Advisory Firm located on Highway 98 across from Sandestin. Arbor Wealth specializes in portfolio management for clients with \$500,000 or more of investable assets. Ms. McDowell has been interviewed by the Wall Street Journal (Please Google “Gross’s Black and Blue Year”, Reuters, Jane Bryant Quinn of AARP Magazine), Dow Jones Newswires and Investment News Magazine. Ms. McDowell and her investment team offer complimentary consultations.

- Do you have any disciplinary disclosures? For advisors go to www.adviserinfo.sec.gov. For brokers go to www.finra.org/Investors/ToolsCalculators/BrokerCheck.
- What is your average client relationship? If you plan to invest \$700,000 and the advisor’s average account size is \$25,000, the advisor may be unaccustomed to servicing the financial needs of a client at your asset level.
- Do you employ an income generation strategy for those clients nearing or in retirement that desire to supplement their Social Security and pension benefits with dividends and yields from their investments?

This column should not be considered personalized investment advice and provides no assurance that any specific strategy or investment will be suitable or profitable for an investor.

Katie's Kids and K9s



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Spring Break Warning

BY BOBBY JOHNSON

Safeguarding 30-A from people who disrespect the area has become a huge undertaking with the women in my family. It started with my oldest daughter Tasha. At the tender age of 3, when asked, “Who litters on the beach?” she would cross her arms, furrow her brow, and huff, “The bad, bad people!”

Then there’s my wife Beverly. This is an official warning. Just in case you are on spring break anywhere along 30-A and you throw your trash down at the beach...or God forbid out of the window of your vehicle... not only will my wife pick up your trash and hand it back to you, she will then proceed to

sat in their car, heads down, shamed by a woman half their size.

I got a call from my youngest daughter Kelsey Anna recently. She had a very similar story to tell. She was stuck in last year’s spring break traffic on the 331 bridge headed north when the people in front of her threw out their trash on the bridge. Of course, she hopped out of her car picked up the trash and handed it back to them. *Side Note: Are you getting a visual of an apple falling from a tree here? I guess when there are no hills, apples don’t roll far.* Sweet Kelsey Anna, with tears in her eyes and an arsenal of social networking

Just in case you are on spring break anywhere along 30-A and you throw your trash down at the beach...or God forbid out of the window of your vehicle... not only will my wife pick up your trash and hand it back to you, she will then proceed to scrape the 30-A sticker right off of your Chevy Tahoe.)

scrape the 30-A sticker right off of your Chevy Tahoe. I know this from past experience, and it is hilarious and frightening all at the same time.

Case in point. Once, after witnessing a car full of fraternity brothers throw a plastic bottle of tobacco spit and gum wrappers out of their car on Grayton Beach, Bev had me follow them for almost a half a mile. When I got close enough to the culprits, she actually jumped out of our car, walked right up to their window and sweetly asked them to roll it down. When they did, she proceeded to hand the boys every bit of their trash back. I stood sentry, watching my wife teach a car full of spring breakers a lesson on the importance of keeping the beaches clean, while pointing out the trash receptacles. And just to add salt in the wound, she told them that they were not worthy to sport the 30-A sticker on their car as she began to tear it off. As she picked away at the sticker, she yelled, “You can’t just slap a sticker on your car and claim to be a part of something and then go and defile it with your trash! This sticker is reserved for those who cherish and protect the beauty of this beach. You gotta earn it to own it!” (I think she may have borrowed that last line from G-Love, but I didn’t dare interrupt her tirade.) And trust me when I say, not one of those frat boys said a word. They just

followers, tweeted later that the worst part of it was that the littering couple had a SoWal sticker on the back of their car. “They don’t deserve that sticker, and I didn’t even have time to rip it off!”

No, the women in my family aren’t on a mission to rid the world of 30-A and SoWal stickers. In fact, they will slap one on your car if they see you at a beach cleanup or out supporting some local music. 30-A and SoWal may be just a beautiful weekend getaway to some; but to the women in my family and others, it is home. And when their home is reduced to numbers on the back of a car, or letters on a t-shirt, they feel that it is the responsibility of the driver and the wearer, to take pride in this beautiful paradise.

I believe that you are your choices; and today I choose to boast my local bumper stickers with pride. I also choose to never ever let one of my girls see me disrespect any beach along 30-A...and I strongly suggest you choose as wisely as I.

Bobby Johnson, a father and avid surfer, is a Real Estate agent and co-owner of 30A Local Properties. His office is in Grayton Beach. He can be reached at (850) 865-7798 or by going to the company web site: www.30alocalproperties.com



Bobby Johnson

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Blue Title

BY KEMPTEN TAYLOR

Real estate agents and their clients throughout 30-A continue to demand that Blue Title close their next transaction. Excellence and precision are the baseline expectation at Blue Title, located off of 30-A in Inlet Beach. From researching tax issues in the pre-contract phase, providing title services, and on to hosting everyone on closing day, Blue Title offers experienced and effective closing and title services throughout the entire state.

