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a review of 30-A • places • things

Local's Issue

INSIDE:

Holiday Dining

Art, Music, Culture and more!

30-A Songwriters Festival Gets Ready to Rock it Out!

30-A's Best Real Estate

Health and Wellness

Nikki Nickerson and Jennifer Green pictured with Bobby and Beverly Johnson and their son Brody (aka the tiger)

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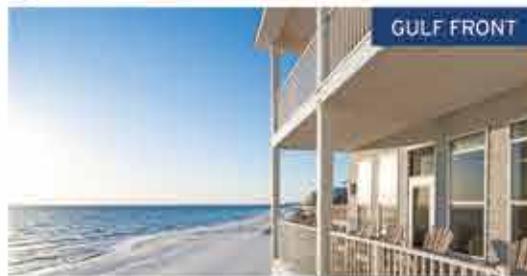
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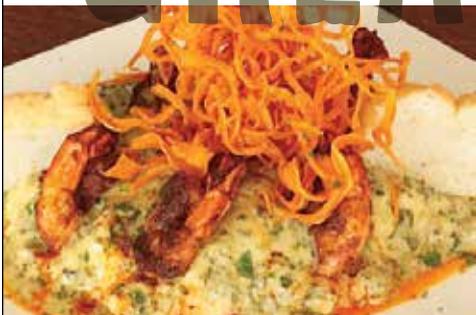
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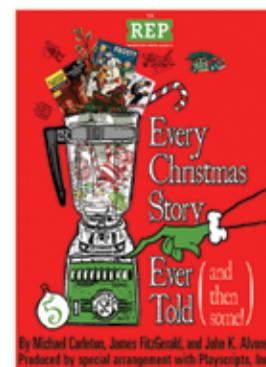
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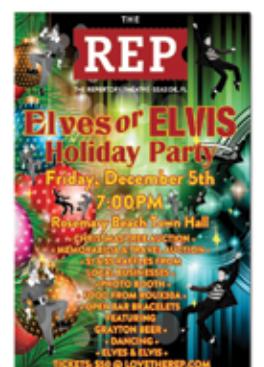
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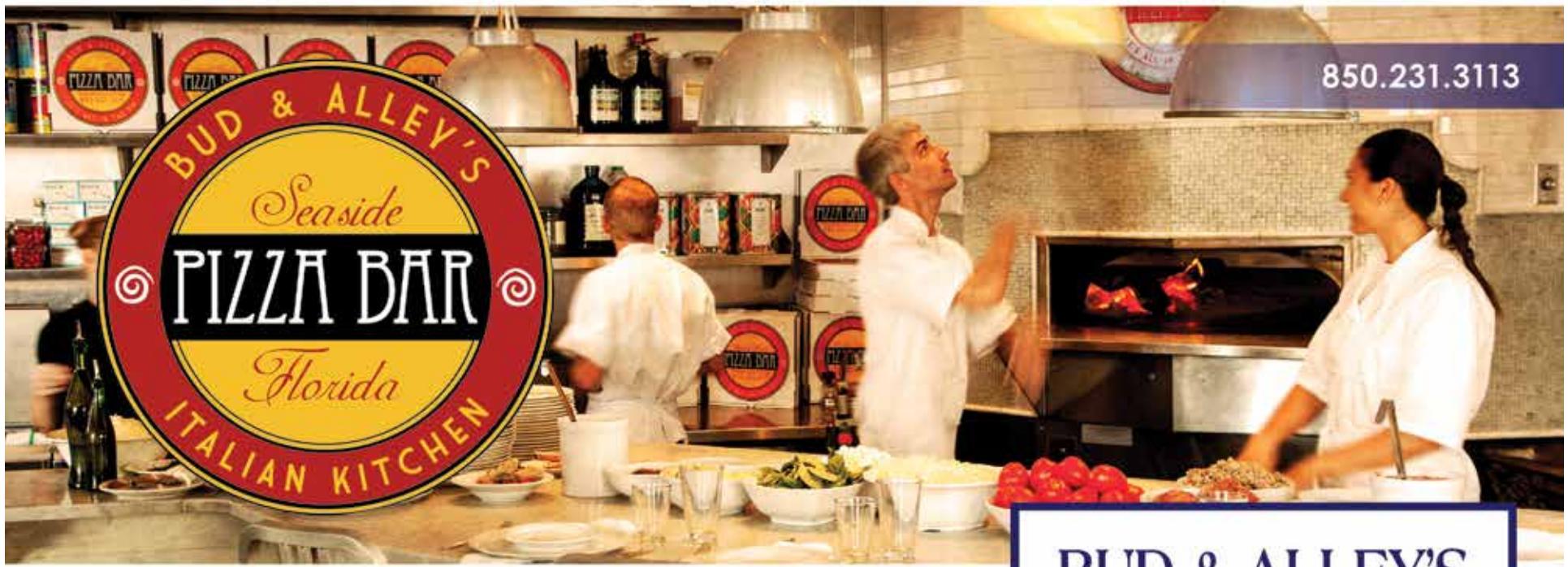


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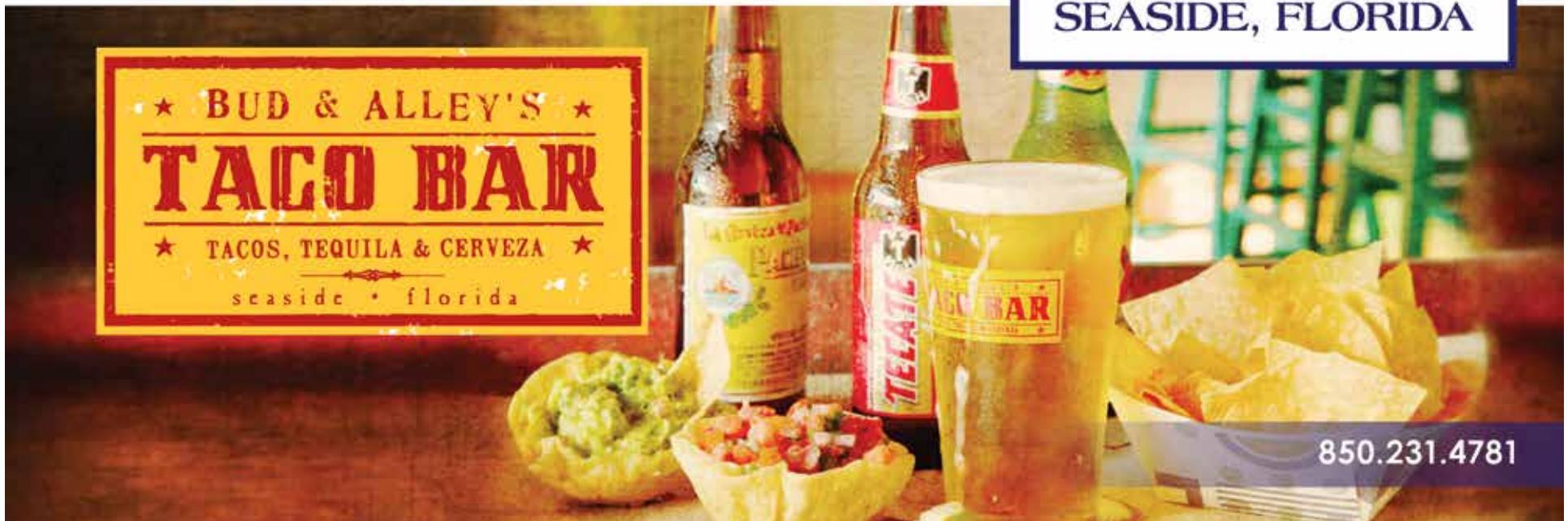


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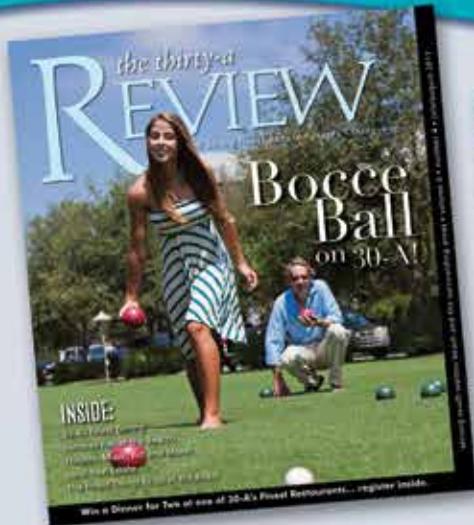
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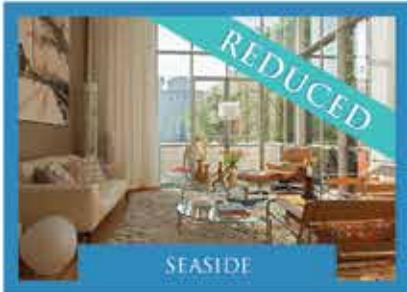
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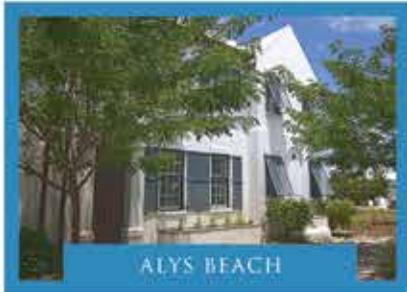
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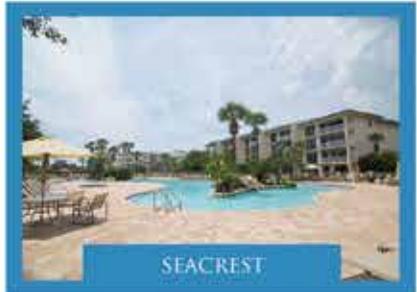
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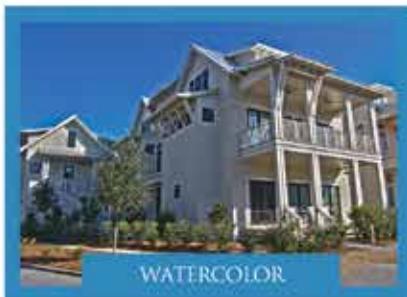
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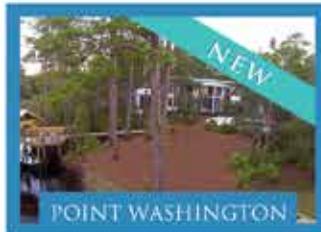
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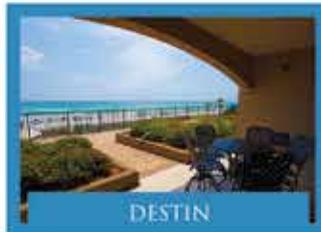
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letter from the publisher

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It's the holiday season on 30-A, and all is well. The beaches are clean, the weather is nice and the locals are relaxed, mellow and ready to enjoy family, friends and beach life. Visitors of 30-A are learning that these months on the beach are truly some of the most special. With little to no crowds, 30-A can be enjoyed like a local. This is the time of year with a slow, easy pace and peaceful solitude that really makes the holidays all the more special. Within this issue, you will find the usual treats and nuggets that profile 30-A's finest people, places, and things. We hope you enjoy reading it as much as we enjoyed putting it together. We treasure this little area of our world and we invite you to experience it the way it was meant to be experienced; like a local.

Happiest of Holidays to you and yours,

Miles K. Neiman

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People: Nikki Nickerson and Jennifer Green pictured with Bobby and Beverly Johnson and their son Brody (aka the tiger)

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Showbiz and Events in November and December

ALYS BEACH

“Savor the Season” Fundraiser
Thursday, November 6,
5:30pm, Caliza

This signature event features a wine tasting, silent and live auctions, and delicious gourmet cuisine made by local chefs from Panama City to Destin, including: Chef Vargo of Seagar’s Steaks and Seafood, Chef Withall of Stinky’s Fish Camp, Chef Cunningham of V Seagrove, Caliza’s own Chef Korman, Chef Mike Guerra of Havana Beach, Chef Mongogna of The Marigny, Chef Johnson of Ruth’s Chris Steak House, Chef McKenzie of Culinary Catering 365, Chef Holbrook of Signature Catering of 30-A, Chef Mark Eichin of Paradis and Chef McAnulla of Bake My Day Gourmet Desserts.

Camping at Alys
Friday, November 21,
3pm, Central Park

We’re excited to announce the 6th Annual Camping at Alys Beach! Bring an adult, a tent, and a sleeping bag to camp out in Central Park! \$85 per site includes: Hamburger & Hot Dog Dinner, Games, S’mores, Movie in Central Park, Pancake Breakfast *Additional shirt and meal tickets may be purchased upon request. *Children must be accompanied by adult. *Space is limited. Email events@alysbeach.com to register.

Alys in Winter Wonderland
Friday, November 28, 10am-noon, Fonville Press

Join Santa for cookie decorating and Holiday cheer! Cookies to decorate will be available for purchase at Fonville Press, 3 cookies for \$1. We’ll be accepting unwrapped children’s toys for donation to a local Angel Tree Program and non-perishable, non-glass items for Food For Thought Outreach Inc.

Holiday Wine Tasting
Friday, November 28, 5pm-7pm
Fonville Press

Join us for cocktails, light fare, and live music.

Every Christmas Story Ever Told
Saturday, November 29, 10am
Fonville Press

Three actors, in what starts out as a pared-down version of the Dickens classic, stage a mutiny and, in an effort to breathe new life into an old tradition, attempt to tell “Every Christmas Story Ever Told” in the space of 50 minutes.

Holiday Movie at Fonville
Monday, December 29, 5:15pm
Fonville Press

Join us at Fonville Press for the movie ELF. Bring blankets and low back chairs. Fonville will offer hot drinks and snacks.

Salute
Wednesday, December 31,
11am-2pm, Fonville Press
Salute 2014 at Fonville Press before you ring in the New Year! Join us for light fare, cocktails, and live music by Kyle LaMonica. For additional information, visit alysbeach.com/events or call (850) 213-5906.

ROSEMARY BEACH

Balloons from Above
Monday, November 24 1pm-3pm,
Town Center

Be on the lookout around town for Rosemary’s beautiful and talented stilt-walker. She even dances and makes fun balloon creations for kids!

Taking it to the Streets-Live Musical Performance
Monday, November 24, 3pm- 5 pm
Town Center

What better way to get in the holiday spirit than to listen to your favorite holiday songs with a New Orleans Jazz twist! Don’t miss the sounds of the Village Brass Band as they stroll throughout the cobblestone streets of Rosemary Beach.

