

# *the thirty-a* REVIEW™

a review of 30-A's finest people • places • things

## DIGITAL GRAFFITI HITS 30-A!

### INSIDE:

30-A's Finest Dining  
Art & Culture on 30-A  
Real Estate News and Happenings  
The Finest Shopping & Leisure at the Beach  
Festivals, events, lawn movies and more!



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# Going Green

is a term that is becoming more commonly talked about today. However, the vacation rental industry is one area where you rarely hear this term. Beach Seekers and Sandcastle Escapes, in South Walton County, are working to take the first steps toward Going Green. Chandler Williams, Director of Operations for these two companies explains, "We understand this is a huge undertaking and are going to start with baby steps to improve our impact on the environment and increase awareness." Guests don't only come here to visit amusement parks and such; it is the pure attraction to the untouched environment. The powdery white sand, the emerald green waters, the nature preserves, and endless bike and hiking paths are what people are here to see and enjoy.

Williams has begun to greatly modify the housekeeping process and procedures for Beach Seekers and Sandcastle Escapes. For example, schedules for the housekeepers are emailed weekly rather than being printed, to eliminate paper usage. Linens for the homes are packaged in reusable plastic storage bins and the used linen is returned to the laundry department in cloth laundry bags, instead of plastic garbage bags. This eliminates the use of up to 5 or 6 bags per home that would otherwise be thrown away after each use.



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instead of plastic garbage bags. This eliminates the use of up to 5 or 6 bags per home that would otherwise be thrown away after each use.

While in the homes the housekeeping staff is encouraged to use refillable bottles for cleaning supplies rather than continuously purchasing new cleaners to be thrown away after each use. Williams hopes to move to making it mandatory that cleaning supplies, used in the homes, be more environmentally friendly and less toxic. He is currently researching and testing new green cleaners and products.

The housekeepers stock each home with organic soaps, lotions, and after sun aloe that is all produced locally and custom made for Beach Seekers and Sandcastle Escapes. Soaps are packaged in 100% recycled paper and the logo is printed with soy ink. The toilet paper and paper towels are Greenwise, 100% recycled products, and are purchased locally through Publix grocery stores. "This eliminates a shipping impact and of course the product is made from recycled materials, but



most importantly we are giving back to our local community," Williams explains. Guests are given a starter set of household necessities and are encouraged to purchase items that are environmentally friendly from local businesses for the remainder of their stay.

The next step that Williams took was to team up with Walton County on the 'blue bag' recycling initiative. Each home receives a blue bag for recyclable materials to be collected on trash pick up day. The blue bag concept has also been implemented in the offices of both Beach Seekers, in Seagrove Beach, and Sandcastle Escapes, in Miramar Beach. Also, all trash bags that are placed in the homes are made of biodegradable materials rather than typical non-biodegradable plastic bags.

Unused food and household items, left in the homes, get returned to the offices and are then donated to area food banks for distribution at their consent. When towels become unusable due to wear or stains, they are donated to the Alaqua Animal Refuge for their use. "We hope that we can help out the community with things that are usually discarded by donating them for others to use," states Williams.

From the maintenance side of things for Beach Seekers and Sandcastle Escapes we talked with Lloyd Williams, Director of Maintenance. Lloyd explains, "The first steps the maintenance department has taken is to have work orders for maintenance



persons emailed to them rather than each one being printed. Light bulbs in the homes are being replaced as needed with the more energy efficient Compact Fluorescent Light (CFLs). The next step we have planned is to switch the batteries we use in the homes with rechargeable rather than throwing them away after each use."

As for what Beach Seekers and Sandcastle Escapes are doing in the customer relations department, we spoke with Wes Shelton. Shelton explains, "Guests make their reservations and receive email confirmation of their arrangements. There is an email for the deposit request, final payment and one for the check-in instructions. This eliminates over 10 pages of documents being printed and three separate mail outs." Guests are emailed information pertaining to 'Leave No Trace' Walton County's initiative to keep the beaches clean, ways to best control the thermostat in the home and in the refrigerator for most energy conservation and guests are asked to hang their towels to air-dry and reuse them.

Taylor Williams, president, and Justin Shelton, vice president, of Beach Seekers and Sandcastle Escapes; explained the steps they are taking in the management area of the industry. "Homeowners receive their statements via email and rental income is done by direct deposit rather than monthly mail outs. Owners also have the option to log on to the website to check the status of their rental property and download past monthly statements as well" Shelton explained.



Beach Seekers and Sandcastle Escapes are hoping to do their part in helping improve the environment one step at a time. Their impact may be small at first, but their ultimate goal is to raise environmental awareness!

You can reach Sandcastle Escapes or Beach Seekers by phone: 1-866-934-4240 or check out the web site at [www.beachseekers.com/30A](http://www.beachseekers.com/30A)

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From the first time we met with you, we have been impressed with your professionalism and concern for quality. You take extra measures to assure a soundly constructed home that many others do not. Prior to signing a contract, you provided us with a detailed, comprehensive, and easy to understand budget. Although the budget for our house was developed during the height of the building boom, Ficarra Builders was able to take advantage of the construction slow down to save us a great deal of money on our project.

Our home was completed on time and the finished product demonstrates that the subcontractors you selected were as concerned with quality as you are. We appreciate your ability to work with our two families, accommodating our input and keeping us all updated throughout the process. We love our beautiful new home, and it's been such a pleasure to work with you.

Respectfully,  
 Jeff D. Grant, Vice President,  
 Diaz Construction Co., Inc.  
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# letter from the publisher

## 30-A AND COUNTING



Wow. 30-A. Sometimes words cannot duly describe its amazing qualities.

It's a wonderland for both kids and grown-ups alike. And no matter which group you fall into, the experience is just as intuitive. Like the act of smiling, enjoying oneself at the beach is an art form that one instinctually knows how to do. While it usually takes a day or two to

get "into the groove", once there, it's certainly hard to get out of the groove.

30-A is much like a good friend. Whether we're meeting this friend for the first time, or for the 100th time, she is always there for us. Hurricanes may come and go, markets may crash or climb, and our personal life will always change; but 30-A, well, let's just say she's a sure thing that doesn't disappoint.

As we lead into summer and the heart of family vacations, we wish you the happiest of experiences on our fair strip of sugary sand and clear blue-green waters. We wish you memories that will last a lifetime almost without knowing that you are making them. And we wish you everything your heart needed this week, and then some.

Within these pages, you'll find a plethora of 30-A's finest people, places, and things, dining, shopping, real estate, art, and more. Like 30-A itself, we hope that you find this magazine an intuitive experience, and that it may become even a partial guide to your journey at the beach.

Until next time...

The boogie boarding has never been better. Get out there and enjoy the beach.

Miles K. Neiman

*Win dinner for two at one of 30-A's finest restaurants... Register on our Facebook page at [www.facebook.com/thirtyareview](http://www.facebook.com/thirtyareview)*



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**Event:** Digital Graffiti

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#### Managing Editor

Jennifer Thompson

#### Graphic Design

Ellen Westing - Cover Design

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Sharon Jollay - ads

#### Photography

Shelly Swanger

Jacqueline Ward

#### Contributing Writers

Taylor Arnold

Susan Benton

Susan Cannizzaro

Julie Herron Carson

Tom Fitzpatrick

Jessica Holthaus

Ryan Loftis

Chris Ogle

Amelia Pavlik

Bart Precourt

Anne Schultz

Ridgeley Standard

Frank Watson

Kimberly Watson

Mary Welch

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# Showbiz and Events in May and June

## ALYS BEACH

### **Sinfonia Goes Pops at Alys Beach!** *May 27, 7:30pm*

Enjoy the orchestral sounds of Sinfonia Gulf Coast in the Alys Beach Amphitheatre followed by fireworks. Free and open to the public.

### **Summer Camp at Alys Beach**

*Tuesday and Thursdays  
May 29 and 31, 9am-noon  
June 5, 12, 14, 19, 21, 26, 28,  
9am-noon*

Join Abrakadoodle at the Community Center at Alys Beach for a morning filled with outside play at Fonville Press, a delicious snack, art projects, games and a movie! Cost is \$30 per child and open to children ages 4 and up. Please register at [www.abrakadoodle.com/FL07](http://www.abrakadoodle.com/FL07) or by calling 850-424-5058

### **Cinema Under the Stars**

*Tuesdays, May 29, 8pm  
June 5, 12, 19, 26, 8pm*

Bring blankets and low back chairs to enjoy The Zookeeper in the Alys Beach Amphitheatre. 5-Cars 2, 12-The Muppets, 19-Lilo and Stitch, 26-The Adventures of Tin-Tin

### **Summer Concert Series**

*Wednesdays, June 6, 13, 20, 27,  
7-9pm*

Join us for live music weekly in the Amphitheatre. 6-Dream Vipers, 13-Boukou Groove, 20-Mile Marker 7, 27-Cadillac Willy

### **Parents' Night Out with Abrakadoodle**

*Fridays, June 1, 15, 22, 29, 7-10pm*  
Enjoy dinner out with the grown-ups! Bring the kids and a sack dinner to Parents' Night Out! They will enjoy art, games, and a movie at the Community Center. Cost is \$30 per child and open to children ages 4 and up. Register by phone at 850-424-5058.

### **Digital Graffiti at Alys Beach**

*June 8 and 9*  
Digital Graffiti is a celebration of international digital artistry.

Join Alys Beach as we showcase the fusion of design, technology, and architecture. Digital Graffiti expands this year to include an additional evening on Friday featuring a "Gallery Stroll" where artists are available to discuss their work with attendees in an open air salon-style setting. On Saturday, end the night poolside at Caliza Pool for the after-party. Purchase tickets at [www.digitalgraffiti.com](http://www.digitalgraffiti.com) or at Fonville Press in Alys Beach.

## ROSEMARY BEACH

### **Rosemary Beach Foundation Conference For Writers**

*May 9 - 11*  
Enjoy live music on the lawn Workshops, craft classes and public readings  
[www.conferenceforwriters.com](http://www.conferenceforwriters.com)

### **West Indies Market**

*May 12 & 13, 11:00 am-6:00 pm  
June 9 & 10, 11:00 am-6:00 pm  
Town center lawns*

Browse this popular, open-air market and discover booths filled with paintings, pottery, jewelry, stained glass, wood carvings and other handcrafted items. NEW for 2012: Farmers Market on Sunday, May 13

### **9th Annual Rosemary Beach Tennis Open**

*May 17 - 20  
Rosemary Beach Racquet Club*  
The event offers competition both to players competing for a Florida or National ranking. Prize money will be awarded in the open divisions. 278-2061

### **Summer Kick-Off Concert w/ The Dirty Guv'nahs**

*May 27, 7:00 pm, East Long Green  
FREE*

### **Storytelling by The Rep Theatre**

*May 29, 10:00 - 10:30 am  
June 1, 5, 8, 12, 15, 19, 22, 26  
& 29, 0:00 - 10:30 am  
South Barrett Square*  
Improv storytelling the whole family will enjoy! FREE

### **"Kids' Rock The Block!" Party**

*May 29, 6:00 - 8:00 pm  
Western Green*  
Bring the family for a rockin' night of fun in Rosemary Beach! Moonwalks, face painting, airbrush tattoos, arts & crafts with Gigi's, games, dancing and more! FREE

### **Children's Theatre**

*May 30, 6:30 pm  
June 6, 13, 20 & 27, 6:30 pm  
North Barrett Square*  
Join The Rep Theatre for a fun and participatory performance of "The Emperor's New Clothes!" FREE

### **Moonlight & Movies**

*May 31, 8:15 pm Western Green*  
May 31 - Judy Moody and the Not Bummer Summer (PG)  
June 7 - Happy Feet Two (PG)  
June 14 - The Muppets (PG)  
June 21 - Kung Fu Panda (PG)  
June 28 - The Smurfs (PG)  
Bring a blanket and come enjoy a family movie on the lawn! FREE

### **Walk Her Way**

*June 15, 5:30 pm, Town center*  
Men, women and children of all ages are invited to don high heels for Walk Her Way. Sponsored by the Rosemary Beach Foundation, this one-mile strut aims to raise awareness of domestic violence with a portion of proceeds benefiting Shelter House.  
[www.walkherway.com](http://www.walkherway.com)

### **Starlight Ballet**

*June 24, 7:30 pm  
St. Augustine Green*  
Featuring the Northwest Florida Ballet and guest dancers from around the country! On-lawn seating. FREE

### **Coastal Living Ultimate Designer Beach House**

*June 29 - October 7  
Open Wednesday - Saturday,  
11:00 am - 5:00 pm and Sunday  
1:00 pm - 5:00 pm  
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Tour this amazing house located at 194 W. Kingston Road in Rosemary Beach.

## SEASIDE

### **"First Friday" ArtWalk**

*Friday, May 4, 5-8PM - Ruskin Place & Central Square  
Friday, June 1, 5-8PM - Ruskin Place & Central Square*  
Enjoy live music and view beautiful works of art and artist demos at the galleries and shops of Ruskin Place and select Central Square merchants.