Blue Title Owner and President, Warren Beason, has spent his entire life visiting the Emerald Coast. His family has long had property in the area and Beason watched as 30-A developed and matured over the years. Beason is an experienced attorney and practiced law in one of the Southeast's largest real estate and financial services practice groups before opening Blue Title. He felt there was a need in South Walton for a boutique closing atmosphere that also provided the knowledge and sophistication typically

“We endeavor to go beyond expectations and try to leverage technology to make our closing process more accurate and less stressful,” says Beason. Their systems also relieve real estate agents from being caught as the “middle man” in the closing process. Instead, agents are able to rely on a proven system that proactively communicates important information and milestones to both them and their client. The result is streamlined communication without needless phone calls, messages, and emails. “Buyers and sellers are well-informed



The Blue Title team

30-A was a natural place to locate Blue Title. And now it is both enjoyable and rewarding to play a small part in a community...

only seen in big cities. “30-A was a natural place to locate Blue Title. And now it is both enjoyable and rewarding to play a small part in a community and be passionate to wisely maximize the amazing natural resources it’s been given,” says Beason.

Beason leads a qualified team at Blue Title. They have used their combined skill and experience to develop a streamlined process for closings that promise to deliver a different experience all together.

Many times, they get involved before the deal is even finalized: estimating closing costs, researching tax issues, and discovering liens. Once the contract is signed, they act as the escrow agent, handle all aspects of the closing, and issue a title insurance policy for a national underwriter. If paperwork related to a closing is needed later, Blue Title welcomes customers to contact them anytime.

benefactors of a refined process. And the agents are confident knowing their clients are being cared for well. Real estate transactions go much smoother when everyone is able to trust in the process,” says Beason.

Blue Title’s website (www.blue-title.com) is also a great tool for those in the market to purchase or refinance. The site features an online cost calculator, making it simple to input your specific purchase details and calculate your total closing and title insurance costs. The website is just one of many details Blue Title has carefully created to simplify the process. “There are several places that can close a real estate transaction in the area; however, I believe our passion for excellence in both service and detail is unmatched,” says Beason.

Giving back is also an important part of the job at Blue Title. “We’re passionate about making a difference,

not just making a profit,” says Beason. One of the ways Blue Title enjoys giving back is through Neverthirst (www.neverthirstwater.org), an organization that provides clean drinking water, through a local church, to some of the most impoverished people on the planet. Beason notes that Blue Title enjoys partnering with Neverthirst because they are holistically transforming communities around the world.

Blue Title is a top resource for title insurance and closing needs for those on the Emerald Coast. Blue Title is located at 10952 E County Hwy 30A, Suite B, Inlet Beach, Florida 32413. For additional information call (850) 960-0016 or visit www.blue-title.com.

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Emerald Homes Combines Luxury and Function to Homebuilding on 30-A

BY KEMPTEN TAYLOR

The Highland Park model home



in the Highland Parks Blue Mountain neighborhood. “The Emerald Homes buyer is looking for something reflective of their family,” says Scott Whitehurst, Division President. Each home built by Emerald Homes showcases that same philosophy. Whether you are into oversized gourmet kitchens with all the bells and whistles or outdoor living spaces that are ideal for entertaining and



natural conservation areas. Audubon Point homes display a craftsman style inside and out, with simple galvanized roofs, tradition exteriors, and floor plans ranging from 2,034 to 3,124 sq. ft. This community was positioned so that it is close to everything, yet is secluded enough to feel like a true retreat.

When it is all about location, Emerald Homes’ latest community, Prominence, will be perfect for you. Prominence is situated between Alys Beach and Water Sound on both the north and south side of 30-A. The plans for this community include single-family homes, townhomes, and triplexes. Homeowners will be able to indulge without leaving the neighborhood. Prominence has plans for two large amenity centers. Each will feature large pools, tennis courts, spas and clubhouses. With construction already underway, Prominence homes will be available for purchase spring 2014. To take convenience to another level,

developers Comer Company and Woodford Capital have plans for a Town Center that will sit on approximately three acres, with 700 feet of frontage on 30-A and include a large covered pavilion with a cinema screen for movies and a stage for concerts and other events. The Town Center will also include a Town Lawn, picnic tables, and a S’Mores fireplace nestled in the corner of the Pavilion. The Town Center has plans for retail shops and restaurants for over 1,000 households to enjoy.

Audubon Point starts in the \$400s and pricing for Prominence, along with Emerald Homes’ new communities, will be released this spring. Each custom built home allows buyers to do more than just own a beautiful home, but also become a part of a community with amenities at their fingertips. Emerald Homes’ information center is located onsite at their Highlands Parks community, with the first model home open daily. Plans are underway for two additional model homes in Highland Park, and another in Audubon Point this spring 2014.

cooking out, these homes are something truly unique and bring buyers’ dreams to life.

Emerald Homes’ focus on creating a lifestyle moves beyond the home, and can be seen throughout each carefully planned community. Take for example The Pool House, located in the heart of Highland Park Blue Mountain. The Pool House is an unbelievable space, featuring a pool with two water features and a hot tub, covered grill area, fire pit, and an observation tower. The observation tower sits precisely high enough for homeowners to enjoy the tree line as well as a panoramic view of the Gulf.