Face painting
Tuesday, November 25, 12pm-2pm,
North Barrett Square

Every Christmas Story Ever Told...Live Theatre
Tuesday, November 25, 2pm-3pm
North Barrett Square

Don’t miss The REP’s Smash Hit Holiday Blockbuster performance of...Every Christmas Story Ever Told!

Moonlight Movie-Free Birds (PG)
Wednesday, November 26
6pm-8pm, Western Green

Bring the family for a wholesome and fun night under the stars, blankets and lawn chairs are welcome! Free Bird...two rival turkeys travel back in time to prevent their own kind from becoming a savory Thanksgiving tradition in this animated comedy from Relativity Media and Reel FX. Owen Wilson and Woody Harrelson head up the voice cast, with Jimmy Hayward (Horton Hears a Who!) handling directing duties.

30A 10K & 1 Mile Fun Run
Thursday, November 27, 7:30am
North Barrett Square

Tour scenic highway 30-A, and give yourself an excuse to go for that second slice of pumpkin pie! To register or learn more about this event visit www.30a10k.com.

Tree Lighting
November 28, 6pm
South Barrett Square

Don’t miss the excitement as we “turn on the town”! Enjoy musical performances by the Charles Dickens Carolers and the Village Brass Band, see Santa’s big arrival plus take a carriage ride through town

Merchant Holiday Open House & Shopping Extravaganza
November 29 (After the Tree Lighting), Until 8PM
Visit the town center merchants

Jason Isbell will be performing at the 30A Songwriters Festival



after the tree lighting for a very special evening of holiday shopping and refreshments!

Breakfast with Santa
November 29 8am-10am
Town Hall

Bring the kids to Santa’s Workshop for a magical morning filled with delight! Included is... a bagged breakfast, a professional color photo with Santa and a special goodie bag from Gigi’s! Tickets are \$15 and available at the door!

Holiday Market
November 29, 9am-5pm
Town Center Lawns

Forget the hustle and bustle of the mall. Browse through booths filled with unique gifts you can’t find anywhere else including hand-crafted jewelry, pottery, paintings and much more.

WATERCOLOR

Celebrate the 14th Annual Telluride MountainFilm on Tour at WaterColor Resort on November 7th & 8th, 2014. Two days of extraordinary films created to inspire courage, thought and empathy. Buy tickets online at stjoe.xorbia.com/mtfilm2014

Turkey Trot 5K
Thanksgiving, November 27
Run through WaterColor. Open to the public.

Breakfast with Santa
November 28th, 9-11am,
Fish Out Of Water

Come get your picture taken with Santa while enjoy a delicious breakfast overlooking the Gulf of Mexico, open to the public.

Polar Plunge
Thursday, January 1st, 8am
Beach at WaterColor Inn & Resort
Must be a guest of WaterColor Resort to attend.

THE REP 2014 FALL/WINTER LINE-UP

Exile on 30A – Rolling Stones Tribute Concert & Fundraiser
Tuesday, November 11th, 7:30pm
Tickets: \$65

Every Christmas Story Ever Told (and then some!)
November 29th, 10am
December 4, 6, 11-13, 18-20, 26 & 27, 7:30pm Tickets: \$25
December 13, 20, 26, & 27 @ 2:00pm Tickets: \$20 adults, \$10 kids under 12

The REP’s 2nd Annual Holiday Party: Elves or Elvis
Friday, December 5, 2014
Rosemary Beach Town Hall
Tickets: \$50

SEASIDE

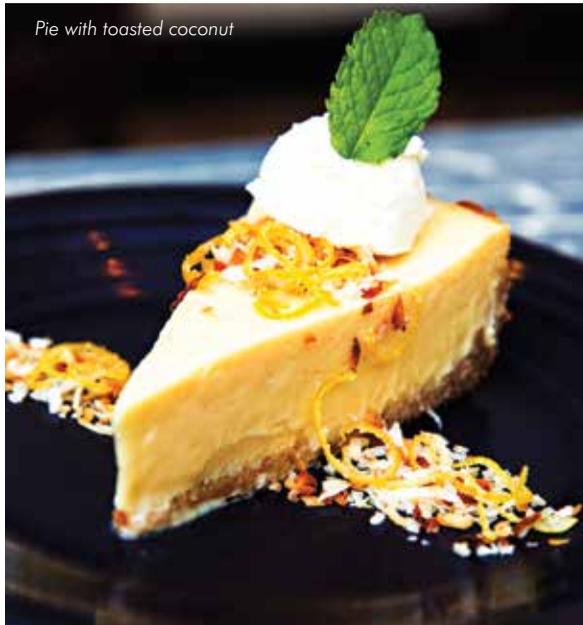
Go to www.seasidefl.com for a calendar of events.

Coast Food + Wine

BY SUSAN BENTON



Seafood stew in lemongrass-coconut milk broth



Pie with toasted coconut



Shrimp ceviche

Nestled on highway 30A in the pristine location of Grayton Beach, Florida, a new restaurant has taken shape with owners that are not so new to the community. Miriam Dillion, a noted realtor in the area with Homes On 30A, and her husband Chef James Dillon, owner of Summer Kitchen Café, the first restaurant built in Rosemary Beach (still thriving today), have teamed up with former Onono at Rosemary Beach Chef Chris Joyner. This merging of creative talents is bringing dynamic new flavors to the Shops of Uptown Grayton at Coast Food + Wine.

The soothing white logo with palmetto branch on the signage hanging outside the restaurant makes the statement that you will be served fresh coastal fare. Passers by will be firmly entrenched by sensory overload as they view the photographic video series of dishes through the glass window before entering, ensuring that this is the place they will want to linger for fine wine and imaginative food.

Since opening day, the restaurant has been filled with foodies, fans of both chefs, friends of the owners, locals and tourists who already know what to expect from Dillon and Joyner's credentials: High quality food sourced regionally and prepared well. Many patrons are excited to have a midway location on 30-A like Grayton Beach to dine on Dillon and Joyner's cuisine, as those that live on the west end of 30-A often find it difficult to get to restaurants on the east end, and vice-versa, especially in tourist season.

Several diners have taken to social media to express their passion about their culinary experiences at Coast. For

example, Brenda Nunnery, a Panama City resident and Grayton Beach homeowner states on Facebook, "I had the jumbo shrimp linguine with spinach, tomato, white wine and Parmesan and it was delicious! I also can't stop thinking about the sweet potato hummus with grilled pita bread!" A photo of the Seafood Stew with Mahi, shrimp, scallops, mussels and tomato in lemongrass-coconut milk broth alongside a photo of the Curried Scallops with sweet potato, baby peas, tomato and ginger also garnered quite a bit of attention and comments from food lovers on 30AEATS Instagram.

During my dining experience, I was extremely pleased with the sweet and creamy Crab & Corn Spring Rolls served with tangy lemon caper aioli and the Shrimp Ceviche with mango, lime and cilantro that delighted my taste buds with sweet and tart flavors that played together well. I was thoroughly impressed by the dreamy Panna Cotta topped with macerated fresh berries that had heads turning when placed on my table.

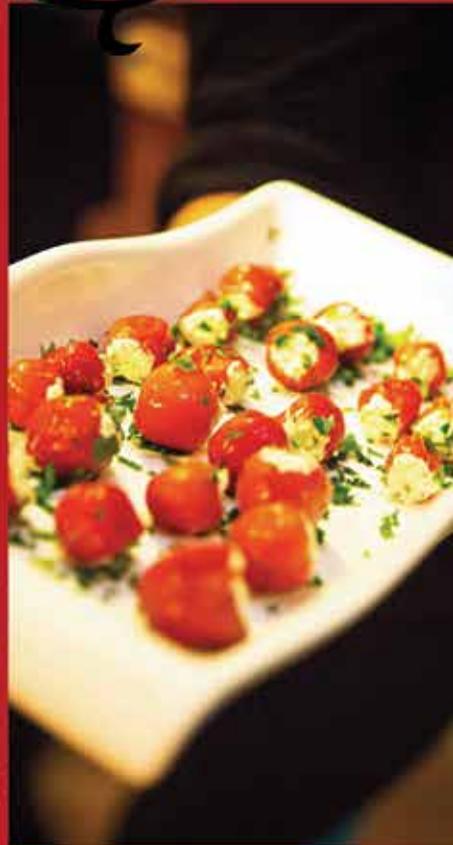
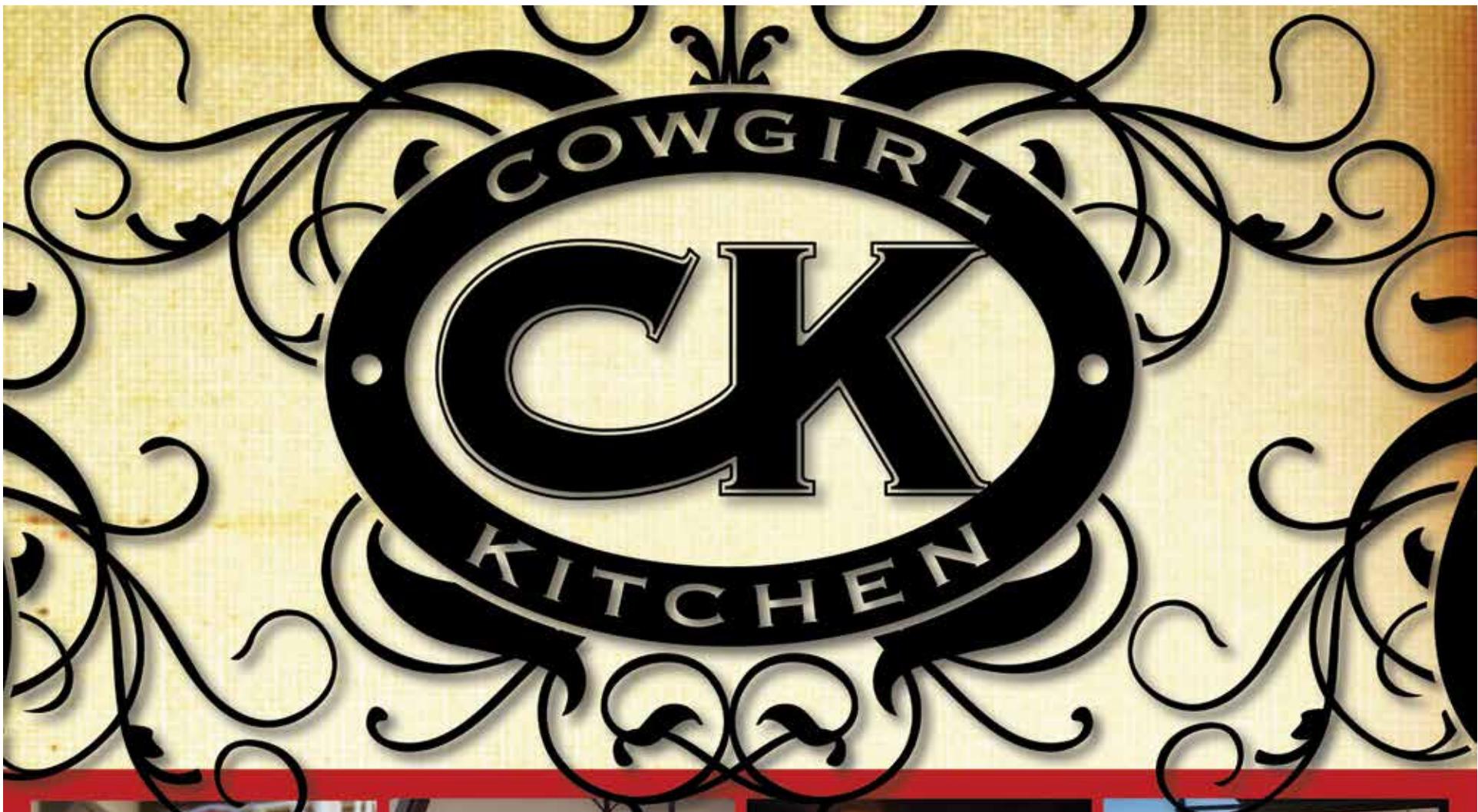
The limited menu is much appreciated over lengthy ones that are often time consuming to view. It is broken down into small plates, entrees, a very nice wine list, craft beers, water+soda and desserts. It will change with the seasons and as product becomes available from purveyors like Mac Farms, GreenMans Garden, City Produce, Florida Seminole Beef, Springer Mountain Chicken, and Prince Edward Island Mussels, to name a few.

A brand new wine bar has been placed in the restaurant's front room, not only providing seating to savor a great culinary experience, but also as a place to enjoy the many distinctive wines by the bottle or glass.

It is also the best spot to view Chef Joyner in action as he creates dishes in the open-air kitchen. Table seating with fresh picked flowers is available in both the front and back dining rooms, as well as outside on the patio under twinkling lights overhead. Patrons can also enjoy the master artwork by local talent Steve Wagner, available for purchase.

Coast Food + Wine serves Southern, local, coastal cuisine from 5:00 pm to 9:00 pm Tuesday through Saturday at 50 Uptown Grayton Circle, Grayton Beach, Florida 32459. For a limited time, Coast is offering 50% off all entrees from 5:00 pm to 6:00 pm Tuesday through Saturday. They are closed Sunday and Monday. For more information call (850) 231-3002 or visit www.coastfoodwine.com. Keep up with Coast on Facebook, Twitter, and Instagram.

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



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Shaun O'Brien: Chef de Cuisine at Fish Out of Water

BY SUSAN BENTON



Chef de Cuisine Shaun O'Brien

Having won the AAA Four Diamond Award and Wine Spectator Award of Excellence, Fish Out of Water at WaterColor Inn has already set the highest standards for top quality Gulf-front cuisine that is unparalleled in the Florida Panhandle. However, recent hire Chef de Cuisine, Shaun O'Brien, says, "Our team has its sights set even higher. We want the Southern region to know that Fish Out of Water is a foodie destination and visitors need to come for that reason!"

Celebrity chef Roy Yamaguchi drew him to Orlando where O'Brien leaned Asian techniques and met his best friend while working in the same restaurant. The duo decided to pursue culinary careers in South Walton and found work at the highly acclaimed Restaurant Paradis at Rosemary Beach, where O'Brien became Executive Chef showcasing award winning coastal cuisine with Louisiana flare.