### **Seaside Farmers Market**

*Saturdays, May 5, 12, 19 & 26,  
9A-1P - Seaside Amphitheater  
Saturdays, June 2, 9, 16, 23 & 30,  
8A-12P - Seaside Amphitheater  
Tuesdays, June 5, 12, 19 & 26,  
8A-12P - Seaside Amphitheater*  
Get your pick of fresh produce, baked goods, dairy products, native plants and other unique offerings during our Market on Saturday mornings. Find local specialties that will help sustain our growers! Enjoy special cooking demos and activities sure to liven up your morning! Held behind Raw & Juicy.

### **ArtsQuest Fine Arts Festival**

*Friday-Sunday, May 11-13 - Seaside*  
The 24th Annual ArtsQuest Fine Arts Festival continues on Mother's Day weekend in Seaside. Don't miss over 100 local and national artists, along with four stages of music, theatre performances, KidZone and a Walton County student art exhibit. The ArtsQuest Fine Arts Festival, sponsored in part by Visit South Walton, is one of the largest events produced by the Cultural Arts Alliance as part of its mission to support the arts in Walton County through leadership, advocacy, funding, programs and education.

### **Beanie & The Bamboozling Book Machine**

*Mondays, May 21 & 28, 6:30PM - Seaside Amphitheater  
Mondays, June 4, 11, 18 & 25,  
6:30PM - Seaside Amphitheater*  
Join the REP for a magical children's theatre performance in the Seaside Amphitheater. Each Monday night throughout the summer, enjoy an educational and

entertaining experience for kids of all ages! For more details on the REP, visit: [www.seasiderep.org](http://www.seasiderep.org).

### **Sand Sculpting with Sand Odyssey**

*Thursday, May 24 & 31, 1-3PM - Seaside Beach*  
Thursdays, June 7, 14, 21 & 28, 1-3PM - Seaside Beach  
Thursday afternoons feature a continued tradition this summer filled with all things sand, as Seaside offers free sand sculpting lessons by sand master Mark Flynn from Sand Odyssey. Learn exciting techniques on how to construct a sculpture that will wow your friends and family. Pick up your wristband from Seaside Beach before the event, as space is limited.

### **Memorial Day Weekend Festivities**

*Saturday & Sunday, May 26 & 27 - Seaside Amphitheater*  
Kick start our summer season with this weekend of exciting family fun beginning. Sunday may be the end of the weekend, but it's just the beginning of another very busy summer of events at Seaside!

### **Stories by the Sea**

*Mondays-Fridays, June 1-29, 4PM - Lyceum Gateway Arch*  
Join the Seaside Repertory Theatre as we present a one-of-a-kind storytelling experience for children of all ages. Each day will offer a new story and there might even be opportunities for your participation!

### **Central Square Cinema**

*Fridays, June 1, 8, 15, 22 & 29,  
8PM - Seaside Amphitheater*  
Grab your blankets and head to the Amphitheater for movies under the stars. Enjoy blockbusters & classics alike during this series.

### **Seaside Summer Concert Series**

*Wednesdays, June 6, 13, 20 & 27,  
7PM - Seaside Amphitheater*  
Celebrate the summer season with your friends and neighbors as we welcome the sounds of some of the regions top musical acts to Seaside. Music will fill Central Square and entertain guests of all ages.



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<http://www.wfadvisors.com/chris.ogle>

Chris Ogle is a local financial advisor with over 11 years service, a lifelong Emerald Coast resident, and lives on 30A with his wife and four children.

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# Bentley's and Maddog's Restaurant

BY ANNE SCHULTZ

Long sunny days, warm temperatures, and flower-scented breezes make sublime coastal settings for any spring celebration like a wedding or graduation. To enhance these joyous occasions, Bentley's and Maddog's Restaurant—a new kid on the block—dives into the 30-A culinary scene, making splashes with exquisite cuisine and elegant presentation. Husband Bill and I check things out with owners Kandy and Chef John Malocsay over dinner.

“We were looking for another location for Bentley's when we came upon Rosemary Beach. I walked down streets reminding me of Europe and when I came to the manicured green leading to the Gulf, I knew this is where I wanted to live,” says Kandy. “We have operated Bentley's in Islamorada for the past 20 years and wanted to move closer to our horse farm in Auburn where I grew up.”

Instead of “born with the proverbial silver spoon”, I picture Chef John growing up with whisk in hand beating egg whites in a copper bowl as a third-generation restaurant owner and chef. Learning to make a sauce in John's culinary family was as common as learning to ride a bike in other households. His grandfather owned the famed Saddle River Inn in New Jersey, and his father ran a restaurant in Stuart, Florida for 35 years. “It's what we love, it's our heart,” he shares.

“I want everyone who comes in here to have whatever they want. Whatever they're in the mood for, we can make it happen,” John explains when I try and pin him down to his style. I get the feeling cooking is an art here and I'm dealing with an artist perfected in classical techniques, who ventures out like an impressionist using imagination, innovation, and experimentation to make food even tastier. “You just have to taste it,” he says.

While waiting for appetizers, I take in my surroundings. A soothing atmosphere is achieved with high ceilings, a spacious interior, and earth-toned walls decorated with original art and photography of marine life and seascapes. Candlelight glows and background music plays softly. After serving Yellow Fin Tuna Wasabi, our friendly waiter shows us photos of his 2-week old

daughter. We feel right at home as we crunch into a crisp shell layered with bright-green seaweed seasoned with ginger and wasabi and crowned with chunks of raw tuna. We sample fried eggplant over spinach topped with

and I decide on In the Weeds: snapper nestled in shrimp, crab, and artichoke hearts in a spinach cream sauce. My side is a Drunken Potato: a huge sweet potato sitting in a pool of brown sugar syrup! My fish is moist with a springy texture, its sweetness enhanced, not masked, by the sauce. My husband orders certified Angus beef New York Strip, accompanied by twice-baked potato and fresh asparagus. John's lifetime immersion in cooking has produced stellar masterpiece results. Talented Pastry Chef Chris Tracey finishes off our meal with a tray of his signature desserts: Fried Strawberries, Crème Brulee, and a praline cheesecake. All are addictive combinations of sweetness and crunchiness. Tracey excels as a creative artist with sweets.

Eat lunch or dinner at Bentley's & Maddog's 30A where every meal is a celebration. Soon you'll be old friends with the newest kids on the block.

***Bentley's & Maddog's 30A is located at 10343 E. County Highway 30A, Seacrest Beach. Call (850) 231-1007 for reservations and information.***

Not too pretty to eat



crabmeat dribbled with a lemon caper sauce and finished off with spoonfuls of red and black caviar. “Caviar gives it a good texture,” John explains. I agree, stuffing more greedily into my mouth. “We make everything in house,” John says. “I always insist on the freshest ingredients, quality, and consistency. I've assembled a terrific team who deliver.” We think so too after we finish off Bentley's Famous Lobster/Shrimp/Crab Cake.

Kandy explains how the restaurant's name reflects its spirit. “We chose Maddog's because it's the name of a popular Miami Dolphin football player and for our beloved black lab; a zany free spirit who plays Frisbee on the beach. The playful spirit infuses our 11:30 a.m. to 6 p.m. family menu offering reasonable prices so families can bring children and let their hair down. After 6:00 p.m., Bentley's is upscale dining for adults.”

The adult menu offers an extensive seafood array of lobster, crab, shrimp, and scallops: all served in luscious innovative ways. We scan the menu for our main course



Bentley's team of chefs

***Early dining is from 11:30 a.m. to 6:00 p.m. Fine dining is after 6:00 p.m. to closing. Bentley's is open 7 days a week.***



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# 723 Whiskey Bravo

BY SUSAN BENTON

Skip and Victoria Moore fell in love with 30-A. The Atlanta couple, admitted “planners”, decided it was time to map out the second chapter in their lives, so they started off with a bang by purchasing an airplane five years ago, though neither one had a pilot’s license. They logged the necessary hours needed to fly their Cirrus SR22, obtained the license, and decided on a name using the NATO phonetic alphabet, settling on Whiskey Bravo. Since Skip and Victoria were married on July 23rd, they thought 723 would be appropriate to add as well, and 723 Whiskey Bravo was born. After many wonderful culinary adventures and scribbled notes on napkins and torn paper, they dreamed up ideas for a restaurant they envisioned opening: 723 Whiskey Bravo, a gathering place for family and friends.

In 2009, Skip and Victoria sold their successful businesses in Atlanta for the good life on 30-A and purchased a home from Nikki Nikkerson, their realtor and owner of Cowgirl Kitchen in Rosemary Beach. Both avid sportsmen, Skip recalls, “We would run from Seagrove to WaterColor to work out. I got in front of the Wheel House and saw the burned and dilapidated building.” At first, Victoria thought Skip was trying to stall their running routine and did not take him seriously, but Skip looked at her and said, “This is 723 Whiskey Bravo!” The couple, enamored with the Gulf views, closed on the property two weeks later. Skip says, “The process took longer than necessary, but all was okay as that gave us time to complete the design.” SNS Design Group, led by Brian Stackable and Brian Squiers, stepped in to take over the Whiskey Bravo concept, and detailed the campus-type feel the couple was trying to achieve.

Skip and Victoria decided not to tear down the historic Seagrove Villas, as they wanted to preserve them. Instead, they transformed the Villas into delightful shops that locals and tourists could frequent, and patrons of the restaurant could visit while waiting on a meal. One of the first people to claim a space was their realtor and friend Nikki Nikkerson, who opened up Cowgirl Kitchen and Market-Seagrove. Coast, Hula Girl Gallery, and Lost in Paradise Gift Gallery have since moved in and are open for business.

723 Whiskey Bravo’s stunning and modern interior is designed to reduce noise so patrons can carry on conversations easily. They did this by fabricating leather

columns that are used as buffers, and separating the spaces with drop ceilings and a sliding wall. The meticulously crafted interior bar resembles a Chris-Craft boat and was constructed with the highest quality woods from E.F. San Juan. But the space that has everyone talking is the gorgeous rooftop bar with panoramic views of the Gulf and a nightly show-stopping sunset. Enjoy a \$7.23 priced

chopped greens, sliced pears, strawberries, cranberries, sliced almonds, feta, champagne vinaigrette and topped with a classic burger. It is a salad Victoria makes at home. Skip likes the Grilled Bone-in Pork Chop, served with horseradish mashed potatoes, avocado coleslaw, and peach chutney. Visitors have been drooling over the Southern favorite BBQ Shrimp and Grits, in which luscious jumbo



Greek Salad



Rooftop Deck



Owners Victoria and Skip Moore



libation, like the Mai Tai with Orchid Syrup brought in from Hawaii, and join in the reverie at 7:23p.m, when Up On the Roof by Carol King is played.

Skip and Victoria hired George Pinger, who is not new to the area and has more than 30 years experience in the restaurant business, to be the General Manager. Skip says, “He has been around the block and wants to retire here.” They went on to hire Willie Mayes as Chef. Mayes has worked locally at Criolla’s and Restaurant Fire. Pinger says, “Will doesn’t have an ego, and can make good food!” Skip and Victoria had specific dishes in mind when it came to their menu, like the Victoria Salad, with

gulf shrimp, simmered in a New Orleans-style barbeque sauce, are served over blue corn and goat cheese grits.

The Moores hope that 723 Whiskey Bravo will be a welcoming and comfortable place where patrons feel like a friend is serving them and connections can be fostered. 723 Whiskey Bravo is located at 3031 Scenic Hwy 30A in Seagrove Beach, and is open daily at 11am serving lunch and dinner. Parking can be accessed from Gardenia Street, but patrons are encouraged to walk and bike over.

**For more information call (850) 213-0015 or contact them at [info@whiskeybravo.com](mailto:info@whiskeybravo.com).**





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# Sushi Chef Seamus Easterly. That's How He Rolls!

BY SUSAN BENTON



Nestled among the shops of Seaside on Scenic Highway 30-A you will find the irresistible and charming bistro called Crush and Sushi Chef Seamus Easterly. Easterly was recently brought in to join the Crush team by the new general manager Kevin Moran, who praised his Chef's talent and speed. Easterly says he feels fortunate to work with Moran, and is excited to be a part of Crush. He says Moran has given him the freedom to buy what he needs and wants in order to run the best sushi bar in town, and he plans on making an impact.

Easterly wants Crush to be different from everyone else, and wants to focus on the individual tastes of each customer, indulging any requests. He plans on expanding Crush into a catering venue offering small plates, fine wines, and, of course, sushi.

Seamus Easterly was born and raised in Pensacola, affectionately calling himself "a military brat". He traveled the world as a child, spending several years in Okinawa, Japan. He fondly recalls the sushiyas where he would dine with his family and says the experience ignited his love of sushi. Later, he found his passion when he worked under Chef Kyoko Caeta at The Fish House Pensacola, and credits owner and Executive Chef Jim Shirley for hiring him. Easterly says, "Chef Caeta broke it all down for me." Easterly left The Fish House for a culinary apprenticeship



with Chef Luc Meyer of The Left Bank in Vail, Colorado and worked as garde mange and pastry chef, both very demanding stations in the kitchen. While there he honed his knife skills, but also found he missed creating sushi. He followed his dream, returning to Santa Rosa Beach and opened Blue Buddha Sushi, quickly selling it for a profit. He then decided to attend college and moved to Tampa to study business finance.