Audubon Point is one of Emerald Homes’ prestigious communities located off County Road in South Walton. The neighborhood features 62 homes tucked between two

The Emerald Homes team invites real estate agents, locals and visitors to stop by the sales center and take a guided tour through the new floor plans available to South Walton County. For information on Highland Parks or Audubon Point, please call (850) 267-2252. For all other inquiries, please call (855) 532-3321.

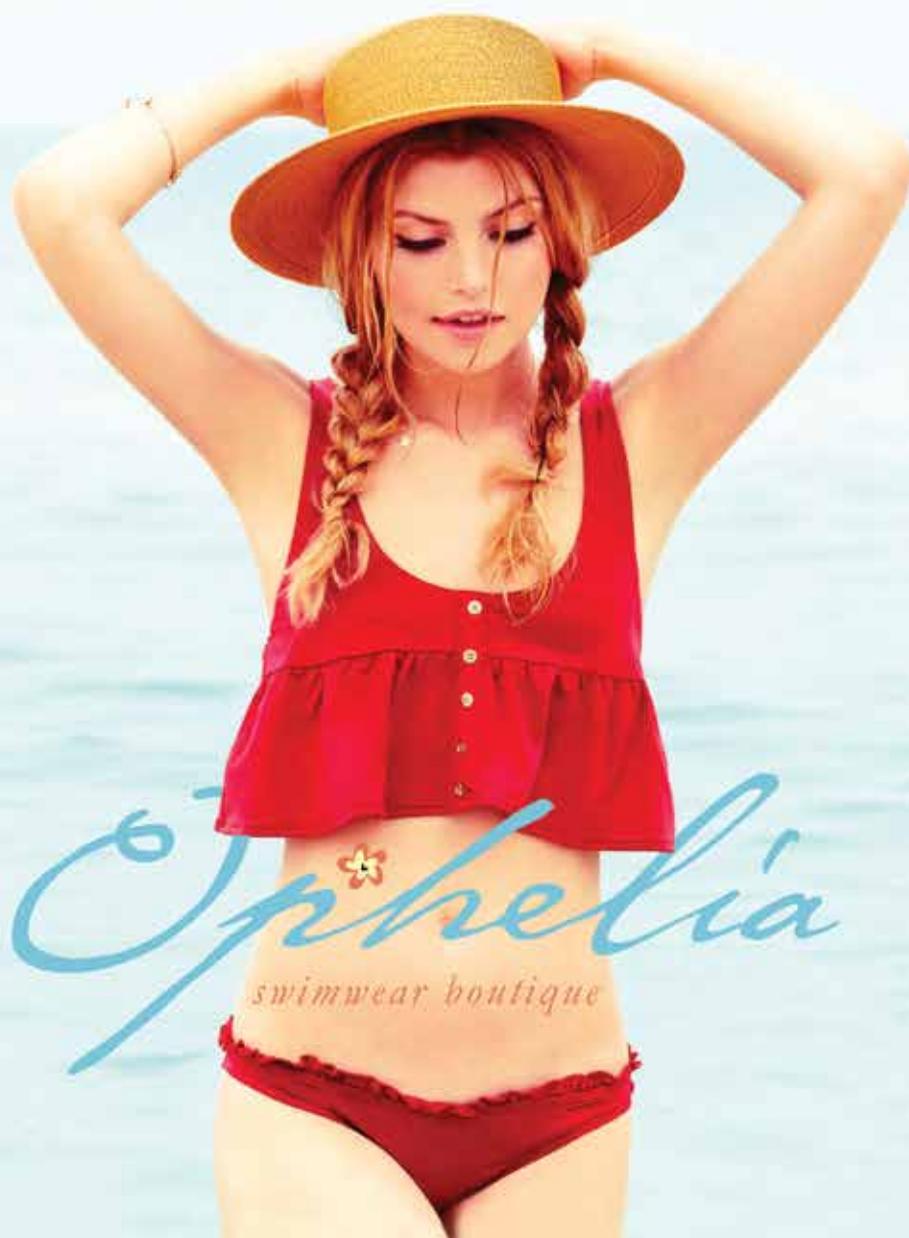
Elaborate living spaces, personalized touches, and functionality scrape just the top of the list when it comes to Emerald Homes’ custom home building. Emerald Homes is known for a tradition of excellence, constructing luxury homes with a meticulous eye for detail. These homes are built with quality materials by an experienced team of builders, combining each customer’s vision with luxury features to craft homes that evoke that 30-A lifestyle.

The company was first introduced to 30-A in early 2013 when they began their tailored homebuilding

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Signature Catering of 30A

BY SUSAN BENTON

As one of the Emerald Coast's top caterers, Christopher Levi Holbrook fondly recalls when food became an integral part of his life, saying, "I was born in Atlanta and at the tender age of five, I remember eating my Grandmother's chicken and dumplings. I loved food and growing up, there always seemed to be a fuss about eating, cooking, and watching the vegetables grow in the garden. My father took me to Panama City when I was four, and I slurped down my first raw oysters at Spinnakers Beach Club!"