For the last several years, O'Brien has cultivated his culinary aspirations by working for Bistro Bijoux, a fine

I am aware of the discerning palates of local and visitors, and I plan for my dishes to surprise and excite diners, all while using the finest and freshest local ingredients.

Many folks these days (myself included) plan vacations around food, making the trek yearly to the (always sold out) Southern Foodways Alliance Symposium, or to Blackberry Farm in Walland, Tennessee to savor the seasonal cuisine, as well as the history, sustainable sources and stunning surroundings. Fish Out of Water at WaterColor Inn is no exception.

Locals and visitors frequent the restaurant not only for its eclectic menu but the magnificent views. It is definitely an experience, but not one out of reach, as Fish Out of Water also serves breakfast, tantalizing the senses to wake up to.

O'Brien comes to Fish Out of Water from Boston, Massachusetts with years of experience in the kitchen that started early: He was raised by a culinary family and learned the art of cooking from his mother and brother, who had a commercial kitchen in their home. "I was blessed to be able to travel with my mother who worked for the Marriott Corporation, learn and absorb different cuisines. Being from a big Italian family was also a bonus when it came to food," O'Brien says.

When O'Brien was a teenager, he had the opportunity to travel around the world with the USA Junior Hockey League, but after sustaining a severe injury, he returned home to work alongside his mother, redefining and focusing his culinary chops. He also worked with his brother, and was fortunate to apprentice under several highly esteemed chefs in Boston. His first big opportunity was to be on the opening team of the restaurant at Gillette Stadium where the famous New England Patriots host home NFL games.

dining French inspired restaurant at the Baytowne Wharf in Sandestin, also helping to win many trophies and accolades.

O'Brien says, "I came to Fish Out of Water to work with the great team in place and I look forward to putting Fish Out of Water on the map. It's already locally beloved, but we need to be known regionally! I am aware of the discerning palates of local and visitors, and I plan for my dishes to surprise and excite diners, all while using the finest and freshest local ingredients. I want to continue to push myself and my staff!"

O'Brien works with several local farms and purveyors that supply produce and proteins changing the menu to reflect the seasons. The new fall menu will focus on upscale comfort food that is hearty, rich and braised, while still offering delightfully light local Gulf Coast seafood, where whole fish is cut and cleaned on site.

Fish Out of Water is located beachside overlooking the Gulf of Mexico on the second floor at the WaterColor Inn, between Seaside and Grayton Beach State Park on Scenic Hwy 30-A. Breakfast: 8:00 A.M. - 11:00 A.M. daily. Dinner hours: 5:30 P.M. - 9:00 P.M. Tuesday - Thursday 5:30 P.M. - 10:00 P.M. Friday & Saturday dinner specials. Happy hour: 5:00 P.M. - 6:00 P.M. nightly (patio & bar only). Kids eat free: 5:30 P.M. - 6:00 P.M. nightly (2 kids meals with purchase of entree). Call (850) 534-5050 for more information.

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Chef de Cuisine Greggory Smith of Havana Beach Bar & Grill

BY SUSAN BENTON

The Pearl Hotel, located at 63 Main Street in Rosemary Beach, Florida, is a prominent boutique luxury hotel nestled in the heart of the idyllic town overlooking the picturesque Gulf of Mexico. Upon entering the glamorous lobby of The Pearl, you will find dynamic artwork by local artist Tommy Crow that flows into the

Resorts. A sight to behold and modeled after El Floridita—the hangout of Ernest Hemingway—the bar at Havana Beach is a hot spot for locals with over 300 bottles of wine to savor and 40 served by the glass. Chef Gregg says, “The bartenders are chefs in their own right, often in the kitchen making creative infusions to use in their craft cocktails.”

Born in Iowa and raised in Northwest Arkansas, Smith’s parents bought their first restaurant when he was a mere 8 years old. They enjoyed cooking and blindly bought into a business that was open seven days a week, had 60 seats, and served family style breakfast, lunch, and dinner. Where most would fail in the cutthroat world of culinary profit and loss, his parents succeeded.

By the age of twelve, learning the ins and outs of the restaurant business became a family duty for Greg, his younger brother, and sister. Smith realized early he had a knack for cooking and developed an interest that later turned into a passion for the culinary arts. He studied and learned with each new chef his father would hire and began cooking in the kitchen to help out.

After attending the University of Arkansas, Smith decided to join the Air Force where he pursued culinary studies and trained at Lowry Air Force Base culinary school in Denver, Colorado. When

that took them to Texas, Birmingham, Oklahoma City, and eventually, Florida. Upon returning to the Emerald Coast, Gregg and his parents opened the iconic Wheelhouse Restaurant in Seagrove Beach (my favorite to this day for their famed fried chicken), in business from 1986-1999. Sadly, it burned from a grease fire in early 2000 and is currently where the popular 723 Whiskey Bravo is located.

Smith was introduced to Ann and George Hartley who had recently purchased the Seagrove Village MarketCafe, and hired him to run their kitchen, offering unexpected twists on classic Southern comfort food.

Two years later, WaterColor Inn & Resort opened to rave reviews and one of their first hires was Chef Gregg. He worked under Olivier Gaupin, saying, “He was a mentor, and it was the best learning experience I could have had. I truly discovered my passion and was pushed by the greatness of others, like Chef Philip Krajeck.”

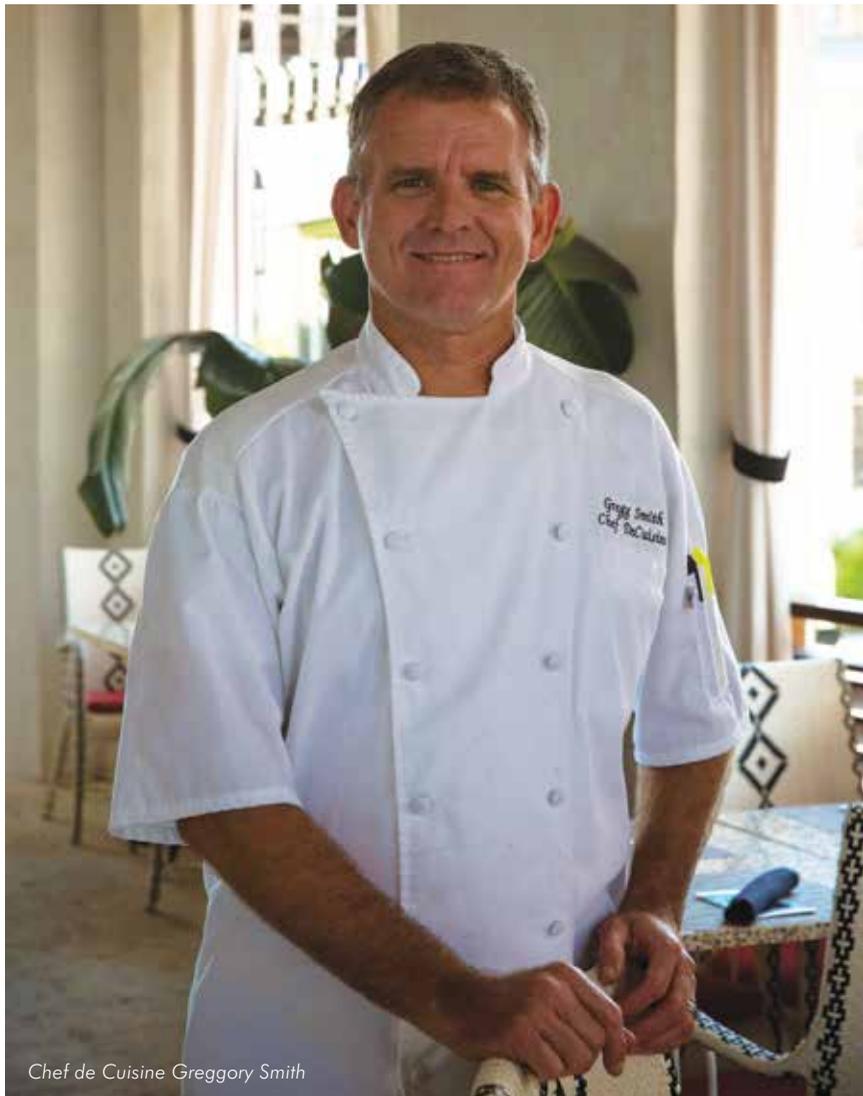
In 2009, Smith was called on once again to work for George and Ann Hartley and joined the staff at George’s at Alys Beach working under Steve Carpenter, later accepting the position of Executive Chef of George’s at Alys Beach and La Cocina Mexican Restaurant in Seacrest Beach.

2014 brought exciting changes to Smith’s life and career when his family recently welcomed new baby Nora, who arrived on Gregg’s birthday. Shortly after John Ryckert, the head of food and beverage management at The Pearl, offered him the position of Chef de Cuisine.

Smith says, “We are taking the menu in a new direction for fall, and will be featuring modern dishes with Spanish influences and coastal flare. What you will find on the plates is fresh, regional sustainable-farmed produce and organic proteins that create a flavorful and exciting experience, full of clean ingredients. We cure our own pork belly, make all stocks in house and smoke our own meats!”

With Chef Gregg’s great passion for culinary creations and his endless drive to perfect his art, there is no doubt that locals and well-traveled customers will be very satisfied.

Havana Beach Bar & Grill is located at 63 Main Street, Rosemary Beach Florida 32461, inside The Pearl Hotel. Brunch is served 6:30 am to 3:00 pm, and Dinner 5-10 pm daily. Please call (850) 588-2882 to make a reservation and for more information please visit www.thepearlrb.com.



Chef de Cuisine Greggory Smith

restaurant space, Havana Beach Bar & Grill, where artistic videos are also shown from Crow’s photographic journey to Cuba.

Recently Havana Beach Bar & Grill brought in local well-known talent Chef Greggory Smith as Chef de Cuisine to enhance the menu offerings and Spanish flavor profiles and to work alongside another new hire, Executive Chef Matt Moore who came from Sea Island

given ten choices of where he wished to be stationed, Eglin Air Force Base was at the top of his list. As Chef Gregg crossed the Destin Bridge on his way to his new job at Eglin, he recalls, “I fell in love with the enticing emerald water, the Panhandle, and felt like I just won the lottery!”

When Smith resigned from active duty with the Air Force, he remained in the reserve and continued to work with his parents in their family restaurant operations

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A Farmers Market Takes Root At Grand Boulevard in Sandestin

BY SUSAN BENTON



Turkish Pickled Veggies

After living in South Walton for nearly two decades and seeing the growth of businesses, schools, communities, and highway expansion, it never crossed my mind that one day in our little beach community, locals and tourists would be able to see a movie in a state-of-the-art theatre that also serves restaurant quality food and libations, shop for designer savvy clothes in high-end boutiques, dine in an array of award-winning restaurants, purchase fine wine, beautiful housewares and amazing art, before getting styled at a salon and taking home fresh eggs, meat and produce sourced from local farmers, while never having to leave the radius of Grand Boulevard at Sandestin.

Like a pot of gold at the end of the rainbow, South Walton was recently blessed with a new farmers' market that is open to the public and located at Grand Boulevard, in Grand Park between Cantina Laredo and Tommy Bahama, making fresh, local and sustainable food; and the ability to meet those producing it; available to patrons not wanting to make the trip down highway 30A on a given Saturday.

Diane and Charles Kolopanas, the same people who started the 30A Farmers' Market at Rosemary Beach in 2013, organized the Grand Boulevard Farmers' Market that has already gained popularity and is receiving accolades from many patrons frequenting the market. Diane says, "We are open Saturdays year-round from 9 a.m. to 1 p.m. I'm thrilled to showcase our purveyors in such a beautiful setting. Shoppers can meet the farmers and purchase fresh from the farm produce, milk, cream, eggs, grass-fed beef, lamb, all natural-free range chicken, pork products, sausages, and more!"

Featuring so many unique vendors, shopping for the family table, office event, or party is easy. Not only is fresh local seafood, lump crab cakes, tuna and shrimp dips available, but so are many artisan items like hot sauces, salsa, guacamole and homemade tortilla chips, jams, preserves, pickled vegetables, honey, and smoked salts.

Another exciting draw for shoppers are the artisan handcrafted or grown items available for the home and body, including an array of flowers, herbs, soaps, and lotions.

Diane says, "Grand Boulevard is just a beautiful upscale retail community. That in and of itself enhances our buyer's experience, as they can shop in the stores before or after selecting fresh, creative food to meet their needs for the day or the week!"

One local South Walton resident states, "I love having Crust Artisan Bakery onsite. Crust usually has several loaves of different bouches - jalapeño, black olive, and rosemary. They also have different baguettes, croissants, and their creation called a 'cruffin', which is a divine concoction of croissant in a muffin that is stuffed with either chocolate and strawberries, caramel and walnuts or a combo of fruits. It's pretty decadent!"

The Grand Boulevard Farmers Market also offers many edible items packaged "to-go", including popular cold-pressed organic juices, infused butters, and handcrafted pastries, all made by reputable vendors like Diane and her husband, who additionally sell their own line of Greek culinary delicacies made from their family recipes.

Eventually, the Kolopanas' would like to see the market expand into a hybrid of a health and wellness; perfect for the Sandestin area, being in such close proximity to Sacred Heart Hospital on the Emerald Coast.

The Grand Boulevard Farmers Market is located at 600 Grand Boulevard in Grand Park, between Cantina Laredo and Tommy Bahama in Miramar Beach, Florida. It is open year-round every Saturday from 9 a.m. to 1 p.m. For more information, please visit their Facebook page: www.facebook.com/pages/Grand-Boulevard-Farmers-Market/282661901906484. For vendor information, please contact Diane Kolopanas at (850) 499-4697 or email memlas@aol.com.

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The B-24 Pilot

BY DR. NITIN BAWA, MD



Dr. Nitin Bawa

I have not known many people who flew a B-24 bomber, but the only such person I knew in Destin died recently. The B-24 was no ordinary plane but was one of the most important bombers that was used in World War II. It holds the record for being the most mass-produced aircraft in World War II although it was not as reliable and tough as the B-17 flying fortress.

Being a military man, he had probably been taught to deal with great adversity without complaining. He had learned to keep a positive mental attitude in spite of all the hardships he faced.

Mr. VanSustern (name changed for privacy reasons) flew a B-24 in his youth. He never saw combat but flew it after World War II. In his later years he developed Parkinson's Disease. This seemed tragic to me but he was always optimistic and never complained much.