Easterly came home to Pensacola, and became the Executive Sushi Chef for H2O Pensacola Beach. During this time Chef Easterly also opened his own catering business called Angry Tuna, working as a private chef for such celebrities as Deion Sanders, Alicia Keys, Steven Tyler, and Richard Simmons.

While at Crush, I sat by the sushi station for more than two hours watching Chef Easterly quickly and artistically create roll after roll for the crowd descending upon the restaurant's sushi happy hour. I was amazed at the care and detail he put into each plate's presentation, and thought about how his background of work has influenced his craft. Most incredible were his flowers made with fine cuts of fresh Copper Ridge Salmon, and how he warmed wasabi paste in the palm of his hand, molding and slicing each piece into shapes and leaves to accompany the rolls. He made for me his favorite, the Savannah Pica Roll, with fresh tuna, asparagus, radish sprouts, avocado, and rayu. Chef Easterly says, "You taste with your eyes first"; and his objective is to make beautiful food using the best ingredients.

Some of the ingredients he uses are Snake River Farms Wagyu beef, and Hawaiian Pacific Yellow Fin Tuna that is dropped shipped overnight to ensure freshness. He claims to be a "nerd" about his rice, and makes his vinegar rice-dressing recipe from scratch daily. He began to share with me the ingredients for the dressing, stopping short by saying, "Wait! I don't want to give it away!"

Easterly prefers fluffier rice for his rolls, and discussed the importance of #1 high-grade medium-grain Japanese sushi rice. His technique is to fluff the vinegar into the rice using a sieve. He says, "You don't want to crush the kernels, causing pastiness."

Chef Easterly plans to expand the menu at Crush using more traditional Japanese ingredients, creating a Nouveau-American fusion style of food for diners, and has plans with Moran to make the sushi menu available during lunch hours on Friday and Saturday. Easterly says, "The expectations at Crush and being in Seaside are high, and I intend to be a cut above the rest!"

**For more information about Crush, call (850) 468-0730 or visit [www.crush30a.com](http://www.crush30a.com). Visit the café for Happy Hour half-priced wine, beer and sushi from 4-6 pm. Also visit Crush for their Sunday Bottomless Champagne Brunch from 10:30 am-3pm. The café is located at 25 Central Square in Seaside, Florida off 30-A. Regular Hours are 11am-10pm Sunday-Thursday (10:30am-3pm Sunday Champagne Brunch) 11am-11pm Friday-Saturday. Menu Available at Noon**





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# The Adams Farm: 109 Years and Still Growing

BY RYAN LOFTIS

“It’s kind of in your blood,” Nolan Adams says of farming. No surprise there. Adams is the third generation owner of the 400-acre Adams Farm in Laurel Hill, which has been in his family since 1903.

What has it been like having a family business for more than a century? “We call it an anchor, a safe haven,” Adams says laughing. “In case things didn’t go well elsewhere, we had this to come back to. There’s nothing quite like turning the soil in your plow in the spring.” Of course, things have changed over the years. “In those days we had 40- or 50-horsepower tractors and it was very hands on.” Adams credits the economic philosophies of his grandfather and father for helping keep the farm afloat during difficult economic times. “They were very frugal. They didn’t buy things they probably would have liked to have.”

Adams first added 40 acres to the farm in approximately 1960 and purchased the remainder in 1999. Now 75 years old, the former schoolteacher has continued farming even after two heart operations. Indeed, as we talk he’s putting organic ant killer on fire ant beds. He explains the appeal: “It gives you a lot of personal freedom some other occupations do not.”

Free-range, natural grass-fed Red Angus cattle are raised at the Adams Farm. Adams uses rotational grazing, which involves placing a large number of cattle on one pasture to uniformly graze the plant growth at its optimum stage for peak nutritional value, and then rotating them to new pastures in one to three days, depending on the grass’s rate of growth. Why do it this way? For one thing, it naturally decreases the load of parasites presented to the animal, allowing for natural immune resistance to develop. Rotated animals are presented with fewer potentially disease causing pathogens. As a result, the Adams Farm has not had to use therapeutic antibiotics on the cattle in years (antibiotics are never used in the cattle’s feed or water).

Adams also maintains a closed herd. All of the livestock are born and raised on the Adams Farm. Outside livestock with questionable health are not introduced, sharply reducing the introduction of new pathogens into healthy cattle. However, Adams plans to stop cattle farming in the near future. “I think it will be difficult in this area to grow beef cattle.”

But there will still be plenty to do. Adams Farm has several orchards, including Asian Pear, Kiwi, and its largest, Fuyu Persimmon. The farm currently has more than 500 persimmon trees. Fuyu Persimmon is easily the most popular variety of persimmon. The Adams Farm mixes the Fuyu Persimmon with roasted peanuts, creating a trail mix that is very popular among customers. All



Fuyu Persimmon Trees

these fruits are available for purchase in \$30 30-pound boxes. A variety of fruits have been planted around the original farmhouse over time, including blueberries, pomegranates, figs, and blackberries. These items are not available for sale, but they’re used in the jams and spreads that are available. Adams is considering growing pecans, grapes, or more persimmons in place of cattle.

When asked what he considers his greatest accomplishment regarding his farm, Adams says, “I would guess it’s the promise of supporting my descendants in a

way that would be an equitable living style.” His plan is to pass the farm on to his two sons upon retirement. Is there much he needs to teach them? “Probably not. They’ve grown up around this farm. They probably know enough without me sitting them down and saying, ‘Do this, don’t do that.’ Some of those things you get through osmosis.”

*For more information, visit [www.theadamsfarm.com](http://www.theadamsfarm.com).*



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# Castaways Sports Grille and Pizzeria at Carillon Beach— A Place You Will Want To Be Stranded

BY SUSAN BENTON

Tucked away off Highway 98 in between Rosemary Beach and Panama City Beach is the fun and inviting restaurant Castaways Sports Grille and Pizzeria at Carillon Beach. Castaways is nestled on Lake Carillon within the picturesque community, an ideal location for patrons wanting a casual atmosphere to dine as they come in off the beach, or for those wishing to fill their appetites while sitting on the patio or pier-side, the perfect spots to celebrate a sunset. According to Taylor Simmons, co-owner of Castaways, “People love the patio and pier. We have great views and do about thirty to forty private parties here during the year.”

Castaways Sports Grille, a name chosen from the Tom Hanks movie of the same name, has been open now for more than two years. The restaurant has garnered a loyal following of locals and tourists alike who seek good food and entertainment. The bar area is home to more than fifteen flat screen TVs, and is an excellent location for sports fans of all ages to kick back and cheer on their favorite team while enjoying chicken wings or a great burger. There are plans to add three more televisions outside by the fall, just in time for football season.

Partner Greg Galla is from Buffalo, New York and his family has owned and operated two pizza restaurants in the Atlanta area for years. Galla Pizza is known for their authentic New York style pizza, and is popular among the Atlanta crowd for their festive bingo and trivia nights. Galla knew Simmons from Atlanta and the two discussed Galla’s dream of opening his own pizza restaurant. Simmons also had the same passion but wanted to expand beyond pizza, opening a casual and entertaining establishment. With the Simmons family owning property in Carillon Beach, and knowing that Simmons’s father Reid had opened Carillon Beach Rentals, the official rental company for Carillon Beach,

the young men both thought Carillon was a natural fit. Simmons says, “The perfect opportunity and space came available, so we took it!” Galla developed the pizza menu and drew inspiration from his rich family heritage, adding his own unique style to the pies. Matt Markowski and Randy Davidson were hired to manage the kitchen,

similar to Seaside, in which people would park their cars and bike or walk to get where they needed to be. Simmons stresses that though Carillon is gated, the Village and shops are not. “We are wide open to the public,” he says.

Everything a family would need or want is at their fingertips, including swimming pools, a tennis court, and a beach club. With Castaways being set away from the community’s private homes, the restaurant is able to stay open late into the evening seven days a week. Simmons says, “Our hours begin at 11am and we close when the people leave. Sometimes it is 10pm, mostly 11pm, but we have been known to stay open much later.” Castaways Sports Grille and Pizzeria has become known for their vibrant nightlife and energetic crowds, and they

offer live music, trivia night, and karaoke night throughout the week. When I ask Simmons how father Reid is involved in the business, he chuckles and says, “Dad is our trivia host!”

Families tend to dine earlier in the evening with Castaways offering a children’s menu. As the evening advances, diners tend to shift to couples on dates, sports enthusiasts, singles, and those ready for some late night fun.

Castaways is a special place for all ages and families. There is a little something for everyone, but Simmons and Gala hope it brings

happy memories for all.

**Castaways Sports Grille and Pizzeria is located at 102 Carillon Market Street in Carillon Beach. Call (850) 230-2990 for more information, or visit [www.castawayspc.com](http://www.castawayspc.com). Hours of operation are 11am –till...**



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and with Simmons developed the rest of the menu.

Some of the more popular pizza choices include the Basil & Tomato Pizza topped with fresh basil and tomatoes with Feta cheeses, and The Works, which is topped with peppers, onions, green and black olives, Italian meats, and Asiago cheese. Simmons says, “I added a new wrap and sandwich menu that has been very popular, but pizza is still the customer favorite first and foremost. The fresh grouper, lemon-pepper wings, and burgers are a close second.”

Carillon Beach was designed by New Orleans architect Lloyd Vogt to be a new-urbanism community



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# First Note Music Hall

BY ANNE SCHULTZ



Tim and Tommy Jackson



Kaci Bolls



Photo by Lyndon Jackson



Photo by Lyndon Jackson

whips up an innovative concoction of the classic Shrimp and Grits, and Sesame Crusted Tuna. Other fun choices include tasty Bread Bowl Gumbo, Venezuelan Beef Empanadas, and spicy Chicken Quesadilla.

At 7 p.m. all conversation stops and the room quiets to an expectant hush. The first twanging note of an acoustic guitar and soulful voice of a female vocalist electrifies the room, bonding audience to performer as both lose themselves in the power of song. The audience is mesmerized and their responses are instantaneous: eyes light up, several whistle, folks start clapping and tapping feet to the throbbing rhythm of beating drums. Energy intensifies when regular performer and a crowd favorite Geoff McBride steps on stage to wild cheering and loud applause. Light reflects off his shaved head and sunglasses as he stands under the spotlight and sings. His powerful voice shatters the silence, loud and startling as a thunderclap on a sunny day.

Off to one side, standing by the wall in shadows, a petite woman sways to the music with hands raised as if in a trance obviously overcome with emotion. McBride notices, motions her closer, then steps down from the stage with microphone in hand, and sings directly to her face to face. When the song ends, he reaches over, wraps his long arms around her, and gives her a huge hug. One by one people rise from their seats, until everyone is up clapping in an enthusiastic standing ovation.

“I believe music is a gift from God,” shares Jackson. “Music is an expression of all our emotions. In this intimate supportive setting, we can feel the full range. One song makes us sad and maybe the next will make us happy, all in the same night.”

From first note to last thundering applause, First Note Music Hall is an incredible not-to-be-missed experience happening ONLY on Scenic 30-A.

**First Note Music Hall is located at 2052 Co Hwy 30A, Redfish Village. Call early for reservations at (850) 622-0221. Doors open at 5:30 p.m. and performance begins at 7:00 p.m. Tickets prices start at \$15.**

**First Note Café is open seven days a week from 8:00 a.m.-2:00 p.m. for breakfast and lunch. Café reopens at 5:30 p.m. for dinner & show. Check [www.firstnotemusicall.com](http://www.firstnotemusicall.com) for calendar and events.**



Geoff McBride and the First Note Band



The After Hours Band

“SSShhh—please. Artist at Work!” This message printed on white signs placed on every table politely reminds customers what the place is all about.

First Note Music Hall opened July 4, 2011 as a first-of-its-kind venue along Scenic 30-A. It’s not a nightclub or bar where people rudely chitchat during a performance, but a listening establishment where “artistry is embraced”, explains Tommy Jackson, owner and creator. All the furniture is arranged cabaret-style for optimum viewing of an expansive stage centered on one side of a long room. Taller high-top tables and chairs rise up along back rows, and black leather ones turn away from the bar they line to face center stage. Folks begin filing in around 5:30 p.m. when doors open, and by 7 p.m. performance time the place is packed. “We’ve been sold out all winter,” a friendly waiter informs a couple.

“I dreamed this concept up to mimic the way we listen to music today,” says Jackson, who also runs a Nashville music publishing company and works as a financial planner in Birmingham. “Here is a place where multiple genres perform on the same stage, same place, same night just like we shuffle a variety of tunes on our iPod.”

Good food and beverages enhance the mix. Guests order drinks from a full-service bar and food from a menu with an assortment of small plates. Southern Belle Sliders are a favorite: two Angus beef burgers topped with bacon, fried green tomatoes, and a Cajun aioli sauce accompanied by French fries. Beef Brisket is another slider variation. A seafood crowd pleaser is the Moore County Shrimp, where shrimp are flash sautéed in whiskey, tossed in a tarragon butter-cream sauce, and presented on a baguette. Also for seafood lovers, the chef



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# Top 3 most dangerous foods. Are you in trouble?