At the age of fourteen Holbrook's family moved to Destin where he began bussing tables at the former Lucky Snapper, and continued working in and with area eateries as a cook, busboy, and dishwasher until graduation, saying, "I loved it. It was so much fun!" From there he chose a culinary path that led him to Johnson & Wales University in Charleston, South Carolina where he was elected Student Body President and then given the coveted honor of Student of the Year.

At 23, Holbrook went on to become the Executive Banquet Chef at the renowned Kiawah Island Resort in Charleston. He says, "My Charleston experiences changed me the most. I learned the roots of Southern cooking, low country cuisine, how to make She-Crab Soup, and the most exquisite barbecue and crab cakes!"

He returned to the Emerald Coast to train under local celebrity Chef Tim Creehan, and then moved back to Atlanta to take a position at Bluepoint (the area's #1 restaurant at the time), before training under the tutelage of two-Michelin star French Chef Christian Deslandes at Beaumont's in Charleston. An exciting opportunity came to Holbrook when he was offered a personal chef position traveling with the prestigious Dingman family (Ford Motor Company). During this period he learned the proper techniques for cooking fresh lobster in Maine, worked with the local farm ingredients in Ireland, and mastered Bahamaian Island cuisine while in the Bahamas. Holbrook was noticed by Al Copeland, Sr. and also worked as his private chef before venturing home to train at Fish Out Of Water (Florida Trends Top 400 Restaurants in the World) under four-time James Beard award nominee Philip Rolf Krajecek (Rolf & Daughters, Nashville).

Holbrook was drawn back to Atlanta by the Infinity Dining Group to hold the position of Executive Chef

at Sagewood Fire Tavern, earning the restaurant's first ever Jezebel Magazine's Top 100 Restaurant ranking. He launched Signature Catering on the side, working with many distinguished families, top restaurants and designers in the Southeast. All of Holbrook's training, growth, and success gave him the confidence to bring his skills back to the Gulf Coast, where currently Signature Catering of 30A prepares innovative fresh local Seaside-inspired modern cuisine for celebrities (Lady Antebellum), families, couples, weddings, and businesses looking for that special signature taste. Holbrook cooks with longtime Emerald Coast Chef Robert Springfield



Prosciutto & Crab Stuffed Shiitake Mushroom with Brie Cheese



Christopher Levi Holbrook and Chef Robert Springfield

and employs a passionate and focused staff. He also offers in-home cooking classes, classes for children, and prepares Nantucket-style shrimp boils on the beach. He says, "I really enjoy smoking meats and my clients rave about my whole smoked beef tenderloin. My crab cakes are the best on the coast, but I also love preparing alligator, frog legs, crawfish, lamb, duck, quail, and pretty much anything that comes out of the Gulf! I strive to make each and



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Arugula Prosecco Salad

every event a signature from my heart, as every meal is important, creates memories, and you are only as good as your last."

Signature Catering of 30A is located at 494 West Point Washington Road, Santa Rosa Beach, FL 32459. Chef Holbrook can be reached by phone at (850) 428-2624 or by email at signaturecatering30a@yahoo.com. Visit the website www.signaturecatering30a.com for menus, photos, testimonials and more information. Chef Holbrook currently travels during winter months to his client's homes in the South, Southeast and Midwest.

Photos: © Alaric Lambert

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Top Five Estate Concerns

BY KIMBERLY WATSON SEWELL AND FRANK WATSON



Kimberly Watson Sewell and Frank Watson

If you think estate planning is only for the wealthy, think again. Everyone has an estate worth planning; some are just more complex than others. Facing your own mortality can be uncomfortable, but ignoring the inevitable can cause unnecessary pain and conflict for your loved ones. In this article, we will review the top five concerns when considering your estate plan.

#1 INCAPACITY ISSUES

If you became incapacitated, who would make decisions on your behalf? If you are married, you would

probably guess your spouse. If you are at least eighteen years of age and living at home, you would probably say your parents. Both answers are incorrect.

On your 18th birthday, you are considered an adult responsible for your own decisions. Whether married or single, you must appoint agents through proper *Durable Powers Of Attorney* to make personal, health care, and financial decisions on your behalf in the event of incapacity. Alternatively, a court process involving at least three lawyers is required to appoint agents to make such decisions for you under the ongoing supervision of the court. This can be expensive and invasive of your privacy.

#2 MINOR CHILDREN MATTERS

Consider how you would feel upon hearing the story of children abandoned by their parents. After the shock, you might reflect on how much you love your own children. You nurture them. You impart morals and values. You search for just the right babysitter. However, if you die prematurely without a plan in place, your children will be in the same predicament— orphaned, with their fate determined by the Court.

In some states, you can appoint guardians for your minor children only through a Last Will & Testament. Without this, an expensive and public court process is required to appoint them. Moreover, the court may not designate the same parties you would have selected.

#3 DEATH & TAXES

When it comes to transferring possessions upon your death, you can either make it easy on loved ones through proper estate planning, or you can leave it up to the court system. Prior planning is the more efficient and effective option. There are a variety of planning methods to accomplish this transfer. For example, Revocable Living Trusts are commonly used to transfer assets after death, independent of the legal system in many states.