Parkinson's Disease is a degenerative brain disorder that impairs the patient's motor skills and speech. When Mr. VanSustern stuttered in public, I always told everyone that he used to be a bomber pilot and only lately has suffered from Parkinson's Disease.

Patients with Parkinson's Disease often develop a shuffling gait, which means that they take very tiny steps and have trouble turning around. When Mr. VanSustern's gait became unstable, I had to request a walker for him. I felt sorry that this pilot now had to use a walker but it never seemed to bother Mr. VanSustern. One day, I was surprised to find him using the walker with only one hand. I saw him almost fall down a couple of times in front of me!

Surprised by this awkward behavior, I tried to find out why he was not using his second arm for his walker. Of course, I was worried about a stroke having further debilitated this unfortunate man. However, on further investigation, I found that his shoulder was hurting him and so he was avoiding use of one arm. Yet, he never complained much about this pain but simply put up with it.

It always amazed me how he even came up with ingenious ways to cope with his different medical problems. I had noticed that Mr. VanSustern had started to drool as he did not have good control over his oral functioning. But he seemed to have figured out an ingenious way to keep himself from drooling. He always kept his lips sucked inside his mouth so there was

much less chance of his drooling. By keeping his lips sucked into his mouth, he was able to keep his lips from quivering and was able to keep any saliva from leaking out by mistake. I had seen several patients with Parkinson's but I have not seen anyone use this clever coping mechanism.

Being a military man, he had probably been taught to deal with great adversity without complaining. He had learned to keep a positive mental attitude in spite of all the hardships he faced.

Every time I saw him, I kept trying to find out what made him have such a positive attitude. Even though he seemed so perfect to me, his wife stated that it was getting difficult living with him. Mr. VanSustern was complaining a lot to his wife instead of telling me, and his wife was having trouble caring for him even though they lived in an assisted living facility.

Clearly no one is perfect, but Mr. VanSustern will be dearly missed. Hats off to these magnificent flying men who do such difficult tasks even though they might succumb to diseases just like the rest of us...

Dr. Nitin Bawa is a Board Certified Internal Medicine Physician with a practice in Seagrove Beach. He can be reached at (850)534-4170.

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Why some people don't heal... And what to do about it

BY DR. BART M. PRECOURT

Why does one person heal and the next person doesn't? From aches and pains to heart conditions and digestive issues, for years I've seen people heal from just about everything. But I have also witnessed people live with chronic nagging ailments such as allergies, back pain, high blood pressure, obesity, and hormone imbalances. What's the difference? Is there a magic pill that some people just don't get?

For starters there is no magic pill, so stop looking! Is there magic? Yes, and you already have it in your body. The challenge is about doing your part so the magic can express itself in *your* body!

Healing follows 3 basic laws. If you can figure out how to integrate these laws or "rules" into your life, then you're on your way to being healthy. Ignore or try to defy these laws and chances are you will be caught in the cycle of symptoms, sickness and disease, chasing after the next magic pill.

A couple of things that need to be cleared up first: Is your ill health because of bad genes, bad germs, or bad luck? NO! It's a series of bad habits and bad choices. Only 3-5% of all diseases are genetic, so that is not an acceptable mindset if you're going to get yourself healthy.

FIRST LAW OF HEALING: TIME

Yes all healing takes time. Here is where most people who don't heal immediately start to defy the rules. Trying to rush or force a "time frame" to get better only makes things worse. It's all about what is happening with the *time* that you provide. Patience and rest are essential for healing. The next two laws will determine how much time it takes you to heal.

Tip: Exercise helps your body practice breaking down and healing regularly. This is why people who exercise routinely typically heal faster than people who don't.

SECOND LAW OF HEALING: CELLULAR REPLACEMENT

This is not complicated. *Read this section twice so it sinks in.* To heal from anything, a cold, cancer, bruise, imbalanced hormones, etc, your body replaces your ill or damaged cells with new ones. The good news is that you produce over 2 million red blood cells per second. Yes—that's per second! You are a healing machine. Here is the catch. Have you ever heard that "you are what you eat?" This is where that matters the most. You are generating new cells with the food you put into your body. White bread, pasta, sugar, red bull, fried food, wine...what do these have to do with healing? Not much except for slowing things down. Eating live, fresh, organic fruits,

veggies, and meats is what your body needs to make healthy cells. Anything else just slows your healing down and gives pathogens more weak cells to infect.

Tip: A red blood cell's life span is approx 120 days, so a routine or "lifestyle" of eating well is the key to being a healing machine. The inverse is also true, poor eating habits create weak and immune-deficient cells that stay in your body for up to 120 days.

list are inadequate sleep and poor diet. We heal when we sleep. Most of us have busy schedules yet minimal time allotted for sleep and recovery. And that's assuming that our sleep time is even quality. A night out of drinking and eating poor foods is a high demand (stress), what do you do to balance it out?

Tip: This can be easy with the right mindset. If you have a less than perfect diet, then proper whole-

Dr. Bart M. Precourt



THIRD LAW OF HEALING: SUPPLY AND DEMAND

Let's keep this simple and just talk about demand as STRESS. Physical, mental, and chemical stressors are the demands on your health. And if for some reason you don't have any stress whatsoever – then hallelujah! You are in a world of your own. For the rest of us mortals, our health deficits of any sort are the result of an imbalance between the **demands** (stress) on our bodies relative to our **supplies** of prevention and recovery. Can we get rid of all of our stress? Probably not. And that's not really the most important part. Our reality is that we work, have kids, exposure to toxins etc. More important is what we give back to our bodies. Usually at the top of the demand

food supplements can be your best friend. For proper sleep: diet, sleeping environment, and routine are key. Your choices determine how you heal— make some good ones!

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

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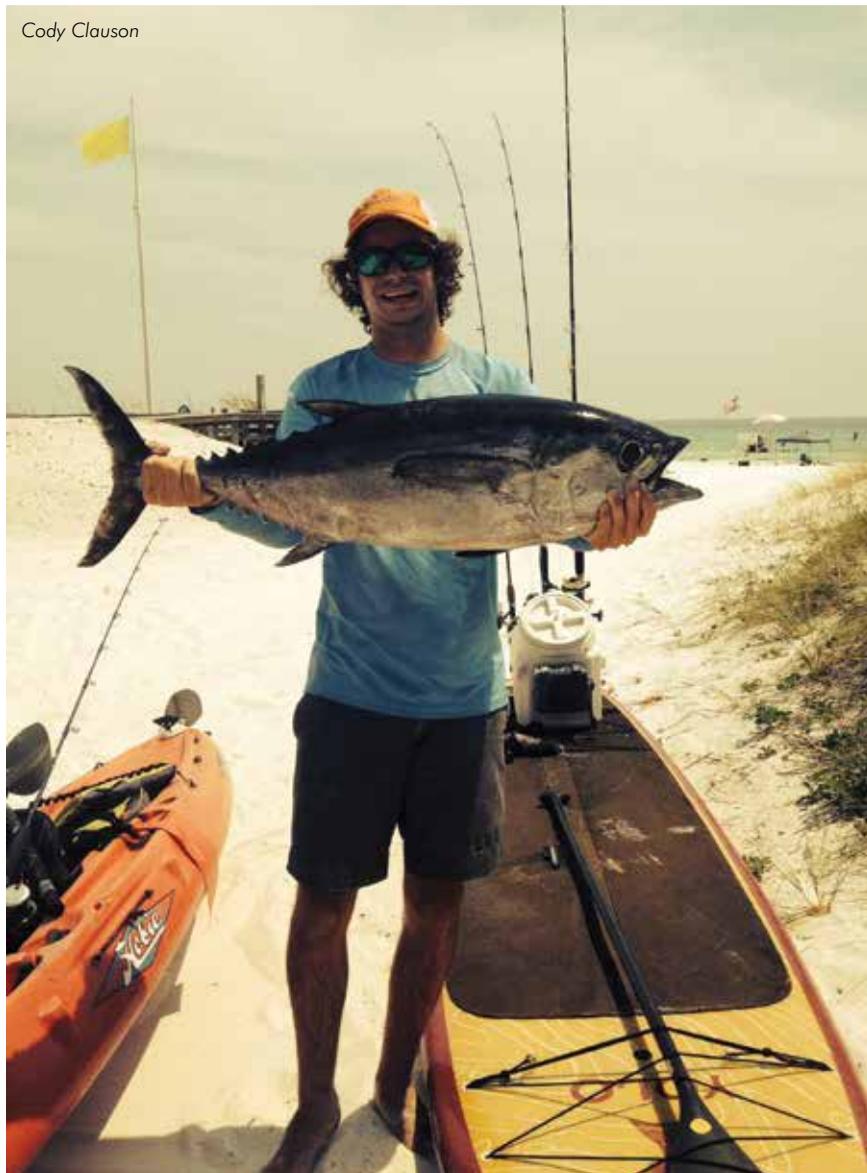
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Cody Clauson: A Man, a Paddleboard, and a Tuna

BY JULIE HERRON CARSON



It's still a thrill for me to see how excited people get the first time a dolphin swims up to the boat, or when they see an osprey snatch a fish out of the water and fly off with it clutched in its talons.

Clauson is the owner of 30A Inshore Charters (www.30AInshoreCharters.com), a two-year-old local company that offers scenic boat tours, fishing trips, dolphin watching, and more on Choctawhatchee Bay. Clauson captains a 19-foot Carolina Skiff and is available for excursions seven days a week, all year long. Most of his trips are either two hours or four hours in duration and can accommodate up to four people in addition to Captain Clauson, but he is flexible and happy to provide whatever someone wants.

"I offer charter fishing in the Bay, or I can teach someone how to surf fish on the beach," says Clauson. "We mostly fish for redfish,

speckled trout, sheepshead and flounder. I do a lot of dolphin-watching trips and nature explorations, too, which are fun for families. The two-hour excursions are a good length of time for families with children. A lot of times we'll have different activities going on at the same time. For instance, in one trip, I can offer Dad some great fishing while Mom and the kids watch the ospreys, dolphins, seagulls, and whatever else we encounter out on the water."

Clauson grew up near the Bay. His dad owned a plant nursery and now does private landscaping through Walton Irrigation & Landscapes. His mom was a teacher and school guidance counselor. Clauson spent a lot of

time outdoors and when he was about 10 years old, his retired neighbor taught him to fish.

"He was a real mentor to me," says Clauson of his former neighbor. "He not only taught me how to fish, but he taught me to love the sport. From him I learned what fish are plentiful in our area and what bait they prefer. He taught me about tackle, casting, where to find the fish, and so forth. And, over the years, I've built on that education through my own experiences and by observing nature and talking to other professionals."

When Clauson was ready to launch his charter boat service, he decided to focus on what he knows best: the Bay and Gulf shoreline. He makes the fishing experience easy for his customers by providing all the gear and bait, plus great advice for those who want it. At the end of the day, he even cleans, filets, and bags the catch for his customers to take home.

While most of the fishing excursions are booked by adults and older children, he also enjoys taking families with young kids out on the boat. "It's still a thrill for me to see how excited people get the first time a dolphin swims up to the boat, or when they see an osprey snatch a fish out of the water and fly off with it clutched in its talons. I know I'm helping these families make memories that will last them a lifetime," says Clauson.

And what about customers who want to catch a tuna from a stand-up paddleboard? Clauson just laughs. "I think that was a once-in-a-lifetime experience. I just happened to be in the right place at the right time. I'm not even sure exactly how I landed the fish, since I didn't even have a gaff with me on the board. Luckily, my brother was with me that day and captured the moment on camera. Otherwise, I'm sure everyone would think it was just another crazy fish story."

For more on 30A Inshore Charters go to www.30AInshoreCharters.com or call (850) 699-0014.

The 30-A area is well known as a fisherman's paradise. Every day, enthusiasts of all ages head to the Gulf, Bay, or dune lakes to try their luck. And if we're successful, we like to brag – maybe even exaggerate a little – and probably take a photo holding the day's catch. And while the "fish selfie" is pretty common, local Cody Clauson has a fish story and photo that puts all the others to shame. Not too long ago, he caught a tuna while maneuvering a stand-up paddleboard, and he has the photo to prove it. His friends posted and re-posted the shot, giving Clauson his official 15 minutes of 30-A fame. And while the method he used to catch this fish is quite unusual, the fact that Clauson landed the tuna was not, since fishing is both his passion and profession.

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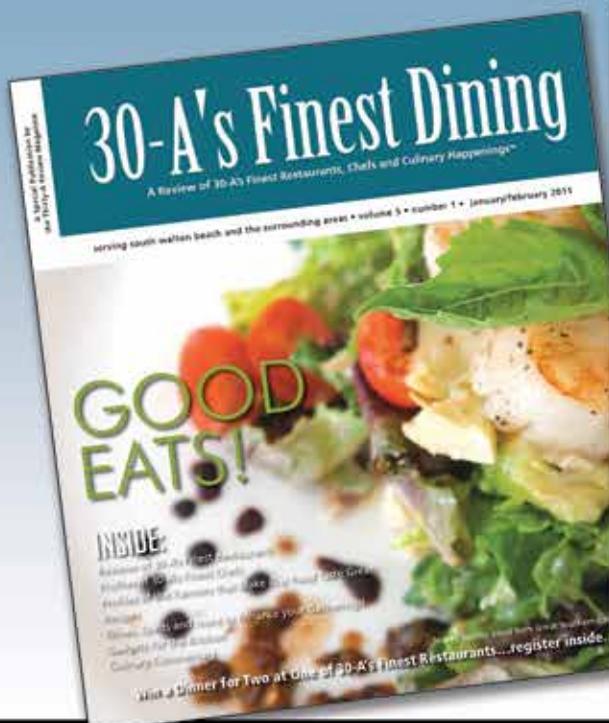
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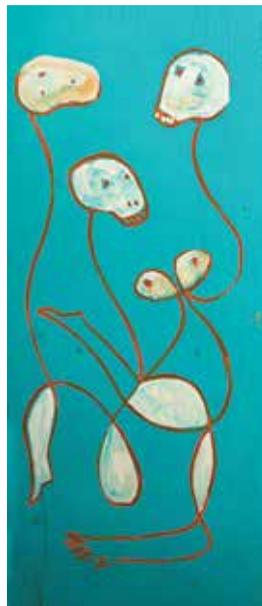
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Juan Francisco Adaro

BY SUSAN L. CANNIZZARO



Several of Francisco's untitled works

When Brooke Gontarek and Juan Francisco Adaro met, life imitated art in a magical way. “15 years ago, I was a hairy artist version of Che Guevara working on the streets of San Telmo, doing portraits of tourists. Brooke bought two 5 feet by 5 feet paintings and I never saw her again,” claims Adaro. “After 10 years, she came back to Argentina for a wine trip and to buy a few more pieces and I remembered her.”

