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a review of people • places • things

## SPRING BREAK ISSUE

### INSIDE:

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30-A's Special Communities  
Hot Real Estate  
Health & Wellness  
Art, Business, Culture & More...



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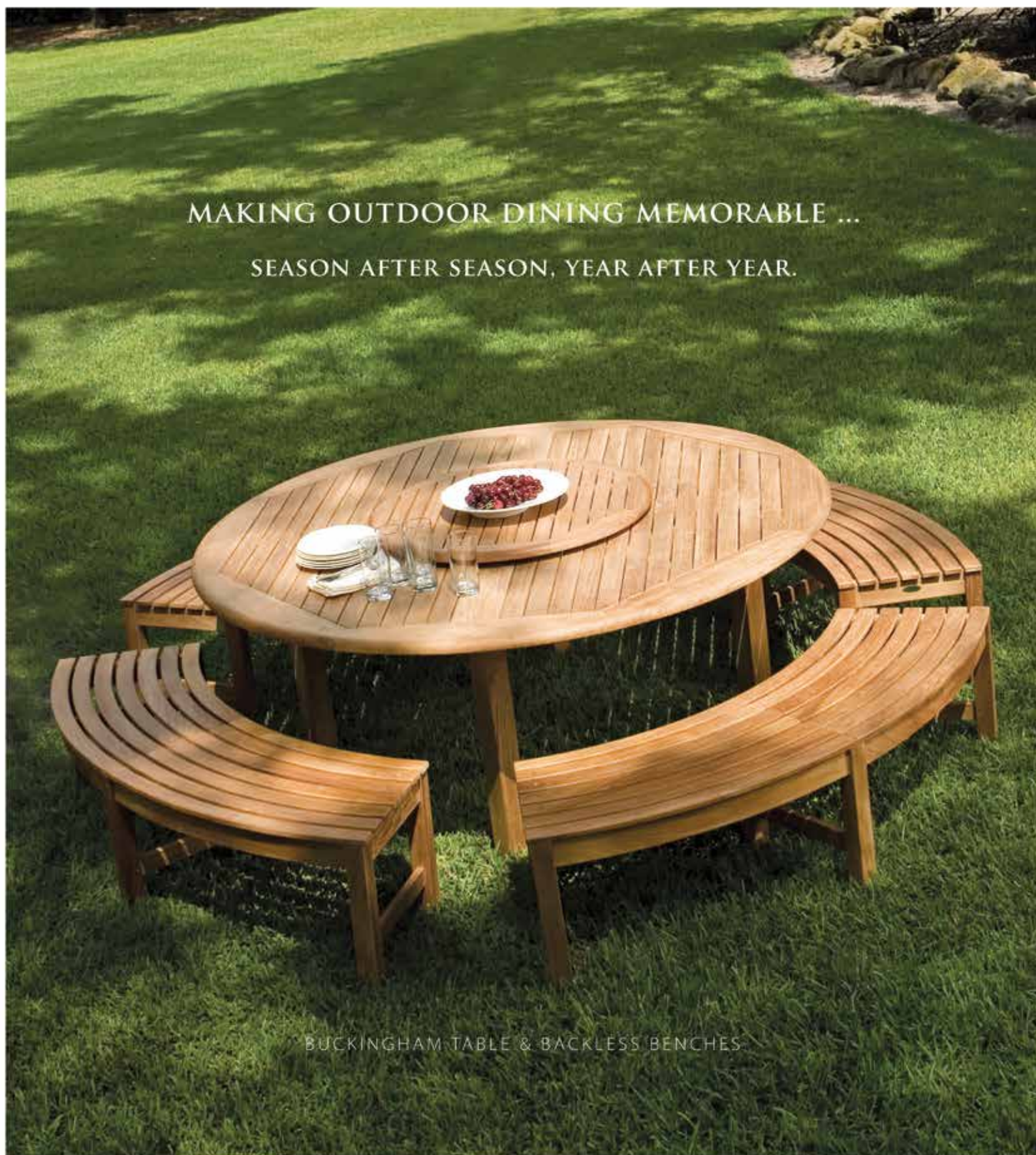




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## A TESTIMONIAL

Dear Alan:

When we began our search for a builder of our oceanfront home, we interviewed several builders. Some made promises up front that we knew they could not uphold, including unrealistic budget estimates. Others had not ever tackled the complexities of building an oceanfront home. We did our research and spoke to people in the community familiar with your work. They spoke very highly of your years of experience, integrity, and attention to detail. They were very pleased with their home years later. We were so impressed that we actually waited for you to finish your current projects so that you could be the builder of our home.

Once the construction process began, we realized that the wait was worth it. Your team was organized, available, and their attention to detail was impeccable. Because of their experience, they often anticipated the inevitable issues that arise long before they became a problem. Our reputable architects also were impressed with your operation. They weren't used to being called by the builder so far in advance regarding the next stage of construction.

Our building experience was exceptional. The reputation that drew us to you in the first place has been affirmed. We would be happy to share our building experience with any future customers.