It is settled law that no taxpayer should pay more than his or her fair share in taxes. That said, proper estate planning can save thousands of dollars from unnecessary federal estate taxes. If you are married, is your estate plan taking full advantage of your available estate tax exemption through a combination Credit Shelter/QTIP Marital Trust or, perhaps through the new “Portability” alternative?

#4 INHERITANCE RISKS

Leaving an inheritance to provide for your heirs seems like a positive decision. However, the outcome may be far from what you intended if you have not considered the potential risks. What if that inheritance were squandered by

a shortsighted eighteen-year-old on an expensive sports car, leaving the heir broke but fashionable? What about money left to a previously happy couple now engaged in a bitter divorce? What would happen if the heir were involved in a lawsuit or bankruptcy? Proper planning through one or more Long-Term Discretionary Trusts can protect and preserve an inheritance for generations to come.

#5 PROCRASTINATION PERILS

Who wants to take time out from living to think about dying? Any raised hands? Probably not many. Yet each moment you procrastinate in preparing your estate increases the likelihood that those you leave behind will grieve not only your passing but your lack of planning as well. Dying without even a basic will, or with one that is outdated and no longer meets your needs, could tie your loved ones up in legal knots at a most vulnerable time in their lives.

ASK YOURSELF THESE QUESTIONS REGARDING “TOP FIVE ESTATE CONCERNS”:

1. Have I made proper estate plans to appoint someone of my own selection to make my personal, health care, and financial decisions should I become incapacitated?
2. Have I made proper estate plans to appoint back-up parents for my minor children in the event they ever become orphans?
3. Have I made proper estate plans to protect any inheritance for my children from squandering, divorces, lawsuits or bankruptcies?
4. Have I made proper estate plans to minimize court control over my assets at death and to legally disinherit the IRS?
5. Have I made arrangements to consult with qualified legal counsel to create an appropriate estate plan for my unique circumstances or to update my existing estate plan?



Frank Watson has been conducting real estate closings along 30-A since 1997. For more information, please contact: Watson Sewell, PL (850) 231-3465 - www.watsonsewell.com



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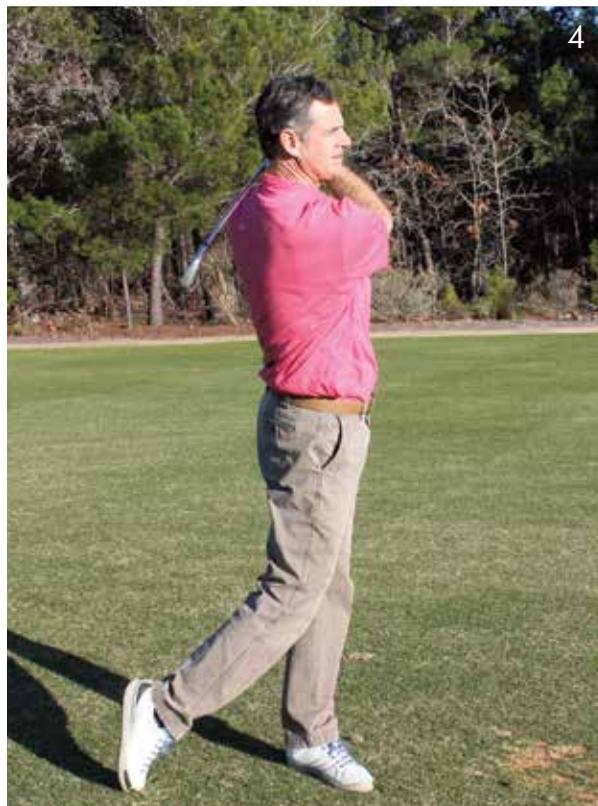
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Spring Tune-Up

BY TOM FITZPATRICK



After having endured a long spell of cold weather, many golfers vacationing on 30-A have faced an extended layoff from the game. Holding a golf club can feel quite awkward at the start of the golf season. So let's ease back into the game slowly.

Before even hitting a ball, let's first get some rhythm by swinging two clubs together. The combined weight of the two clubs stretches out your golfing muscles, plus develops natural momentum.

Next, faster club head speed equals more distance. So hold the opposite end of a club at the hosel, then swish this lighter feeling club through several times. The louder the swoosh sound you can make, the faster you're swinging the club.

Now we are ready to hit a few golf shots. Experiment with the following tips on the driving range with perhaps a seven iron. Let them teach you 'new feelings'. And when a particular shot feels great, zero in on what you did differently.

Great shots will happen when you give these keys a try. The 30-A Review wishes you a very successful golfing season!

1) SET UP CORRECTLY:

A common fault is to set up to the ball with your left side too low and right side too high (reverse for a left-handed golfer). Make this mistake and you are almost guaranteed to not hit the ball straight. It's more important than most golfers realize to get this correct. Here's the drill: grip the club with your left hand only, then take your right hand and reach way down to touch your right knee. That will effectively lower

the right side of your body relative to the left side. Another tip is to slide your hips towards the target at address, effectively making your left side higher than the right. The added benefit is it puts your head more behind the ball.

