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view of 30-A

FALL ON 30-A

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Sandcastle Escapes and Carbon Footprints: How One Local Business is Making a Difference

While going green grows beyond trend status, many businesses have yet to discover how to infuse these practices into their operations, particularly in the vacation rental industry. Sandcastle Escapes Vacations Rentals in South Walton is one of the businesses that has made the brave leap.

Sandcastle Escapes' first steps to incorporating sustainable practices in their business operations started several years back, explains Chandler Williams, Director of Housekeeping and Maintenance. "We understood that it would be a huge and continuous undertaking when we started those first steps towards improving our environmental impact, but we knew we had to do it. Guests don't come here for the shops and activities alone; it is the attraction to the pure untouched environment, the powdery white sand, the emerald green waters, the nature preserves, and endless bike and hiking paths."

Williams began to reduce the company's carbon footprint by modifying the housekeeping process and procedures for Sandcastle Escapes. This included cutting down on paper usage as well as switching to all-electronic communication for housekeeping and maintenance. "The maintenance department began sending work orders via email, while housekeeping schedules are emailed instead of printed," adds Williams. In rental units, the housekeeping staff uses refillable bottles for cleaning supplies rather than continuously purchasing new cleaners to be thrown away after each use. They've also eliminated the usage of plastic bags when transporting linens to and from the laundry department. Instead, housekeepers utilize reusable plastic storage bins and the linen is returned for cleaning in cloth laundry bags.

A big part of using less energy and materials involves doing more local business.

Purchased directly from local Publix grocery stores, Sandcastle Escapes toilet paper and paper towels are Greenwise, made out of 100% recycled materials. This eliminates shipping, reducing the company's carbon footprint while also giving back to the local community. Unused food and household items left in the homes are donated to local food banks for distribution at their consent. When towels become unusable, they are donated to the Alaqua Animal Refuge for use in their animal rescue efforts. "We hope that we can help out the community with things that are usually discarded by donating them for others to use," states Williams.

"All reservations, confirmations, deposits, payments and check-in instructions are sent via email. This eliminates the printing of over ten pages of documents and three different mail outs," says Audrey Price, Director of Sandcastle Escapes. "Homeowners on our partner program receive statements via email and rental income is direct-deposited rather than printed on paper checks. Owners also have the option to log on to the website to check the status of their rental property and download past monthly statements."

For Sandcastle Escapes' President, Taylor Williams, going green was more than a business approach, it was a personal feeling and a social responsibility. "To me, it makes sense to conserve resources. It helps us be more efficient, but it's also important for us as a company to come together and make a difference. This has become standard practice for us and shows how easy it is to make a positive impact. We can all be part of the effort."



www.SandcastleEscapes.com

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Chris Ogle is a local financial advisor with over 12 years service, a lifelong Emerald Coast resident, and lives on 30A with his wife and four children.

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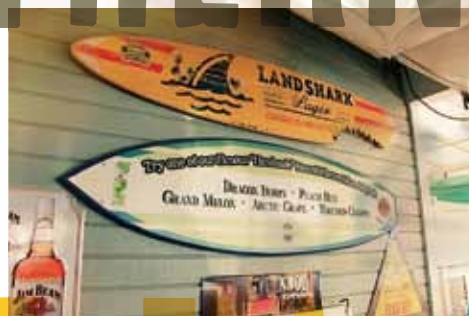
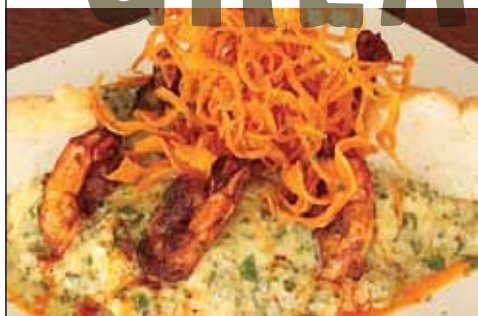


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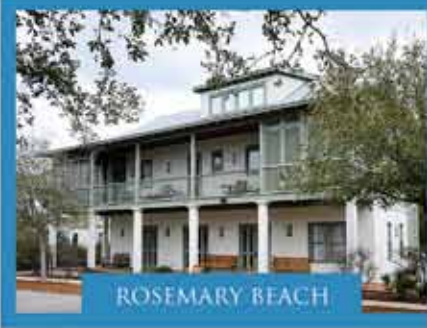
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letter from the publisher

FALL ON 30-A



It's my favorite time of year to be on the beach. The water is still warm enough to swim in but the days and nights are cooler and the weather is at its best. The turquoise water and sugar white sand seem to stand

out even more when the crowds are gone. Even the birds seem more relaxed.

Top this fantastic weather off with some of the best festivals and community gatherings on 30-A and you have a perfect formula for a good time. Whether it's the Telluride Mountain Film Festival at WaterColor, the Seeing Red Wine Festival in Seaside, or the Back to Nature Festival, you will be sure to make lasting memories with friends and

family. Check out our events calendar for more great things to do while you are here.

As always, this issue is packed full of the people, places and things that make 30-A and the surrounding communities great. We hope you use it as a guide and resource to make your stay on or around 30-A even better. The stories within these pages reflect the creativity and individuality that make 30-A such a very special place on this planet.

Until next time, we hope you enjoy the sand, surf and good times that our wonderful community has to offer.

Cheers,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



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about the cover

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<http://snap-kids.myshopify.com>

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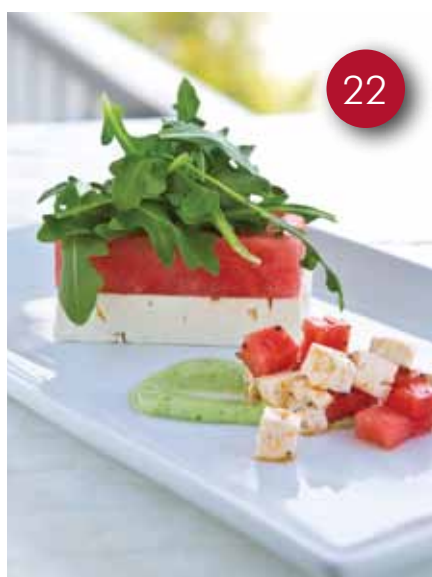
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Shop. DINE. relax.

30A Farmers' Market **Sundays**

Labor Day Weekend Concert **Sept 1**

Town Center Sidewalk Sale **Sept 27 & 28**

Rosemary Beach Tennis Classic **Sept 27 - 29**

Jim DelMauro Run **Oct 12**

Rosemary Beach Uncorked **Oct 19**

Halloween Celebration **Oct 26**

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Showbiz and Events in September and October



Rosemary Beach Uncorked

ALYS BEACH

Annual Alys Beach 5K & 1 Miler *Sunday, September 1*

Located along Hwy 30-A, the course winds through our beautiful town. The event also features an over sized bounce house for kids of all ages and will end with music, food, and beverages available in the Amphitheatre. The price to participate in the certified 5K is \$35 and \$10 for the 1 Mile Fun Run (kids 12 and younger only, please). The 5K will start at 8:00am and the 1 Mile Fun Run will begin at 9:30am. Visit alysbeach.com/events to register.

Concert and Fireworks at Alys Beach

Sunday, September 1, 6-9pm
Join us for live music by the Atlanta Allstars followed by fireworks at 8:45pm in the Alys Beach Amphitheatre. Piper's will offer food and beverage.

Howl-O-Ween Pet Parade & Costume Contest benefiting Alaqua Animal Refuge

Friday, October 18, 4-6pm
Bring your four legged friends to Fonville Press for our annual Howl-O-Ween Pet Parade &

Costume Contest benefiting Alaqua Animal Refuge. A prize will be awarded for Best Owner Dog Duo and we'll drop a giant pumpkin filled with sweet treats for the kids. Raffle tickets for great prizes will be sold with all proceeds going directly to Alaqua Animal Refuge. Admission is free.

Noche de los Muertos. Night of the Dead Costume Party at Caliza Pool

Saturday, October 26, 8-11:30pm
Visit alysbeach.com/events for more information.

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August 31, 5:30 – 7:30 pm
Western Green
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Labor Day Weekend Concert

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Halloween in Rosemary Beach



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Town Center Sidewalk Sale
September 27 & 28
10:00 am – 5:00 pm

Jim DelMauro Rosemary Run (5k)
October 12, 7:30 am
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Rosemary Beach Uncorked
October 19, 2:00 – 5:00 pm
Town Center Restaurants
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Harvest Market & Monstrous Halloween Celebration
October 26, 10:00 am – 5:30 pm
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WATERCOLOR

Labor Day Weekend Activities
August 31

Sunset Movie:
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September 1, 5 p.m. to 8 p.m.
Band: "Flip Flop Boys"
Join us for Labor Day Weekend and bring chairs or blankets to enjoy the movie and concert in Marina Park at WaterColor. Price FREE.
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Fall Festival Fun
October 27, 2 p.m. – 5 p.m.
Fall Festival Activities
Join us for family fun in Marina Park at WaterColor celebrating fall. Play games, carve pumpkins, and get your picture taken with the WaterColor Scarecrow.

Fall Festival Movie
October 27, 6 p.m.
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SEASIDE

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Pandora's of Grayton Beach

BY SUSAN BENTON



Oak grilled filet with jumbo lump crab and bernaise sauce.



Grilled tuna with heirloom tomato, bacon wrapped shrimp and carolina corn relish.



Grayton Beach location, which opened in 1996. It is well known for being one of the greatest music venues on 30-A and having the best Prime Rib special in town. Montalto says, "Our steaks and seafood are grilled over an open wood burning pit using only pure oak, which gives the very distinct flavor that we are famous for. The Prime Rib au Jus is very popular. It is slow roasted, and served with fresh baked bread, French onion soup, house salad and baked potato for only \$14.95."

Other popular menu items include the fresh catch of the day (often snapper or grouper), seasonal soft-shell crab, succulent jumbo shrimp in herbed garlic butter, and the Bacon Wrapped Seared Scallops served on a bed of stone ground grits with roasted red pepper cream sauce.

Other favorites include the specialty cut steaks, like the Pandora Special Cut Delmonico (from the heart of the rib); Fried Eggplant with crawfish sauce, and the Sautéed Shrimp with Seared Scallops served over fresh penne pasta in a light cream sauce. An extensive specialty cocktail and martini menu will get you started while viewing the amazing menu selections.

Save room for dessert as you will not want to leave without trying the delectable Deep Fried Strawberries covered in powdered sugar, so dreamy and decadent.

Pandora's is the perfect location for those in search of early dining, as they also offer daily specials from 5 p.m. to 6:30 p.m., Tuesday through Friday.

With a patio bar that is a favorite of locals and tourists alike, some of the live music showcased each evening includes Hotel Oscar, Forrest Williams, and Cadillac Willy.

Pandora's of Grayton Beach late night also impresses, as they are the only restaurant on 30-A serving late night quality food that begins at 10 p.m and goes until 2 a.m. Chicken wings, wood-fired pizza and Porterhouse Sliders will keep you energized as you dance the night away.

Pandora's of Grayton Beach is family friendly, offering a children's menu. The restaurant is located at 63 Defuniak Street off County Highway 30-A. Restaurant hours of operation are from 5:00 p.m. till 10:00 p.m.

Tuesday through Sunday. Private banquet facilities are available for parties ranging from 20 to 100 people. Call (850) 231-4102 or visit their website www.pandorasgraytonbeach.com for more information.

Susan Benton is the go to resource for foodies visiting Pensacola to Panama City Beach. She is a food and travel journalist with published articles and photography in many local, regional and national publications. Her website is 30AEATS.com where she writes about the secrets of Gulf Coast food.