Sincerely,  
Kathleen Nixon, MD and Gregory Berkey, MD



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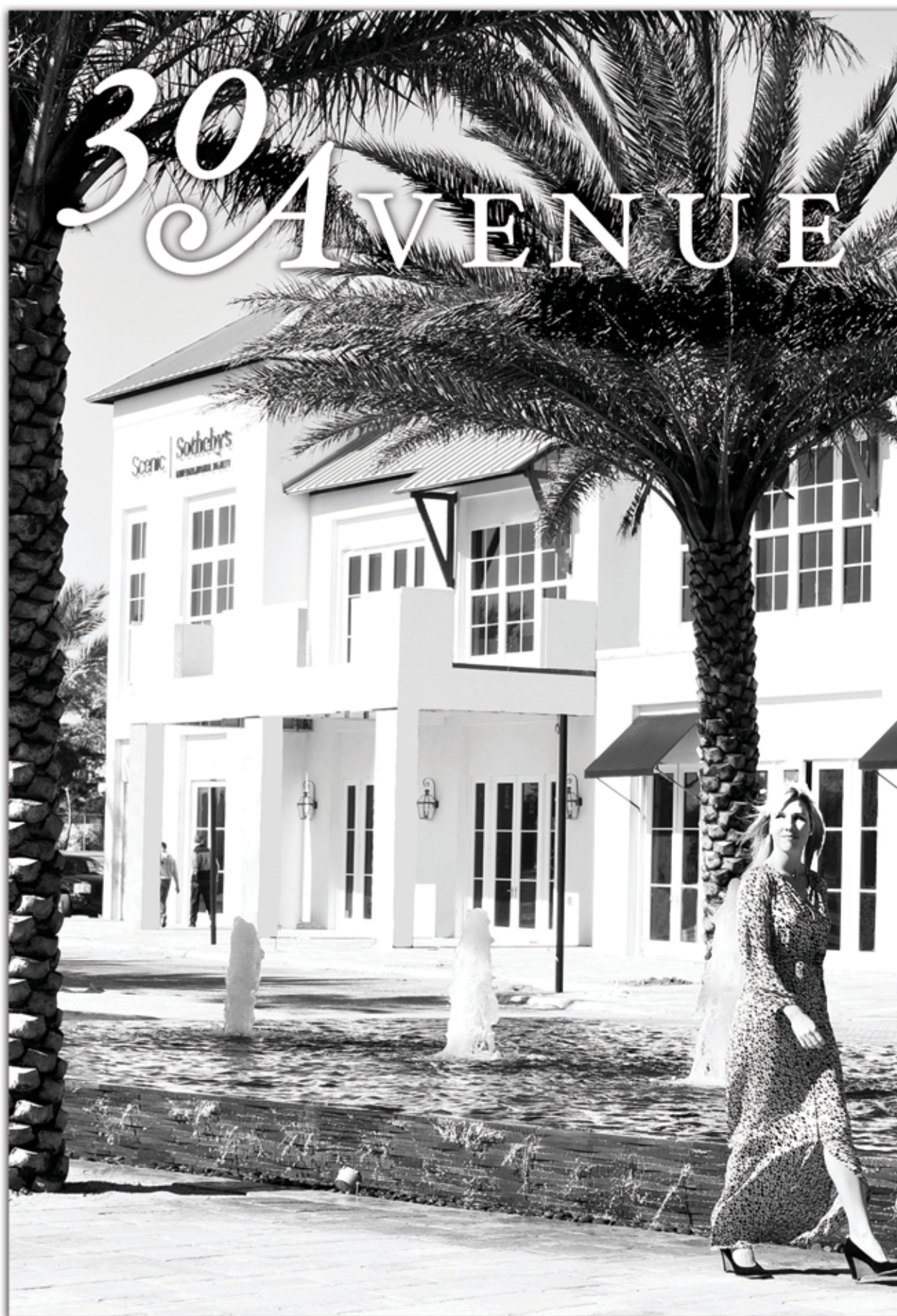
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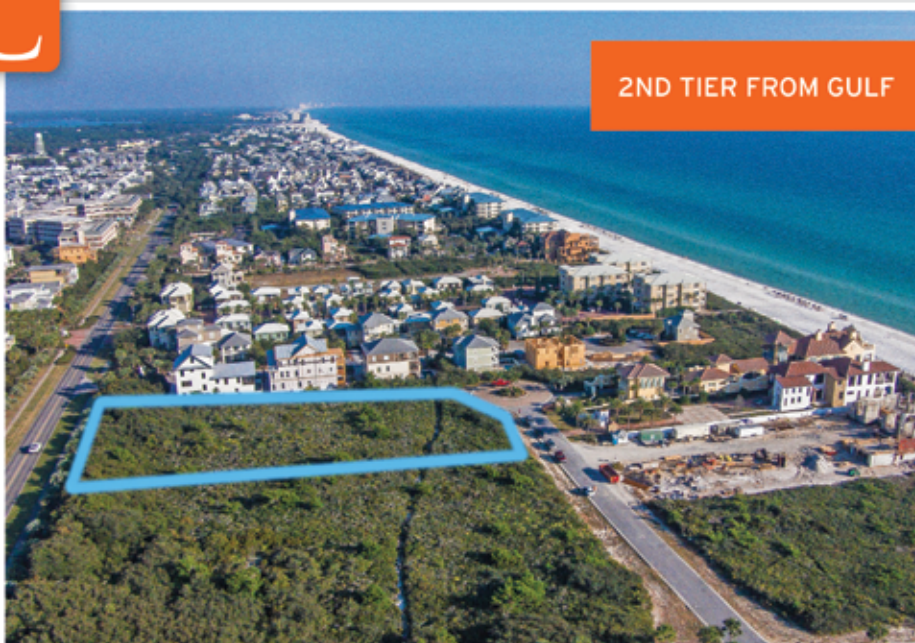


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A roasted duck leg, glistening with a dark, sticky glaze and sprinkled with white sesame seeds, is the centerpiece of the dish. It rests on a bed of vibrant green leafy vegetables, possibly spinach or arugula. The entire dish is topped with a generous layer of a crunchy mixture containing chopped nuts, seeds, and small cubes of white cheese. A fresh green herb leaf, likely cilantro, is placed on top of the duck leg. The background shows a white plate with some faint text and a green decorative border.



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# letter from the publisher

## SPRING BREAK RULES!



Spring break is here again.

Last year, our community had some particularly acute issues with trash and other local ordinances either being ignored or abused. While these types of situations are always annoying for those that are trying hard to be conscientious and thoughtful to their neighbors and the environment, it also provided a great opportunity for the 30-A community to come together and create more awareness and solutions to this problem.

In turn, not only did we work on solving the problem, but we also worked on educating and bringing more awareness to the situation so visitors who are enjoying our beautiful beach community can also take more responsibility for their trash, sounds and other by-products of enjoying a lovely beach vacation with family and friends. For this opportunity, I believe we should ultimately be thankful and hopefully proud of our efforts. I am excited to see how these improvements take shape for this current spring break season.

For those of you who are reading this, whether you are a 30-A local or a visitor, please take note and do your best to leave the beaches and other public areas of 30-A even nicer than you found them. It is a great opportunity to exercise responsible stewardship. After all, we are all just borrowing this planet and passing it on to our children and their children's children. We can all do better in our own ways and take pride and passion in going the extra mile to keep our community clean and safe for ourselves and for others.

On that note, we hope you enjoy this beautiful issue of the Thirty-A Review. It is with great pleasure that we bring you the stories of the people, places, and things that make our special community great. Whether you come for the dining, shopping, nature, activities or all of the above, you are sure to find it within the pages of this magazine.

Best wishes for a lovely spring break.

Miles K. Neiman

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

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Miles K. Neiman

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## about the cover

**Photographer:** Jacqueline Ward

**Model:** Jessica Fay, fashion style blogger of Lipstick, Heels & a Baby  
[www.lipstickheelsandababy.blogspot.com](http://www.lipstickheelsandababy.blogspot.com)

**Hair & Makeup:** Jessica Fay

**Swimsuit designer:** WET Swimwear

**Location:** Van Ness Butler, Jr. Beach Access

Go to [www.ThirtyAReview.com](http://www.ThirtyAReview.com)  
to view the entire publication online.







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# Showbiz and Events in March and April

## ALYS BEACH

### 30A Wine Festival

March 6-8

Visit [30awinefestival.com](http://30awinefestival.com) for more information.

### Bourbon, Beer, & Butts

Friday, March 6, 6-9 pm

Kelly Green

Bourbon, beer, and barbecue tastings. Live music by Eric Lindell. Visit [30awinefestival.com](http://30awinefestival.com) for more information.

### Adventures in Alys

Mondays and Wednesdays, March 16, 18, 23, 25, 30 & April 1, 6, 8, 13, 15, 10-10:30 am

Fonville Press

Join the Seaside Repertory Theatre for a completely original storytelling experience for children of all ages.

### Nature Trail Tour

Monday, March 16, 23, 30 & April 6 and 13, 1-2pm

Fonville Press

Wear comfortable shoes for a tour of the Nature Trail and property with horticulturalist Snookie Parrish or Town Landscape Designer Kendall Horne.

### Soccer on Kelly Green

Monday, March 16, 23, 30 & April 6, 13, 3 pm

Kelly Green

Join us for a soccer scrimmage.

### Nonie's Ark Animal Adventure

Tuesday, March 17, 24, 31 & April 7, 14, 10-11 am

Fonville Press Courtyard

Nonie brings her traveling zoo and presents a hands-on show with seven different animals.

### Fonville Wine Tasting

Tuesday, March 3, 10, 17, 24, 31 & April 7, 14, 21, 28, 5-7 pm

Fonville Press

A select few wines will be showcased, light bites will be offered, and there will be live music. \$10 per person.