BY DR. BART PRECOURT

**T**he foods I'm about to mention are dangerous because they are so common. Which means you might not like this list. And of course that's your choice. Yet be kind to others and don't feed them to your friends or kids.

Before you jump to the list and judge whether or not you like it, hear me out.

For starters here are some basic definitions:

**FOOD:** Food gives nourishment to the body. It provides your body with energy, enzymes and repair agents.

**NON-FOODS:** Non-foods do not nourish. They require your bodies to give up energy, enzymes, and vital resources to digest, store, or eliminate (i.e. toxins).

Some non-foods that did not make the list for obvious reasons are: All fast food, fried food, soda, and alcohol. By now unless you live under a rock you've heard about these many times over.

Here are the top 3 most dangerous, in no particular order:

1. **COW'S MILK.** Yes, milk. Most of the human race do not have the proper enzymes to digest cow's milk. Therefore, this lands in the non-food category and that alone should say enough. If not, here's more. Today, cows' milk is often laden with growth hormones and antibiotics, which compromise our immune systems. This messes with our delicate hormones, ultimately causing kids to develop pre-maturely. One of the most common side affects of milk (dairy) is inflammation. People who consume high quantities of milk can often be recognized by the puffiness in their face. Milk has been linked to chronic sinus infections, asthma, bloating, and digestive issues. Healthy alternatives are pure organic raw milk, almond, or rice milk. After a week, your kids won't know the difference.

2. **ARTIFICIAL SWEETNERS.** Obvious non-food. Equal, Sweet 'N Low, NutraSweet, and anything with aspartame. These artificial sweeteners are wreaking havoc on our bodies. Linked to migraines, ADHD, Alzheimer's, headaches, sleep issues...the list goes on. Potent and dangerous chemicals, they do the same thing as sugar in the body... just worse! They trick your body to believe it has energy. Then your body stops the natural metabolic activity it uses to produce energy. The net effect is a slower metabolism, weight gain, and obesity. Then you crave MORE sugar for energy.



Bart Precourt and Norman

And the manufacturers know this. This is way too dangerous to be counting calories about. A healthy alternative for your coffee or tea is agave sugar or organic raw sugar. Many people are addicted to sugar and don't know it.

FYI: one soda is equivalent to eating 10 sugar cubes.

3. **PORK.** Some of you are surprised (and mad) about this one. Remember the old saying "You are what you eat"? Well... pigs eat poop! And not picky about whose it is. In fact, pork is the number one source of parasites. Many of the parasites come from feces and often survive your grill. Parasites, once they enter the body, can be very difficult to diagnose and remove. Symptoms include fatigue, digestive disorders, diarrhea, and more. Pork is the most toxic of all the meats. I'm no chef, yet I do know that pork is easy to fancy up even for a novice cook. Pork meat (tissue) absorbs very easily, in part because pigs don't sweat, which allows their tissues (meat) to absorb and keep toxins that most animals sweat out. Still not convinced? Take the

30-day pork test: no pork of any sort for 30 days. Then have at it, and see how your digestive system responds. I suggest you stay close to a restroom. If you're a meat eater your healthy alternative is any other meat. Be sure it is organic, farm raised and hormone and anti-biotic free.

It is this author's opinion that people don't eat better because when we eat, it usually **provides pleasure not pain... in the moment.** Non-food manufactures know this. They also know your body's chemistry better than you do and try to trick it. To defend ourselves, we need to stay educated and get back to basics. Don't be lured by convenience or claims of low calories, low fat, diet, or bright colors. Let this article be a step forward in making healthy choices that empower you and your kids!

*Dr. Bart M. Precourt is a Doctor of Chiropractic. He practices in Seagrove Beach at Balance Health Studio. For nearly 20 years he has helped people get healthy, lose weight, and create healthy sustainable lifestyles. For more information or to ask a question email: [info@balance30a.com](mailto:info@balance30a.com) or visit [www.balance30a.com](http://www.balance30a.com).*



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# Digital Graffiti to Turn Alys Beach's White Walls Into Art Murals

BY RYAN LOFTIS



Events Coordinator Kelli Arnold. "It's wonderful to be able to bring art, design, and technology to 30-A. It's a new relationship between those three items and it's wonderful to bring it here. The town really becomes a living work of art. It's kind of put the Emerald Coast on the map."

*Digital Graffiti at Alys Beach.  
Courtesy of Digital Graffiti at Alys Beach*

submissions have included photographs, computer-generated graphics, animation, and video.

If participating in Digital Graffiti is a hot ticket, so is attending. It's no accident that Florida Travel and Life included it in the magazine's list of "52 Amazing Weekends" for 2012. Filmmakers, musicians, celebrities, photographers, producers, and agency executives have attended in the past. Arnold expects 3,000 attendees this year. What can first-timers expect? "They'll just be amazed at how interesting the artwork becomes when it's displayed in this manner."

The fun begins even before the festival officially starts. Guests are encouraged to "Meet Me at the Red Carpet" at Fonville Press from 6 p.m. until the gates open at 8:30 p.m. Should they want to, they'll be able to purchase wine, beer, champagne, and tapas.



Attendees can spend Friday evening taking a "Gallery Stroll", walking through town in a subdued setting, having the opportunity to be close to the displayed works and interact with the artists who created

them. Alys Beach, in conjunction with the Cultural Arts Alliance, will host various art workshops during the weekend. "It's great to be adding a second evening with more emphasis on artwork," Arnold says.

The main event, of course, occurs when the lights go out. Alys Beach's walls will showcase stunning visual displays – including those of people in the crowd. Yes, guests themselves can be filmed and then transformed into beautiful images. "It's amazing how you can see something on your computer screen and it looks completely different when it's two stories tall," Arnold says. The weekend concludes with a party at Caliza Pool Saturday night.

While this is entertainment, it's not fun and games for the artists. They'll be competing for a total of more than \$10,000 in prize money. Their work will be judged in the categories of Best of Show; Judge's Choice; Most Innovative/Experimental; Best Local; and Best Animated. Robert Seidel of Jena, Germany was the festival's inaugural "Best of Show" winner in 2008, being awarded \$2,500 for his digital work "Futures." Who will take that honor this year? Wait and see.

*For more information, visit [www.digitalgraffiti.com](http://www.digitalgraffiti.com).*



The scene turns dark. All of a sudden, computer-generated images are projected on buildings all around you. They're colorful, vibrating, glowing works of art. Beautiful too. You're amazed.

That's Digital Graffiti. And it's returning to Alys Beach.

The Fifth Annual Digital Graffiti Festival will be held June 8 – 9, 2012. This is the first year the event will be two evenings, allowing attendees to have a more personal experience both nights.

Digital Graffiti at Alys Beach has the distinction of being the world's first projection art festival. What better place for such an event than a town where every single wall is stark white? "It's a great canvas we are able to really use in unique and interesting ways," says Alys Beach



Computer guru Mike Ragsdale's vision of combining technology, art, and architecture as a sort of mixed medium resulted in Digital Graffiti. "It's been a very organic process over the years and it's evolved," Arnold says. Graphic artists design their images, which are then computer-generated as a projection on a blank wall. Arnold notes that "lots of colleges are messaging with their students. There's an increasing number of students participating, which is exciting." But it's far from only students: Artists from Israel, India, France, Germany, England, Austria, Italy, Canada, and China have sent their digital submissions for inclusion over the years. Those



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# ArtsQuest

BY JESSICA HOLTHAUS

The annual ArtsQuest Fine Arts & Music Festival has become a springtime staple for the 30-A community, taking place this year May 10-13. Going on 24 years, every Mother's Day weekend the festival brings together artists from all over the world and offers a little something for everyone. Produced by the Cultural Arts Alliance of Walton County and presented by Seaside and Visit South Walton, the festival is considered South Walton's signature arts event, welcoming artists and art lovers from all over while helping grow the region's reputation as a mecca for the arts.

"We want ArtsQuest to continue to be an annual tradition for residents and visitors. We work to ensure the event is family-friendly and incorporate a variety of art forms, including fine art, folk art, glass art, public art, performing art, and culinary art, among others," says Jennifer Steele, executive director of the Cultural Arts Alliance. "During the festival, you can bring mom to select her special Mother's Day gift while the kids participate in interactive art projects and dad enjoys live music on the green – we aim to have something for every member of the family."

Meanwhile, artists come by the dozens to showcase their works to a large audience (with expected attendance around 7,000 people). The juried fine arts show includes 130 artists in the categories of Ceramics, Fiber, Glass, Jewelry, Metal, Mixed Media, Oils & Acrylics, Original Digital Art, Photography, Sculpture, Wood, and Works on Paper (Watercolor, Printmaking, Pastels, Pencils, Ink). ArtsQuest awards \$10,000 in cash prizes to artists in the categories of Best In Show, Best In Category, Awards of Excellence, Awards of Merit, and Best Booth.

Visitors to the event will see plenty of local artists, including 50 artists from the Cultural Arts Alliance member exhibit, as well as artists from around the country and world. Additionally, young up and coming artists are showcased through the Walton County student exhibit.

"ArtsQuest prides itself on artist hospitality," Steele says. "We want to make the experience not just comfortable and pleasant, but something that impacts the artist so positively that they become an ambassador for ArtsQuest, the CAA, and South Walton in the national arts community."

"It doesn't hurt that the festival is located across the street from the Gulf of Mexico," Steele adds. "South Walton offers a great selection of accommodations, ranging from quaint cottages and homes in Seaside to condos and hotels and great campgrounds at nearby state parks."

Seaside already provides a locale with a diverse collection of art galleries, shops, and restaurants. When



you couple that with cultural events and festivals like ArtsQuest, it makes the town of South Walton focal point. On top of the fine arts show, ArtsQuest features the best in live musical entertainment and includes dance performances, artist demos, workshops, and art projects for kids of all ages.

Steele notes 2012 will bring new additions to the annual event for residents and visitors of 30-A. "This year, we will have a Friday night premier concert under the stars and oak trees in Ruskin Place," Steele says, noting seats are limited. "Some of the Shops of Ruskin will also offer pre-show hospitality appetizers and champagne for ticket holders."

Options for the concert include choosing the complete package, which includes a locally grown picnic dinner and wine for six, prepared by Chef Jim Shirley of Great Southern Café; or a reserved table for six where guests can

## ARTSQUEST CALENDAR LISTING

The 24th Annual ArtsQuest Fine Arts and Music Festival by the sea will be held Mother's Day weekend, May 11-13, 2012. The family-friendly event includes evening events, fine art and crafts, live music, interactive public art projects, kids' activities and art demonstrations. The juried art show features 130 international artists specializing in over a dozen mediums in downtown Seaside, FL. Musical acts throughout the weekend will include The Shadowboxers with special guest, *The Voice* finalist Geoff McBride, Adron, Augustine, Forrest Williams Band, Blue Ribbon Healers and more.

Visit [www.ArtsQuestFlorida.com](http://www.ArtsQuestFlorida.com).

Cost: All events are free and open to the public unless otherwise noted

Contact: 850-622-5970; [www.ArtsQuestFlorida.com](http://www.ArtsQuestFlorida.com)

bring their own dinner; or general admission for those who just want to come out and enjoy the music.

Steele says the weekend-long festival is a nostalgic event for many residents; having been around nearly a quarter of a century, it is important for ArtsQuest to be new and exciting each year, while honoring the past and its roots in the community.

"This event has a strong, diverse following of art buyers who are intent on procuring art all weekend, families who want to come out and enjoy art activities together, and music lovers who like to sit under an umbrella and listen to talented musicians," Steele describes. "We had a great response after last year's music line-up and have added more regional and national music acts, along with our amazing

local acts. We'd like to see the festival continue to grow and benefit the arts in Walton County and the 30-A region."

**To learn more about ArtsQuest, contact the Cultural Arts Alliance of Walton County at (850) 622-5970 or visit [www.artsquestflorida.com](http://www.artsquestflorida.com).**



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# Eight Little Lessons Book

BY MARY WELCH



Laurie Beck

says. The book offers eight intentions that focus on unifying the mind, body and spirit with up lifting thoughts of harmony, positivity, and humor. The intentions are meant to help shift a person's thinking and, like Beck, it may just change your life.

"I firmly believe you can't just cut the cancer out of you, do some chemo or radiation, and you're done. You have to cut the cancer out of your mind. You have to live, eat and breathe positive intention. You have to find a way to forgive so that the healing can begin," she says. "You need to search every day to find serenity. And you need to make sure that you are throwing every healing modality;

And then she got sick.

Beck was diagnosed with two types of cancer: Non-Hodgkin's lymphoma and marginal cell leukemia. She was told there was no cure and she should begin palliative care and heavy doses of chemotherapy. After consulting with two cancer specialists, Beck found another doctor who suggested "watchful waiting" instead of chemotherapy. It was a decision that most men -- and women -- wouldn't choose.

"Sometimes," she says simply, "You have to invent your own miracles."

It all goes back to "living the best life you can because you never know if it will be your last day. You have to ask 'Are you doing what *you* want to do?'" She faced her cancer with love, not fear. Her fear gradually melted into resolve as she opened her heart to the possibilities that were life changing and life giving. "Don't look at challenges; they are opportunities. I was on a mission and instead of being

I was on a mission and instead of being devastated by my cancer I was brought down a path of gratitude. It opened me up in a different way. You need to learn what to do to help yourself.