“He looked so different when I went back. He was clean shaven, wearing a polo shirt and he was the owner of his own art gallery,” says Gontarek. After spending some quality time together they fell in love, got married that same year and a year later headed to Florida. Four years later, they are still happily married, and living in Freeport, Florida where Brooke is a wine expert and sommelier and Adaro is an internationally acclaimed artist who is in galleries all over the country and the world.

“I was born with a brush in my hand and I knew early on my life would be different,” says Adaro. As a child he felt a strong attraction to poetry, forms, colors, and the old brushes of his grandmother. “Art was a magic world; unknown and limitless,” he adds. “Painting in Buenos Aires was a very intense adventure for me. Since I like large scales, I used to paint on many large walls around my neighborhood. I loved to feel the charcoal in my hands and the police were always trying to stop me.” He says the move to the US was rough at first but time and work gave them all the right answers. “I am more interesting and funny in Spanish, but you would never know that,” he adds.

He recently exhibited 30 works at a show entitled *Naranjo en Flor* at the Visual Arts Center of Northwest Florida in Panama City. “I love his work; it’s very colorful, energetic and very unique, not traditional portraits. He uses a mix of wood, canvas, paper, burlap, and wine boxes,” says Director Bonnie Tate. “He is such a warm and energetic person, his artwork is a reflection of him, it matches his outlook on life,” she adds.

He incorporates words from an inspirational tango song into his artwork. The Spanish words when translated mean: First you learn to suffer, then to love, then to leave, and finally to walk without thinking. “The lyrics of that song are a very meaningful mantra to me and it relates deep to my art,” says Adaro.

Andy Saczynski is a local artist who met Francisco Adaro when he had his first show at *Amavida* in Rosemary Beach in 2011. “I was very impressed with his art, and how he blends realistic portraits and figure drawing with abstract designs. His art stands out because it’s so different from what other local artists are doing,” says Saczynski.

“Fran and I have a mutual respect for each other, both professionally and personally. Every time we’re together, we are laughing and talking about what project is next,” adds Saczynski.

Adaro has won numerous awards, including South Walton’s 2014 Painter of the Year and he was also the featured artist at the 2014 ArtsQuest. He is currently working on a new series of paintings for www.dansesurtachanson.com and his works can be seen in several galleries, including the Allison Wickey Gallery in Seacrest, The Art of Simple in Seaside, Atelier Gallery in Charleston, Sozo in Charlotte, Douglas Michael in New Orleans, Main Line Gallery in Pensacola and Giovanni Rossi in Fort Lauderdale.



Francisco working in his studio

“I use any medium that feels good to me, from oil and acrylics to collage with wine boxes from local businesses or found objects and watercolors. I have a great physical relation to my paintings and that is why I find it better to work on large pieces. Paintings are like doors or windows to get through and connect with the essence of who we are,” adds Adaro. He says his inspiration for his art comes from everyday life, the context

and the people. “I don’t paint the beach, but the waves are coming and going and the sand gives me the texture and the rain tells me stories. Everything is connected. Living here adds a little salt to the art adventure,” says Adaro.

This is one up and coming artist that is worth checking out! For more information on Juan Francisco Adaro go to www.adaroart.com



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Designing your retirement: the new reality

BY CHRIS OGLE

A new grandchild arrives. Your son moves across the country for his new job. The family home requires more maintenance than your travel-intensive lifestyle allows. A health challenge arises. Whatever the reason, expenses that significantly affect your long-term finances should trigger a meeting with your financial advisor.

WHAT TO EXPECT FROM A FINANCIAL CHECKUP

At Wells Fargo Advisors, we can help you explore ways to support your new plans and model how certain changes could affect your future income. And even if starting a new business, for example, was part of your retirement plans all along, you'll want to work with your financial advisor to make sure the assumptions you made are in line with the financial reality.

...talking with your financial advisor regularly can keep you confident about your financial reality — whatever surprises retirement has in store.

Of course, special circumstances aren't the only reason to review your retirement finances. The regular checkups with your financial advisor that were part of your working years should continue during retirement — and may even be more important. "You can verify that everything is going according to plan and adjust if it isn't," says Donna Peterson, Senior Vice President in Retail Retirement at Wells Fargo. "Your financial advisor can also remind you about upcoming deadlines. Is it time to start drawing Social Security, taking required minimum distributions or getting legacy plans in order?"

You'll also want to catch and manage any divergences from your retirement strategy that you might not otherwise have noticed, particularly in expenses and investments.



"Some retirees find that their spending increases in the early years of retirement instead of decreasing as they try new activities," Peterson notes.

Conversely, you may discover you have budgeted more than you are actually spending, which means you're holding more cash than you intended. At a checkup, your financial advisor can review your discretionary income allotment and portfolio allocations with you. You may decide to reduce the amount you're drawing from your portfolio, or take advantage of the opportunity to boost your retirement lifestyle.

Your financial advisor will also ask about any life events that may affect your finances. That new granddaughter may prompt not only changes to your estate plans, but also an increase in your travel budget if her parents reside elsewhere — or you may choose to purchase a home near the newly expanded family. All these decisions should be made in the context of your larger retirement goals, but they may also involve practicalities that your financial advisor can help you think through. "Relocation is not just about finding a new home and moving," Peterson points out. "It also means finding everything from a new social structure to new doctors."

HOW OFTEN IS 'REGULARLY'?

Some retirees plan a checkup each November before they take required minimum distributions from their IRAs and 40ks. Others choose an annual meeting during the first quarter of the year, before tax deadlines. Many retirees use their birth date as a reminder to check in with their financial advisor. No matter when you choose to hold a regular meeting, you can always conduct an additional checkup whenever a change occurs in your life.

Regardless which approach you choose, talking with your financial advisor regularly can keep you confident about your financial reality — whatever surprises retirement has in store.

Wells Fargo Advisors is not a legal or tax advisor.

This article was written by Wells Fargo Advisors and provided courtesy of Chris J. Ogle, Senior Vice President-Investment Officer in Destin,

Fl. He lives on 30A with his wife and four children, and can usually be found in the Gulf of Mexico. He can also be reached at chris.ogle@wfadvisors.com, (850) 837-5366.

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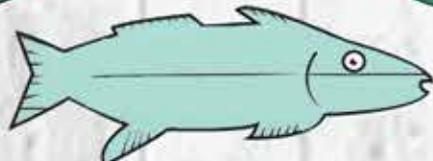
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Cottage Industry

BY LIESEL SCHMIDT

Brandon Marquis and Carson Patrick



for one of our homeowners or our guests. If you want to rent bikes, hire a babysitter, or have grocery shopping taken care of—even find a good doctor or medical facility—we have the contacts to make it happen,” he continues. “If a homeowner wants their house remodeled or repainted or have the windows washed, they can call us. We’ll get them competitive pricing and get it done for them.”

And while their level of success has meant that they could easily take the hands-off approach and allow their staff to handle all those requests, Patrick and Marquis both feel that the only way to maintain their standard of care is to stay involved. “We’re not absentee owners,” Patrick says. Fortunately, this dynamic duo shares not only an office space but also a love for the area that they so proudly call home. “We enjoy what we do, and we really are passionate about this community,” says Marquis.

“We’ve got these beautiful beaches,” Patrick adds, “but what I really love is that this is a small, locally-owned community. You can walk into any number of these incredible restaurants for lunch and the owners are there working, and they know you. I think that’s part of what makes this area a little different than a lot of other places.”

It’s certainly part of what keeps visitors coming back, year after year. As those visitors return to 30-A, they also return to 30A Cottages, trusting Patrick and Marquis for their needs. Their reputation has served them well,

Renting an entire home as a vacation space for a family or even a group of friends is quickly becoming more and more popular, and with good reason. Extended stays are more comfortable; rooms are spacious, views are picturesque, amenities and attractions are close at hand, and full kitchens are at your disposal; and often more economical. And what better way to get a taste of the good life than in a space where you have all the comforts of home and can sit back, relax, and pretend that you’re a local?

As the owners of 30A Cottages and Concierge, Carson Patrick and Brandon Marquis work with homeowners of their beloved community to offer visitors a curated collection of properties along this beachfront enclave, a treasure trove of homes that they feel best embody all that 30-A has to offer. And they want nothing more than to provide gold level service—in every possible way. “We’re all about having relationships with our clients,” says Marquis. “They’re not just numbers to us and we’re not taking houses simply for the sake of taking houses.”

Adds Patrick, “We meet with the homeowners of our rental properties to see if we have common interests and feel an ease of communication. We look at the quality of the houses, because we want to make sure that we

“We stand apart from our competitors in the level of personal services that we provide and in the fact that we’re available seven days a week.”

represent owners who take pride in their homes. We want to make sure that they’re going to invest the money—just like we’re going to invest the time—in keeping their property in tip-top shape.”

Investing time is one way this partnership has been so successful, and one way that both Patrick and Marquis feel that 30A Cottages excels. “We stand apart from our competitors in the level of personal services that we provide and in the fact that we’re available seven days a week—people can call us directly on our cell phones for whatever they need, no matter when they need it,” says Patrick. “If they want dinner reservations or golf course information or even suggestions on where to fish, they can call us.”

“We pride ourselves on being a one-call operation,” says Marquis. “We’ll get whatever you need—whether it’s

allowing them to grow without losing the element of care and dedication to quality service that has been their way since the beginning.

As they prosper, they’re increasing their focus on paying that prosperity forward, partnering with Clean the World by donating used soaps from their properties for efforts to provide third world countries with soaps that will ultimately prevent diseases and save lives. It’s simply one more way that this company has proven itself to be one that takes pride in attending to needs.

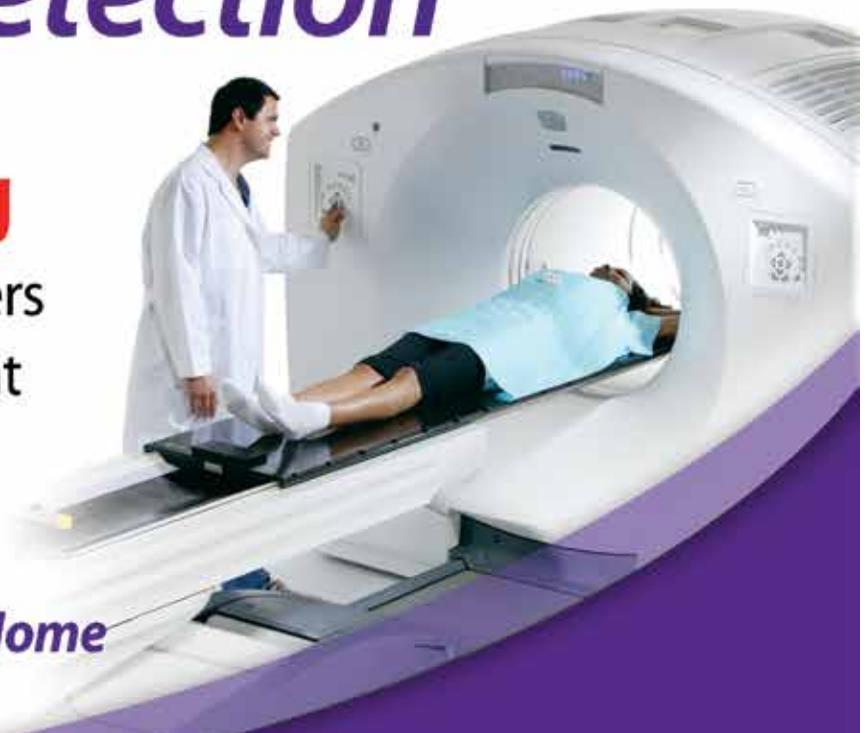
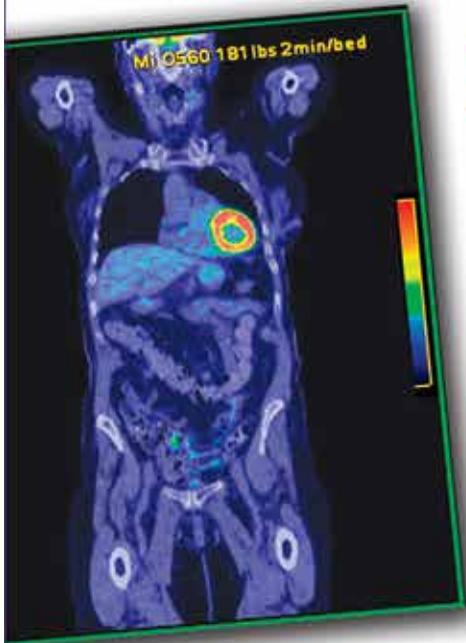
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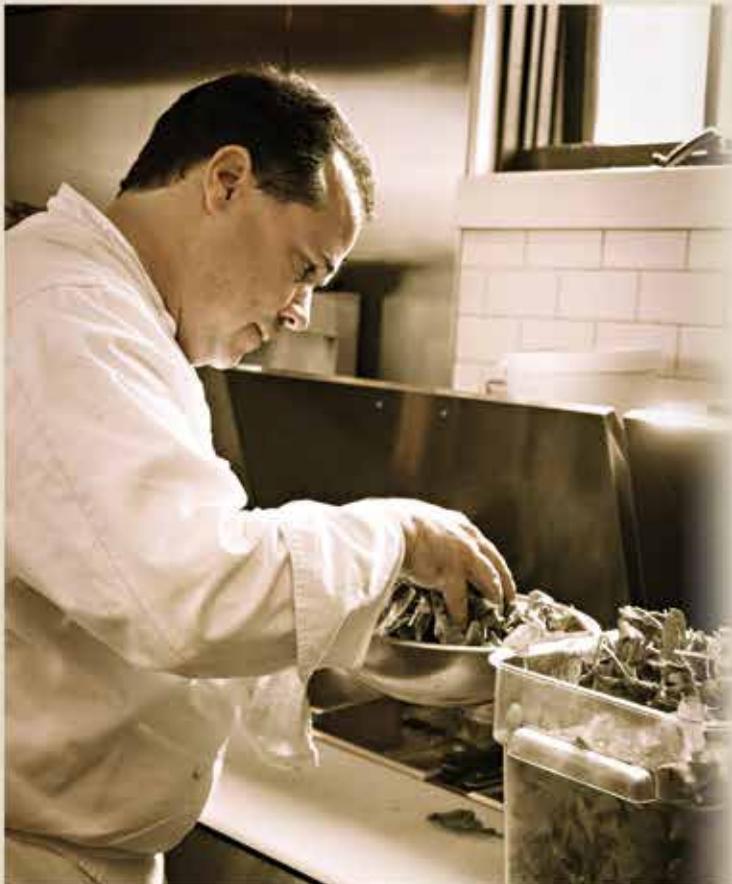
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Insights into the 30-A Real Estate Market

BY ERIN ODEN

The coastal communities of 30-A continue to be discovered by more and more who are all seeking the very same thing; simply to spend more time at the beach. Our area has grown immensely in popularity with the inception of Seaside in the early 80s laying the groundwork for what a perfect beach town should be. The planned communities that have since been developed have been very successful in capturing the concepts of idyllic coastal living. It is a pleasure watching some of them in the midst of their development, the magic unfolding before us. And a wonderful charm is that the older, established unplanned communities that have evolved on their own seem to meet the exact definition of perfected beach towns- out of a storybook; the simple luxuries of life being enjoyed here.