Treehouse Farms heirloom tomato tower with roasted paprika capers and pomegranite balsamic reduction.

Pandora's Steak House, with locations along the Emerald Coast at Grayton Beach and Fort Walton Beach, has been serving locals and visitors alike since 1978. It is proud to be the Emerald Coast's oldest family owned and operated Steak House specializing in only the finest USDA choice heavy western beef and the freshest local seafood.

The restaurant's name came from the cutter Pandora (of Greek mythology), built for the Coast Guard by Manitowoc Shipbuilding Corporation in Manitowoc, Wisconsin, and launched June 30, 1934. She continued patrol and rescue duties in Gulf coastal waters until 1959, when she was decommissioned. Amazingly enough, the cutter Pandora was rescued by the Montalto family and has since rested at the original Pandora's Steak House in Fort Walton Beach.

Pandora's Steak House has been rated a four-star restaurant by the Northwest Florida Daily News and has been honored with The Wine Spectator's Award of Excellence since 1998. Brandon Montalto oversees the

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Havana Beach Bar & Grill

BY SUSAN BENTON

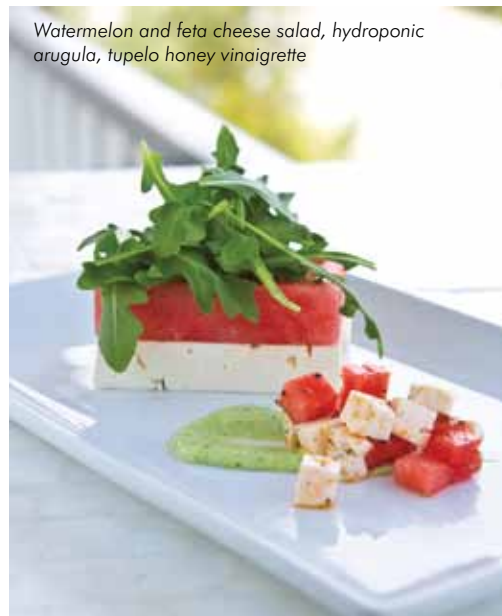
On a warm and balmy summer afternoon I was greeted by Executive Chef Michael Guerra on the sidewalk in front of The Pearl at Rosemary Beach, a prominent boutique hotel with 55 luxury rooms centrally located within the idyllic town. Shelby Schuler, Director of Sales, opened the gorgeous hardwood front doors welcoming me with a smile, as I became overwhelmed with the beauty of the lobby and artwork adorning the walls by local artist Tommy Crow. Classic in style and wonderfully intimate, The Pearl allows for spectacular views of the Gulf of Mexico which we took in as we headed to The Veranda, an open-aided traditional dining space. It also includes a casual cocktail area featuring plush seating allowing patrons to relax in seaside splendor.

The Pearl's Director of Restaurants, Sara Reese, treated us to a tasting of sparkling and non sparkling water choices as we sat at "Table 63", a roundtable named for the hotel's Main Street address. With room for six guests, it is the perfect location to take in the impeccable sprawling greens and water view. The Pearl's flagship restaurant, Havana Beach Bar & Grill offers a feeling and look of an old French Brasserie, of which Chef Guerra says, "I want people to be proud to be here." Chef Guerra, formerly from the award-winning Montage in Utah Deer Valley, is leading the culinary program and is passionate about exploring new ways to develop dishes that define what it means to live and cook on the Southern Gulf. A fusion of flavors from the Creole back country, Mexican fishing villages, and the soul of Cuba will come alive in menu selections such as Classic Corn Chowder with blue crab, house-cured bacon, and Creole vegetables; Shrimp N' Grits with local Florida shrimp, crisp spicy ham, and Adluh Stone Ground Grits from South Carolina; and the Delmonico Steak, a center cut rib-eye served with house-made Havana steak sauce and sides. Chef Guerra says, "Inspired by the cuisine of my father, who was born and raised in Naples, I had the hotel owners put in a brick oven at the rooftop bar to create my own authentic pizza."

Ingredient driven, Chef Guerra's cuisine features fresh local and regional artisan products from Ocheese Creamery, Twin Oaks Farms, Camp Flowers Honey, and Sexton's Seafood Market. He says, "Along the coastline that follows the Gulf of Mexico, you will find inspired cuisine reflecting the local purveyors, growers, and fishermen available to the region. Highlighting their



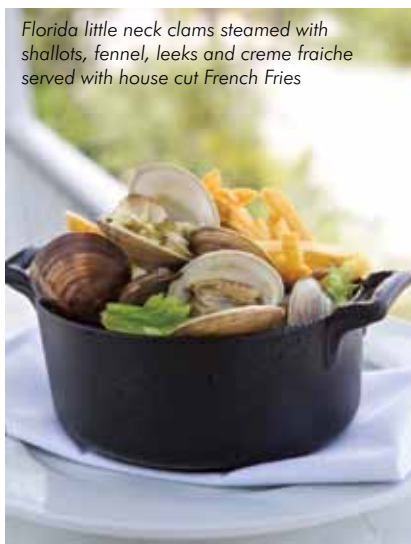
Crispy duck leg, Cuban black beans and frisée salad



Watermelon and feta cheese salad, hydroponic arugula, tupelo honey vinaigrette



Artisan marshmallow flight paired with rum



Florida little neck clams steamed with shallots, fennel, leeks and creme fraiche served with house cut French Fries



Chef Michael Guerra

individuality is what inspires me and the menu for Havana Beach." Complementing the Southern coastal cuisine is a beverage menu carefully crafted by Reese that honors the spirits traditional to the coastal region.

The Pearl is proud to be serving Fresh Water, one of the purest sources of water known, which is forced through an in-house filtration system leaving a zero carbon footprint. Schuler says, "We are capping our own bottles. The Pearl is one of only three hotels worldwide that does this, and is the only hotel in Florida with the Fresh Water label." The in-house water source will be incorporated into future spa treatments, and will also be used in the fresh made pizza dough, fresh mozzarella, and for the blanched vegetables served at The Pearl.

I had the pleasure of meeting the artist and photographer behind the old photo of El Floridita, a 195-year-old historic fish restaurant and cocktail bar in Havana, Cuba, which hangs by The Pearl's mahogany hand carved bar. Crow says, "This one is modeled after the original where Ernest Hemingway was known to hang out." Crow traveled to Cuba and shot video that The Pearl plans to show on screens in the restaurant space while his spectacular image photography adds to ambiance of the décor. With a 1500 bottle wine cellar, hand plastered ceilings with fauna design, an upgraded sound system including studio quality speakers, and a Yamaha player piano taking center stage, Schuler quickly points out, "It is

amazing but we are not trying to be hip and cool, we plan to remain classic. It is about being unique and creating the ultimate guest experience."

Havana Beach Bar & Grill is located at 63 Main Street Rosemary Beach, and is open Monday through Friday for breakfast, 7:00 am to 11:00 am; lunch, 11:00 am to 3:00 pm; and dinner, 5:00 pm to 10:00 pm. On Saturday and Sunday, brunch is available 7:00 am to 3:00 pm, and dinner is 5:00 pm to 10:00 pm. The Havana Beach Bar is open until midnight, nightly. For more information or to make a reservation please visit www.thepearlrb.com or call (850) 588-2881.

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Raw & Juicy

BY SUSAN BENTON

30-A is known for great restaurants serving an array of wonderful handcrafted seafood, steaks, and Southern specialties, but if looking for fresh, light, raw, vegetarian, or vegan selections, in the past those delicious offerings have been slim.

Lately however, many local food establishments have felt the need to update their menus as customer demands have grown to include gluten-free selections with an emphasis on healthier choices.

Jenifer Kuntz of Raw & Juicy knows a thing or two about the search for tasty raw food selections, as when she moved to 30-A over nine years ago, she made it her mission to source out the best but could find little.

took an interest in and learned professionally in college. She says, "In searching for whole foods and in trying to find my place in the South and on 30-A, I felt like a cat trying to get out of a bag!"

On a whim she decided to look for an Airstream to possibly open shop, and began searching on Craigslist, locating one in Mariana. Her hopes were high, but she was let down to find on arrival it was sold. Before arriving back to 30-A, the owner called with good news that the deal had fallen through. "The sale falling through was kismet! The next

to set up shop. She recalls, "The community didn't completely understand what I was serving or have much reason to stop, as there was nothing there other than me. I needed to give them another reason to come to the juice bar, and I wanted to support their journey towards health and wellness."

Beginning The Seaside Farmers Market seemed like the next logical step for Kuntz who called upon the Davises for the green light. From three vendors in 2008 to just five years later, the market is abundant with local and regional vendors alongside Raw & Juicy. Kuntz says, "We have a gathering spot other than church and school for neighbors to visit and hang out. People can buy almost everything they need to live off of until the following week."

With a daily chalkboard menu filled with delectable green juices, smoothies, and live whole food options, some of the most popular items at Raw & Juicy have been the Granola Bowl: raw, vegan, and gluten-free, filled with seasonal fruit and almond milk; and the Special Veggie Sandwich: gluten-free bread, made in house with flax seeds, parsley, and packed with raw mustard, macadamia cheese spread, and organic veggies. Kuntz says, "It is really special. We make everything by hand on the sandwich, and it is super yummy!" The Costa Rican Bowl is great for those on the run or needing to get back to the beach, and is filled with brown rice, black beans, salsa, avocado, and a squeeze of lime. "It is so nourishing and satisfying."

After 20 years of juicing and working with raw ingredients, Kuntz says, "I feel gifted. Working with raw food comes easy to me. Digestion is the seed of health. At Raw & Juicy we make everything from scratch and everything is delicious."

Jenifer Kuntz is a raw food chef from Matthew Kenney Academy and an Ayurvedic Consultant from Maharishi University. Raw & Juicy is located at 2255 East County Highway 30-A in Seaside, Florida with a new location, Raw & Juicy Organic To-Go in Seacrest Beach at the Peddlers Pavilion. They can be reached by phone at (850) 231-0043. For more information visit their website at www.rawandjuicylife.com.



Almond Milk



Raw Yogurt Parfait and strawberries



Juice Cleanse



Kale Salad and Sunnies



Kale Salad



Stuffed Avocado and Onion Bread



Jenifer Kuntz



Macaroon Display

Her journey began on her way to Manhattan from Boulder, Colorado. Kuntz, a dancer and event promoter by trade, decided to make a visit to South Walton to visit her mother, but due to weather conditions from Hurricane Ivan in 2004, she found she was unable to depart, and decided to stay...indefinitely.

Kuntz took a position with a local restaurant, found her niche in yoga, and continued juicing--something she

up shop serving fresh whole foods cultivating wellness in the community, and in 2008 the journey began. "I had to retro fit the trailer, find equipment, and get organic distributors, something difficult to do in the South."

Kuntz spent months looking for a place to locate the trailer along 30-A with no luck. Enter the Davises in Seaside. Jenifer sat down with Daryl Davis to discuss the idea of a juice bar. After the meeting, she was invited

thing I knew my local friends were begging me to open a food truck. I was uncertain as it was not my specialty, but with my event and production background, I felt I could do it." The plan was to set

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The 30-A Farmers Market Takes Root In Rosemary Beach

BY SUSAN BENTON

There is a new 30-A Farmers Market in town, located in Rosemary Beach, and I for one could not be happier. News traveled fast when Diane Kolopanas made the initial announcement and then reached out to me in a phone conversation to discuss possible vendors, and to talk food- my favorite subject.

Kolopanas says, "I had heard from a local vendor that there might be a market opening in Rosemary Beach, so I called Jim Bagby (Town Manager), and Kathy Kemp (Town Center Director), but found there was not one. They liked the idea and I did too!"