Western, Eastern and otherwise; that you can at that disease in your body."

The eight intentions/affirmations are: awaken, courage, serenity, healing, positivity, humor, hope, and passion.

"I live with those every day and it has changed my life," she says.

Beck's path brought her to this place of health. Following a car accident, she found that traditional treatments and drugs did little to ease the chronic pain. Almost as a last resort, she turned to Pilates, which started her on her track. "I learned about the true essence of Pilates and the benefits. I was a mother raising three boys and I needed to de-stress my life. My mother wrote books about stress and she told me I had stress. I didn't believe it. I ran six miles a day. But I realized that none of that was reducing my stress, so I started meditating and really hunkering down to take the stress and anxiety out of my life. It led me to a whole world of Chinese medicines, acupuncture, really good stuff -- alternative medicines that complement what's out there."

devastated by my cancer I was brought down a path of gratitude. It opened me up in a different way. You need to learn what to do to help yourself."

Now, she runs her Pilates studio, offers lessons, and sells healing jewelry. "I was at a convention and saw these wonderful crystals and I wore a bracelet with a healing crystal on it. I loved looking at it and thinking about healing." Although she sold a broad range of jewelry and crystals, she is now "scaling back" to offer crystals that align with her eight intentions from her book.

Today she considers herself blessed. Her middle son is joining her business and her youngest son is in his last year of college. "Life is good and I tell that to myself every day. Even if life isn't good, fake it until you make it. Just remember that a lotus flower blossoms in murky waters. I think that's a metaphor for life."

***Pilates By The Sea is at 56 Spires Lane, Santa Rosa. Hours are Mon-Fri. 8-6 Sat 8:30 to 10:30. Find her at [www.lauriebeck.com](http://www.lauriebeck.com) or (850) 622-2020.***

Almost six years ago, Laurie Beck was diagnosed with a rare form of cancer and was told she would die within a few years.

Not only is she still alive, the diagnosis changed her life. Today she is in a spontaneous remission and she is happier, healthier, and has a richer life than ever before.

"Just because you get told something doesn't mean it is," she says.

Beck, who owns Pilates by the Sea in Santa Rosa Beach, has been on an incredible life-changing healing path and is sharing her insights in *The Eight Little Lessons Book*.

"I'm not an author, but I had so many people tell me I needed to share my story and here I am -- an author!" she





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# Looking for financial help to send your student to college?

BY CHRIS OGLE

**T**here's a scene in the 1980 classic "Caddyshack" where the aspiring young caddy talks with the evercantankerous Judge Smails. Says Danny Noonan, "I planned to go to law school, but it looks like my folks won't have enough money to put me through college." Judge Smails replies, "Well, the world needs ditch diggers, too."

While a little hard work can certainly build character, if your dreams of a college education for your brood seem to exceed the reality of your savings account, pay close attention to the following.

With the pace of higher-education costs consistently on the rise faster than the general Consumer Price Index (CPI), understanding the alternatives and opportunities you and your child or grandchild may have regarding financial aid is more important than ever.

Did you know that in the 2009-2010 academic year, more than \$154 billion in financial aid (grants, federal loans, federal work-study, and federal tax credits and deductions) was awarded to undergraduate students? The average amount of aid for a full-time student was \$11,500, including \$6,000 in grants that don't have to be repaid.\*

Here are tips for getting your hands on some of that funding for your student's college education.

**Start planning for aid during the student's high school years.** Pay particular attention to your child's junior year of high school, and reposition assets or adjust income before that year begins. When financial-aid officers review a family's need, they analyze the family's income in the calendar year that begins in January of the student's junior year of high school.

**Assume you are eligible for aid – until told otherwise.** There are no specific guidelines and no rules of thumb that can accurately predict the aid you and your student may be offered. Because each family's circumstances are different, you'll want to keep an open mind as you consider various financial-aid alternatives. A number of factors – such as having several children in school at the same time – could increase your eligibility.

**Reassess assets held by your children (in the child's name).** Federal institutions expect children to contribute 20% of their savings toward their education's costs, while parents are expected to contribute only 5.6% of their savings. That's why assets held in custodial accounts may reduce the aid for which the family qualifies. Assets held in Coverdell Education Savings Accounts (ESAs) and 529 plans will be factored into the parent's formula, having less effect on the aid for which the family qualifies.

**Steer grandparents' gifts in the right direction.** Grandparents' hearts often lead them toward gifting directly to grandchildren or paying the student's tuition expenses. Even though payments made directly to the institution avoid gift taxes, institutions generally count these payments as an additional resource the family has to pay for college expenses. Distributions from grandparent-owned 529 plans are also considered as additional resources and assessed as student's income, – which reduces the amount of eligible aid. A better idea for grandparents may be to consider gifting to a 529 plan owned by the parent or student. The financial aid treatment of gifts to a 529 plan is generally more favorable than that for gifts made directly to the student, and grandparents may realize estate-tax and gifting benefits by using this alternative.

**Assess your family's financial situation to determine the amount of funding your student will need.** Gather records and begin researching available financial aid, grants, loans and scholarships. Two forms will be key to your aid application process: the Free Application for Federal Student Aid (FAFSA) and the College Scholarship Service Financial Aid Profile (PROFILE). The FAFSA form helps you apply for federal aid, and many states also use it to determine a resident student's eligibility for state aid. You can find this form in high-school guidance offices and college financial-aid offices or online at [fafsa.ed.gov](http://fafsa.ed.gov).

Many institutions use the information on the PROFILE form to help determine awards for non-federal student-aid funds. This is a financial-aid application service provided by the College Scholarship Service (CSS), a division of the College Board. You can register for this service by either completing the form online by visiting [collegeboard.com](http://collegeboard.com) or by calling the College Board at 305-829-9793.

You may find it helpful to add grants, work-study opportunities and loans to your financial support mix. A grant is money given freely to a student with no repayment requirement. Although grants generally are funded by state or federal governments, grants are awarded by each educational institution. Also, the federal work-study program may be able to offer a student a subsidized job on campus – wages that can help pay college expenses. Finally, needs-based and non-needs-based federal loans make up 45% of the total aid awarded to undergraduate students each year, and may be an option worth checking out.



Educational institutions are valuable resources for information on the types of funding support listed above. You may also want to talk with your Financial Advisor about other education funding sources such as ESAs, 529 plans and custodial accounts.

\* Trends in Student Aid 2010. [collegeboard.com](http://collegeboard.com), Inc. Reprinted with permission. All rights reserved.

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*This article was written by Wells Fargo Advisors and provided courtesy of Chris J. Ogle, First Vice President-Investment Officer of Destin, FL. He can be reached at (850) 837-5366 or [chris.ogle@wfsadvisors.com](mailto:chris.ogle@wfsadvisors.com).*

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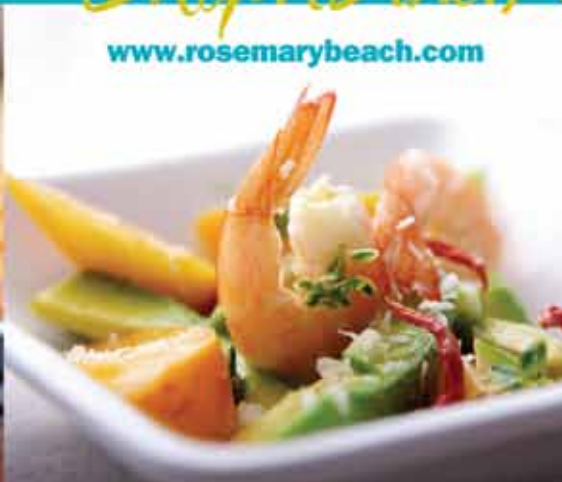


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# The U.S. Dollar: Know When to Walk Away, Know When to Yuan

BY EMILY C. SANDERS, MBA, CPA

Emily Sanders



as they were drained of foreign exchange reserves. China adamantly wants to avoid that experience. They embarked on a decade long policy of expanding exports and earning money from the rest of the world. Today China holds a war chest of \$1.7 trillion dollars in the form of Treasury securities. They are vulnerable if the dollar or Treasuries should fall, but even a depreciated dollar can still buy almost anything anywhere.

U.S. policymakers express concern over this dollar horde, fretting that China has too much leverage over the American economy. Any such fears underestimate the power

an internationally traded currency. China does so much business with so many growing countries that a tradeable Yuan is a foregone conclusion in all but the timing.

In September 2011, Chinese officials declared that in four years the Yuan could be used to purchase international goods and services. The dollar now serves as a middleman between China and their trading partners. If that goal is met then cutting out the middleman will lower transaction costs for emerging markets and China. Sometime before then a shift to higher allocation in emerging market stocks will be worthwhile, though that could still be several years off. It will be important for prudent investors to stay alert to these global currency shifts.

As the dollar's role in international trade declines, the dollars sitting in accounts will gradually be worth less. It is not to say the dollar will go in a straight line down. But it does mean that times when the dollar is strengthening will be good for putting cash to work. Wealth preservation and income generation should be at the forefront for investors.

*This massive shift of global economic forces is happening gradually, yet faster than anyone a few years ago would have imagined. The impact will be felt over time...*

While the world changes at a rapid pace, the U.S. dollar is still used to settle a majority of global trade in 2012. In the 1960s, global leaders took to calling it our nation's "exorbitant privilege," and it most certainly is. Dollars can be used internationally to buy all the basic commodities that fuel economic activity.

Dollars don't come easy for other countries, however. Countries need developed economies that can produce exports to sell into foreign markets. By selling goods to countries that have dollars, an exporter can build up enough reserves to buy basic necessities, like oil from Saudi Arabia. If for some reason a country can't get dollars, they must pay much higher prices for imports, which could inflict significant damage on their economy.

The Asian Financial Crisis of the late 1990s saw a number of dynamic economies brought to their knees

inherent in the "exorbitant privilege." So enter The Society for Worldwide Interbank

Financial Telecommunication (SWIFT). Most international transactions between financial institutions require a SWIFT code; otherwise the money can't go anywhere. With Iran, Western nations are showing that a large pot of foreign exchange reserves can be rendered useless. Not only did they remove Iran from the SWIFT system on March 15th of this year, but they also put out notice that any international bank doing business with Iran will also be removed from the system.

It is not too dramatic to call this open economic warfare with the Western banking system (and the U.S. dollar by extension) as the weapon of choice. China is right to be concerned that their dollar holdings no longer offer a protective economic buffer. There is one path that can mitigate risks of the dollar being used as a weapon against them: making their currency, the Yuan,

Broadly, the U.S. stock markets have outperformed international stock markets since the 2008 crash. Asset allocations favoring the U.S. have worked in investors' favor. A part of this has been large foreign investors wanting to get into the U.S. market during uncertain times in the world. But the dollar as a flight to safety trade won't last forever.

This massive shift of global economic forces is happening gradually, yet faster than anyone a few years ago would have imagined. The impact will be felt over time by American investors in ways that are barely noticeable on a day-to-day basis. Yet one can and should prepare for how the world will look years down the road when the Chinese Yuan inevitably succeeds in becoming an internationally tradeable currency.

*Emily Sanders is Chairman & CEO of Sanders Financial Management. She can be reached at [esanders@sandersfinancial.com](mailto:esanders@sandersfinancial.com) or [www.sandersfinancial.com](http://www.sandersfinancial.com).*





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# Live Well Bikes & Concierge

BY JULIE HERRON CARSON



When I was a child, vacations were carefree weeks filled with play, exploration, and fun. With the self-centeredness of childhood, I didn't give too much thought to the efforts my parents made to plan, cook, pack, and coordinate family vacation activities. Now that I'm an adult, I find myself nostalgic for those carefree experiences of my youth. While our family's visits to 30-A are always great fun, they do require a good bit of planning and effort for my husband and me. However, I expect that will change now that I've discovered Live Well Bikes & Concierge.

Live Well Bikes & Concierge is a four-year-old, full-service concierge company that delivers to your door. Services include: bike rentals, golf cart rentals, beach chairs, groceries, airport transportation, and more. They can stock your kitchen, make dinner reservations, secure a babysitter, pack and deliver a picnic lunch to the beach, plan a beach fire, and arrange recreational outings. According to John Wellborn, the company's owner, "We can provide nearly anything a customer wants, and



prices are competitive and often lower than other area businesses."

Wellborn is a Columbus, GA native who grew up enjoying his family's home in Seagrove Beach. After earning a finance degree at the University of Georgia and working in the insurance industry for several years, Wellborn decided he would find a way to live at the beach full-time.

"I took a year off and spent it on 30-A. The time was such a gift because it allowed me to readjust my internal compass and sharpen my instincts," says Wellborn. "As I observed the people around me, I saw that while many families came to 30-A to relax, instead they stayed busy making rental, dining, and recreational arrangements

even with our direct delivery and exceptional service, our

with a variety of businesses. I knew I could save them a great deal of time, effort, and money by offering a variety of options through just one company, and I would focus on providing the highest quality of service. In addition, everything would be delivered directly to the customer and picked up later, at no additional charge. With that idea, Live Well Bikes & Concierge was born."