Our beach communities are uniquely different and very much defined. Yet, the charm of these coastal communities lends one commonality of a simple little luxury: time at the beach.

The real estate statistics certainly seem to agree. Volume of sales has peeked along 30-A, with monthly sales volumes tipping record numbers we haven't experienced since 2005. Average sales prices have also ticked up and sales are up as well.

In looking at what areas are in the highest demand, we recognize that the planned communities, the gulf-front market, and the high-end market, are specific segments along 30-A that are in the high demand amongst buyers; and selling quite well right now. Most of the planned communities have experienced record-breaking sales and inventory lows over the past year. Take a peek to the right at the recent performance of a few of 30-A's most popular planned communities and hotter market segments.

You can see that closed sales volume rose 73% in Rosemary Beach and average sales price came up 11%; a great start to 2014 for the community. These numbers reflect the current buyer demand for Rosemary Beach.

Inventory in WaterSound Beach dropped to half of last year's same time supply! Volume of sales rose a strong 142% and average sales price came up a nice 15%. It is exciting to watch the community of WaterSound Beach build out. I had the recent pleasure of selling two notable and exceptional WaterSound Beach gulf-front residences, which established this year's highest sales for the community; one being the record highest sale in WaterSound Beach history. The highest level of coastal lifestyle is certainly found in the well-planned beach community. Current demand reflects that buyers are seeking this and thus this community has established some of our area's highest sale prices.

ROSEMARY BEACH RESIDENTIAL SALES

(Excludes Land)



WATERSOUND BEACH RESIDENTIAL SALES

(Excludes Land)



WaterColor remains in demand. We see inventory dropping to a 5-month supply of home and condos at the end of 2014 quarter two. Sales volume and prices are increasing. The community offers a wide range of options for buyers: a nice broad range of pricing, and an immense amount of amenities. Families tend to find this as the perfect vacation spot year after year.

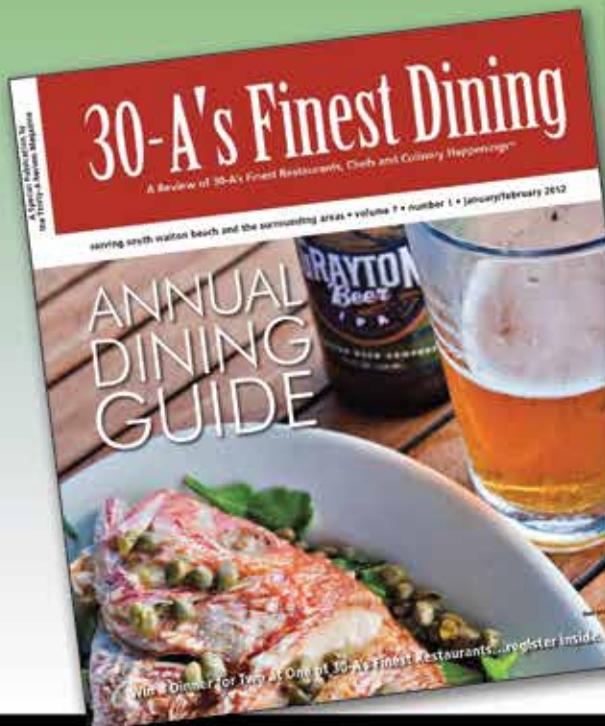
We know gulf-front has always been in demand; and it's the gulf that defines our area and its allure. Property along the gulf is becoming scarcer and scarcer.

We are certainly seeing healthy demand in the high-end segment of the 30-A market. The available inventory of luxury homes has dropped from last year. While pricing is ticking up, (good news for sellers), one strong advantage to buyers is that our area remains quite affordable in comparison to other resort and secondary home markets. The communities along 30-A are truly an architect's play ground and we have established the highest quality of coastal living to be found.

Whether finding the perfect low-key spot in Grayton Beach or an uber-exclusive beach residence in Alys Beach, buyers of beach properties all have one top objective in common. To their lives, they are looking to add time at the beach. Time spent in a coastal community on 30-A, no less. What a luxury.



Erin Oden and her team, Coastal Luxury Group, can be reached at (850) 502.1220 or erin@coastalluxury.com. Search all available emerald coast properties at CoastalLuxury.com!



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Building Castles in the Sand

BY LIESEL SCHMIDT

Taylor Williams and Ash Caswell



Sandcastle Escapes is a name evocative of a dream destination and as a real estate brokerage firm located along the sandy shores of the Emerald Coast, that's precisely what the company offers each and every client who seeks out their services. Since its founding in 2006, Sandcastle Escapes has been dedicated to maintaining a list of premier properties in South Walton and the Destin area; but more than simple real estate services has earned this boutique business its reputation for excellence. At Sandcastle, the team, led by Taylor Williams and Ash Caswell, has become known for bringing the perfect vacation to life, from start to finish. They scope the sand in search of the perfect location, giving their clients an unforgettable experience, building castles made of more than sand. These castles are made for memories.

With their strong background in real estate, Williams and Caswell are well-positioned to comb the Coast in search of properties truly reflective of everything that they feel makes this area so amazing, and they want their clients to be able to relax and enjoy every moment they spend here. "We understand the importance of being able

to offer outstanding customer service and how vital that is in building lasting relationships. We don't simply provide accommodations," Williams says. "We realize that when they come to us, our guests are trusting us to provide them with an experience that they can cherish with their families for years to come." As company President, Williams holds a particular stake in the sand, and he's willing to dig deep for his clients. "As a local firm, we're able to give personal attention to our property owners and our guests; and they really appreciate that more one-on-one level of care."

Both area locals, Williams and Caswell have a personal passion for the iconic beaches of South Walton and Destin, and they take great pride in being able to share that with their guests. "We have such a unique, rich, and laid-back way of life here on the coast. People should certainly come here to see first-hand our fabulous beaches, but each individual beach town has a distinct charm and a culture just waiting to be discovered and enjoyed," Williams says. "This area truly has some of the most unbelievable food and there are unending

We understand the importance of being able to offer outstanding customer service and how vital that is in building lasting relationships.

possibilities for outdoor activities," he continues. "We want our visitors to explore all of it and take advantage of this treasure-filled place."

With that goal in mind, the team at Sandcastle books vacation homes and even provides their guests with fully planned vacation packages. Far beyond simply handing off the keys, they keep their clients satisfied with an insider's guide to the area, directing them to the best restaurants, beaches and attractions that have made the Emerald Coast such a popular destination. "We've all fallen in love with the gorgeous emerald-colored waters and sugar white sand of the beaches," Williams says. "But we can show them more than that; we can show them what makes this area unique."

Obviously, Sandcastle is successful at showing off for their guests, which is why they can boast such an impressive list of beautiful properties both for sale and for rent, as well as an ever-growing base of repeat clientele. In partnering with some of the area's best, most exclusive services and amenities, Sandcastle can provide their vacationers some of the most memorable experiences of their lives—experiences which they feel are a large part of what keeps these sandy shores such a thriving real-estate rental and investment market. "The sky is the limit," Williams says of his vision for the future, as he and his team at Sandcastle Escapes watch the tides of progress all along the coast, building castles of memories and legacies and dreams. Come to the coast for an escape and they'll offer you more than just sand—they'll offer you an entire kingdom.

Sandcastle Escapes is located at 24604 South Highway 331, Santa Rosa Beach, FL, 32459. For more information, call (850) 267-6940 or visit www.sandcastleescapes.com

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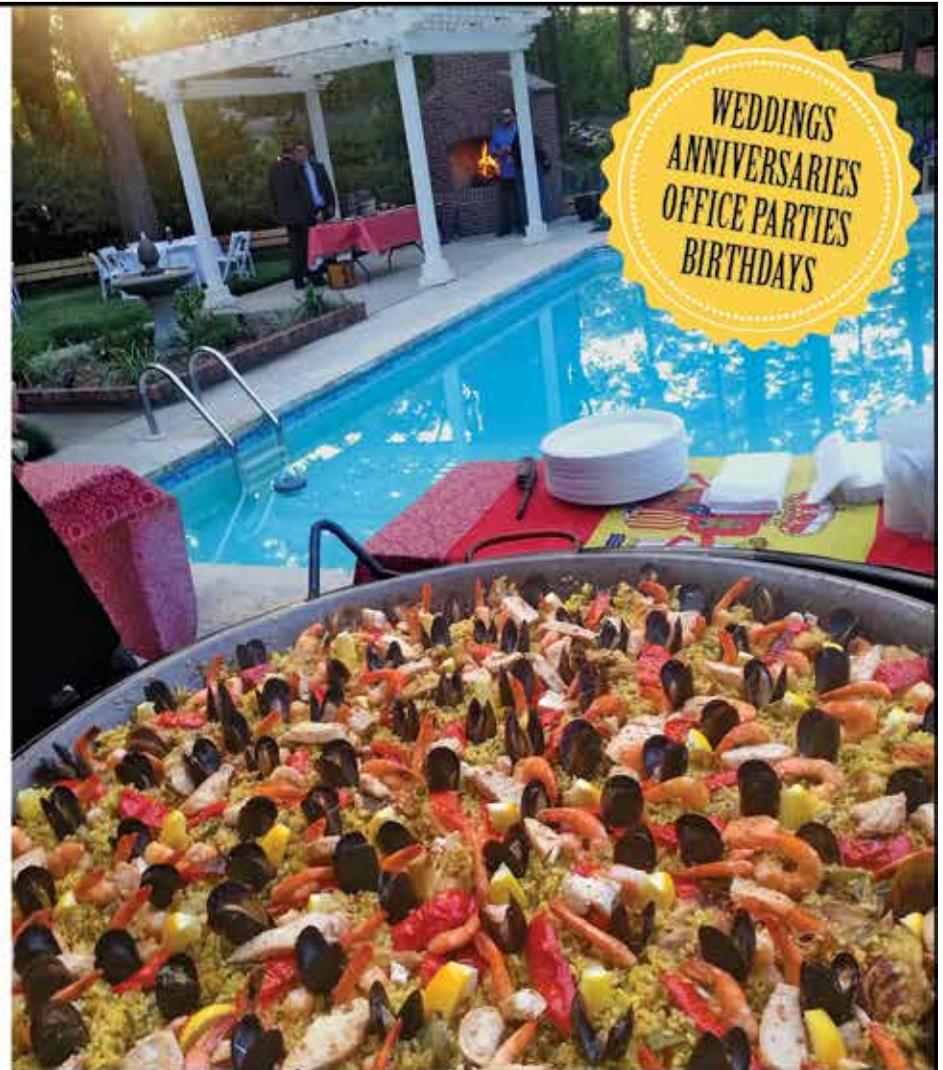


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Gigi's Fab Kids' Summer Lemonade Stand: Creating a Spirit of Giving

BY JULIE HERRON CARSON

There's no doubt Gigi's Fabulous Kids' Fashions & Toys is a happy place. The Rosemary Beach shop is a must-visit destination for children, where they can find the latest toys, fashions, accessories and games. And, while husband-and-wife owners David Higgs and Geri Golding work hard to ensure their young customers leave the shop with smiles on their faces, they are also helping the kids spread some of that joy into the community through the opportunity to participate in hands-on charitable work.

Golding, who selects the inventory and manages the shop; and Higgs, a custom cabinet maker; are long-time supporters of Alaqua Animal Refuge (www.alaquaanimalrefuge.org), a no-kill animal shelter in nearby Freeport, FL that rescues and rehabilitates animals of all types and actively seeks adoptive families for the creatures in their care. Golding and Higgs are passionate about supporting the organization's mission of protection, shelter, and care for abandoned or neglected animals.

"Gigi's Fab Kids is a busy place, so we started displaying photos of some of Alaqua's animals available for adoption on a bulletin board to help get the word out," says Golding. "Most children love animals and our customers are no exception. Obviously, not every family can adopt a pet, so the kids wanted to find another way to help the animals. Several years ago the light bulb went off and we launched our Summer Lemonade Stand."

The idea is ingeniously simple. Every Saturday from Memorial Day to Labor Day, young volunteers staff an



old-fashioned lemonade stand in front of Gigi's, with all proceeds donated to Alaqua. Higgs built a bright and colorful stand that attracts attention and draws people to it. The beauty of the enterprise is that children can participate for one volunteer shift only, or help the effort all summer long, depending on how long they're in town. This summer marked the seventh season for the Lemonade Stand, and Golding reports that to date, the kids

a check to the staff, take a tour of the grounds, and meet the animals they are helping.

Golding and Higgs hope that staffing the Lemonade Stand will spark in the children a lifelong love of charitable giving and working on behalf of others. And while it's fun to sell lemonade at the beach with your friends, the stand's purpose is to support the work of Alaqua, so Golding makes sure everyone involved understands the importance of what they are doing.

"Every volunteer is trained before they step behind the stand," says Golding. "I do a lot of the training, but I

also have a core group of volunteers who have worked at the Lemonade Stand year after year, and they help train the new kids, too. We teach them how to interact with potential customers, how to serve them, how to thank them and how to respond when someone says 'no'. We make sure they are familiar with the mission and work of Alaqua Animal Refuge, so they can speak knowledgeably about the organization to the Lemonade Stand customers. Both the training and the selling build confidence, and working together reinforces teamwork and creates friendships."