### Spring Reels

Tuesday, March 17, 24, 31 & April 7 and 14, 7:30 pm

Alys Beach Amphitheatre

Bring blankets and low back chairs to enjoy a movie under the stars in the Alys Beach Amphitheatre.

3/17 – Frozen

3/24 – Despicable Me

3/31 – Yogi Bear

4/7 – The Little Mermaid

4/14 – Planes: Fire & Rescue

Piper's Kitchen will offer food and beverage.

### Spring Concert Series

Wednesday March 18 and 25, & April 1, 8, 15 from 6-8 pm

Alys Beach Amphitheatre

Join us for live music in the Amphitheatre.

3/18 – Farewell Angelina

3/25 – Geoff McBride.

4/1- Fearless Heights

4/8- The Running of the Bulls

4/15- Boukou Groove Piper's will offer food and beverage.

### The Seaside Rep's Intro to Improv Workshops

Thursday, March 19, 26 &

April 2, 9, 16, 10 am

Fonville Press

Take an intro to improve comedy workshop with actors from The Rep. All ages and experience levels are welcome, and parents can join too.

### Kickball on Kelly Green

Wednesday, March 18, 25 &

April 1, 8, 15, 3 pm

Kelly Green

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

### Ping Pong Round Robin

Thursday, March 9, 26 &

April 2, 9, 16 at 3 pm

Kelly Green

All welcome.

### Parents' Night Out

Friday, March 20, 27 &

April 3, 10, 17, 7-10 pm

Community Center

Enjoy dinner out with the grown-ups while the kids enjoy a night of art, games, and a movie at the Community Center. Snacks provided. Cost is \$30 per child and open to children ages 4 and up. Register by phone at 850-424-5058.

### Good Friday Kite Making

Friday, April 3 from 9-11 am

Fonville Park

Build and decorate a kite at Fonville Park. Then, fly your kite on the beach!

### Good Friday Concert

Friday, April 3, 6-8 pm

Fonville Park

Live music from Buddy Greene

and Dave Dillard.

### Mad Hatter's Tea Party

Saturday, April 4, 10 am-Noon

Fonville Press

Alys, the White Rabbit, and the Mad Hatter cordially invite you to a Tea Party at Fonville Press. The event is free and open to the public but hats are limited to the first 150 young guests. A suggested \$5 donation will be accepted to benefit the Seaside Repertory Theatre.

### Sunrise Easter Service on the Beach

Sunday, April 5, 7 am

Alys Beach

Reverend Scotty Smith will lead the Sunrise Service.

### Easter Brunch

Sunday, April 5, 10am-2pm

Caliza Pool

Bring your family to celebrate Easter at Caliza Restaurant. Call 850-213-5700 for reservations.

## ROSEMARY BEACH

### Easter Celebration

April 5 8:30 am to 10:30 am

Beach on Eastern Green

Join us for a non-denominational. Blankets and lawn chairs are welcome. After church, stroll over to Western Green for the arrival of the Easter Bunny, complimentary mimosas for adults and the annual Easter Egg Hunt, with lots of special prizes.

### Beach, Love & Tie-Dye

Monday, March 9, 16, 23, 30 &

April 6, Western Green

Bringing an abundant rainbow of colors to the Western Green...our artful Tie Dye experts will help your children produce a colorful keepsake Tie Dye t-shirt! Be sure to come early as this class is limited to the first 50 children per week. Tots to teens welcome!

### Fantasy Face Painting Fun!

Tuesdays, March 10, 17, 24, 31 &

April 7, 4 pm to 6 pm

North Barrett Square

Come on out and let our talented face painters transform you into lions and tigers, super heroes, fairies, butterflies, monsters, pirates or just about anything else you can dream up.

### Children's Theatre: Sleeping Beauty

Wednesday, March 11, 18, 25 &

April 1, 8, 5 pm

North Barrett Square

The Seaside REP proudly performs...Sleeping Beauty by Stacey Lane. In this twist on the beloved fairy tale, a traditional storyteller reading from his all too well-known book of Sleeping Beauty is quickly usurped by the story's feisty villain, the evil Griselda. (Blankets and Lawn Chairs Welcome)

### Moonlight Movies & Face Painting

Thursday, March 12, 19, 26 & April 2, 9

Face Painting starts at 5 pm, Movie at 6:30 pm

Western Green

Bring the family for a wholesome and fun movie night under the stars! Blankets and Lawn Chairs are Welcome! (All movies will be rated G or PG) Come early and get your face painted by one of our talented artists!

### Izzie the Magical Fairy and Glitter her Dragon

Fridays, March 13, 20, 27 & April 3, 10, 4:30 pm to 6:30 pm

Town Center

An enchanting fairy names Izzie and her pet dragon glitter will be flying about the streets of Rosemary Beach spreading music, stories, laughter and art!

### Sky High Balloons

Saturdays, March 7, 14, 21, 28 &

April 4, 4 pm to 6 pm

Back in Rosemary Beach for another exciting Spring Break Season... "Miss Rosemary" will be strolling around town on her stilts, posing for pics and making Springtime Balloon Art.

### 30A Farmers Market

Sundays, March 8, 15, 22, 29 &

April 5, 9 am to 1 pm

North Barrett Square

This weekly community event features fresh vegetables, fruits, eggs, honey, cheese, preserves, sauces, bread and prepared foods to go and so much more.

### Dancing in the Streets-Live Musical Performance

Sundays, March 8, 15, 22, 29 &

April 5, 9, 5 pm to 7 pm

Town Center

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### Easter Brunch

Sunday, April 5, 9am – 2pm

WaterColor Inn & Resort LakeHouse

Celebrate at the with Easter Bunny photos 9 – 11am. The cost is \$70+ per adult and \$30+ per child. Call (850) 534-5050 for reservations.

### Easter Brunch

Sunday, April 5, 11am and 1:30pm

The Pearl Hotel in the Pearl Ballroom

Includes full buffet (traditional holiday fare) with wine available for purchase. The cost is \$55++ per adult and \$30++ per child (12 and under). Reservations required so please call (850) 588-2881.

### Easter Dinner

Sunday, April 5, 5:30 – 10pm.

Fish Out of Water

Call (850) 534-5050 for reservations.