Formerly from Memphis, Kolopanas moved to the area just under one year ago with her family for the 30-A lifestyle. While in Memphis, Diane and her husband Charles had put together the city's Greek festival where they were in management positions for 13 years and served as chairmen for the last 3 years, seeing crowds of up to 25,000. The 30-A Farmers Market was a natural fit, and is now owned and operated by Diane and her husband. They provide the vendors space and advertising, while the vendors provide locals and tourist the best and freshest goods money can buy.

While the 30-A Farmers Market does feature vendors from Seaside's market, it also showcases many more. Diane says, "First, it is held on Sunday instead of Saturday so there is not a conflict. I also wanted to bring in a variety of vendors, creating a European flavor, filled with international delicacies."

The food theme carries through with Greek dishes coming straight from Kolopanas' own kitchen and with meal demonstrations from Spain, Italy, India, and France. Diane says, "I am in talks with the local chefs in Rosemary Beach to participate in cooking demonstrations hopefully in the near future."

Since inception, the market has grown to just over 40 vendors, including Hale & Hearty Foods, Nella Bella Cucina, CRUST, Shannon's Cheese, Pirate Gourmet, Sir Arthur's Dog Treats, Arrowhead Beef, Say Cheezz, OLIVE, Enticing Cupcakes, and Chanticleer Bakery,

to name a few. Kolopanas says, "Judy Raad has brought in the most amazing produce from local farmers. The prettiest I have ever seen. Like artwork!"

Fresh seafood options are also available from Cool Fish Seafood in Niceville, and include locally caught shrimp, snapper, tuna, grouper, tuna dip, and crab cakes. Kolopanas says, "The shrimp are in big demand!" Shuck

food, and how to live a healthier lifestyle." Currently Vivo Spa Salon of Rosemary Beach is taking those baby steps by providing therapeutic massages on site, and offering a 90-minute massage in their salon for the price of a 60-minute massage.

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Eventually, Kolopanas says, "I would like to see the market expand with a focus on health and wellness. Possibly an expo with demonstrations from local businesses educating the public on the best choices for

The 30-A Farmers Market is open rain or shine every Sunday from 9 a.m. to 1 p.m. year-round and is open Thursdays from 9 a.m. to 1 p.m. through Labor Day. For more information, contact Diane Kolopanas at (850) 213-0577 or visit their website at www.30afarmersmarket.com.



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K9-5

BY JESSICA BADOUR



Nancy Bown loves dogs. But even more than that, she loves to see what dogs and people can do together.

As the owner of K9-5 Doggie Daycare and Training center in Santa Rosa Beach, CPDT dog trainer Bown spends her days working with four-legged friends from all over the 30-A area. In her spare time, it's been a natural step to work with therapy dogs -- and the people who benefit from them.

As a participant in the "Tail Wagging Tutors Program" through Therapy Dogs International (TDI), Bown started a summer reading program at local libraries, such as the Santa Rosa Beach Coastal Library, which featured the program once a week during the summer and bi-monthly during the school year.

"I just love doing this; it's great for both dogs and humans. I'm a certified dog trainer and I like to see dogs viewed as something other than just a 'porch ornament'," she says with a laugh. "Therapy programs increase the quality of life for the dog and the human, as a pair. It's amazing to see the transformation in the dogs when they have a job; somewhere to go and something to do."

Specifically, the Tail Wagging Tutors Program works with children of all ages and reading levels, including children with special needs, to help improve skills. While some children work on core reading abilities, others focus on public speaking. The program is geared toward children who have had difficulties reading and as a result have developed self-esteem issues or feel self-conscious when reading aloud for an audience.

But in the relaxed, dog-friendly atmosphere, a child's fears of being judged are put aside.

"This program builds confidence," Bown says. "It's fabulous for all children, no matter what their level of reading is."

And the benefits don't stop there. Once the reading skills start improving, Bown says the rest of a child's academics fall in line. The newly gained confidence helps in all areas of educational improvement. It also gets back to some of the "basics" many of today's youth have started to leave behind.

"As a kid, reading was one of my main hobbies and this program is a way to get kids interested in books again," she explains. "I see them start to get excited about reading."

Additionally, for some children who are fearful of dogs, the program provides a safe, quiet environment to allow child and dog to get to know each other.

"It's such a positive interaction," Bown describes. "There is a little girl who comes to the library who started out fearful but, after interacting with these trained dogs, it's helped her come out of her shell. Her mom said it's been great for her. You always want to be respectful of dogs -- but never fearful."

For those interested in getting their canine pals trained for volunteer activities such as Tail Wagging Tutors, it's relatively inexpensive. A typical training course for a dog lasts about six weeks and costs about \$125. A dog must pass the Therapy Dog International (TDI) test before being recognized as a therapy animal; TDI is an annual certification that covers insurance, identification and the bandanas that denote the dog as a therapy animal (just under \$50/year). Finally, the evaluation and testing for the program completes the process for about \$10.

Bown doesn't offer the training herself (to keep things unbiased) but locally, residents can check out Pets Behave in Fort Walton Beach or Niceville. She encourages more people to take advantage of it and give back to the community.

"We need more dogs and volunteers for the program; we need to continue getting the word out. Some people think their dog can't do it, but with the right training your dog can absolutely get involved. All it takes is a little bit of effort and the right temperament," she says. "And once you start the training, it gets incorporated into everyday life."

As she looks to the future, Bown hopes more dogs will become trained to help with programs such as this. She also is working toward expanding programs like the Tail Wagging Tutors into the local 30-A school system and will be starting up a Dog Scouts program this fall.

"Once your dog is certified, you can bring them into a program like this, or visit hospitals or assisted living facilities" she stresses. "We need more dog-human teams to do more of these types of activities in our local community. Everyone benefits."

Contact Bown today to learn more about how you can get involved. Canine Consulting serves Miramar Beach to 30-A in Florida and can be reached at (850) 376-4190 or canineconsulting@live.com, and on Facebook. Learn more about Therapy Dogs International at www.tdi-dog.org.

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You and the Hormone Monster

BY BART PRECOURT

Nowadays many people are discovering that they have hormone imbalances. Lacking energy? Poor sleep? Weight gain? Mood swings? Anxiety/depression? Hot flashes? Maybe you're just feeling "off". These are some of the common symptoms that may indicate you are having hormone imbalances.

Think of this article as "prepping for hormone imbalances 101." First let's establish some groundwork. Yes this article is primarily for women; there I said it so let's move on. There are many indications that your hormone levels may be off. If you have ever felt like stabbing someone's eyes out when hungry, have become raging mad at something small, or cry at the end of random TV shows, then yes, you may have hormone issues.

To treat imbalances, some traditional doctors are using synthetic hormone replacements, while others are using compound formulas. Still others take a more natural approach to try to create balance. Results vary greatly. Some symptoms get worse as hormone levels are thrown off more, some have quick, temporary improvements, and others find balance by continuously evaluating their formulas.

Make no mistake about it: If you are experiencing an imbalance with your hormones, it's no laughing matter and should be dealt with. The big question is what is the cause and how do you treat it? (Quick note: blood work alone is NOT enough to accurately identify and treat imbalances.)

STARTING POINT:

1. Lifestyle. This is where most imbalances begin. If your lifestyle is not being discussed and addressed with your doctor you are missing a major component. If you are tired all the time, instead of jumping to the conclusion that you have a thyroid issue, first ask yourself: "Should I be tired?" When you burn the candle at both ends your hormones *should* go out of whack. Stress! Kids to raise, work, social life, dealing with body image changes, and the lack of "me" time all play a huge role in hormones. When your mind is always on the go, hormones are released in an attempt to sustain your energy. Specifically, your adrenal glands start to overproduce cortisol (stress hormone). This can

cause adrenal fatigue and is a common foundation for hormone imbalances.

2. Diet. Food affects hormones! This is typically where traditional medicine misses the boat. Your nutrition has and always will play a significant role in hormone balance. Deficiencies in minerals such as iodine, potassium, calcium, and magnesium are very common for Americans. This is how glands like the thyroid, pituitary, and adrenals begin getting stressed. Other hormones, such as insulin, which responds to blood sugar levels, and glucagon (fat burning hormone) are constantly being put out of check due to poor diet choices. I have seen multiple women use our 21-day cleanse program (easy) to

nearly eliminate their symptoms of hormone imbalance, including hot flashes, mood swings, and sleep issues. Of course this means that you are responsible for making changes in your diet if you want lasting benefits. There is no magic pill, lotion, or potion that can substitute a healthy, balanced diet.

RECOMMENDATIONS:

1. Find a way to "unplug" from it all.

The constant stimulation of texting, emails, phones, computers, etc. is making people nuts. Find quiet time daily even if it's only 15 minutes. Let your mind and body reset. Provide ample time for rest. Explore the benefits of acupuncture, meditation, and yoga and how they can help regulate your hormones naturally.

2. Eat clean. Get off all the white stuff, processed foods, stimulants, and junk. If it's not real food coming from God's garden, then stay away from it. Drink more water and eat plenty of fruits and veggies. Adding hormones on top of a poor diet is a disaster waiting to happen. Consider cleansing your system one to two times per year. It has major health benefits and is easier than you think.

3. Be aware. Be aware of what makes you calm, stressed, excited, or emotional. Start journaling about your food intake, rest, emotions, and activities. This is your life, you need to be aware of how you are living it and begin to recognize patterns in your body.

Lastly, hormone changes are inevitable for all of us. Your body will change as you age; yet it does not have to be a miserable experience. I encourage you to participate in your health and recognize that as your body changes, you must change your lifestyle. Take care of the foundation first: lifestyle and diet. Your success will be more predictable and you can say goodbye to the monster.

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



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Uniquely Feminine

BY NITIN BAWA



Saira Bawa, age two months is celebrating her femininity draped in pink and dressed with flowers.

Looking good on the outside makes us feel good on the inside and improves self-confidence and outlook on life.

It is commonly known that women bear most of the burden of childcare and the stress of housework in addition to pursuing a career and job. Women are twice as likely as men to suffer from depression as a result of life's stressors. Therefore, all women need to take some time and reward themselves for all the hard work. Saving and giving one's self a reward is also a great way to motivate one self. One great reward that can provide many benefits is celebrating one's femininity and accentuating one's beauty.

Looking good on the outside makes us feel good on the inside and improves self-confidence and outlook on life. When Steve Jobs commissioned a writer to do a biography on him, he spent a lot of time on designing the outer cover. Similarly, we should not feel bad about taking some time to improve our external looks and accentuate beauty, as that is the first impression we give people.

Here are a few ways to improve one's outer appearance and general outlook.

STOP FROWNING!

Many people look angry because of the frown lines on their face. A small dose of Botox can make a big difference in the impression we give people. We often look happier and more relaxed if we are not frowning all the time. Small amounts of fillers such as Restylane and Juvederm can also help.

REDUCE OR ELIMINATE SUNSPOTS

Sun exposure causes uneven pigmentation and age spots or sunspots. These make us look older than our chronological age and many people have to use a lot of make up to cover these up. Limelight and Pearl are two procedures that help to reduce these sunspots.

ELIMINATE SPIDER VEINS

Skin gets thinner with age and blood vessels become more visible. Many people get ugly looking veins on the legs and face. Eliminating these veins is easy with laser vein removal. The veins start to disappear immediately but sometimes people need a second treatment.

REMOVE EXCESSIVE HAIR

Nothing is more bothersome to a woman than having facial hair. Waxing and shaving are an endless proposition, as they do not reduce the number of hair follicles. Laser hair removal, on the other hand, kills the hair follicles, thereby eliminating the need for as much work.