My family and I had a chance to experience the convenience of using Live Well on our most recent visit to 30-A. When we arrived at our condo, we were warmly greeted by Live Well's general manager Matt Lauderdale, who delivered bicycles and helmets for us to use throughout our stay. He had thoughtfully brought several bikes to be sure he had the right size for my son and his friend, along with bottled water for us and a list of *Top Ten Favorite Things To Do on 30-A*.

Lauderdale has a good sense of what people want and need, because not too long ago he was a Live Well customer himself. "My fiancée, Michaelanne, and I came here on vacation last year," Lauderdale says. "John Wellborn picked us up at the airport and brought us to our house, which was stocked with groceries and out-fitted with bicycles. While we were here, we enjoyed a Live Well beach bonfire and were extremely impressed with John's commitment to this business and to his customers' satisfaction. We kept in touch and when John offered me the chance to work for Live Well, Michaelanne and I moved here from Nashville. We're hands-on with everything. On any given day, I might be pumping bicycle tires or making deliveries. Other days, I could be planning an elaborate party or booking a spa appointment for a bride and her mother. Since we do the work ourselves, we are able to keep the costs down for our customers."

Both Wellborn and Lauderdale are now focused on expanding Live Well's services throughout 30-A. "After four years, we've become well-known in Rosemary Beach and Seacrest, and are now adding customers in Seaside, WaterColor, Seagrove Beach and other 30-A communities," says Wellborn.

Count this busy mom as one of those new customers. On our next visit, we'll let Live Well do the heavy lifting while we're having fun. I think I hear my childhood calling.

**Contact Live Well Bikes & Concierge at [www.LiveWellBikes.com](http://www.LiveWellBikes.com) or (850) 534-0183. Reach Matt Lauderdale at [Matt@LiveWellBikes.com](mailto:Matt@LiveWellBikes.com) or by cell, (850) 708-2889.**





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# J. Miller's Consign and Design

BY RIDGELEY STANDARD

Twenty years ago a mother's plan and a son's van instigated a small start up consignment business, the first of its kind in the Florida panhandle. Through careful planning and ingenious buying methods, the simple plan with a van became a breakout business in consignment. Today, although other similar businesses have opened in its wake, J. Miller's Consign & Design has grown into the area's largest consignment store with locations in Destin, Gulf Breeze, and Pensacola.

"When we first started, I had to educate people on the type of store we were," explains Justin Miller. "Essentially, we are a resell store of high-end merchandise. This is not a thrift store business. We take the best of the best of what people are trying to sell, not the junk that people are just trying to get rid of."

With over 50,000 square feet of space, J. Miller's is the largest and best resource for pre-owned furniture, manufacturer overstock furniture, and decorative accessories. J. Miller's large showrooms "contain multiple vignettes carefully designed to display various high quality furniture



Justin Miller and team

in, in the first thirty days," assures Miller. "Additionally, unlike our competitors, our consignees get paid weekly."

"The difference between us and 'them' is that I feature not just consignment pieces," continues Miller. "I find great buys from showrooms, store closings, and high-end designs from suppliers at great volume and discount. Cheap is cheap from beginning to end. I don't buy cheap. I buy well priced mid- to high- end merchandise and pass these finds on to my customers. Ultimately, I offer a better product at a better price."

Additionally, J. Miller's offers design consultation services to customers. A fully trained and experienced staff is on hand to provide decorating tips for setup and layout of the furniture that is purchased. "A lot

of our customers are from out of town and furnishing their second homes. They are looking to purchase, place, and go. Our in-house consultation services aid them to that end."

Another distinguishing factor is that J. Miller's offers the largest inventory of ever-changing stock. "We are big on inventory," says Miller. "We offer same day pick up or we can deliver. Either way your purchase is same day or next day. It is never a special order or the same seen before merchandise as the major furniture stores.

"Our inventory turnover is every week, every day, every hour. We have staff moving product in and out all day, every day. Traditional furniture stores all have the same merchandise and it doesn't move often. Our merchandise is always changing," Miller explains. "My best advice is come often and come a lot. Consider it a treasure hunt. Everybody loves a treasure hunt. And at J. Miller's you never know what treasure you may find."

***J. Miller's has 3 area locations to serve you. Check out their website at [www.consignanything.com](http://www.consignanything.com) for the location closest to you or to get more information about consigning or merchandise.***

*I buy well priced mid- to high- end merchandise and pass these finds on to my customers. Ultimately, I offer a better product at a better price.*

pieces" featuring "higher-end new, antique, and pre-owned merchandise from major manufacturers around the world."

While other consignment stores are plentiful, J. Miller's has the largest inventory of unique items of high quality and value price, in addition to having been in business the longest. They have built a reputation for style and quality, not to mention integrity and customer service. "Consignment is a trust business," explains Miller.

"If someone decides to use consignment, they need to ask around. Don't go with the first person that is going to offer you the most appealing price. It does you no good if they can't sell your pieces."

J. Miller's has the most experience to price and attractively display consignments. Such experience has led to a proven track record of moving merchandise for consignees. "People who consign want to sell and sell fast and get paid. I sell 85% of the product I bring





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# Marianne Berrigan Grant, The Premier Property Group

BY SUSAN CANNIZZARO

The onset of the spring break season also means the start of significant real estate activity in Florida's beautiful 30-A. According to one local broker and agent they have not seen this kind of activity since 2004/2005. Marianne Berrigan Grant of The Premier Property Group, located in the WaterColor development

home she grew up in. She enjoys renovating homes in both Florida and Maine. She started her real estate career in Pensacola, Florida, continued in the Sandestin area for 11 years, and sold for The St. Joe Communities for another 11 years. Now she is an independent agent at The Premier Property Groups, which has offices in WaterColor and Rosemary Beach. "We are the top real estate company, with the highest number of sales in the area last year."

According to Grant, WaterColor is the hottest market with over 90 homes under construction in this area alone. "We have a young buyer's market here, with average age for the buyers being between 30's and 50's. Atlanta is our single biggest market with Dallas, Houston and Nashville also bringing a lot of high end buyers here," says Grant. "We see more buyers who are purchasing real estate for a second home or rental home but our market is growing for the primary home, meaning people

at commission. The single best thing for me is a referral because people are more comfortable when they are dealing with someone they know and trust," says Grant.

Joe Wilen is one client that has been very pleased with Grant's professionalism and her ability to get homes sold. "Marianne helped me sell a large home that I had built during the 'Great Recession', which was a tough time to sell anything, yet she was able to get one of the highest prices for it. She is very pragmatic, not emotional, and will tell you what the market is; she won't list things that she can't sell. She truly builds a relationship with her clients and she truly cares about the people she represents and really has a pulse on the market," says Wilen. "She has a great platform now and it will broaden her ability to buy and sell real estate with this recovery and she will continue to be a great resource for so many people."

George Pillow is another very satisfied client that got to know Grant when she was selling real estate for St. Joe Communities in the late 90's. "She is all about developing a relationship versus making a sale and she has really grown and her success has continued to grow as well, yet it



Marianne Berrigan Grant

People are spending money again. They are sick of sitting on the sidelines. We are stabilized price-wise and our inventory is going down quickly, especially in the amenity developments.

are buying now and will then move in for retirement," she adds. Homes in this market are ranging from mid \$300's up to \$8 million, with the average price in the \$1.2 million range. "I have one home in The Retreat in the Blue Mountain Beach area, which is listed for over \$6 million.

A lot of our buyers are coming from the oil and gas industries, current and former professional athletes, and the music industry. Many of these types of buyers like this area because they are able to keep their privacy and be left alone," she says.

The key to Grant's success has definitely revolved around forming strong relationships with her clients. "Selling is all about relationships and I find out what works for people, not what I want to sell and not looking

has not changed her. She is hard working and she cares so much about people and she is excellent at finding the right properties for the right price," says Pillow.

Grant says that along with her assistant Blake Cooper, they make a great team that can meet your real estate needs. And one of the best parts of working with Grant is that she does not take phone calls while she is working with her clients, which is even more reason to contact Grant and her team for all your real estate expectations.

**You can contact Grant at (850) 585-0621 and [mariannegrant@theppg.net](mailto:mariannegrant@theppg.net). Premier Property Group is located at 1701 E. Co Hwy 30A, Santa Rosa Beach, FL 32459.**

near Seaside, says, "People are spending money again. They are sick of sitting on the sidelines. We are stabilized price-wise and our inventory is going down quickly, especially in the amenity developments."

Grant has over 30 years of real estate experience in this market and has consistently been one of the top-producing agents in the Emerald Coast Board of Realtors for over 15 years. She is originally from Boothbay Harbor, Maine, where she purchased and renovated the family



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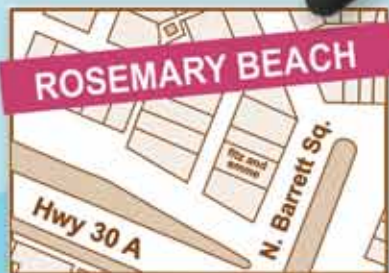
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# Newman-Dailey Resort Properties

BY RIDGELEY STANDARD

Jeanne Dailey arrived in Destin in 1983 when it was a still sleepy little beachfront town full of development possibilities. In 1985, the opportunity to help shape its development arrived by way of a partnership with developer Randy Newman. Together, they co-founded Newman-Dailey Resort Properties. Subsequently, Dailey became sole owner of the growing company in 1988. Under Dailey's direction, Newman-Dailey has become one of the most successful companies along Florida's Emerald Coast, specializing in vacation rentals, sales, and property and association management in Destin and South Walton.

"When I first came to Destin it was a small place with only one grocery store and very little else. It has grown so much since that time," explains Dailey. "But it has grown in such a good,

positive way. We've added culture and fine dining among other things. I describe it as a small town with big city flair. I've enjoyed seeing its progress."

Through Newman-Dailey Resort Properties, Dailey has had a hand in the area's progress. As a full service real estate firm, Newman-Dailey currently employs ten fulltime agents with a full complement of professional support staff. Collectively, the team "has more than 220 combined years of experience in resort management, rentals and real estate, bringing in-depth knowledge of the marketplace." With the benefit of such experience, along with a solid customer-focused foundation, the firm "has grown into one of the most prestigious, licensed, privately-owned resort rentals, sales and management companies."

Within their vacation rental business, Newman-Dailey offers a diverse collection of quality properties along the beaches in Destin and South Walton. "All our rentals have easy beach access and fit any unit size and budget needs," assures Dailey.

Newman-Dailey's property management division offers property owners the best in property care and cleaning, with a knowledgeable, experienced staff, cost



All photos are from The Sanctuary at Redfish in Blue Mountain Beach.



*Closed Sales Summary Report.* In addition, they consistently rank in the top 10% of agencies.

"As a firm, we like to feel that we are partners with our clients to make sure they achieve their real estate dreams," Dailey explains. "Most of our clientele are second-home buyers or vacation guests, but either

saving measures, and aggressive marketing to ensure the highest occupancy levels and well-cared for properties.

The fully staffed association management department handles the logistics of managing the maintenance and financial care of both "large properties of approximately 300 units to smaller communities of eight units."

"We differentiate ourselves from other firms by providing a 100% performance guarantee," says Dailey. "Our philosophy is not to be the biggest, but to be the best. We strive for quality over quantity. Customer satisfaction is our ultimate goal and we try hard every day to provide excellence."

Based on customer reviews and achievement awards Newman-Dailey is far exceeding their goal. They are proud to consistently achieve excellent ratings from guests on TripAdvisor and are listed in the top 10% of real estate agencies on the Emerald Coast according to the Emerald Coast Association of Realtors (ECAR)

way they want to be a part of the community. To have a place, short term or long term, that feels like home. This area provides a great quality of life and we provide a safe and positive service to those who seek that quality of life."

With the tagline "Warm welcomes since 1985", Newman-Dailey has positioned themselves very well to provide the home or home-away-from-home accommodations their clients desire, and they do so with a friendly air. "Essentially, we offer Southern hospitality and a good value," says Dailey. "I am blessed and fortunate to have a fun business in such a beautiful area helping others realize their dreams."



Jeanne Dailey

**For more information on either sales or vacation rentals, Newman Dailey Resort Properties can be reached at (800) 225-7652. They can be reached online at [www.destinsales.com](http://www.destinsales.com), [www.destinvacation.com](http://www.destinvacation.com), or [www.southwaltonvacation.com](http://www.southwaltonvacation.com).**



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# Alys Beach Construction

BY TAYLOR ARNOLD

Alys Beach Construction team



For the strongest, most sustainable home money can buy, look no further than Alys Beach. Since 2004 their construction team has built more fortified homes along 30-A than any other contractor, and they've made it their mission to incorporate strong, smart, sustainable building practices and materials into each and every project. Subsequently, each Alys Beach home is designed and built with unrivaled durability.

At the helm of this crew is Scott Barnes, Vice President of Custom Homebuilding. "I would describe an Alys Beach home much like a very intricate piece of art that is built out of a lot of block and concrete," he says. "If you truly want to understand what makes an Alys Beach home, you need to see it before the stucco is applied. The level of detail and the attentiveness it takes to build an Alys Beach home is far greater than most wood constructed homes.