### Easter Lunch and Dinner

Sunday, April 5, 11am – 10pm

Havana Beach Bar & Grill

The Pearl Hotel will host Easter Lunch and Dinner. Complimentary amuse-bouche upon arrival and includes choice of special menu (limited regular menu also available) with dessert buffet. \$60++ per adult | \$30++ per child (12 and under). Reservations required so please call (850) 588-2881

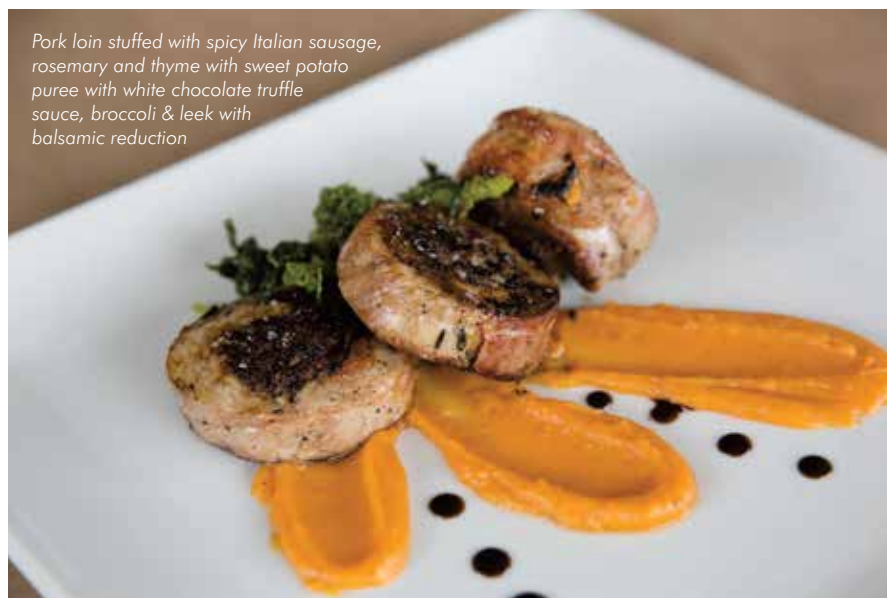
## SEASIDE

Go to [www.seasidefl.com](http://www.seasidefl.com) for a calendar of events.



# Crust Artisan Bakery in Santa Rosa Beach

BY SUSAN BENTON



Pork loin stuffed with spicy Italian sausage, rosemary and thyme with sweet potato puree with white chocolate truffle sauce, broccoli & leek with balsamic reduction



Wood fire stove



If looking to dine on authentic Italian recipes like Nonna used to make, then Crust Artisan Bakery is awaiting your arrival. “This is a family owned and operated business. My brother Luke and mother Louise are involved as well,” explains owner Mark Fressell, who with his wife Kim founded Crust Artisan Bakery on the south side of U.S. Highway 98 in Santa Rosa Beach’s Shoppes of South Haven in 2012.



Meatball sandwich

As South Walton residents, Kim and Mark knew the niche they were trying to fill and have been successfully drawing in the local crowd, with tourists soon following. Emeril Lagasse caught wind of the small restaurant with old-world charm and included Crust on *Emeril’s Florida* currently airing on the *Cooking Channel*. Recently renovated interiors and an expansion of the exterior deck accommodate patrons seeking the in demand cuisine.

Working 26 years in the restaurant industry, Kim studied artisan bread baking at the San Francisco Baking Institute. Mark, a retired engineer, grew up in a big Italian family passionate about cooking, and says, “We are committed to incorporating artisan techniques and using the proper equipment necessary to make our breads, Neapolitan style pizza, pastries, and pastas. Whenever possible, we source produce and specialty items from local growers, and we sell our own products at the Seaside Farmers Market and Grand Blvd Farmers Market each Saturday, and at the Rosemary Beach Farmers Market and WaterColor Farmers Market each Sunday.”

About a year and a half ago, Kim and Mark hired the talented Chef Lock to join their vested team. Lock decided to move to Santa Rosa Beach from New York City with his wife Cheryl after visiting the area, and his daughter wanted to attend school in Florida. Chef Lock says, “We do not use deep fryers or microwaves, and nothing is frozen. All of the ingredients are fresh with no product preservatives.”

The aromas of the fresh-baked goods, slow-braised meats, and seafood stock simmering on the stove for Chef Lock’s specialty; house-made gumbo; will draw hungry diners in from the parking lot at Crust. “The pizza is hand tossed, wood-fired and oven baked at 700 degrees, though it can get to 1000 at times. It only takes 3-4 minutes for them to cook and we don’t cut them. They

are eaten with fork and knife, European style,” says Mark.

I indulged in one of the decadent fruit filled incredible cruffins (croissant/muffin) and a beautiful flaky, buttery croissant, followed by the Pizza Margherita topped with tomato, fresh mozzarella, basil, and olive oil. Kim says, “All our recipes have a deep family origin. Mark’s great-grandmother immigrated to the United States from Italy in 1902 and we use her meatball recipe. It is one of our most popular dishes.”

The owners and staff arrive by 9:30 am each morning to meet in the kitchen and discuss the day’s innovative and creative menu. Menu planning focuses on what will be fresh and new on the menus, as well as what will be served at the 5-course chef-tasting table (seats six), or in the dining room family style. “Using King Arthur unbleached single silo flour is important as our

pasta is finished by hand and made Northern Italian style. We prepare dishes based on customers’ likes and dislikes and cater to them in the restaurant as well as their homes. If a diner asks for a 3-course tasting, I will use our ingredients on hand to impress them with something unique and special. It is a great feeling to create and plate on the spot,” says Chef Lock.

Mark jumps in saying, “The difference between good and exceptional is from a little to a lot of know how! We believe in hard work, raising the bar, pushing the envelope, creating new dishes, and going above and beyond.”



Chef Lock

***Crust Artisan Bakery is located in the Shoppes of South Haven at 4821 Hwy 98 West Suite 101, Santa Rosa Beach, Florida 32459. Lunch hours of operation are Monday through Friday 11am – 3pm. Dinner is served seven nights a week 5 to 9 pm. For reservations, catering, and more information, please call (850) 622-1022.***

***Susan Benton is a food and travel journalist with published articles and photography in many local, regional and national publications. Her website is 30AEATS.com where she writes about the secrets of Gulf Coast food.***



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# The Perfect Pig, Gulf Place

BY SUSAN BENTON

Sitting with Vickie Miller at The Perfect Pig's new Gulf Place location is inspiring, as she has remodeled the former restaurant space with her magic touch. It's airy, with a Southern courtyard bistro feel and a focus, of course, on all things pork.

A stunning wooden wall flanked with a lighted bronze pig caught my eye upon entering the space, as did the white washed wall to my right with words of gold stating, "Praise The Lard- The Perfect Pig- Est 2012." To my left is another white washed brick opening, leading to a gorgeous space with a custom-made bar and wine glass flipped chandelier hanging above, adding to the special feel. Patrons can dine at that bar or at one of the marble-top tables, while enjoying a full array of specialty liquor, wine, craft beer, and beer on tap. A tapas menu is available from 3 to 5pm while The Perfect Pig prepares for dinner.

During our conversation we were surrounded by the bustling of happy diners coming and going from breakfast served 8 to 11am. The scrumptious smells billowing from the kitchen were from the fresh baked quiche, thick hand-sliced bacon, Southern Eggs Benedict daily special, and the aroma of fresh-brewed coffee. "The Dutch Baby is a huge hit and our customers love it! It puffs up in the oven and is served in a cast iron skillet, then deflates and is filled with blueberries and powdered sugar. It is a cross between a pancake and a crepe," Miller explains.

Vickie and her husband Jeff Miller (a retired preacher) are no strangers to the restaurant industry. They have spent the last thirty-plus years in the food business as either a franchisee or franchisor, with names such as Pizza Hut, Denny's, and Lee's Chicken under their belts. In 2012 they opened The Perfect Pig in Seagrove to great success, and are slated to open The Preacher's Kitchen in March, serving build-your-own gourmet burgers, chicken, and fish on three different house-made breads; several



Gulf Place location's redesigned full bar



Smoked chicken salad



Decadent grilled cheese with avocado and bacon

choices of hand-crafted fries like Parmesan Truffle or Sweet Potato; and house made gelato shakes. Vickie says, "Our tagline is Righteous Food! We will have build-your-own salads too for the health conscious and gluten free menu items."