SKIN TIGHTENING

Sun exposure tends to weaken collagen and cause laxity in the skin. Thermage is a non-invasive treatment that helps with this. It uses radiofrequency heat that penetrates deep into the collagen and stimulates it. Pearl fusion pokes deep holes in the skin that make the collagen grow back stronger. There are studies showing that Pearl fusion makes people look about ten years younger.

HORMONE ADJUSTMENTS

When hormone levels decline rapidly people notice increased laxity of the skin. Adjusting hormones with bio-identical hormones helps not only with quality of life but also improves appearance. There are even some low dose hormone creams designed to improve quality of skin.

Dr. Bawa is a Board Certified Internal Medicine Physician who also has a special interest in weight loss, bio-identical hormones, lasers and aesthetics. He has an office in Destin and Seagrove Beach and can be reached at (850) 534-4170.

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Allison Wickey

BY KEMPTEN TAYLOR

The cool green waters, powder white beaches, abundance of wildlife and of course, the sunsets of the panhandle are obvious sights of nature's own artwork. Artist Allison Wickey now calls this majestic place home and art aficionados and novices alike can clearly see where her colorful inspiration derives. Being named as *Beaches of South Walton 2011 Artist of the Year* and *2012 Best Art Gallery on the Emerald Coast* makes Allison and her A.Wickey Studio-Gallery a not-to-be-missed stop when perusing the finer things of 30-A.

Hailing from Belleville, IL, a suburb of St. Louis, MO, Wickey recalls her first interest of anything artistic at a very early age.

"I don't recall when I started to truly appreciate art, but I know that my love of light started at a very young age. I can remember the natural lighting and how it changed throughout the day in every house I ever spent a lot of time in since I was about 3 years old - although I don't remember any of the furniture, flooring, wallpaper, or art that hung on walls."



Allison Wickey

Wickey studied at Columbia College in Chicago and returned back to her hometown after five years in the Windy City. Her art career began as a faux finish and mural artist in St. Louis for seven years. In 2007, Allison and family planned to move away from the Midwest to the land down under - Sydney, Australia. Plans to make the international move fell through at the last minute which ironically was just days before she and her family were leaving for a vacation on 30-A to spend the Christmas holidays. While on that very trip she toured

Following the move (and the birth of her second child), Wickey was ready to create art again but this time making it truly "her own." She did just that at World Six Gallery, which later became her own A.Wickey Studio-Gallery in Rosemary Beach. Wickey sought a larger space and moved the gallery to a newly renovated building tucked off the beaten path in Seacrest Beach this past April. The 2,000 square-foot industrial gallery is everything she ever imagined - all white, concrete floors, and oversized windows.

"My studio space tripled in size, and the gallery allows me and the artists I represent to show off our larger pieces. I hope when people are in the gallery they feel grounded and peaceful - we work hard to create an aesthetic that keeps people interested and curious without overstimulation," says Wickey.

The vibrant scenes of the area's landscape are prevalent in her work. She has perfected her own 13 to 14 step process involving Venetian plaster, acrylic paint, glazes, and an orbital sander. The technical side behind her art is a progression of layering pigmented plaster and stains, alternating sanding and sealing.

"I think the most interesting part of the process is what gets revealed as the pieces are sanded. No matter what I do, I could never replicate a piece because of the variations in the way plaster is applied. It really is a fun process that I always enjoy," says Wickey.

Wickey resides in Blue Mountain with her family and she tends to be partial to the scenery on the west end of 30-A. Reflections over Alligator Lake and the winding waters of Western Lake top her list of rousing views for inspiration and are within about a mile of her house. For Wickey, painting is a lifestyle not a job. She

aspires to promote a natural way of life involving one's mind and body where passion and exploration are the key ingredients to her impressionistic style of art.

"We came for the beauty of the beach but are staying for the soul of this unbelievable, haunting, hidden slice of heaven we now call home," says Wickey.

aspires to promote a natural way of life involving one's mind and body where passion and exploration are the key ingredients to her impressionistic style of art.

A.Wickey Studio-Gallery is located at 10343 Co Rd 30-A E, Unit 130 in Seacrest Beach. To learn more visit her website at www.allisonwickey.com or call (850) 420-8419.



Allison Wickey kiosk cottage at Peddler's Pavillion

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Hissyfits

BY JESSICA BADOUR

Picture in your mind one of your most treasured pieces of jewelry... Do you remember the day you got it? Maybe it was a gift from a loved one, or a piece of costume jewelry you picked up on vacation. Think of all the times you opened your jewelry box and picked it out to wear for that certain occasion.

For Amie Wiley, the memories a necklace or earrings conjure up are one of her favorite things about jewelry. It's part of what fuels her love for her work in retail, and a big part of what shoppers love about their experience in her store, Hissyfits. And for seasoned 30-A'ers already well familiarized with Hissyfits in Rosemary Beach, there's good news for this summer's shopping experience: The store has moved to a new, expanded location in the Lofts at Barrett Square. The new location (open since mid-March) offers an even bigger and better offering of the shop's reputable selection of clothing, jewelry, accessories, shoes, unique gifts, furniture and more.

"I'm a Southern girl with a passion for retail," Wiley says. "For me, opening a store called 'Hissyfits' was just perfect. When women stop in, they throw a hissy fit because they want one of everything! You can find all kinds of great things – but your husband won't have a hissy fit over the bill; it's a guiltless pleasure."

With an eclectic mix at a price point anyone can afford (ranging from accessories under \$10 to furniture priced at more than \$2,000), Hissyfits provides distinctive finds for babies to brides and everyone in between.

But if there's one thing Amie Wiley is known for, it's her jewelry.

"Here at Hissyfits, you'll find jewelry and accessories from all around the world and I've become known for this. Jewelry never lets you down and it always fits!" she explains with a laugh. "When you put it on, you remember that place you got it from. When you open your jewelry box and see the pieces you picked up here in 30-A, you reminisce about the memories you made here."

As a self-proclaimed Army brat, Wiley spent her youngest years in Germany, later moving to the U.S. where she put down roots in Dothan – the same area where she lives today with her husband and three young sons. While growing up, her parents always took her to visit 30-A and Destin and they watched as Seaside grew and the communities on 30-A took shape.

"I have always felt a love for this place; 30-A is truly heaven on earth to me," Wiley says. "As soon as a space became available here three years ago and I was afforded the opportunity, I jumped on it."

"Because I grew up traveling through Europe as a child – experiencing that and absorbing different cultures



– I think the store represents some of that," Wiley continues. "You'll find unmistakable Southern hospitality here, but it's mixed in with the funkiness of a world traveler."

As part of a small group of retailers in Rosemary Beach, Hissyfits offers extended hours and is open until 9 p.m. most nights during the summer. New items are put on display literally every day, with options running the gamut.

"We're a select few here on 30-A," Wiley says. "I love going to work each day; meeting people from all over the world and getting to be a part of their life, whether it's for five minutes or an hour. I learn about where they're from; I get to know a little bit about them and their families. Here on 30-A, we're a destination and I get to experience the rest of the world through my customers' eyes."

As part of the 30-A community, Wiley says the annual Lighthouse Family Retreat is one of her favorite (and most moving) parts about being a business owner in Rosemary Beach.

"To see families come back year after year, and to share in their joys and disappointments, it's an honor to be a part of that and to be part of such a special community," she says. "I get welcomed into people's lives each day and I am so blessed to get to do this for a living."

Hissyfits' new location is situated at 34 North Barrett Square in Unit 1A of the Lofts at Barrett Square, Rosemary Beach, FL 32461. Hours are generally 10 a.m. to 9 p.m. Monday through Saturday and noon to 5 p.m. Sundays. Reach the store at (850) 231-0311 or hissyfitsboutique1@hotmail.com, find the store on Facebook or shop online at www.hissyfitsboutique.net.



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Salon Twist

BY CHRISTINA HOMER



Gina & team

Gina Shiflett opened Salon Twist in Seagrove Beach intending not only to make her clients look beautiful, but to also give back to the community.

Shiflett has lived and breathed salons her entire life. Growing up in the industry working with her mother, Shiflett cleaned the salon and shampooed hair at a young age, honing her crafts and skills along the way. “I have fond memories of this time in my life because I loved being with my mother, and since she worked all the time, that is how I spent time with her,” Shiflett says.

Shiflett began her professional career as a stylist in Atlanta, Georgia at the acclaimed Van Michael Salon, VIS-À-VIS, and Stan Milton salons; and received extensive training at Vidal Sassoon in California and London. While working at Van Michael, Shiflett was voted Atlanta’s Best Men’s Hairdresser.

“While employed at Van Michael’s for 17 years, I truly learned the art of hairdressing,” Shiflett explains. “As one of the busiest salons in the country, customer service was of paramount importance to the culture.”

In 2001, Shiflett experienced a life-changing experience: a car accident that left her with a lot of recovery time. While visiting 30-A to begin her healing process, she fell in love with the area, and ended up permanently moving to the beach three years later. Only 16 days after

moving, she opened up Salon Twist as a small boutique salon in Grayton Beach; and opened with a full book of clients.

“I had quite a resume at the time and I think that helped a lot,” Shiflett says. “I just jumped off the cliff and landed in a beautiful place that I love to call home. It was immaculate timing.”

Salon Twist received a revamp in 2009. Relocating to its current location in Seagrove Beach, with the help of Shiflett’s friends Cheryl Troxel and her husband Jeff Nablo, Salon Twist became more chic and a hot spot on the beach. Shiflett has had the honor of styling icons’ hair such as Harry Connick, Jr., but gets the most pride from each and every client in her chair—“the true celebrities.”

Last year, Salon Twist was named one of the “Top 100 Salons” in the U.S. in *ELLE Magazine*. Shiflett attributes much of the success to having an extremely

talented and hospitable team of colorists and stylists: Leah Powell, Ashley DeJohn, and Megan Walter. April Bruner manages the salon alongside her right-hand woman Teresa Graves.

Salon Twist offers the finest in hair care products with the complete lines of Kerastase and Oribe, Elchim professional blow dryers, FHI professional flat irons, Mason Pearson hairbrushes and Lafco candles. Services offered include (but are not limited to) hair cutting, styling, coloring, brow maintenance, blowouts, and bridal packages.

Shiflett is a firm believer in giving back. She has worked with Melinda Mayton, founder of The Lighthouse Family Retreat, since Salon Twist’s inception, providing gratis hair services to the mothers of children with cancer.

“The joy of making people feel good when they are tired from dealing with the horrible stress of knowing their children are battling for their lives was the most uplifting feeling that I have ever felt,” Shiflett says.

Shiflett additionally initiated a local campaign to help raise money for mosquito nets for children in Africa to protect them from malaria in 2005; and in 2007, worked with Sister Barnes and her Barnes Family Foundation to organize a fundraising event, with the \$100,000 in proceeds benefiting her Ukrainian Orphanage.

“These charity events, and the work that I do with several other worthy organizations, keep me alive and excited,” Shiflett explains. “Every year we try to do a big event coupled with several smaller donations to worthy charities. Last year we were sponsors for the Shelter House.”

Continuing to feed her passion for working with underprivileged children, Shiflett was recently involved with the Global Village Foundation (GVF), helping raise more than \$8,500 for portable libraries in Vietnam.

“My biggest talent is my passion for what I do,” Shiflett says. “Practice truly makes perfect, but it is more than that. I really enjoy serving people. I like to make people feel good, to give them a boost and help them to be their best. Many of my clients have become lifelong friends.”



Salon Twist is located at 4281 E. County Hwy 30A, Seagrove Beach, FL 32459. Phone: (850) 231-7853. Web: salontwist.com.

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Changing Interest Rates May Affect Your Investments

BY CHRIS OGLE



tively inexpensive. This stimulates the economy in a variety of ways, including increased revenues from products sold to the consumers and taxes generated from those sales. Investors, on the other hand, have a different perspective.