"I have owned four or five homes, and it is by far the best construction I've seen," says homeowner Babs Anderson. "They work very well with the architect, the designer, the decorator and the homeowner, and they are there for every meeting we ask them to attend."

Barnes says it takes anywhere from 14 to 18 months to complete an Alys Beach home, and it is easy to see why. With a bunker-like solid concrete structure at their core, each one is firmly anchored to the ground by state-of-the-art connecting systems that run from the roofs to the foundations.

The result is beautiful white stucco walls and white-ridged roofs offset by colored shutters and accents. "We also have five high-end millwork craftsmen within our organization that installs all of our intricate millwork. From our elaborate beam and ceiling work, to our detailed custom cabinetry, the level of the finish detail delivered maintains the brand quality that we sell at Alys," Barnes says. "This is so critical to the schedule of your home, the quality of the concrete details, and the knowledge of how to build an Alys Beach home."

For this, Barnes credits John Spears, a man Barnes calls the most talented form work carpenter around. The team also includes project manager Cory Craig, Project Manager behind high-end projects like the WaterColor Inn, the Savannah, and the Mercado buildings in Rosemary Beach. Barnes relies on Scott Jones and Christopher Watson for their construction knowledge and business savvy with clients and Mary Kay Chilton for being his "homeowner liaison". "It was important to me to assemble a team that provided our customers with years of construction experience, a high level of educational background in the construction industry, and demonstrated a professional approach in the field. It is of great value to possess "bench strength" within our organization," Barnes says.





Outdoor Living



Living Room

Barnes also maintains relationships with a number of colleagues, including architect Jeff Dungan, with whom he collaborated on the Private Residence Club at Rosemary Beach. “I’ve never in my life known a builder go so above and beyond just because he wanted the project to be the best it can be,” Dungan says. Designer Gary Justiss concurs. “I’ve been involved with Alys Beach since the very first model home up until now,” he says. “Their professionalism, attention to detail, and customer service is unsurpassed.”

Homeowner James Stewart agrees. “This team works very well with the architect and delivers the house on time and at cost. They also have a vested interest in keeping the owners happy because it’s a long-term relationship that goes beyond building the house.”

Homeowner Millie Wright adds, “They’ve made the homebuilding process so easy, and they don’t think anything is impossible.”

There has been a tremendous increase in home construction along 30-A and Alys Beach, which indicates

a renewed sense of confidence in the marketplace,” says Tom Dodson, Vice President of Sales and Marketing. “People recognize the quality and value of the Alys Beach fortified homes; our construction process, and the fact that our construction organization is on site to oversee any issues that may arise during and after the home is completed. It is also comforting to understand the backing of our parent company, EBSCO Industries that has withstood the peaks and valleys in our industry, and is committed to stand behind the quality of our work 110%.”

After eight years of serving this community, it is clear that Alys Beach Construction has found their niche. “There has to be a comfort level, and that’s what I found with Alys Beach Construction,” says homeowner Todd Bertolet. “They show the same professionalism and concern they would have if they were the homeowners.”

**For more information, visit [www.alybeach.com](http://www.alybeach.com) or call (850) 213-5500.**



Bathroom

Photos courtesy of Jonny Vallanti



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BY AMELIA PAVLIK

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body masks, and body slimming/anti-cellulite wraps. Guests can customize their body treatment or choose from options such as the sunburn body mask, the love handle or thigh slim wrap, or the anti-cellulite body wrap.

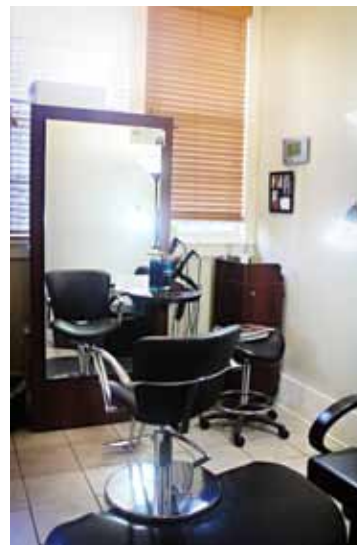
The spa service menu also includes manicure and pedicure options, facial treatments, organic spray tanning and waxing services, and airbrush makeup services. Recently, the spa merged with Head to Toe Salon of Grayton and now provides hair styling, cutting, and coloring services.

Beach Ready offers a variety of packages that include multiple services, or guests may opt to have the “Run of the Spa” which is great for birthdays, weddings, office, and holiday parties. “The experience can be catered to the needs of a particular group, meaning that services can be made available to the entire group for a given time, or members of the group can arrange for individual services they want to book and pay for,” adds Evans. “Also, the spa will cater treats for the group, or the group may bring in their own.”

The spa carries a variety of products, including an organic skin care line by Mils; a line by Dermological, which provides options for every skin type; and a medical-grade line by Vivite. “This summer, we’re planning to add products from Arcona to our lineup,” says Evans. “It’s a very popular organic line that has received a great deal of celebrity endorsement.”

Seaside residents always receive 20 percent off of services and products, in addition to other seasonal specials offered throughout the year. “We really want to be a part of the community and take care of our year-round residents,” says Evans. “In addition to resident discounts, we try to give back to the community by providing gift baskets to charity events and providing massages to people who run the annual Seaside Half Marathon and 5K.”

*The spa’s spring and summer hours are Monday through Saturday from 9 am to 6 pm and Sunday from 1 pm to 6 pm. Beach Ready Spa & Salon is located at 29 Quincy Circle, Seaside. For more information, call (850) 468-0925, email [info@beachreadyspa.com](mailto:info@beachreadyspa.com), visit [www.beachreadyspa.com](http://www.beachreadyspa.com), or “like” the spa on Facebook at [facebook.com/beachreadyspa](https://www.facebook.com/beachreadyspa).*



“Whenever I’ve traveled over the years, I’ve visited spas in the hotels where I’ve stayed,” says owner Linda Evans, who opened the spa two years ago. “I’d always dreamed of opening a spa — even though I’ve spent years working in the corporate world — so when I did, I wanted to create an environment that was as sophisticated, yet charming, as what I’d found in these fine hotels.”

Guests are surrounded by warm hardwood floors and a color scheme of beiges and neutrals —all creating a space meant to soothe the spirit. To add a personal touch to the spa, the waiting and treatment rooms are decorated with European antiques and paintings that Evans collected while living in Scotland and France.

There are a variety of spa services to choose from. Guests can rest assured that all Beach Ready technicians



the hot stone massage is an 80-minute service.) “In addition, we offer a Beach Ready custom massage that blends various techniques to create a personalized experience for individuals,” says Evans. “And there is a couple’s massage for people who are interested in sharing the experience with a significant other.”

Body treatments are another popular service offered at Beach Ready and include custom body glow exfoliations,





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# Admirable Administration

BY FRANK WATSON AND KIMBERLY WATSON SEWELL

**Q**uestion. If today were your last, how would you be remembered regarding your estate planning? Would it be for leaving a mess for others to clean up, or would it be for leaving a thoughtfully drafted, thoroughly implemented and carefully maintained plan so your appointed fiduciaries could smoothly administer your estate?

*Finishing well*, in terms of your estate planning, is the focus of this article, as we review general responsibilities fiduciaries assume when administering an estate. Accordingly, you may want to share it with them while there is still time to discuss your wishes.

## THE THREE PHASES

Upon your death, the *post mortem* (i.e., after death) responsibilities of your appointed fiduciaries fall into three phases of estate administration. Whether under your Revocable Living Trust-based plan or under your Will-based plan, these responsibilities are to:

1. Collect and manage your assets;
2. Pay your debts, taxes and expenses; and
3. Administer and distribute your assets for the benefit of your named beneficiaries.

Note: Your fiduciaries should seek appropriate legal counsel throughout each of these three phases to ensure that all of the “i’s” are dotted and the “t’s” are crossed.

## COLLECTION & MANAGEMENT

Without delay, the first responsibility of your fiduciaries is to protect and preserve your assets. This includes taking an inventory of the assets, insuring and safeguarding them, as well as determining their values as of your date of death. Make sure your fiduciaries know where you keep your asset inventory, as well as the account statements, certificates and titles to back it up.

If you have a *funded* Revocable Living Trust along with up-to-date records of the trust assets (and their respective values), then you will greatly ease this initial burden on your fiduciaries.

Even if you do not have a Revocable Living Trust-based estate plan, maintaining current financial records can save your fiduciaries considerable time (and therefore money) in fulfilling their Collection and Management responsibilities.

## DEBTS, TAXES & EXPENSES

Once your assets have been collected and are under management, the fiduciaries must arrange for the payment of your just debts, your tax liabilities and any



Kimberly Watson Sewell and Frank Watson

expenses associated with the post-mortem administration of your estate. Again, time is of the essence.

Consider this: estate tax returns must be filed within nine months of death, and many post-mortem planning opportunities, such as disclaimers and certain elections (e.g., Qualified Terminable Interest Property, alternate valuation, etc.), must be timely made or they are lost... and with them potentially hundreds of thousands of dollars in estate tax savings.

And failure to comply with applicable legal deadlines can expose your fiduciaries to some rather unpleasant personal liabilities, including any tax liabilities of your estate and lawsuits from creditors and disgruntled heirs. Administering your estate can quickly become a lose-lose proposition for your fiduciaries.

## ADMINISTRATION & DISTRIBUTION

Whether your estate plan ultimately provides for the distribution of your assets to your beneficiaries in one lump sum, in multiple distributions, or through ongoing

trust administration (to protect your assets *for and from* them), your fiduciaries must ensure that accurate records are maintained and receipts obtained from each beneficiary. In fact, the failure to account for all income, expenses, and disbursements throughout each of the three phases of estate administration can result in civil, and potentially criminal, sanctions.

## FINAL THOUGHTS

Post-mortem responsibilities can be very complex. Before you select and appoint fiduciaries for your estate plan or agree to serve as a fiduciary for someone else, you should seek appropriate legal counsel. You (and your fiduciaries) will be glad you did.

## ASK YOURSELF...

### THESE QUESTIONS REGARDING “ADMIRABLE ADMINISTRATION.”

1. Have I thoughtfully drafted, thoroughly implemented, and carefully maintained my estate plan, so my appointed fiduciaries can smoothly administer my estate after death?
2. Have I created and maintained an up-to-date inventory of my assets to help ease the *Collection and Management* burden for my appointed fiduciaries?
3. Have I prepared my appointed fiduciaries for their responsibilities to pay my debts, taxes, and expenses in a timely manner and are they aware of their potential personal liability for failing to do so?
4. Have I prepared my appointed fiduciaries for their responsibility to distribute my estate to the beneficiaries I have chosen as provided in my estate plan?
5. Have I prepared my appointed fiduciaries for their responsibility to accurately account for all income, expenses and disbursements throughout each phase of estate administration?



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



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Phase 1 - Custom Home.

WaterSound Beach



42 South Founders Lane  
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3,128 SQ FT • \$1,795,000  
Fortified Home with Gulf views.

Seaside



141 Smolian Circle  
6 Bedrooms • 5.5 Baths  
3,422 SQ FT • \$2,395,000  
Heart of Seaside - Large Lot!

Homesites in WaterColor & WaterSound from the \$100s • Gulf Front Homes from the \$500s

WaterColor



33 Bluestem Street  
3 Bedrooms • 2 Baths  
2,180 SQ FT • \$949,000  
Best Buy in Phase 3!

WaterColor



55 Running Oak Circle  
5 Bedrooms • 5.5 Baths  
3,925 SQ FT • \$1,575,000  
Brand New - Under Construction.  
Very private setting.

WaterColor



12 Viridian Park Drive  
4 Bedrooms • 4 Baths  
4,402 SQ FT • \$1,995,000  
Phase 1 with gulf views.

WaterSound Beach



19 S. Watch Tower Lane  
5 Bedrooms • 5.5 Baths  
4,029 SQ FT • \$2,195,000  
Over 1000 SF of outside docking.

Alys Beach



223 Somerset Street  
3 Bedrooms • 2.5 Baths  
2,484 SQ FT • \$1,695,000  
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WaterColor



304 Cove Hollow  
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3,985 SQ FT • \$2,845,000  
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65 Buttercup Street  
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2,258 SQ FT • \$1,230,000  
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Aurora Award Winning Home.

WaterColor



147 Scrub Oak Circle  
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2,997 SQ FT • \$1,170,000  
Phase III. Screened porch overlooking quiet reserve.

WaterColor



261 Needlerush Drive  
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3,715 SQ FT • \$1,425,000  
Corner Lot. Sleeps 18!

WaterColor



86 Sunset Ridge Lane  
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3,049 SQ FT • \$1,695,000  
Very Private home located in Phase I.

Seagrove Beach



74 Majestic Circle  
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225 Western Lake Drive  
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WaterSound Beach



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Seagrove Beach



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# How to Fix Your Slice

## Correcting Golf's Most Prevalent Swing Fault

BY TOM FITZPATRICK

A golfer at Camp Creek recently said he gets discouraged easily when he starts slicing golf shots to the right. He asked if there was an easy way to correct it. And yes, there actually are a few tips that have produced great results. The bottom line is that these drills help you feel how the club head swings in a circular, rounded path.