The Perfect Pig opened in Gulf Place in January with the same in demand menu as the Seagrove location and will also boast The Preacher's Kitchen. "It was a spur of the moment idea to open in Gulf Place. We were developing our concept for The Preacher's Kitchen next to our Seagrove location and I drove by Gulf Place and saw the for lease sign. We signed papers one week later! We are so excited to be in this location. We will have fun here!" Vickie says.

Vickie's recipes for the most part make up the menu selections with a few from Seagrove's Executive Chef Denise Spier. Vickie says, "We are fortunate to have scooped up our new Gulf Place Executive Chef Aaron Strickland who has shared his talents in the local area for some time now. He is a great addition to the team."

Patron favorites for lunch include the Pulled Pork Sandwich with bbq sauce on a brioche bun; the Hickory Smoked Chicken Sandwich with house made creamy herb sauce; and the Parmesan Crusted Grilled Cheese with tomatoes, mozzarella, and pesto. Vickie says, "Our award-winning barbeque is prepared by the restaurant's three-time world champion pit master. We are not trying to re-invent the wheel, but we are serving delicious food to our customers!"

Dinner service begins at 5pm with select half priced entrées offered until 6pm. "The Potato Parmesan Crusted Grouper is amazing. It is served over a veggie risotto, topped with a lemon burre blanc, and comes with a seasonal vegetable side. The Pork Tenderloin Medallions are also divine and served over creamy grits with a blackberry Pinot Noir sauce," Vickie describes.

***The Perfect Pig is located at 7 Town Center Loop, Suite C11 at Gulf Place and is catering events; private parties and offers food to go. They are open daily from 8am to 10pm (seasonally). For more information call (850) 660-1591.***





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# Phillip McDonald Takes The Lead at Bud & Alley's Pizza Bar in Seaside

BY SUSAN BENTON



Phillip McDonald,  
the Pizza Bar's Executive Chef

Upon entering Bud & Alley's Pizza Bar, I was glad to see the familiar face of Phillip McDonald, the Pizza Bar's Executive Chef. McDonald recently returned to the Emerald Coast after spending the past year in New York City. There he honed his culinary skills with some of the country's top chefs and restaurants, including a six-month stint as sous chef at Reynard in the Wythe Hotel.

McDonald is a Florida native who grew up in Destin eating fresh Gulf seafood right off the docks. He draws his menu inspirations from the Gulf of Mexico, regional farms, his customers' tastes and the five senses; but says, "Pizza is my passion and I am very excited about the opportunity to be part of the Bud & Alley's family. Dave has been a true pioneer and visionary on the restaurant scene and The Pizza Bar has been serious about making pizza the right way from day one. We plan to elevate everything, from the food, wine list, and top shelf specialty cocktails to the dining experience. We are raising the bar at The Pizza Bar!"

Chef McDonald and his culinary crew make fresh batches of pizza dough, mozzarella cheese, and pasta by hand daily. Each 11-inch Neapolitan-style pizza pie is created to order and topped with local produce, along with imported meats and cheeses for the most authentic taste. The pizza is hand shaped and baked in a wood-fired brick oven,

stoked with southern oak at temperatures nearing 950 degrees, creating a thin crust that is cooked and served in minutes.

My guest and I were over the moon about Chef McDonald's Brussel Sprout pizza topped with mozzarella, pancetta, garlic, and chili. However, the menu features

more than a dozen different "red" and "white" pizza pie offerings. Popular choices include the classic Margherita made with basil and fresh mozzarella, the Roasted Fennel Sausage that is topped with house made sausage and fresh mozzarella, and the White Clam Pie topped with fresh-shucked clams from Alligator Point. I also savored Chef McDonald's Watermelon Radish Salad, so flavorful and seasonal; as well as the hand crafted grass fed beef meatballs smothered in a delectable San Marzano tomato sauce and topped with local honey, basil and chili. Artisan cheese plates, antipasto dishes, bruschetta, homemade soups, and hearty pastas round out his menu.

The Pizza Bar was conceptualized by the cucinas of Naples, Italy, where owner/founder Dave Rauschkolb of Bud & Alley's was visiting with his wife Carol, and renowned architect and friend, Leo Casas. They discovered a wonderful café on the island of Ischia off the coast of Naples overlooking the Mediterranean Sea, had an a-ha moment, and brought the inspiration home to Seaside, opening The Pizza Bar in 2008 next to the Obe Pavilion. "Our menu showcases those rustic dishes. I'm all about keeping the food simple, seasonal and delicious," McDonald explains.

Bringing his fresh perspective to the food by creating an authentic dining experience in a relaxed setting by the Gulf, McDonald's focus is on the flavors, not trends. Dave Rauschkolb says, "Collaborating with McDonald is natural. We are both low-key local surfers that are passionate about serving the highest quality of food-sourced and I'm thrilled that we are able to work together."

Before opening his private personal chef and catering service in 2006, McDonald worked in many of the area's best restaurants, including Cuvee Beach, Criolla's, Fish Out Of Water, and Onano. Beyond New York, he has also worked in the kitchens of the culinary meccas in New Orleans, San Francisco, and Portland.

Over the years, Bud & Alley's has garnered numerous awards, including Florida Trend Magazine's Golden Spoon Hall of Fame Award, designating the eatery as one of the Top 20 Restaurants in the state. Guests of The Pizza Bar can experience Chef McDonald's menu family-style in the courtyard, in the restaurant, or on the veranda overlooking the Gulf. The Pizza Bar is open daily from 11 a.m.

*For more information on The Pizza Bar at Bud & Alley's or To-Go orders, call (850) 231-3113 or visit [www.budandalleys.com](http://www.budandalleys.com).*



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# Twin Oaks FarmStand in the Shops of Grayton

BY SUSAN BENTON



“Broth is the new coffee,” says Renee Savary, owner of Twin Oaks Farm in Bonifay, Florida and the new Twin Oaks FarmStand in the Shops of Grayton Beach.

Though Swiss-born, Savary is a very successful “farmher” with incredible French style, and showcases her handcrafted jams, jellies, fresh organic eggs, chickens, turkeys, brines, vinegars, and more at the Seaside Farmers Market on Saturdays year round. A full array of locally sourced organic and specialty products are now also available at the FarmStand, along with a menu that changes daily.

I enjoyed sitting at a small bistro table by the window with my French press of coffee and an onion with potato daily special frittata; so warm, cozy, and feeling like I was back in Provence. Savary is a powerful, passionate, and talented woman, farmer and cook, as well as a joy to converse with. We discussed her new FarmStand concept. She explains, “The frittata you are eating is of course made with Twin Oaks Farm eggs, the #1 best eggs in the country according to Cornucopia Institute. The potato & onion, as well as the spinach & kale, are in high demand. In the summer frittatas will be filled with zucchini, tomatoes, green beans, and other seasonal ingredients.” Diners are also loving the power packed protein egg sandwich served on Savary’s own daily fresh baked bread, and the French omelet made with seasonal herbs.

Savary brought me a warm cup of turkey broth and we discussed her new line of refrigerated and frozen



Organic eggs straight from the farm

artisan items. She states, “The broths we have are chicken, turkey, and beef. We also have fresh to frozen items, including all kinds of good-for-you things like soup, turkey in red wine, turkey curry, turkey and mushroom sauce, turkey and Mexican Mole made with red chili (not chocolate), whole chickens, and fresh to frozen herbs from my garden in Bonifay, so you can have them at your fingertips anytime!”