FOR BOND INVESTORS.

As interest rates fall, the prices of previously issued bonds tend to rise. The new issues are offered at lower, less appealing rates. That makes bonds with higher interest rates much more desirable and that much more in demand. On the other hand, those who plan to hold their bonds to maturity aren't really affected by falling rates, with the exception of reinvestment risk.

One way issuers may take advantage of falling rates is by calling their outstanding bonds and issuing new bonds at lower rates. Once the higher interest paying bonds are called, investors looking for a fixed rate of return are faced with lower yielding fixed-income alternatives. To offset this risk, it's important to have a diverse portfolio of fixed-income investments with a variety of maturities and call features to withstand fluctuations in rates.

FOR STOCK INVESTORS.

Falling interest rates tend to have a positive impact on the stock market, especially stocks of growth companies.

Companies that tend to borrow money to finance expansions tend to benefit from declining rates. Paying lower rates of interest decreases the cost of the debt, which may positively affect a company's bottom line. The stock prices of those companies may rise as a result, driving the market in such a way that prices of other stocks may follow suit.

When the Federal Reserve decides to raise interest rates, its goal is usually to slow down an overheating economy. Changes in interest rates tend to affect the economy slowly – it can take as long as 12 to 18 months for the effects of the change to permeate the entire economy. Slowly, as the cost of borrowing increases, banks lend less money and businesses put growth and expansion on hold. Consumers may begin to cut back on

spending as the expense of financing a purchase increases. This reverses the effects that lower interest rates had on the economy and, again, investors are affected differently.

FOR BOND INVESTORS.

In a rising interest rate scenario, the demand for bonds with lower interest rates declines. New bond issues are offered at higher, more appealing rates, driving the price of existing bonds lower.

FOR STOCK INVESTORS.

Rising interest rates can have a positive or negative impact on the stock market. In some cases, rising rates can send jitters through the market, resulting in falling stock prices. In other cases, the stock market may respond favorably. In addition, rising interest rates may affect certain industry groups more than others. For instance, growth companies often find it necessary to borrow money in order to expand. Rising interest rates increase the cost of their debt, which in turn decreases profit. As a result, the prices of their stocks may fall.

Wells Fargo Advisors has a number of tools and resources to help you gain a better understanding of how interest rates can affect your portfolio. Talk to your Financial Advisor to learn more about what changing interest rates mean for you and your financial situation.

Stocks offer long-term growth potential, but may fluctuate more and provide less current income than other investments. Bonds offer a fixed rate of return and investment principal if held to maturity. In addition to market and interest rate risk, bonds are also subject to default risk, the risk that companies or individuals will be unable to make the required payments on their debt obligations.

This article was written by Wells Fargo Advisors and provided courtesy of Chris J. Ogle, First Vice President-Investment Officer in Destin, Fl. Chris can be reached at (850) 837-5366, chris.ogle@wfsadvisors.com, or at www.wfsadvisors.com/chris.ogle.

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Even if you didn't take Economics 101 in college, just navigating through the past several years has given you hands-on experience with one of the course's most valuable lessons: *The rise and fall of interest rates is one of the biggest factors influencing global economies, financial markets, and our daily lives.* That's why it is important to have a basic understanding of how interest rate changes could affect not only your wallet but also your investment portfolio.

Simply put, interest rates help control the flow of money in the economy. Typically the Federal Reserve lowers interest rates to jump-start the economy. Lower interest rates mean consumers may be willing to spend more money as the cost to finance a purchase is rela-



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Aqua Décor and Design

BY SUSAN ZIELER YOUNGERMAN

“People should shop here because we are nice and we love to have fun,” jokes co-owner of Aqua Décor and Design, Shawna Fisher, in her welcoming and enthusiastic style. “We are so blessed to be surrounded by a great group of people all doing what we love. We think that everybody deserves to have pretty things, and we are having the time of our lives providing those things to the people of the Emerald Coast.”

Stepping into Aqua Décor and Design is a treat for the senses. The soothing scent of Aquiesse candles fills the room along with the inviting aroma of freshly brewed coffee from the well stocked complimentary coffee bar. The 6200 square feet of showroom is filled with an array of “pretty things” perfectly arranged by designer Liz McPhail Taylor. The backdrop of moveable walls on casters, the brainchild of Fisher’s husband, Vince, allows Taylor to create ever changing tableaus to showcase the constant flow of new merchandise.

In addition to furniture and accessories, the store carries many of the same jewelry designers that can be found in Sundance catalog such as Virgin Saints and Angels and French Candy. Scarves, baby clothes and a new line of womens’ clothing priced under \$100 add to the appeal of this well planned shopping experience.

Aqua Décor and Design was born out of a fast friendship. When Aqua Pool and Spa owners Vince and Shawna Fisher’s daughter wanted to get married in their backyard, they knew it was time to give their home a makeover. Having previously been intimidated by meeting with designers, Shawna felt an instant connection with Taylor. She says that “Taylor basically did an entire redo of my house in a month and a half. I felt so comfortable with her that I just gave her my

credit card and trusted her to get it done and respect my frugality!”

That experience not only bonded the two as friends, but also led the Fishers to ask Ms. Taylor to help do the buying of outdoor furniture for their pool and patio stores. The two were having so much fun finding fabulous things for inside as well as outside that they soon ran out of room. That is when the concept of Aqua Design and Décor was born.

consultations in client’s homes and can accommodate a wide range of budgets. Gulf Shores native Jill Doughty has quickly become a customer favorite by lending her design talent to the mix.

By utilizing the talents of these two designers, area rental owners who constantly need to update can have a custom look at an affordable price. “We don’t offer cookie cutter condo packages. Our philosophy is to create a unique look for each client while still providing one stop redesign service,” says Taylor.

Jenna Mincy, a former second grade teacher of Fisher’s nine year old daughter, contributes to the store’s warm and friendly atmosphere. Miss Mincy, as she is still affectionately referred to, keeps all of the administrative

details in order while also helping out with sales. It is obvious that the entire team is having fun working together, and Miss Mincy’s former student can often be found assisting Liz and Jill with their design work.

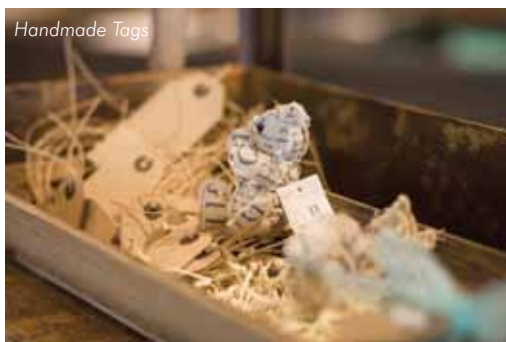
Having been open only since February of 2013, the store has already been awarded “Best of the Bay Best Locally Owned Furniture Store” by the Pensacola News Journal. Further evidencing the store’s success, the 4800 square foot warehouse has been cleared out and refreshed with new merchandise three times since that auspicious February opening.

Taylor’s next buying trip will take her to California to visit a warehouse full of one of a kind pieces not found anywhere else. She says “these are pieces coming from India

and Indonesia that could have started their lives as a doorway or window shutter. We are so excited to be able to offer our clients these well priced unique items.” No doubt a trip to Aqua Decor and Design will continue to treat the senses to a whole new host of “pretty things”.

Aqua Décor and Design is located at 1320 N. 9th Avenue, Pensacola, FL. Their hours are Mon-Sat 9 am to 5 pm. Call them

at (850) 912- 4744 or find them on the web at www.aquadecoranddesign.com.



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Furniture South

BY KEMPTEN TAYLOR

Southern interiors king and queen, Frank and Julie Kovach, have been in the interior design and furnishings business for over 30 years. Their stylish expertise has aided in the success of this design power couple's latest endeavor, Furniture South, a unique interiors store located in Santa Rosa Beach, Florida. The store opened in December 2012 in the Landing Shopping Center on Highway 98.

"The store's site selection was chosen because it is located directly between Destin and Panama City, making it ideal for 30-A shoppers as well as all of Walton and Bay Counties. My passion for interior design is to make customers smile and work with them to achieve the dream they have for the interiors of their home or condo" says Julie.

Prior to entering the retail world of home furnishings, Frank was a builder and Julie worked in commercial design. They developed and constructed commercial and residential properties in Alabama for over a decade before making the move to the Emerald Coast where they opened Resort Interiors in Destin, FL.

"We moved to Destin in 1990 and I was one of the few Licensed Designers in the area. We opened Resort Interiors after Hurricane Opal in 1995 and became the largest furniture and interior design firm on the Emerald Coast and furnished thousands of homes," says Julie.

Julie's excellent design eye has landed her on numerous "top interior designer" lists throughout the south. Julie has a Design Degree from the University of Alabama and holds the National Council for Interior Design Qualification (NDCIQ) designation. Her keen eye for design provides shoppers with an added bonus, offering professional design consulting to customers free of charge.

"Julie has completed numerous homes along the Emerald Coast. She and her team are well qualified to handle any residential or commercial project," says Frank. When the real estate market in Walton County began to bounce back in 2012 after the tremendous downswing in previous years, the couple decided to open a new store with a new concept.

"Furniture South is a concept based upon offering top lines of fine furniture at the guaranteed lowest price combined with immediate delivery and complementary designer assistance. We are projecting that about 1000 homes will be constructed in 2013 and growth is expected to continue. We have found that with new homes comes the need for new furniture," says Frank.

Furniture South's 5,000 square-foot showroom offers 30-A residents and visitors an extensive collection of handcrafted pieces for every taste and budget. The store has everything

boasting an exclusive Sealy Sleep Center complete with all Sealy Sleep bedding products available to the market.

"We carry a little bit of everything and have a stock of over 600 pieces that are available for immediate delivery," says Frank.

Furniture South is a concept based upon offering top lines of fine furniture at the guaranteed lowest price combined with immediate delivery and complementary designer assistance.



Sealy mattress line



Owners Frank & Julie Kovach



Furniture South strives to source and sell American-made lines of merchandise with new pieces arriving daily. The breakfast and dining sets are complemented with a vast selection of chairs and bar stools. Besides providing the area with large furniture pieces, the couple seeks out one-of-a-kind accessories, art, and lamps. Not seeing the perfect piece for your home? Furniture South will special order many items to meet customers design requirements.

Most of the merchandise falls in the medium to low price point, offering "guaranteed best price with 30 to 50% off every day." Furniture South brings the Gulf Coast many options at a fair price without skimping on style.

Furniture South is located at 4552 U.S. Hwy. 98 W and can be reached at (850) 267-1411. The store is open Monday through Friday from 10 a.m. to 6 p.m. You can learn more about Furniture South on the website www.furnituresouth.net.

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Seibels Camp and Cottage Outfitters

BY SUSAN L. CANNIZZARO



For unique home furnishings that are beyond the ordinary, one company is setting the bar very high. Whether it's a swinging bed for your beach house or a rock hard maple chest for your mountain lodge, Seibels Camp and Cottage Outfitters is the place to go. They have a retail location in Homewood, Alabama, and can also be found at Smith's Antiques in Destin, Florida. Kelly Seibels is the owner of Seibels, which has been outfitting camps and cottages since 1994.

In 1994 Kelly started his business as the Seibels Sportsman's Den. It featured items such as works by wildlife artists and leather club chairs. His family would go to Canada yearly and had a 100-year family reunion in 1999. Much of the early inspiration for the catalog came from old log cabins full of handmade birch and hickory furniture. When growing the catalog to close to a million copies mailed in 1999-2000 became too expensive while expanding the retail store, Seibels decided to phase out the catalog. "We mailed the last issue in 2003, yet customers still call, hanging on to those old catalogs... they were unique and only mailed once a year," says Seibels.