Two summers ago, the Lemonade Stand added a new feature when one of the kids made up a "thank-you" song to sing to customers after each donation.

Golding says the song has become so popular people donate just to hear the children sing.

And while the community certainly benefits from Higgs's and Golding's creative energy, enthusiasm and financial support, perhaps their greatest legacy is yet to be realized. This will be evident in the years to come by the generosity of the next generation. And for those blessed to call 30-A home or a favorite vacation spot, that spirit of giving just might have been born one summer behind a lemonade stand.

Gigi's Fabulous Kids' Fashions & Toys is located at 62 Main Street, Rosemary Beach, FL 32461. Call (850) 231-0110 or go to www.gigisfabkids.com for more information. Photos by Cocoa Laney.



The kids of the stand



Lemonade stand in action

have raised almost \$20,000 for Alaqua.

Each volunteer receives an official name badge on a lanyard to wear when they staff the Lemonade Stand. At the end of every volunteer shift, the child receives a colorful ribbon to tie onto their name badge. Golding says the kids who have volunteered numerous times are very proud of their colorful, multi-ribboned lanyards. Twice a summer,

Golding and Higgs take the most decorated volunteers to Alaqua Animal Refuge so they can personally present



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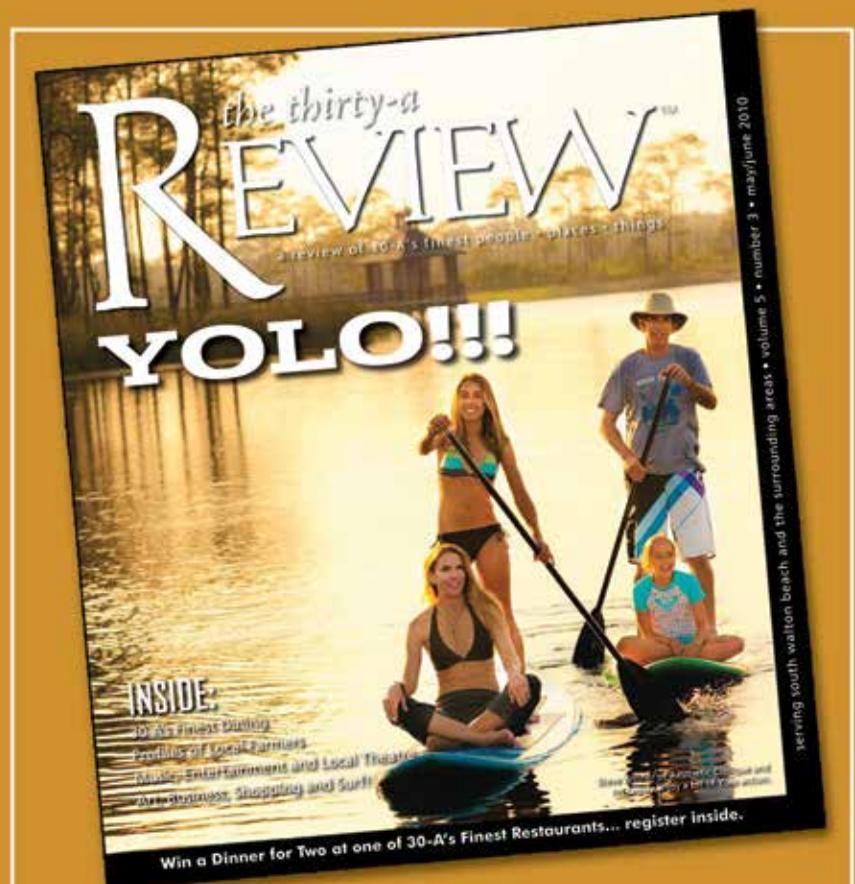
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Songwriters Festival

BY TAYLOR ARNOLD

Ask anyone who has attended the 30A Songwriters Festival, and they'll tell you it's the Sundance of songwriter festivals. This event is known throughout the music community as a destination where songwriters and performers come together for a weekend of soulful melodies, powerful vocals and compelling lyrics. With 150 artists performing in 25 venues along the beaches of South Walton, this three-day affair combines music, storytelling, delicious food, and Southern hospitality.

"Everyone who performs here writes their own music," says Russell Carter, president of Russell Carter Artist Management and producer of the 30A Songwriters Festival. "We're not restricted to a specific genre, so we've got country, blues, folk, and alternative rock. Each year we like to mix it up musically. It's 25 smaller venues as opposed to one big venue where huge crowds gather. Our performers really like playing to smaller crowds and live audiences."

Presented by the Cultural Arts Alliance of South Walton County (CAA), this sixth annual celebration will take place from January 16 – 18, 2015. The weekend includes over 200 shows that will be held in amphitheaters, town halls, restaurants, theaters, bars and covered patios across 30-A, as each venue transforms into musical nightclubs ranging in capacity from 75 to 400 people. So at nearly any given time, music fans and beachgoers alike can catch their favorite acts in one of the many beach communities along Highway 30A, including WaterColor, WaterSound, Alys Beach, Seagrove, Gulf Place, Rosemary Beach, Grayton Beach, Blue Mountain Beach, and Seaside.

Past performers have included the Indigo Girls, Shawn Mullins, and Chely Wright; and this year's lineup is shaping up to be nothing short of amazing. "I basically book artists whose music I love," Carter says. "I've got broad taste, so it's a deep well to draw from. In some cases they are headliners who can draw thousands of people. It's also important to us to include performers of the



Jason Isbell

middle ranks, who can fill venues of 200 to 300 people."

After a distinguished career in the music business and over 25 years as a manager, Carter is well connected with performers, agents and managers, so it was only fitting that the CAA tapped him to help put together the first 30A Songwriters Festival in 2010. "It started on a very grassroots level," he says. "A committee was formed to discuss how it might come together, and I ended up booking the music the first year. The first year was really big, so I got my whole office involved in producing events for CAA."

As he plans this year's festival, Carter is careful to consider his demographic. "It's not a typical rock festival of teenagers and college kids," he says. "It's skewed upward, so it's an older and more sophisticated audience. I can book heritage artists that people will appreciate."

In addition to the great music, the weekend will also include VIP dinners, complete with wine pairings; as well as special performances by festival musicians. One hundred percent of the net proceeds from the 30A Songwriters Festival will benefit the CAA and help it to



Indigo Girls



Leon Russell

fulfill its mission to support the arts throughout Walton County, and members of the CAA receive an additional 10 percent off weekend passes.

Carter expects about 4,000 people to attend this year's celebration, so the 30A Songwriters Festival production team will spare no time or expense in bringing in state-of-the-art stage, sound, and lighting equipment to each of the venues that partner with the festival. "When you look at our Songwriters Festival,

the diversity of the music is what makes it stand out," he says. "Also, the caliber of the artists. We book a certain number of emerging artists religiously every year to give them some good exposure. We also book internationally acclaimed, touring artists."

While he can't divulge many other details just yet, Carter is anticipating another banner year for this event. "There will be some new venues, and there's going to be a good rock show and a really great singer songwriter headliner another day," he says. "A little bigger and a little better is what we try to do every year."

For more information visit www.30asongwritersfestival.com. Photos courtesy of Russell Carter Artist Management, Ltd.

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Family Matters

BY FRANK WATSON AND KIMBERLY WATSON SEWELL

Are you someone's child, sibling, nephew, niece, cousin, uncle, aunt, spouse, parent, grandparent or even great-grandparent? [Note: Chances are quite good that you are.] If so, then you are part of a family and, likely, your family matters a great deal to you.

In this article, we review some fundamental estate planning matters every family member needs to address through proper estate planning. In fact, the failure to address these legal matters can inconvenience, if not harm, your loved ones. Accordingly, feel free to share this article with your near and dear ones. You and they will be glad you did.

PERSONAL RESPONSIBILITY

Car crashes, Alzheimer's, and strokes. Injuries and illnesses can strike anyone, leaving them legally incapacitated. And, once you are legally incapacitated, you can no longer manage your own personal, health care or financial affairs. Nevertheless, important decisions affecting you must be made, despite your lack of legal capacity, often on a day-to-day basis. For example, your incapacity would not excuse you from paying your bills or your taxes.

Do you have any members of your family *whom you would want* to manage your personal, health care and financial affairs should you become incapacitated? Do you have any members of your family *whom you would not want* to manage your affairs under any circumstances? Either way, if you are an adult (i.e., at least age 18 in most states) and have not made proper estate plans to appoint the incapacity decision-makers of your own selection, then a court will be required to appoint someone for you. Unfortunately, the Court may appoint someone whom you would never have chosen to be your decision maker. That, in turn, could lead to exposure of your personal, health care and financial circumstances as well as generate significant court costs and legal fees along the way. In short, an ounce of prevention truly is worth a pound of cure.

PARENTAL RESPONSIBILITY

Are you the parent of minor children? If so, then they are your most valuable treasures. What arrangements have you made for their care should something happen to you and their other parent? As with your personal, health care and financial decisions, would you rather select the back-ups yourself, or let a Court make the selection without your input.

Bottom line: Only through proper estate planning can you appoint the guardians (i.e., back-up parents) for your minor children.



BOOMER RESPONSIBILITY

If you were born between 1946 and 1965, then you are a Baby Boomer. Have you asked your parents or grandparents whether they have made proper estate plans for themselves should they become incapacitated? Whom have they appointed to make their personal, health care and financial decisions? Where are these legal instruments and other important personal and financial records kept?

If long-term care becomes necessary, have they insured this risk with some form of long-term care insurance and, if so, with which insurance carrier?

INHERITANCE RESPONSIBILITY

Wealth built through a lifetime of toil and thrift can disappear in one roll of the dice, a divorce property settlement, a lawsuit judgment or a bankruptcy decree... unless legal plans are made to protect and preserve it in advance.

No one appreciates the value of a dollar more than the person who earned and paid taxes on it. An inherited dollar just spends differently once it has been inherited. Even if that same inherited dollar is not squandered, it may attract and invite problems.

Qualified legal counsel can help you make the proper plans to protect any inheritance you may leave both *from and for* your heirs.

That said, a perfect inheritance plan has been defined as *spending your children's inheritance and having your last check bounce to the funeral home*. Nonetheless, it can be difficult to work that timing out perfectly, so making proper legal plans may still be the "perfect" choice.

ASK YOURSELF... THESE QUESTIONS REGARDING "FAMILY MATTERS."

1. Have I made proper estate plans to appoint the persons I know and trust to make my personal, health care and financial decisions should I ever become incapacitated?
2. Have I made proper estate plans to appoint the persons I know and trust to carry out my wishes upon my death?
3. Have I made proper estate plans to appoint the persons I know and trust to rear my minor children to adulthood with my shared core beliefs and values?
4. Have I made proper estate plans to appoint the persons and/or institutions I know and trust to oversee any inheritance I may leave to my heirs, without subjecting such inheritance to the squandering, divorces, lawsuits or bankruptcies of my heirs?
5. Have I discussed all of the matters contained in questions one through four above with my family members, so that they will be prepared and will not be surprised by my estate plans?

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



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Golf's Other Game: Putting

BY TOM FITZPATRICK

Half of playing golf is putting. On a par 4, two full swings and two putts makes a par. Putting well translates into good golf scores.

Putting in itself is a simple motion. The shoulders swing the putter while your hips and knees stay still. That's so simple compared to hitting a driver.

It's been said that the best putters play by feel. Pros like Ben Crenshaw and Brad Faxon focus on 'feel putting' by relying on instincts, and not over thinking. That being said, some basics are needed to help develop great feel. Get these tips down and you'll see a remarkable difference.

SETUP



Shoulders move while the knees stay solid



Test your path by not hitting the tees

Feet are shoulder width and your eyes are over the ball. Grip the club with your palms opposing one another, and thumbs on top.

The grip is slightly ahead of the ball at address.

DIRECTION



Get the face square to the target

Aiming the putter is often overlooked. Getting the ball started on the correct line is critical. We get into little habits where the putter face is aimed right or left of the correct path. Place the putter along a straight edge. Does it look or feel different than what you normally do?

To aim easier, pros often draw a 1" straight line with a magic marker right on the ball. It's legal in tournament play. Aim the line at an intermediate target a few inches away, and then putt to it. A discolored spot in the grass will do. Rolling the ball over that spot helps take your mind off of making the putt.

DISTANCE



Swing the putter equal distance back and through

For longer putts, don't think of hitting the ball harder. Instead, take the putter back further: The longer the putt, the longer the backswing. Now here's where it gets interesting. The putter should go the same distance back as it goes through. So match a 3" backswing with a 3" thru swing. Use a yard stick as a guide. By doing this, you get constant acceleration into the back of the ball. This provides a fantastic roll of the ball, not a wobble.

Lots of science has gone into putting, but here's a simple breakdown by David Leadbetter. He advocates using a tempo of 1-2 for all putts, no matter the distance to the hole. Count 1 on the backswing and then count 2 on the through swing to achieve consistent distance.

PUTTING TIPS FROM THE TOUR

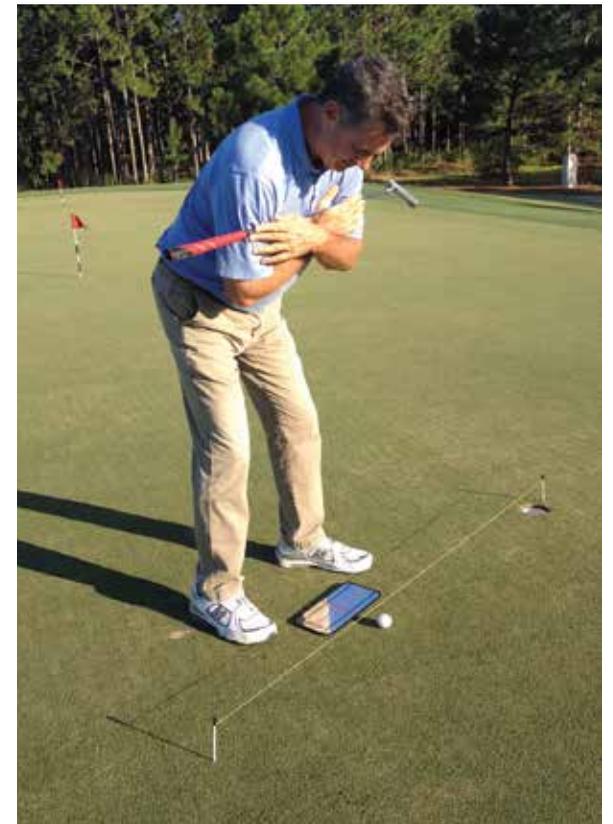
Rory McIlroy revealed his putting thoughts after his impressive British Open victory:

"I was just picking a spot on the green and trying to roll it over my spot," he said. "I wasn't thinking about holing it. I wasn't thinking about what it would mean. If that went in, then great."