More great news is that the FarmStand is collaborating with Working Cows Dairy, serving milk that is certified organic. Savary hand crafts organic plain yogurt with the milk as well as farm cheese, saying, “There is no pectin or junk you find in other yogurt in ours!”

The beautiful white bookcases lining the walls of the Twin Oaks FarmStand are impeccably filled with a bevy of items directly created with Twin Oaks Farm: ingredients such as Swiss Hot Chocolate mix, canned Caramelized Onions, Tomato Basil Sauce, soap, and even Renee’s own honey. Savary says, “The honey sold at the FarmStand is small production. I do not feed my bees at all and only collect honey in the spring, allowing for the bees to



Organic honey



Tomato basil sauce



Renee Savary

survive during the rest of the year. There are no pesticides. All of the money raised from the honey goes to buying more bees and hives. The bees on the farm are for the well being of the farm. It is for the good of the farm, not to make money.”

Seating is available inside and outside on the patio, and Savary has incredible plans for farm to table dinners inspired by her products. She plans to create the menus and cook the cuisine in a family style setting, later incorporating local chefs that also use her products in their restaurants.

Though not available yet, Savary now has her hands in a new business of hog farming. “They are called ‘Big Black Hogs’ and are a heritage breed that can only be pasture raised. By this summer I will have a constant supply of pork! The flavor is amazing. I was not even raised eating pork, but could tell right away it was good!” she says.

***The Twin Oaks FarmStand is open from 7am to 7pm, seven days a week and is located at 26 Logan Lane in the Shops of Grayton, Grayton Beach just north of 30-A. You can reach Twin Oaks Farm by calling (850) 547-5636 or via their website at [www.twinoaksfarm.net](http://www.twinoaksfarm.net)***





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# Are you on a weight gain or loss plan?

BY DR. BART M. PRECOURT

It's not a surprise than many of us would like to lose some weight. What is surprising is that so many people are actually on a *weight gain* plan.

I've heard all the reasons out there for people not losing weight. Some are almost even legit. Yet the biggest reason out there is that people have the wrong formula.

Sadly, the topic of "weight loss" has admittedly become confusing. Not because it's a confusing topic. Rather because many of the so-called experts and "Dr. Google" have over examined it, complicated it, and made losing weight harder than it really is.

The first step is to figure out what formula you are currently using then apply the desired one. This may seem simple... and it is.

## WEIGHT GAIN FORMULA:

1. SKIP BREAKFAST
2. SMALL LUNCH
3. LARGE DINNER

Bam! Works every time. It won't matter what you're eating or not eating, the above formula will head you to the mall for new jeans in the near future. Here's what odd. Everyone knows this! Everyone knows that breakfast is the most important meal of the day. The meal that determines how the rest of day's food choices will be made; the meal that provides energy for later use. It's actually very simple, we should provide the most nutrients when our greatest need for energy lies ahead of us. After dinner the energy requirements are minimal. Just slouch on the couch then sleep. If you have a lot of food in your belly during this time your body will store all remaining food not used as energy in your fat cells.

So then why don't people (you) change it up? Excuses. And remember *there are no good excuses*. Some common excuses and my rebuttals to them:

"I don't have time to make breakfast" (lame). It takes about 6 minutes to make a green protein smoothie that will pack enough nutrients until lunch.

"I'm not hungry" (confused). This happens when you eat carbs or sweets at night. Your metabolism is working almost backwards. Food needs should be based on the simple law of supply and demand.

How about the weight LOSS formula. This can be a bit more involved, yet there are still some very basic methods to help your body get back to its ideal weight. Keep in mind a good goal for weight loss should be 1-2 pounds a week.

After years of helping people lose weight I've seen miracles happen by eating wholesome natural foods as a lifestyle.

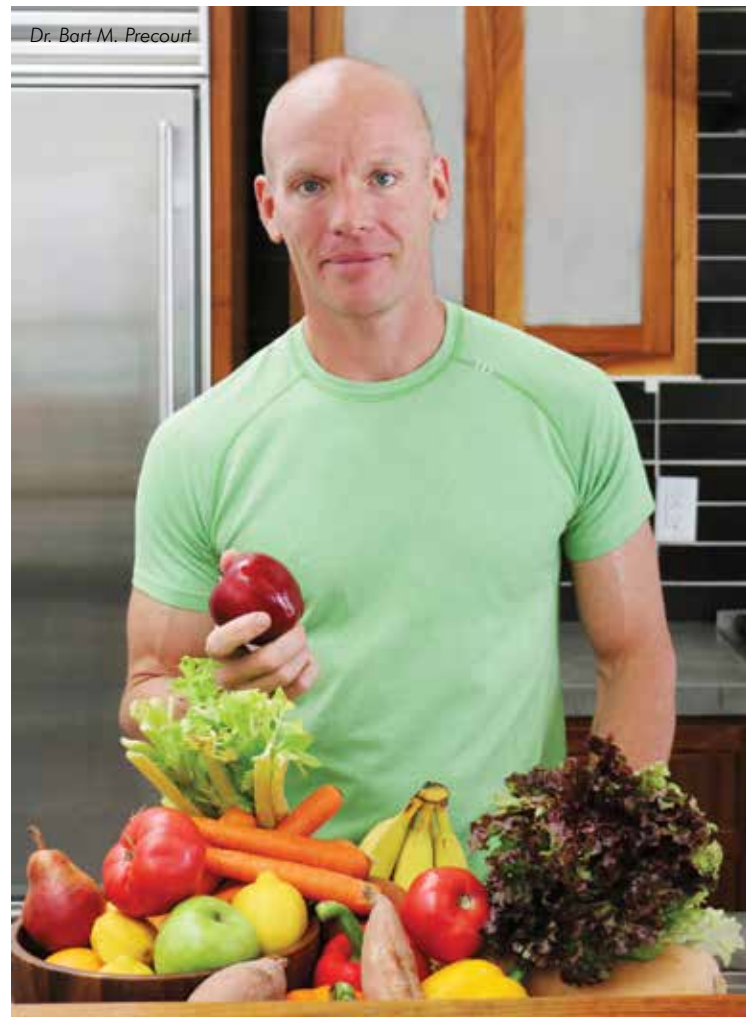
## WEIGHT LOSS FORMULA:

1. EAT LESS
2. MOVE MORE
3. EAT BETTER

A quick explanation of the above formula: **First**, we eat way too much. Calorie counting used to help, then food manufacturers figured out how to make things (not food) to put in our body that had no calories. So that made things a mess. We started eating a bunch of crap with no calories. In return you body has no idea what to do with them so it clogs the system. Portion control is king. Our meats should be the size of our palm and the rest of your meal; salad, veggies, etc. should fit into your other hand.

**Second**, you need to move to detox (lose weight). A daily routine of moving is natural and needed. This should be in addition to an exercise routine. Go for a walk, ride your bike, or walk your dog. At least 30 minutes a day. The human body was designed to move! Period.

**Third** (and this is where the biggest weight loss goals are made), it's time we all get back to real food. Real food has real nutrients. It's not processed. It's not loaded with chemicals. And it has ingredients we can pronounce: old school veggies, fruits, and organic fish, chicken and meats. Eliminate all breads and anything that looks, smells, acts, or imitates bread or sugar; For example, rice, pasta, wraps, muffins, crackers etc. They have virtually no nutrient value so they require you to eat more because



your body will still be looking for nutrients. Nutrients are the stuff that makes your body healthy.