Helped by wife Suzy's good taste and influence, and store manager and buyer, Trissy Holladay, Seibels evolved into the area's leading outfitter for recreational homes. With Alabama having more inland miles of shoreline than any other state in the country, Seibels has carved out a niche, furnishing lake houses, beach homes, farms, and

mountain homes all over the south. Only five hours from the Emerald Coast, four hours from the mountains, and with abundant lakes and rivers throughout the region, Seibels is busy building and delivering their own custom pieces all over the area.

Seibels offers several full lines of quality linens and upholstery, unique lighting, and accessories. "But it's our custom beds, swinging beds, bunk beds, and outdoor furniture which really sets us apart," says Seibels. The custom swinging beds range in size from love seat to 7 feet long. Most are built out of pine, cypress, or reclaimed wood around a plush twin mattress. "We recently used material from an old cigar factory. Some customers at the beach want teak, which I order from a renewable forest source in Texas," adds Seibels. In other cases, antique architectural porch parts are salvaged and used, or replicated to create a one of a kind swing.

Designer Luanne Kelly first found Seibels after she did a search on Google for swinging beds and saw his works in a Coastal Living magazine. "They are great for people that have a relaxed lifestyle, great in the evenings to curl up with a friend and drink wine or snuggle with kids and read. The beds can be made any size, based on your space. He will tell you how big to go and he will come out to do the installment. He offers excellent customer service and outstanding attention to detail," Kelly adds.

Lucy Luquire is another satisfied customer who loves her swinging beds. She and her husband put them on their covered boat dock located on Lake Martin in Alabama. She ordered the first one for her husband for Father's Day. "I called Kelly before Father's Day about getting a porch bed ordered and he said he was swamped with orders and it would be 6-8 weeks before he could finish my order. He worked extremely hard, and got it done in just 3 weeks," says Luquire. "It is so wonderful to lull yourself to sleep after being on the water all day," she adds. She recently ordered another swinging bed since they would always fight over the one. "Kelly goes over and beyond when he works with you, he has great taste; and I pretty much want everything in his store," adds Luquire.



Seibels swinging beds have been crated and shipped from south Florida to California. They are capable of designing and outfitting your home whether it's a Montana cabin, beach house in Seagrove or a lake house on Lake Martin. Call (800) 895-4144 for more information. The store hours are Monday- Saturday 10 am-5:30 pm CST.



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Bay Breeze Patio

BY RIDGELEY STANDARD



business experiences were building blocks for owning a retail business. We just didn't plan it that way. But the world works in strange ways. While we had no plans to ever become retailers, I now believe I was born to it."

Now entering its tenth year in business, Bay Breeze Patio has evolved greatly over the years. "When we bought

Beautiful outdoor patio sets



For an area of the country as well suited for outdoor dining or entertaining such as the Florida panhandle, Bay Breeze Patio is a go-to resource. Bay Breeze Patio has the largest selection of in-stock patio furniture in the region and outdoor wicker furniture, from small scale pieces to large sectionals, as well as grill lines, gas logs, fire pits, furniture, pottery and accessories. The store features everything to create the most comfortable and functional outdoor living spaces that an owner can desire.

Husband and wife owners Susan Kiley and Wayne Paul didn't set out to become the proprietors of

one of the largest outdoor furniture retailers in Northwest Florida, but fate had other plans. "We bought an existing business. We were furniture wholesalers who happened to sell to the previous owners. One day they called us and said they wanted to sell and they thought we would be perfect to buy the store," explains Kiley.

"Previously, Wayne and I were both in corporate worlds," she continues. "I was in sales and marketing for a variety of consumer products companies, specializing mostly in seasonal products to mass retail accounts. Wayne has a similar background, but he also spent a few years sourcing products in China. Thinking back, our

the existing business, the former owners were buying three collections of non-branded outdoor wicker from one furniture importer. We now stock 12 collections from that same importer as well as represent 12 brand name lines. We design and sell outdoor kitchens and all of the appliances to build the ultimate man-cave. We have the largest in-stock inventory of outdoor furniture in Northwest Florida. We have partnered with some of the finest craftsman in the business to offer bed swings and pergolas. Needless to say, we've grown a bit," describes Kiley.

"Our goal is to create the best possible outdoor living space for each of our clients. We want to figure out what

people need and want and then find the most practical, economical, and comfortable way to give it to them. Most of our customers have become friends. Our goal is to make them happy."

Clearly, Kiley and Paul are succeeding in their goal as evidenced by Bay Breeze Patio being recently voted "best outdoor furniture retailer" in Northwest Florida by the readers of Emerald Coast Magazine's 'Best of the Emerald Coast'. Kiley says, "We were thrilled! We really

do put our hearts and souls on the line for our customers. For the community to take notice of that and understand how important our customer relationships are is just a huge honor."

In a world of well known competitors, Kiley believes Bay Breeze Patio's stock, quantity, and diversity sets them apart from other outdoor retailers or big box stores. "We carry every line that is worth carrying. We won't handle a manufacturer who does not stand behind all their products. We have a lot of products in-stock because many of our clients are in town for a week or two and

need it now. We work 7 days a week and we will pretty much do whatever it takes to make our customers happy and to create that perfect outdoor living space."

Additionally, Bay Breeze Patio only carries furniture lines with a minimum of a 5-year paint warranty and carries three lines that feature a 15-year paint guarantee. "If paint is going to fail, it will fail here in these harsh coastal conditions. The reality is that most paint will fail at some point. There are manufacturers in our industry who believe that one or three years are acceptable. We believe five should be the minimum and prefer fifteen."

Simply put, customer satisfaction is the guiding force behind Bay Breeze patio's success. "Our customers have become our friends and we want to keep working hard for their benefit. The friendships we've made have been a bonus of owning a retail store. It never occurred to us that by owning a local business we would eventually meet so many fantastic people. That has been the best success of all!"

Bay Breeze Patio is located at 32 Forest Shore Drive in Destin. They can be reached at (850) 269-4666 or online at www.baybreezepatio.com.

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850 Properties

BY JESSICA BADOUR

Whether you refer to it as “eight-five-oh” or “eight-fifty,” the team at 850 Properties is just glad to hear 30-A’ers talking about their company. And there’s a lot to talk about since this real estate firm first opened its doors in February.

Started by broker and lead agent Allen Adams and his wife Jackie, who serves as the company’s account manager and is also a licensed agent, the firm is well represented by its name – the area code for luxury.

“I moved to this area about nine years ago,” he says. “The way the story goes, I came down for a family vacation to Rosemary Beach and – having never been before – fell in love and immediately worked on moving here.”

Having dabbled in real estate (on the software side), Adams was interested in delving into the industry; and, as an avid fisherman, this Gulf Coast spot couldn’t be a more opportune locale. Today, Adams ranks in the top five percent of Emerald Coast realtors, working with both families looking for their dream vacation homes, and investors and commercial property owners looking to expand their real estate portfolios.

“I’ve been in the brokers’ community here for nearly a decade now. My career started off representing a developer out of Rosemary Beach for local developments and expanded from there in new developments and pre-construction sales,” Adams explains. “It’s like a funnel. I’m usually working with the CEOs, Presidents, or Head of Sales and the best of the best in whatever organization I’m working with. It’s nice to work with that level of professionalism.”

A trademark of 30-A development, in general, is quality construction. Adams notes it’s second to none compared to construction anywhere else in the U.S. and, regardless of whether it’s a wood frame or concrete block, the luxury residents expect to find is illustrated through the quality of home design here in Florida’s panhandle. While not naming any names, Adams says 850 Properties has worked with several high-profile clients. This, he credits, has led to an enormous amount of word-of-mouth referrals and recommendations.

“You work with people who trust you as a professional and you create a relationship with them,” Adams says. “Once you provide service to someone in a particular field or industry, word travels fast in and it drives business.”

The inventory for 850 Properties includes resort communities such as Alys Beach, Destin and Sandestin, Rosemary Beach, Seaside, WaterColor, and Watersound. While the team specializes in luxury properties, it doesn’t start and end there.

Allen Adams & the 850 Properties Team



“Our properties cross over a broad spectrum of options,” Adams says. “During the down economy, I worked with the assets for a large bank and the real estate they had. Due to the state of the market, I’ve gotten into other areas of the market and you can still see that with our current inventory.”

No matter what the property, the team at 850 Properties always offers unparalleled focus and commitment: “We concentrate on helping our clients achieve whatever their goal is – be it a development parcel, an investment property or a fulltime or second home,” he says. “We negotiate hard, we sell hard, and we ultimately give our clients the best that’s out there.”

While Adams is adept at representing sellers, Renae Baylard handles the other side of things. As the Buyers Specialist for 850 Properties, Baylard oversees open houses, referrals, and web and buyer leads. She combines her previous work experiences in home construction and interior design to help buyers obtain their ownership visions.

“I enjoy meeting people from different parts of the country with diverse interests, matching their interest to the many lifestyles available here at the beach,” she says. “Whether it’s living on the Gulf, around a coastal dune lake, or in one of our many beach communities, we have it all! My goal is to connect our clients to the lifestyle they are searching for.”

The positive energy that Adams and Baylard share, coupled with the “get it done” style of the whole group (including Executive Assistant Holly Schaefer’s prompt and courteous attention to customers) makes for a team that turns clients into friends.

To learn more about 850 Properties, visit their website at www.850properties.com, look for them on Facebook or contact them at (850) 231-2583. The office is located at 2050 W. County Hwy. 30-A, Suite 117 in Santa Rosa Beach, FL.



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Castle Concierge

BY JULIE HERRON CARSON



Bike rentals delivered

There are two kinds of people in the world: those who want to keep a good thing to themselves and those who want to share what they've found with everyone else. Taylor Williams, president of Castle Concierge, is definitely in that second category. He is enthusiastic and knowledgeable about everything Destin and 30-A have to offer to both visitors and local residents, and he wants you to experience the area's best. To that end, he founded Castle Concierge two years ago, and he and his team now spend their days matching families with vendors who can provide activities, services, and experiences to make their time in Northwest Florida exceed their expectations.

Williams has lived in Northwest Florida all of his life, so he has experienced first-hand the area's evolution into one of the country's premier vacation destinations. After college, Williams began his hospitality career as a reservationist for a local real estate rental company, working his way up the corporate ladder. In 2006, he founded Sandcastle Escapes, and grew the company into one of the area's largest vacation rental and property management businesses, winning "Best of the Emerald Coast" from *Trip Advisor* along the way.

"Even though the Gulf coast attracts visitors from all over the country, many people who come here are unaware of what else we offer beyond our beautiful beaches," says Williams. "Since I had worked in the local hospitality industry for a long time, I not only knew what was available, but I also knew businesses that provided these services. I realized pretty quickly there was a great business opportunity here, so I started Castle Concierge."

Williams has built the company based on his own philosophy of how to do business. He and his team research every vendor they recommend and build long-term relationships with them. They keep abreast of new offerings and opportunities, as well as the changing desires of the vacationing public.

"There are so many advantages to using Castle Concierge," says Williams. "First, our website is full of information and ideas ranging from cruises to recreation to shopping and dining. We can arrange bicycle, golf cart, and beach chair rentals, or cabanas with lunch and music. How about a bonfire on the beach or a round of golf? We can set up the kids in an amazing day camp while the parents take a helicopter tour. And, because we have personal relationships with our vendors, on the rare occasion that a customer is not completely happy with the service, we can usually make it right."

No two customers are exactly alike, so each receives personal attention and recommendations compiled specifically for him or her. Williams eschews cookie-cutter service and has trained his team to spend time with each customer to find out exactly what they want and then recommend the best vendors to provide for those needs. To get started, just a few easy clicks online at concierge.sandcastleescapes.com, brings up a menu of possibilities, grouped into categories covering recreation, beach activities, fun for the kids, bicycle, golf cart and baby gear rentals, tours and cruises and much more.