One important point before you try these: Check your grip at address. Make sure your grip with the leading left hand (for right-handed golfers) has **two knuckles** visible. A stronger left hand with knuckles showing allows you to square the club face at impact.

- Making baseball swings is incredibly effective in curing a slice. Hold the club straight out in front of you and swing on a horizontal level plane. Make a few baseball swings before each tee shot. Pros do this to also feel the arms rotate over through impact.
- Place your leading hand on top of a club as shown in the photo sequence, and then make right arm only swings. It promotes what slicers lack through impact - arm extension. Then 'turn the left corner' so that the club shaft matches the original swing plane, as shown in the last photo.



Baseball swings help you feel a more rounded arc.



Good arm extension can cure a slice.



Match up the club with its original starting point.

### GOLF SUPERSTAR ANNIKA SORENSTAM IS BACK AND THIS TIME SHE'S BRINGING ROCK LEGEND ALICE COOPER.



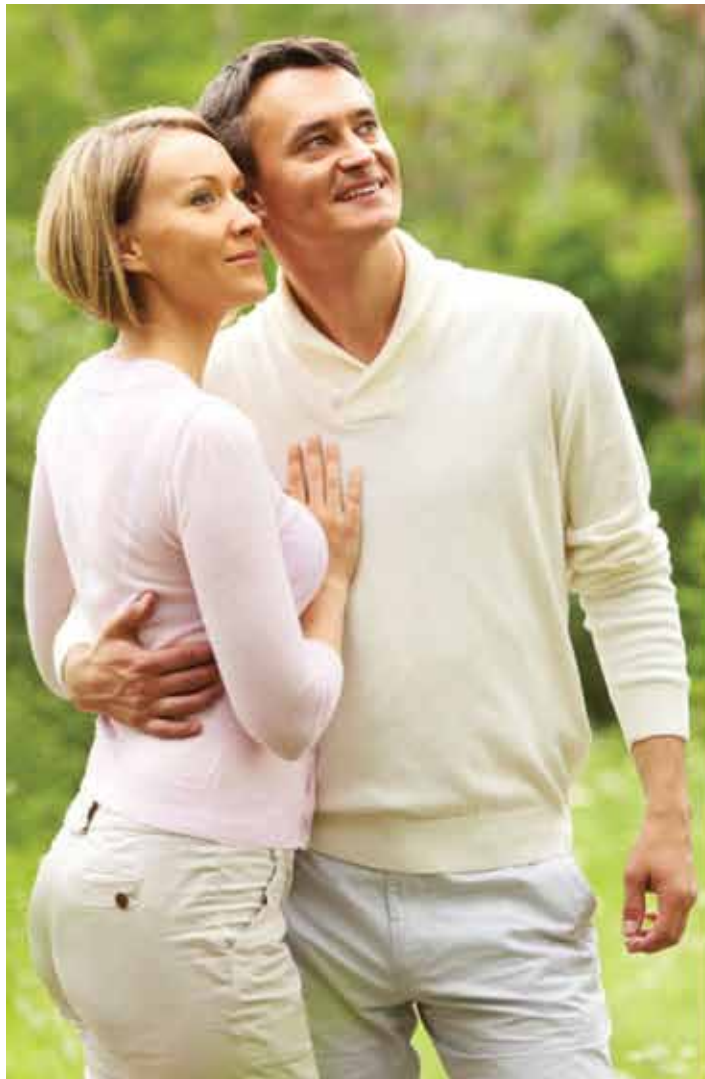
Golf Superstar ANNIKA Sorenstam is back and this time she's bringing rock legend Alice Cooper. Annika is holding another charity golf exhibition, this time at Sandestin on May 12 & 13, 2012. Events include wine tastings and dining with Annika, plus a golf clinic and celebrity tournament. Joining her are actor Craig T. Nelson; skier Bode Miller; golfers Yani Tseng, Suzann Pettersen, and Nancy Lopez; and the NFL's Anthony Muñoz and Ricky Watters. Darius Rucker concludes with a concert at Grand Boulevard Sunday. For more info call (850) 728-9476.

### BEST GOLF APPS

1. GolfLogix is a free app that provides yardages to the pin on every shot. It uses GPS to provide great course imagery and what club to select.
2. The iPING putting app was designed by PING to improve your putting. It works by placing your iPhone into a plastic cradle that attaches to the putter shaft. The iPING motion sensing technology analyzes your impact angle and clubface rotation. It also compares your putting tempo to the pros.
3. V1 Golf and Swing Reader Golf are both great apps that record your golf swing and allow you to play it back in hi quality slow motion. Touch screen drawing tools make it easy for you to check how the club tacks along your swing plane, or to put a circle around your head to see if it moves.
4. Wunderground is a great weather app that shows detailed radar so that you can track fast approaching lightning storms.

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





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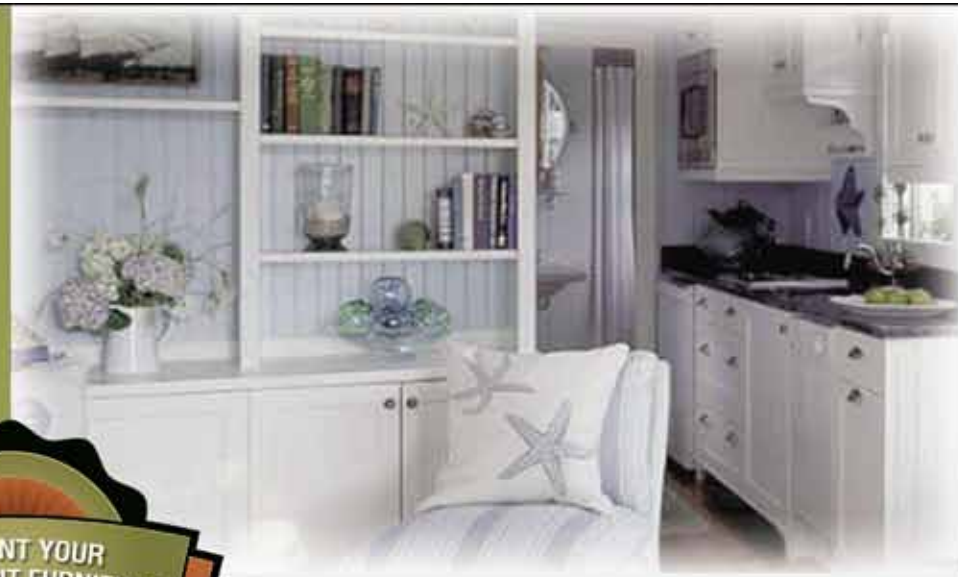


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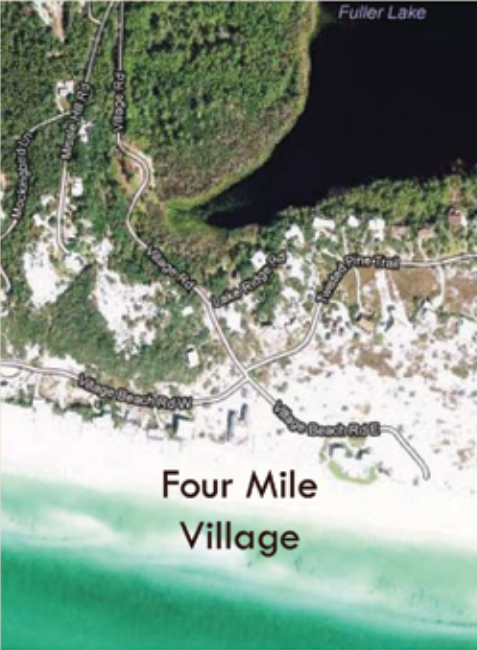




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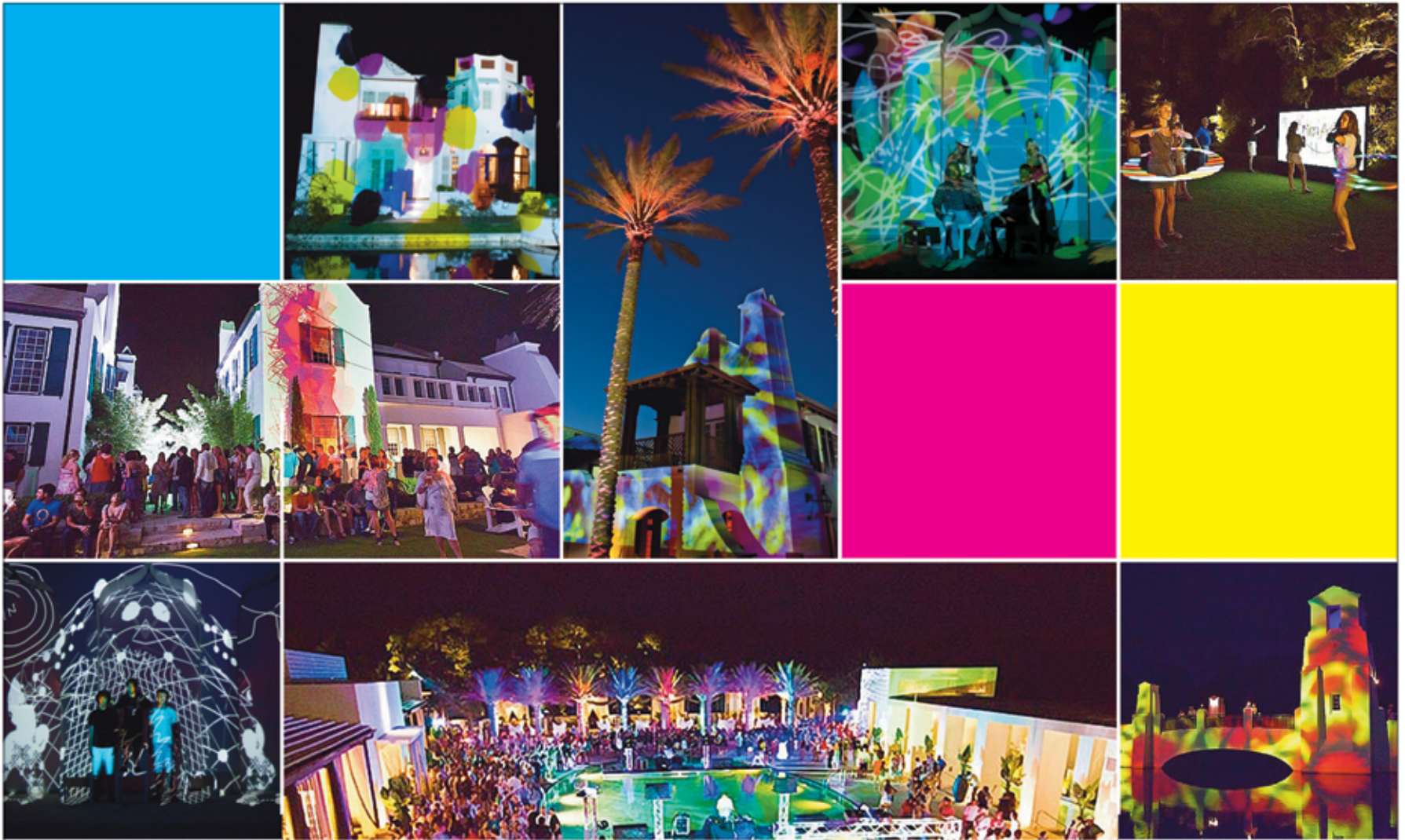


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**Expanded 2-Night Event**

Digital Graffiti expands this year to include an additional evening on Friday featuring a “Gallery Stroll” where artists are available to discuss their work with attendees in an open air salon-style setting. On Saturday, end the night poolside at Caliza Pool for the after party.

**Friday, June 8 · 8:30–11 p.m.**

**Saturday, June 9 · 8:30–Midnight**

Digital Graffiti is a celebration of international digital artistry. Join Alys Beach as we showcase the fusion of design, technology, and architecture.

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# Team Stevens featured listings and sold properties on 30A



**113 KINGSTON ROAD**  
\$1,599,000 | 5Br/5.5Ba  
New Construction  
Rosemary Beach



**28 N. CARTAGENA LANE**  
\$1,699,000 | 4Br/4.5Ba  
Carriage House  
Rosemary Beach



**82 SPANISH TOWN LANE**  
\$1,599,000 | 4Br/4.5Ba  
Large Pool and Spa  
Rosemary Beach



**105 E LONG GREEN**  
\$1,399,000 | 4Br/4.5Ba  
Large Pool  
Rosemary Beach



**86 TUCKERS LANE**  
\$1,349,000 | 4Br/4.5Ba  
Carriage House  
Rosemary Beach



**189 E WATER STREET**  
\$1,100,000 | 3Br/3Ba  
Rosemary Beach



**23 JOHNSTOWN LANE**  
\$1,110,000 | 4Br/4.5Ba  
Elevator, Rosemary Beach



**77 BRIDGETOWN AVE.**  
\$945,000 | 4Br/4Ba  
Rosemary Beach



**24 HAMILTON LANE**  
\$789,000 | 3Br/2.5Ba  
Rosemary Beach



**119 WIGGLE LANE**  
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**108F GEORGETOWN AVE.**  
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