2) POINT THE CLUB:

Have a friend tell you where your club is pointing at the top of the backswing. Ideally, the club should point towards the flagstick when your hands are over the right shoulder. This checkpoint will put you on the proper down swing path.

3) PUSH OFF THE RIGHT SIDE:

On the downswing, push off your right foot and onto your left foot. As a drill, pull your right pocket over to the left side on the downswing.

4) FINISH IN LINE:

Get these prior steps right and you'll have the benefit of a picture perfect finish – standing balanced over your front left foot, and the club swung to a full finish.

Step and Swing – here's a fantastic drill that is one of the best ways to feel the proper sequencing on the downswing. Start with your feet one foot apart. Make your normal backswing, and then begin the downswing by taking a step with your left foot towards your target. So, step left and plant that foot to the ground, then swing the club thru impact.

Tom Fitzpatrick is real estate broker of 30-A Beach Properties. Tom sells in Rosemary Beach, Watercolor, and all of 30-A. Call if you'd like to discuss real estate opportunities at (850) 225-4674 or tom.fitz@att.net

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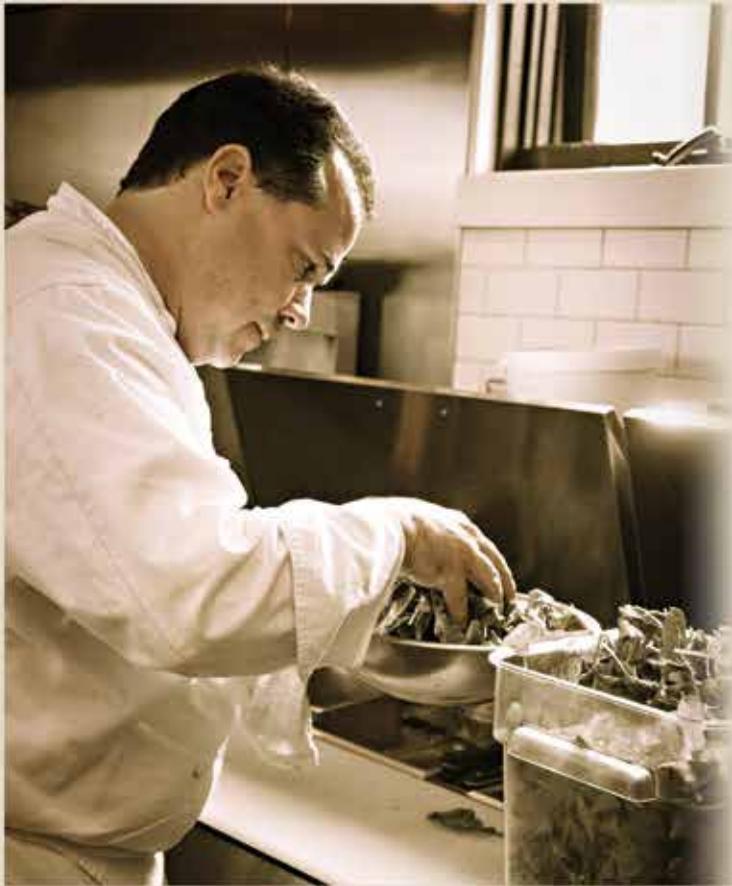
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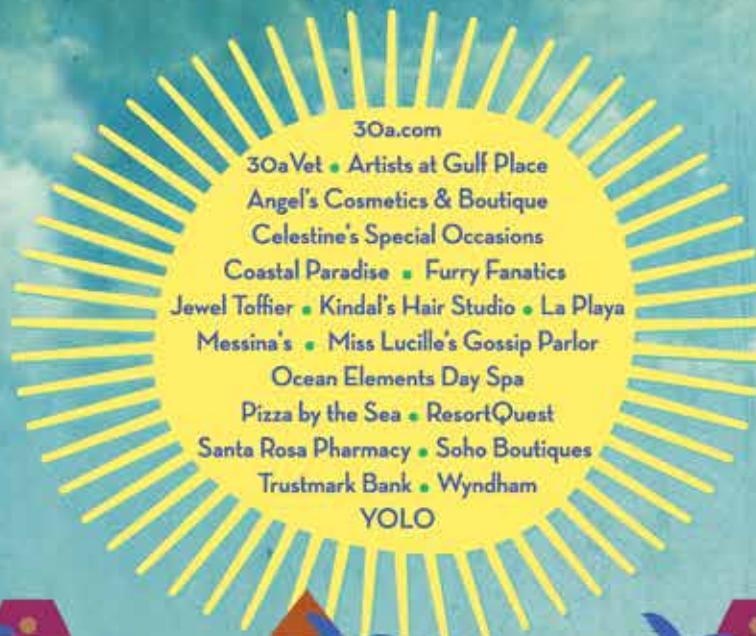
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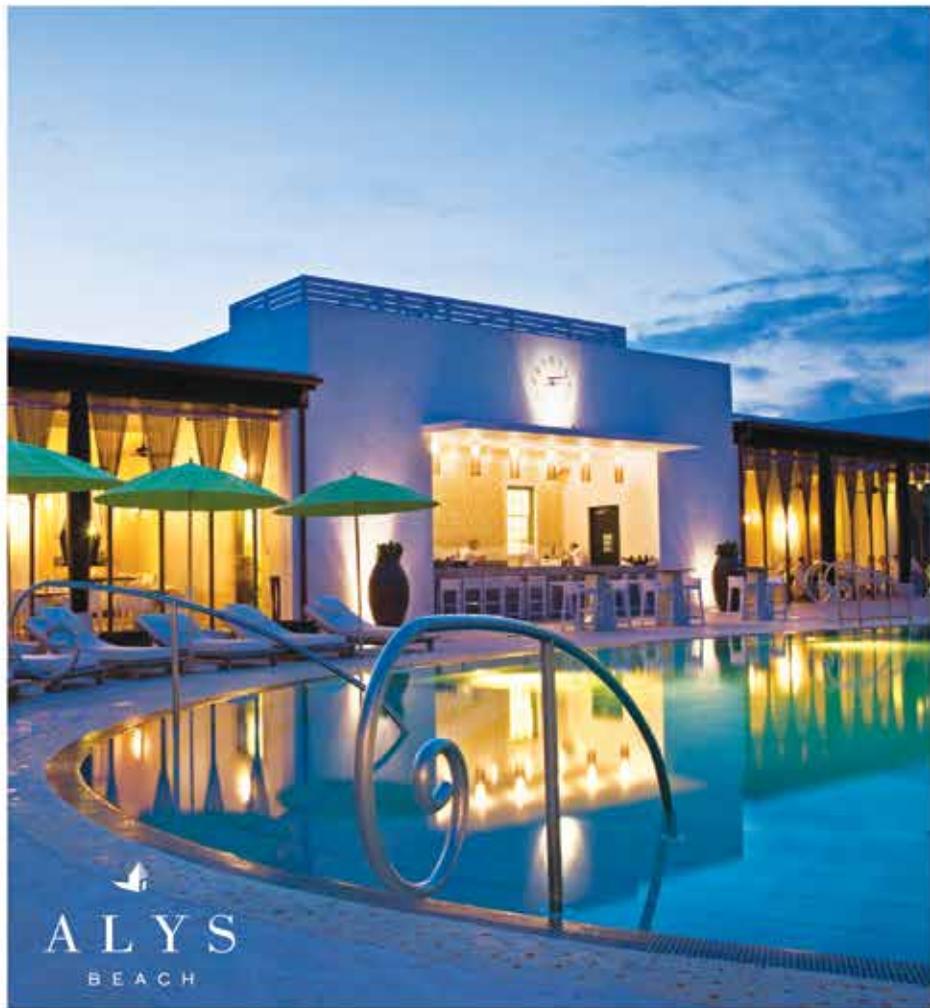
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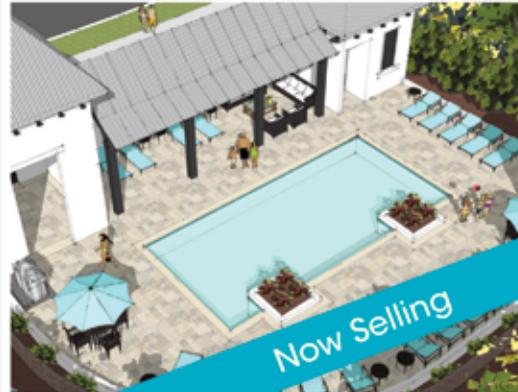
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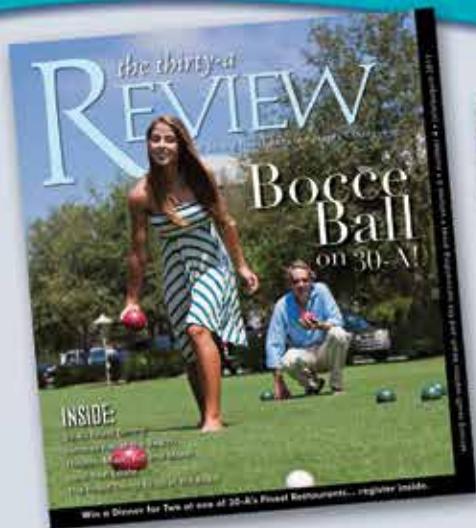
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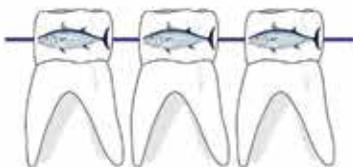
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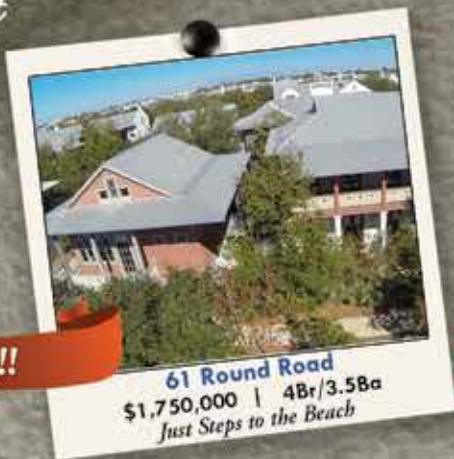
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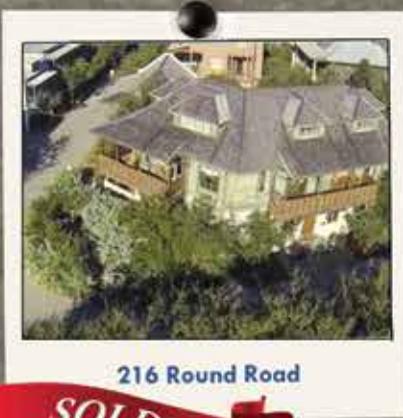
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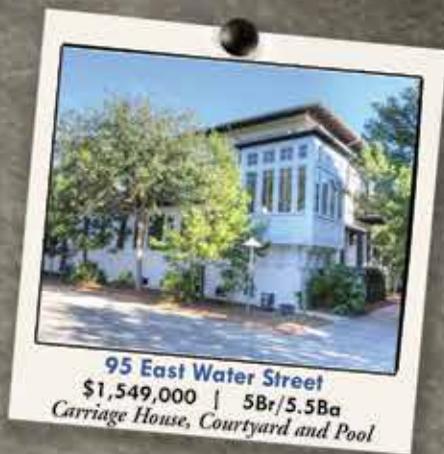
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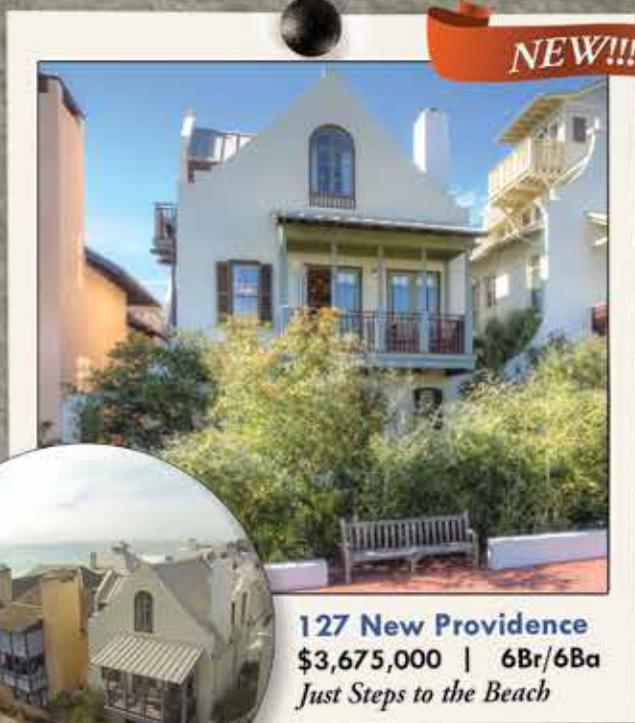
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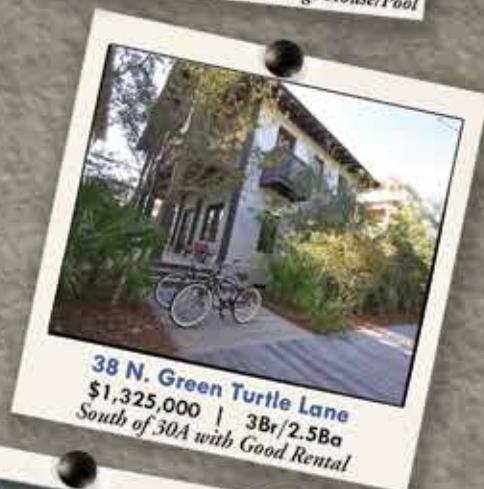