"A lot of people like to plan activities and rentals in advance so they can better budget their vacation," says Williams. "Our service is also really helpful for multi-generational vacationers. Maybe Granddad wants to go fishing while Mom enjoys some beach time, Dad plays golf and kids bicycle over to the local ice cream shop. We can set all of that up. We also rent baby gear so you don't have to bring any of that from home. We help local residents, too, with referrals for pet sitters, restaurant recommendations, or help entertaining out-of-town guests. A lot of our residents are relatively

new to the area and our company is a great resource to help them learn what's available for them to enjoy."

Always the innovator, Williams is exploring new ways to communicate with customers and vendors. In addition to printed materials, e-mail blasts, and the website, he is currently working on an app to bring information right to your phone.



"Building a company based on my own philosophy and vision was always a dream of mine," says Williams. "I feel so fortunate that my dream came true by creating a company that makes dreams come true for others."

For more information go to concierge.sandcastleescapes.com or call (866) 626-4208.

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The Bluff

BY JESSICA BADOUR

The Bluff at Inlet Beach boasts some of the lowest prices for Gulf-front new construction along 30-A. Nestled just steps from Rosemary Beach, this new beachfront community includes 10 homes, half facing the Gulf and the other five offering serene inlet views.

The Premier Property Group's Keith Flippo and Scott Markowitz are the two realtor associates overseeing the community, along with a local developer Jgm Development Company, LLC (and Caldwell Banker), who is based in Florida and has strong ties to the 30-A area. Of the 10 properties, two have sold and four are under contract – illustrating a flurry of activity over the course of the summer, which proves the 30-A market is back and booming.

“This community plays off the Rosemary Beach aspect, with a Gulf-front pool and multiple beach access points. There's beautiful landscaping all around the Bluff, with direct ocean views for five of the properties, while the other five overlook the inlet,” says Flippo. “The last Gulf-front home we have listed features 4,400 square feet with four bedrooms, four full baths and three half baths. There's great outdoor space and covered parking.

“The growth of residential and commercial real estate is drawing people to this area,” Flippo continues. “30-A

While several are looking to become secondary homes, there is also a desirable opportunity for these to be investment/rental properties. And Flippo stresses that financing for secondary homes is readily available across 30-A.

“Some people think, after everything we've been through, it's not going to be feasible – but it's the complete opposite down here,” he says.

The construction at Inlet Bluffs features an average of 3,800 square feet and all the properties boast expansive outdoor areas with full porches (including screened in) to come together and relax. With high-end finishes in all the homes and waterfront property at each, the great views and open space provide the perfect getaway (or staycation).

Combined, Flippo and Markowitz have more than fifteen years' experience in residential and



Keith Flippo

The growth of residential and commercial real estate is drawing people to this area...30-A offers an 'Old Florida' theme, with that old Seagrove feel to it. The architectural style is coastal chic; it's casual, easy living with clean lines and luxury finishes.

offers an 'Old Florida' theme, with that old Seagrove feel to it. The architectural style is coastal chic; it's casual, easy living with clean lines and luxury finishes.”

Of the properties that haven't sold yet, Jgm Development has been working directly with buyers to offer the convenience of custom projects as needed.

“It's the best of both worlds, because you don't have to go out and hire your own architect. Instead, you spend a day or two with the builder and customize it for yourself and that's really helped sell some of these homes,” Markowitz says. “Our buyers appreciate it. Many of them are looking for second homes and they're not here full time, so it makes it quick and easy to add personal touches.”

commercial real estate opportunities across the panhandle. Meanwhile PPG, as of June 30, has closed the most real estate deals in this area in the first half of 2013.

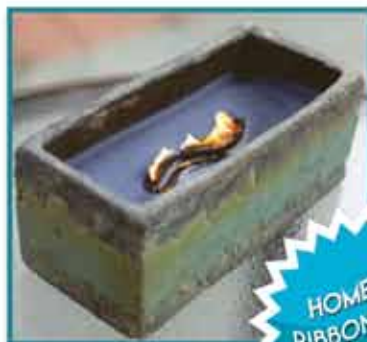
Flippo relocated to Rosemary Beach in 2000, after serving as the Chief Financial Officer for a healthcare company in Nashville. He is a graduate of the School of Accounting at The University of Alabama and, since 2001, he's been “making the home match” across South Walton. Markowitz began his real estate career 25 years ago in Coastal Georgia, with experience in both residential and commercial properties. He and his family now live on 30-A and he's been with the PPG since 2009.

To reach Flippo, contact him at The Premiere Property Group: office number, (850) 213-5000 ext. 229, on his cell phone (850) 543-5187, or via email at keith@theppg.net. To reach Markowitz, contact him at the PPG office at ext. 6516, on his cell phone (850) 238-2502, or via email at scott@theppg.net.

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30A Genie - Gigi Brantley

BY JESSICA BADOUR



Giselle "Gigi" Brantley

As you plan a trip or long-awaited vacation, have you ever wished for a little black book that held all the answers? Or how about, as you return to 30-A after being away, wished you could come home to a stocked fridge waiting on you?

Enter 30A Genie, LLC. The Santa Rosa Beach based company, owned and run by Giselle "Gigi" Brantley, designs custom vacation experiences. Think of Brantley as your own personal little black book, with 30A Genie offering a comprehensive list of contacts, locales and things to do. For the past six years, she's provided services

for half a day, to get that satellite TV hooked up? Why not have 30A Genie take care of it, so you don't have to interrupt your day's schedule.

"It's good peace of mind for the homeowner, knowing there's someone they can trust who's keeping an eye out for them," she explains. "We'll walk through and check everything and, because we are so small, the customer always knows who's going into their home. While I contract out for housekeeping and repairs, I'm not using random people all the time; I have a set list of people who I work with routinely."

exclusively to the 30-A area for homeowners, renters and visitors alike (then again, Brantley admits she basically provides whatever is needed by anyone, anytime, for anything – you certainly don't have to be on vacation to need a little help).

"There was a need for this and it's taken off," Brantley says. "It's a boutique concierge; we're very small. I like to have one-on-one relationships, so the customer knows who they're speaking with each and every time."

For homeowners heading out of town for a week (or renting out for the summer), 30A Genie helps with the "Welcome Back to the Beach" package, which provides check-in and check-out assistance. Basic items are pre-stocked around

Meanwhile, vacationers and visitors can use 30A Genie to magically make welcome baskets, a stocked fridge, bikes, and baby gear all appear prior to arrival on the Emerald Coast. 30A Genie is all about "what you need" – including a variety of levels of service, with customized itineraries matched to clients' interests, preferences and budget. Packages like the "Beachside Indulgence" include concierge service to book activities, restaurants, and transportation (even providing fresh flowers at the house, plus a choice of grocery packages).

"When people ask about prices, I just ask them what they want," Brantley says. "I recently helped with a wedding; I have a marketing background and can help with event planning, too. I don't look at my company as 'a few things we can do.' We offer an expansive list – anything is possible and we are your eyes and ears, we have the experience in the area and have the contacts you need to allow you to relax while we take care of whatever you need handled."

"I see repeat guests who come to town year after year, and they call me up and I provide them with a stress-free vacation," she continues. "After a long trip, they don't

"It's a boutique concierge; we're very small. I like to have one-on-one relationships, so the customer knows who they're speaking with each and every time."

the house (such as condiments, coffee, detergent, trash bags, toilet paper, sunscreen, and the like) and the home's "tune-up" is taken care of as needed (such as replacing air filters and light bulbs and making sure everything is clean and in working order). Just need someone to be at the house

have to deal with heading out to the grocery store in the middle of a holiday weekend; they have bikes waiting and they can sit down, grab a cold beer and everything's taken care of."

You won't find a listing of prices on the website because each package can be a tailor fit. It can be as full of a program as the customer wants, or as little as a single grocery trip.

"Even if you're not in need of concierge service, give us a call anytime and pick our brains. We can provide a unique experience for anyone while you're here on 30-A," she says.

To learn more about having 30A Genie design your next vacation experience or provide any needed homeowner services, find them online at www.30AGenie.com or Facebook. Gigi can also be emailed at Giselle@30AGenie.com or call (850) 259-1911.

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Peddler's Pavilion

BY SUSAN ZIELER YOUNGERMAN

Creating memories has always been one of 30-A's strongest appeals. The sugar white sand, crystal clear viridian hued water and plethora of fine dining make this one of the most unique and sought after vacation spots in the South. Sometimes, though, there is a gap in transitioning from enjoying the beach to having to come in and dress for dinner. That gap, and many others, will certainly be filled with the wide variety of entertainment for all ages offered by 30-A's newest attraction, Peddler's Pavilion.

Nestled into the lushly landscaped circle of Seacrest Beach, Peddler's Pavilion is must-see gathering spot, lined with quaint kiosks offering art, clothing, accessories and food and beverages. Walk in fountains, a vintage candy shop, s'mores cooking stations and custom bike rentals beckon the younger generation. Adults find themselves relaxing while sipping cool beverages and enjoying music and shopping.

"This whole idea was created as a gathering place for the entire family. It is a place where parents can relax after a day at the beach while watching the kids play in the fountain and have a great time," says Pavilion owner and 30-A resident, Andy Allen. "There has always been that time between coming off the beach and not being quite ready to go home or out to dinner."

Peddler's 30A Bikes and Beach Life is a noticeable attraction that anchors the Pavilion – the signature yellow and orange Sunbikes are a colorful compliment to the 30-A scenery. This unique bike shop offers a wide array of ways to enhance life at the beach with bikes of all types and sizes including tandems, adult trikes and kids bikes are offered along side the extremely popular street legal 6 passenger golf carts. Peddler's 30A can also set up a beach bonfire complete with chairs, tiki torches and a folding table. This self described "funky little bike shop provides all the essentials for a fantastic vacation on the beach."

Using a tongue in cheek play on words, Peddler's Pavilion has evolved from that "funky bike shop" into this comfortable gathering space replete with shops "peddling" their wares in a boutique setting. Walking into the Sweet Peddler is taking a trip back into time. The vintage inspired décor is set off by a Candelier designed by resident artist, Allison Wickey. Scoopable candy, a Pucker Powder machine to make your own pixie sticks, a Jelly Belly Machine and Hershey Ice Cream add to the designer chocolate selection aimed at satisfying the simplest to the most refined candy craving. The shop is adorned with bike basket décor filled with candy, and hanging beach cruiser bikes for sale from Villy Customs



Fun on the Splash Pad



Bike rentals

– first seen on TV's Shark Tank. Patrons can also stop for a photo-op on the Christiana Cargo Bike by Boxcycle, also for sale as a stylish and practical vehicle to cruise with your little ones or pack for the beach.

For more adult tastes, Peddler's Pub offers a variety of bottled and tap beer and wine out of its beer garden influenced kiosk. Breakfast with such locally named menu items such as the Blue Mountain Man breakfast plate or the Sunny C-Side are available at 30A Bagels & Coffee. This kiosk also offers Intellegentsia Coffee – a gourmet coffee roaster with award-winning cafes in New York, Los Angeles and Chicago.

A Seaside favorite, Raw and Juicy, has taken residence in one of the kiosks offering patrons "fast organic" options. Fresh organic juices, smoothies, salads and sandwich wraps are made in their main kitchen and delivered daily.

and home décor items.

Another welcome addition to the mix of merchants at Peddler's Pavilion is LMN clothing – a store full of affordably priced elegant clothing and accessories blends seamlessly into the venue's quest to offer customers an array of quality choices at prices that will not break the budget.