**Food for thought:** Losing weight should be thought of as getting back to be as healthy as you can be. It will help determine what to eat and how much to eat. You are worth every tough decision you make and every bad habit you break. After years of helping people lose weight I've seen miracles happen by eating wholesome natural foods as a lifestyle. You started your life as a miracle... keep it going!

*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](http://bartprecourt.com). He currently practices in Seagrove Beach, FL at Balance Health Studio, [www.balance30a.com](http://www.balance30a.com).*





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# Hormones Help with Pain and Other Issues

BY DR. NITIN BAWA, MD



Dr. Bawa with his patient, Shaunet, who describes how her pain and urinary discomfort get better with bio-identical hormones. Photo provided courtesy of Dr. Nitin Bawa

I was to the point where I didn't want to live and now I'm feeling better. I didn't care about myself, my hair, my face, my looks; all I wanted was to not live because of the pain.

Imagine having constant burning on urination that never goes away for years! This condition is called Interstitial Cystitis. Then imagine how Fibromyalgia can become so difficult to bear that it is hard to get out of bed.

In the interview below Shaunet Nicholas, a patient, describes how both her Fibromyalgia and Interstitial Cystitis, which was causing pain all over, got better with bio-identical hormones. Hormones not only help with hot flashes but in some cases can help with pain.

## Can you describe how bad your Fibromyalgia and Interstitial Cystitis was?

Because of the Interstitial Cystitis, I was going to the restroom around 60 times up a day. All I thought about was going to the restroom. I had to try and not drink liquid even though they tell you to drink water.

With the Fibromyalgia, I did not even want to get out of bed. I had to get up and do things but it was so painful. It got to the point that I didn't want to live and right before I came to see Dr.

Bawa I was contemplating ideas such as that girl that went to Washington State to commit suicide. I was just so frustrated and I needed help. I saw several doctors that gave me high doses of medications such as Elmiron, and some urologists flushed my bladder and even talked of removing my bladder, but nothing got better.

## With Dr. Bawa you started bio-identical hormone creams, how did you do with that?

It was amazing! Fibromyalgia had caused so much pain in my hands that I would drop plates and break everything, but the pain started to go away. Pain in my

thumb joint, in my shoulder, and whole body was gone in a week. With the Interstitial Cystitis, I noticed that I was not going to the bathroom as much and I could drink more fluids. For the first time in four years, I was able to drink tomato soup, which people with Interstitial Cystitis have to avoid because the acid irritates the urinary tract. Still I have not have a flare up. The Fibromyalgia is almost totally gone and I have only been on the hormones for a month. The IC is probably 60%-70% gone.

## Some people say hormones are risky. Do you think they are worth the risk?

Oh yes, definitely! I was to the point where I didn't want to live and now I'm feeling better. I didn't care about myself, my hair, my face, my looks; all I wanted was to not live because of the pain. Now I want to biking, I got my bike out of the garage; and I want to go kayaking again. I am worried about my looks. I want to do things and before there was just nothing. Quality over quantity is so much more important to me than living a life where you just don't feel good and don't want to do anything. So the hormones; I want them for the rest of my life however long that will be; but I want the bio-identical ones, which are good hormones. For all the people reading this who are afraid of hormones, if you don't have the hormones you are going to get things like I got: the IC and the Fibromyalgia, which I really think started when I went into pre-menopausal. So, if you don't have the hormones you are going to get things that will cause you illnesses too. So you have to decide; and my decision was I wanted the hormones because they make me feel better made me be able to do things and get rid of the IC and the Fibromyalgia.

**Dr. Bawa is a board certified Internal Medicine Physician with a special interest in bio-identical hormones, weight loss, lasers and aesthetics. He can be reached at (850) 534-4170.**





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# Artist Sara Lierly: From Trash to Treasures

BY RIDGELEY STANDARD

Sara Lierly's soul knew she was an artist long before her mind was aware. Growing up in an unconventional creative environment, Lierly's unique approach to artistic expression was allowed free reign, thereby allowing her artistic tendencies to develop and thrive. Only as an adult, however, through an epiphany of sorts, did Lierly recognize and encourage her inner artist to emerge.

"I don't really remember a time when I wasn't involved in some sort of creative venture or another, but I wouldn't have considered myself an 'artist,'" explains Lierly. "As a child, I loved to draw, but more often exercised my creativity in other ways, such as mowing the lawn in a crosshatch pattern or sculpting my mashed potatoes. I think it drove my parents a little crazy, but they never stifled it. Looking back it was probably my first opportunity at creative freedom."

Despite a childhood full of creative inclinations, it wasn't until early adulthood that Lierly discovered her specific interest in visual art when a visit to The Dali Museum sparked a new appreciation. "I had always loved looking at art, but never knew how it felt until then. I remember being very curious about the creative process and the space one inhabits when creating a work of art," describes Lierly. Thus, the "artist" was born.

The road to success, or even personal satisfaction, was not one without bumps. When she first began making a living as an artist, Lierly experienced creative blocks that almost derailed her art aspirations. Then "divine intervention" struck. "I spent most of my adult life getting in my own way. I somehow always harbored the obscured knowledge that I was put here for a purpose, yet I was frustrated by my perceived inability to understand or own this purpose. Turns out attempting to grasp something so supernatural is futile, but letting go of it has been the most successful of all my endeavors thus far. In retrospect, the moment I realized I could create my own reality was the moment I stopped drawing lines around everything; and that was the moment Sara Lierly Art was born."

Through she works in many mediums, Lierly has an inherent love of recycled and/or reclaimed materials. "When I was growing up, we didn't always have the money to just run to the store for supplies so we also didn't haphazardly throw things away. When something was broken our first inclination was to look around the



Sara Lierly exhibit booth



Sara Lierly



Work in progress

house for ways to fix it. This was exactly how I began using recycled materials in my art. When I first began painting in 2011 people were occasionally ordering commissioned pieces from me and I was able to afford the canvas because they were footing the bill. When I reduced my hours at work to allow myself more time for art and creating my own visions I realized I had little resources or budget to do so. Then one day, I drove past a construction dumpster, stopped the truck, and climbed in." The result? A treasure trove of unique "canvases" with which to create.

"I use a lot of junk in my work," continues Lierly, "so I'm also constantly climbing in and out of dumpsters. People who ride in cars with me are, at any given moment, subject to holding my feet while I dangle at the bottom

of a trash can for my next work of art. I'm attracted to trash. There is something so gratifying about finding a piece of unwanted material and challenging yourself to make it into something beautiful. Consequently, the three-dimensional 'junk' quality has become one of the many evolutions in my work.

"Today I would describe my work as Vintage, Conceptual, Surreal, 3D Mixed Media, Assemblage, Recycled/Junk Art, Outsider Art; all subjective, of course. Tomorrow it may be something entirely different, as it ever evolves" explains Lierly. "When the creativity is flowing, I am often just as surprised as the next person at the

end result. I usually have a pretty distinct vision and I always begin with an specific concept - something that inspires me, a statement I need to make, and/or one of the many pieces of junk I have lying around the studio begs to be reincarnated into a specific form. Then I just try to stay out of the way as much as possible and let the creativity do the work."