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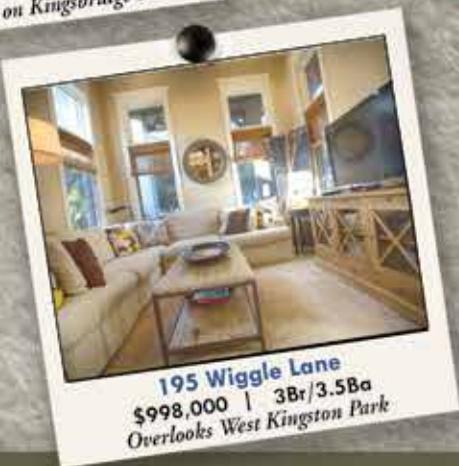
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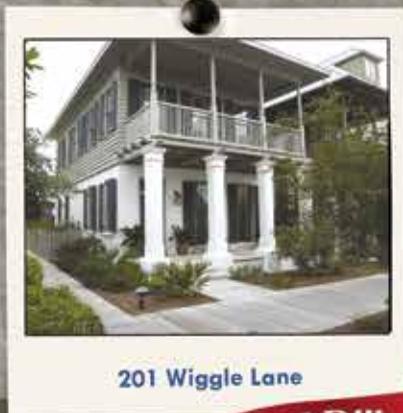
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