Rory was using a putting mirror before the Open to check if his shoulders were square to the path. He likes to keep the putter low after the ball is hit, so the ball doesn't bounce after impact.

Greg Norman simplified putting down to keeping the right elbow tucked in while holding a solid 'right wrist angle' to the end of the stroke.

And lastly, here's a tip to help you win the Club Championship: Downhill putts break more, uphill less.



Use a mirror to check shoulder alignment. The putting string helps see the path

Tom Fitzpatrick has conducted corporate golf workshops with Tim Gallwey and worked for David Leadbetter. Tom is real estate broker of 30-A Beach Properties, a luxury sales and rental property firm. Call if you'd like to discuss real estate at (850) 225-4674 or tom.fitz@att.net



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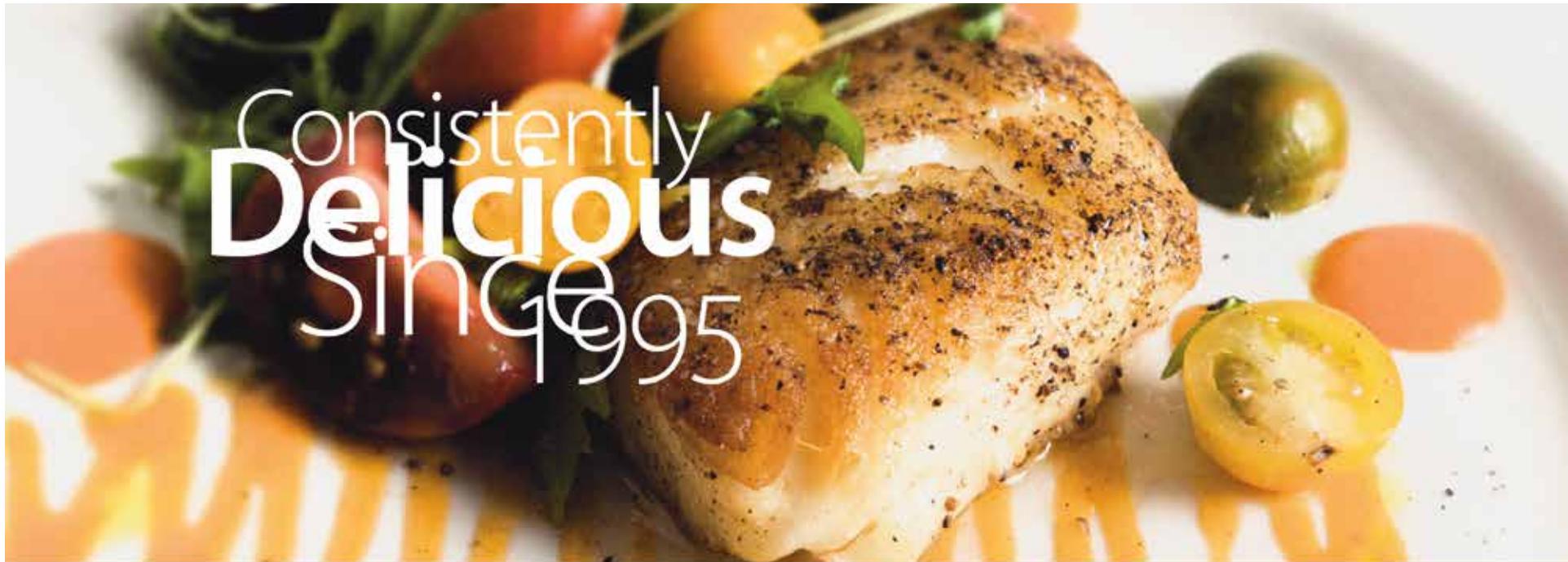
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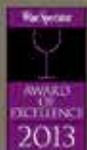


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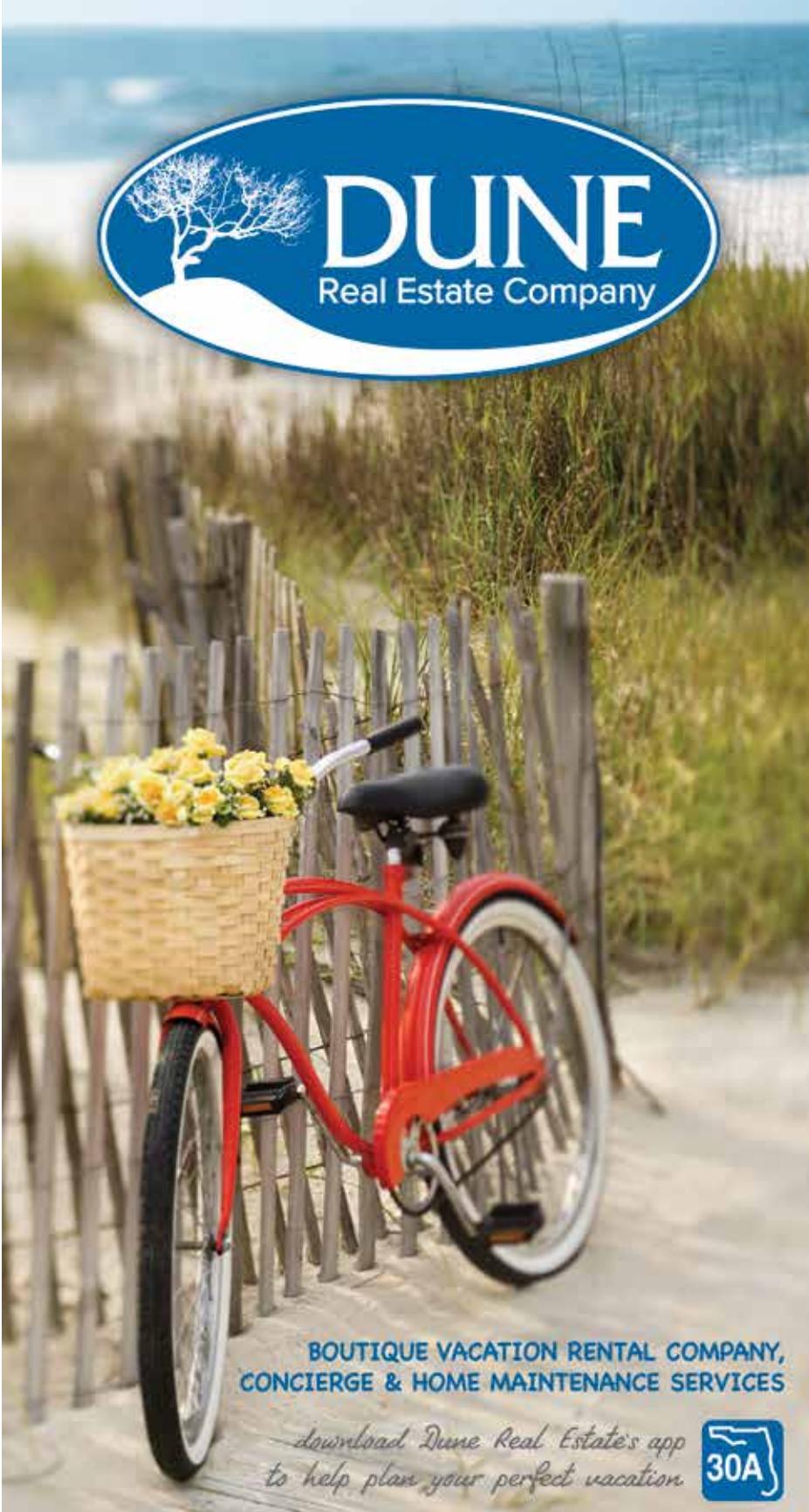


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LAKEFRONT DEVELOPMENT PROPERTY ON 30A
 • 36 acres • 1800' on Draper Lake • 1900' on 30A Zoned Small Neighborhood and Village Mixed-Use
 • Survey, traffic study/concurrency/environmental study and other information is available upon request.
 • MLS: 600052
 Nick Vlahos 850.424.5176
 TEXT: T178980 to 81035 for more information



100 E BLUE CRAB LOOP, SEACREST
 • 3 year old Seacrest Cottage
 • High grossing rental!
 • 3 bedroom/3 bath 1,610 sf
 • \$599,000 MLS: 709822
 Linda Lee 850.319.8050



118 SPIRES, E-05, SRB
 • Great Gulfplace townhome
 • 800 sf commercial/retail space
 • 2,400 sf living space
 • \$450,000 MLS: 710007
 Karissa Bell 850.830.4830



489 N ANDALUSIA, SEAGROVE
 • Lovely home near deeded beach access
 • Across from the community pool
 • 4 bedroom/4 bath 2,200 sf
 • \$725,000 MLS: 705856
 Dana Ford 850.774.3443



SECLUSION DUNES, SRB
 • Large, beautiful Gulf front lot
 • In quaint gated community.
 • Overlooks 2,000 acre preserve
 • \$1,695,000 MLS: 702999
 Rita Montgomery 850.819.5749



ONE SEAGROVE PLACE
 • Gulf front condo!
 • On-site rental manager
 • 2 bedroom/2 bath 870 sf
 • \$450,000 MLS: 707529
 Shelley Smith 850.502.0117

30A, Destin, Panama City Beach, Fort Walton Beach, Crestview, Pensacola

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12 Blazing Star Drive
 WaterColor
 5 Bd, 4.5 BA | 2,517 Sq Ft | MLS #705137
 On the Park | Built to Entertain | Two Master Suites



99 Compass Point Way #305
 WaterSound Beach
 2 Bd, 2 Ba | 1,434 Sq Ft | MLS # 711128
 Panoramic Gulf Views | Newly Renovated | Covered Parking



47 Hammock Lane
 Hammocks at Seagrove Beach
 3 Bd, 3Ba | 2,170 Sq Ft | MLS #710469
 Privacy at the Beach | Lush Landscape | Outstanding Finishes

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Beach Properties OF FLORIDA
 Community Sales & Service



80 Sand Dollar Court
 Village of Sugar Beach at Seagrove Beach
 5 Bd, 4 Ba | 2266 Sq Ft | MLS # 702111
 Private Pool | Steps to the Beach | Great Income Property

NEW LISTINGS! 2 Homes Currently Under Construction in Village of Sugar Beach Starting at \$675,000



SATURDAY, FEBRUARY 28, 2015

Join 723 Whiskey Bravo and owners Skip and Victoria Moore as we help support Angel Flight's mission to arrange free air transportation for medical patients who need to travel for life saving treatments, but lack the means. Help make a difference!



For more information or to become an event sponsor, email info@monarkevents.com

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New Showroom Space Open!

We make it happen! We make it fun!



61 Round Road
\$1,750,000 | 4Br/3.5Ba
Just Steps to the Beach

UNDER CONTRACT



92 Bridgetown Avenue
\$1,799,000 | 5Br/5.5Ba
Immaculate Home / Incredible Outdoor Living

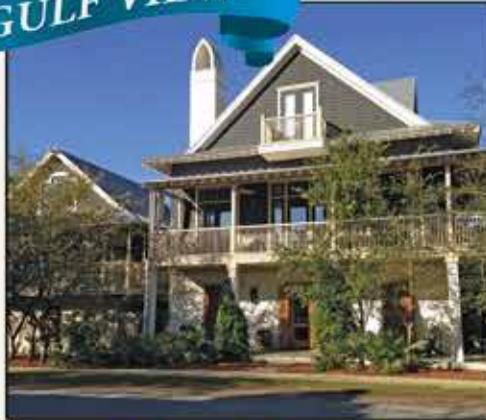


16 Abaco Lane
\$1,899,000 | 4Br/4Ba
Newly Decorated / South of 30-A



24 Turks Lane
\$1,599,000 | 5Br/5Ba
Main, Carriage and Spacious Courtyard

GULF VIEW

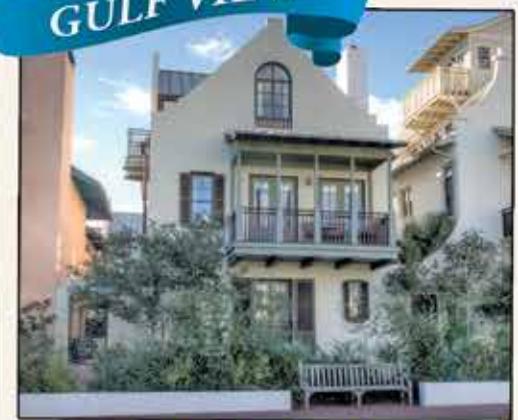


50 Rosemary Avenue
\$3,495,000 | 7Br/4.5Ba
Steps to the Beach, Main House & Carriage Plus Pool



46 Spanish Town Lane
\$2,295,000 | 4Br/4.5Ba
Exquisite Design and Decor / South of 30A

GULF VIEW



127 New Providence Lane
\$3,675,000 | 6Br/6Ba
Located on Prestigious Western Green



Lot 9 Pinecrest at Inlet Beach
\$1,395,000 | 5Br/5.5Ba
New Home Construction / Gulf View



23 W. Water Street
\$1,495,000 | 3Br + Bunk Room/3Ba
New Coastal Design



23 Johnstown Lane
\$1,395,000 | 4Br/4.5Ba
Multiple Porches with Sunset Views

BUILD HERE!



30 W. Kingston Road Lot 53-3
\$559,000
Includes House Plans!



35 The Greenway Loop
\$739,000 | 4Br/4.5Ba
Custom Built next to Nature Preserve



48 E. Cobia Run
\$749,000 | 4Br/4Ba
Open Floor Plan, Master on Main



Flats 27F St. Augustine Street
\$529,000 | 2Br/2Ba
Adjacent to Owner's Complex and Pool

JUST SOLD!!!

10 Sunset Beach
80 Round Road
Flats 45F
St. Augustine Street



Rosemary Beach Realty
78C North Barrett Square
Rosemary Beach, Florida 32461
850.278.2000

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