This fall, Peddler's Pavilion will be undergoing further enhancements as the area's newest family friendly hangout. You can expect to see architecturally designed sunshades over the green to protect patrons from the sun and the rain, as well as pavers and boardwalks to encourage thoroughfare and special events.

Be sure to check back often as Peddler's Pavilion continues to add to the experience of life along the magical stretch of land called 30-A.

Peddler's Pavilion is located at 0343 E County Highway 30-A.



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Celebrate the Wonders of South Walton at the 12th Annual Back to Nature Festival

BY KEMPTEN TAYLOR



Thousands flock to the Emerald Coast each year to take in the natural sights and beauty of the area. Fall on the Gulf, especially the month of October, is one of the most magnificent times to visit. The crisp air, glowing sunsets and spectacular Florida beaches evoke a certain peace that can be found nowhere else on earth. This October 17-20, the South Walton Community Council is delighted to announce the 12th Annual Back to Nature Festival in hopes of inspiring visitors and locals alike to discover the beauty of this rich coastal environment. The South Walton Community Council (SWCC) is one of the area's oldest community driven organizations, depending exclusively on membership and donations. Their mission is to help preserve the natural assets of the area including beaches, dunes, coastal dune lakes, floodplains, wetlands, forests, and native vegetation. The four-day Back to Nature Festival is jam-packed with activities for all ages to explore and enjoy the pristine landscapes of South Walton County.

"It is one of the ways we like to say thank you to the community who has supported our efforts over the years. We want everyone to come out, explore and celebrate this amazing place we call home," says Jacquee



Markel, former President of the South Walton Community Council.

The festival is broken out into five parts and features a variety of events held throughout South Walton's 16 unique beach neighborhoods. To kick off the fun, stop by the Hidden Lantern Gallery in Rosemary Beach on Thursday, October 17th from 5:00 – 7:00 p.m. for the Scenes of South Walton Art Show and Meet the Artist Reception. The art show will be on display in the gallery from October 17th through early November and will feature original pieces inspired by the surrounding natural wonders of South Walton.

Next up is the Opening Night Party, which has been known to sell out in previous years so get your tickets early. This year the Opening Night Party will be held on Friday, October 18th at Grayt Grounds of Monet Monet (100 CR 30A East in Grayton Beach) from 6:00 – 9:00 p.m. Guests will enjoy a choice of pulled pork or a black bean burger plate served with homemade chips, coleslaw and a bite of something sweet from Grayton Beach Catering while reminiscing in the gardens and listening to acoustic blue grass tunes. Tickets to the Opening Night Party are \$20 per person and can be purchased online or at the door.

Outdoor Adventures is a series of activities throughout the weekend to help participants interact and learn about nature. This part of the festival is what truly showcases the natural marvels in the area and includes hiking, biking, kayaking, riding, sunrise meditation, astronomy and much more. Enjoy Outdoor Adventures with experienced guides at each event. Tickets for each activity are priced at around \$10 and can be purchased online as well.

Family Fun Day at Seaside will be held on Saturday, October 19th at the Seaside Beach Amphitheater. This free event celebrates nature and the community while offering something for every member of

the family. Come explore green business displays, the Seaside Farmers Market, learn about local community groups and let the kids have fun with arts and crafts.

The Silent Auction will be held at the Seaside Amphitheater on Saturday, October 19th. Surrounding all the excitement of the Family Fun Day, attendants can peruse items and place their bids. The silent auction benefits the South Walton Community Council so don't forget to bring your wallet and you might just score on one of those unique items.

The Back to Nature Festival is sponsored by local businesses and homeowners associations. This is the South Walton Community Council's largest fundraising event of the year and promises to deliver fun and adventure while glorifying nature. For additional information and ticket sales for the Back to Nature Festival, visit www.southwaltoncc.org.





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KOLTER

South Walton Montessori Academy

BY SUSAN L. CANNIZZARO

There is a special place near Rosemary Beach, where children are allowed to think for themselves, receive a top-notch education, and learn how to be outstanding global citizens. Catherine Beall had a vision 10 years ago to open a Montessori school in the 30-A area, and South Walton Montessori Academy came to fruition due to her determination and the support from a passionate parent group.

school was in Fort Walton. It was then that she decided to start her own school. "My first stop was in Rosemary Beach; I got a map and asked an agent in the office if there was a building for sale that could be used as a Montessori school. She asked if I was serious, because there was a group of parents there that were very serious about starting a Montessori school in the area. And from then on everything lined up perfectly," says Beall.

philosophy. Often it is people moving from bigger cities that are looking for a Montessori school," says Beall.

Four years later, South Walton Montessori Academy moved to a home in Point Washington, near Eden Gardens State Park and the bay. "The previous home owners had home schooled their own children; the whole experience was very serendipitous," adds Beall. They now have 70 children enrolled from all over the area. The

Toddler group is for children ages 18 month to 3 years olds. Primary class is for 3, 4, and 5-year olds, and includes a Kindergarten. Lower Elementary is first, second, and third grades. Upper Elementary is for ages 9-12; and just two years ago they opened a Middle School, which includes 7th and 8th grades.

Beall is not only head of the school; she also is the Lower Elementary Teacher. Her Assistant Director Beth Brock, handles things while Beall teaches. After graduating from Appalachian State University in Boone, North Carolina, Brock was the assistant teacher in the Toddler and Primary classrooms at the Montessori School in Breckenridge, Colorado. "We share a brain, we are very cohesive," adds Beall.

"Montessori is for every child, but may not be for every family," says Brock. "Our application process is pretty extensive and we want the parents to interview us. Each classroom has a multi-age group of children; this three-year age span allows learning to take place naturally. The older children can share with the younger ones what they have learned. The older kids become role models for the younger ones."

"Montessori-based curriculum embraces the full development of the child, addressing all aspects (physical, social, emotional, cognitive, spiritual) of the whole child," adds Beall. The families also contribute a great deal of time, talent and resources throughout the year. Parents help govern the school, set policy, and oversee financial resources by serving on the Board of Trustees.

Beall has spent a great deal of time researching other Montessori schools across the country and through this experience she has brought the best to her own school. And most of her teachers have been with the school for five or more years. Don't delay in checking out how this Montessori is making big differences in the education realm.

For more information, go to www.southwaltonmontessori.com or call (850) 231-5955. The school is located at 101 Eden Gardens Road, Santa Rosa Beach, FL 32459.



Upper-Elementary classroom



Young learner working on the Pink Tower



Classroom viewpoints

Beall is from New Orleans, Louisiana, but had grown up vacationing in the 30-A area. After graduating Magna Cum Laude with a Bachelor of Science degree from Louisiana State University, she worked in the consulting industry in Houston, Texas. During her time there, a good friend who was teaching at a Montessori school introduced her to the Montessori philosophy. After 2 years in Houston, Beall left her job, got married, and moved to Spring Hill, Florida, where she followed her dream by getting a teaching position at a Montessori school.

In 2003, she and her husband Kevin moved to Panama City and she found out the closest Montessori

The initial process started in the fall of 2003; and by fall 2004, they had started their school with several modular buildings in Rosemary Beach. "We looked at building a school, but the land was too expensive," says Beall. They did not get their modular buildings until the beginning of August, and the school materials had to be kept in the teacher's homes. They had advertised in town hall meetings and through word of mouth. "We initially decided to have our school for 3-6 year olds and then decided to have it be for infants through third grade. We conducted parent interviews on the lawn, and found that not many parents had heard of the Montessori



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Estate Planning for Singles

BY KIMBERLY WATSON SEWELL AND FRANK WATSON

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

DISABILITY PLANNING

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

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

CHOOSING GUARDIANS

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

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

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

DISTRIBUTING MEMENTOES

Is family harmony important to you? Whether it is grandma's yellow pie pan, antique furniture or that Civil War sword, such items should be identified in your Life and Estate Plan along with the designated recipient of your

own selection. Otherwise, your valuables could end up in the hands of the wrong loved one or sold to a perfect stranger in your Estate Sale. Either way, relationships between and among your loved ones could be bruised or battered unnecessarily.

ESTATE AND GIFT TAXES

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

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

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

ASK YOURSELF THESE QUESTIONS REGARDING "ESTATE PLANNING FOR SINGLES"...

1. Were I incapacitated due to an injury or illness, would I or my assets be subject to the Probate Court?
2. Were I to die leaving minor children, have I legally appointed at least one Guardian (i.e., Back-Up Parent) for them and someone I trust to administer their inheritance?



Kimberly Watson Sewell and Frank Watson

3. Were I to die, have I legally designated who will receive various valuable (or sentimental) items of tangible personal property from my estate, to avoid conflicts among loved ones?
4. Were I to die, have I made arrangements to protect the inheritance for my children from their potential divorces, lawsuits, bankruptcies or squandering?



Frank Watson has been conducting real estate closings along 30-A since 1997. For more information, please contact: Watson Sewell, PL (850) 231-3465 and Watson Sewell Title (850) 231-3467 - www.watsonsewell.com



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Introducing Golf to Kids

BY TOM FITZPATRICK



US Kids Golf Clubs are based on your child's height

Golf can provide kids with a lifetime of enjoyment and unique opportunities. The challenge lies in introducing the game to them in a fun way. Here is a guide on how best to get your child started in junior golf.



WHAT IS THE BEST AGE TO START GOLF?

No certain age is best; it depends on when your child wants to play. Take kids to the range to putt and hit balls to see if they like it. Don't force youngsters to play if they don't want to. On the course, include fun things like riding down a big hill together in a golf cart, watching balls splash in a pond, or raking sand traps. Miniature putt-putt is also a good way to make them curious!

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height, and then look it up on the kids' fitting chart from US Kids Golf. They color code the clubs' shafts to match the appropriate height group.

WHAT SHOULD A LESSON CONSIST OF?

Juniors under ten typically have a short attention span on the driving range. They lose interest quickly when it is no longer fun. For a half-hour lesson, 15 minutes should be on simple instruction, and 15 minutes should be on fun tasks, like building a pyramid of golf balls, or arranging tees in a line.

WHAT SHOULD THE LEVEL OF INSTRUCTION BE?

At first, it is better to focus entirely on feel and not mechanics. Experts say that adults over-teach and get technical too soon in the learning process. While working for top golf instructor David Leadbetter, I observed him instruct kids to simply make practice swings while 'listening' to the sound of the club brush the grass.

Tiger Woods' childhood coach Rudy Duran says kids love games and contests, whereas adults are intimidated by competition. From age 4 to 10, Rudy said that Tiger was not very technical at all. Starting at age 12, instruction can get more involved.

CROSS TRAIN WITH TENNIS DEVELOP HAND-EYE COORDINATION BY PLAYING TENNIS.

A forehand is similar to a golf swing. The difference being that a tennis racquet swings level to the court, whereas a golf club swings more at an angle to the grass.

WATCH GOLF ON TV

Kids learn by observing. Have them mimic the tempo of the pros on TV. Show them how the pros swing their arms back to just above the right shoulder. Then, swing through to where the hands finish over your left shoulder, while in balance.

JUNIOR CAMPS

These are a blast and provide kids a foundation. They cover etiquette, rules, chipping, putting, and involve lots of contests. Often programs promote core values of courtesy, respect, honesty, and integrity.

ENCOURAGE YOUR CHILD

Remember that kids respond to praise and can't absorb complicated lecturing. Johnny Miller says when your 7-year-old hits a good shot, say "Great shot!" When he hits a bad shot, say "Great swing!" Most importantly, encourage your kids regardless of the outcomes.

The best thing you can do is show your kids what a great time you're having with golf. If they see you having a wonderful time, then chances are they'll have a good time, too. These steps will help your son or daughter develop a new found confidence in their golf game and themselves.



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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