***Lierly's work can be found on 30-A, at the Blue Giraffe in WaterColor, as well as festivals throughout the nation. Visit online at [www.facebook.com/saralierlyart](http://www.facebook.com/saralierlyart) for the latest previews and festival updates.***





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# Which Retirement Plan Is Right for Your Business?

BY CHRIS OGLE

If you own a small business, there are many retirement plan alternatives available to help you and your eligible employees with retirement planning. For most closely held business owners, a Simplified Employee Pension Individual Retirement Account (SEP IRA) was once the most cost-effective choice. Then the Savings Incentive Match Plan for Employees (SIMPLE IRA) became a viable alternative. You might also find that a 401(k) plan best suits your needs. To make an informed decision on which plan is right for your business, review the differences carefully before you choose.

## SIMPLIFIED EMPLOYEE PENSION INDIVIDUAL RETIREMENT ACCOUNT (SEP IRA)

This plan is flexible, easy to set up, and has low administrative costs. An employer signs a plan adoption agreement and IRAs are set up for each eligible employee. When choosing this plan, keep in mind that it does not allow employees to save through payroll deductions and contributions are immediately 100% vested.

The maximum an employer can contribute each year is 25% of an employee's eligible compensation, up to a maximum of \$265,000 for 2015. However, the contribution for any individual cannot exceed \$53,000 in 2015. Employer contributions are typically discretionary and may vary from year to year. With this plan, the same formula must be used to calculate the contribution amount for all eligible employees, including any owners. Eligible employees include those who are age 21 and older and those employed (both part time and full time) for three of the last five years.

## SAVINGS INCENTIVE MATCH PLAN FOR EMPLOYEES (SIMPLE)

If you want a plan that encourages employees to save for retirement, a SIMPLE IRA might be appropriate for you. In order to select this plan, you must have 100 or fewer eligible employees who earned \$5,000 or more in compensation in the preceding year and have no other employer-sponsored retirement plans to which contributions were made or accrued during that



Chris J. Ogle

calendar year. There are no annual IRS filings or complex paperwork, and employer contributions are tax deductible for your business. The plan encourages employees to save for retirement through payroll deductions; contributions are immediately 100% vested.

The maximum salary deferral limit to a SIMPLE IRA plan cannot exceed \$12,500 for 2015. If an employee is age 50 or older before December 31, then an additional catch-up contribution of \$3,000 is permitted. Each year the employer must decide to do either a *matching contribution* (the lesser between the employee's salary deferral or 3% of the employee's compensation) or *non-matching contribution* of 2% of an employee's compensation (limited to \$265,000 for 2015). All participants in the plan must be notified of the employer's decision.

## 401(K) PLANS

This plan may be right for your company if you want to motivate your employees to save towards retirement and give them a way to share in the firm's profitability. 401(k) plans are best suited for companies seeking flexible contribution methods.

When choosing this plan type, keep in mind that the employee and employer have the ability to make contributions. The maximum salary deferral limit for a 401(k) plan is \$18,000 for 2015. If an employee is age 50 or older before December 31, then an additional catch-up contribution of \$6,000 is permitted. The maximum amount you, as the employer, can contribute is 25% of the eligible employee's total compensation (capped at \$265,000 for 2015). Individual allocations for each employee cannot exceed the lesser of 100% of compensation or \$53,000 in 2015. The allocation of employer profit-sharing contributions can be skewed to favor older employees, if using age-weighted and new comparability features. Generally, IRS Forms 5500 and 5500-EZ (along with applicable schedules) must be filed each year.

Once you have reviewed your business's goals and objectives, you should check with your Financial Advisor to evaluate the best retirement plan option for your financial situation.

*Wells Fargo Advisors is not a legal or tax advisor.*

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

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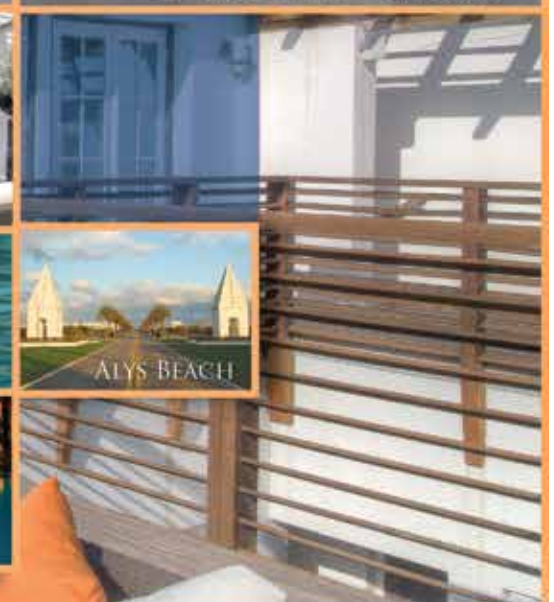
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# Westminster Teak: Ingrained Design

BY LIESEL SCHMIDT



Four Seasons Resorts, the Breakers hotel, Equinox Spas, JW Marriott, the Metropolitan Opera, Disney resort properties, Apple, Inc., and even Camp David. Our teak designs are made from premium, grade-A teak, which is extremely resilient to weathering; and our collections are styled to appeal to the luxury market.”

Even a quick browse at the company’s website would reveal that assessment to be

company has also brought its innovative design and high standard of quality to pieces made of all-weather wicker, aluminum, textiline fabric sling, and stainless steel.

What sets this company apart; aside from its stringent standards of aesthetics and the quality of the wood; is, of course, largely due to the fact that the wood itself has long proven its worth in the harsh conditions of environmental weathering. “Teak is a durable hardwood with dense grain and high natural oil content, which means it requires

little to no care,” explains Haddad, who joined the company nearly a decade ago. “It’s the material of choice for outdoor spaces simply for its sheer beauty and dependability; but its high oil and silica content also make it highly resistant to rotting, warping, and splitting, which allows it to withstand the extremities of weather.” Naturally enough, teak has become the choice material of the boating industry; its warm tones and luxuriously smooth surfaces gracing decks and cabin spaces in even the most opulently appointed boats and ships. “We make furniture that will endure over time, season after season, year after year, long



Saloma Daybed

The words “outdoor patio furniture” hardly inspire the image of something cosmopolitan, modern, and luxurious—especially when you add the fact that the pieces are all constructed from wood. Furniture designed for outdoor use has long been the victim of an almost design-less eye, churned out of factories with only function in mind, generally fabricated from metal, plastics, or wood that seems disposable in both quality and aesthetic.

It is understandable then, that in recent years more focus has been giving that stereotypical image a makeover, and there are companies whose sole focus is offering their clients premium, well designed, and beautiful furniture that would well complement any interior space; only these pieces are also created to withstand the test of time and weather.

“Our focus is on providing beautiful, timeless design without compromising quality,” says Mal Haddad, Vice President of Westminster Teak. “It’s a standard we uphold, and that dedication and distinction has earned us the proud honor of being voted ‘Best Overall’ by *The Wall Street Journal*. We serve residential customers, but a large portion of our products are purchased by the high-end hospitality industry: fine dining restaurants, luxury hotels, spas, and resorts whose names are internationally known, including the W hotels, Ritz Carlton, St.Regis,



Maya Set



Aman Dais

on-point, as every cut and curve of every piece seems thoughtful, intentional, and sophisticated. It is outdoor living at its finest, virtually creating an air of exclusivity and magnificence *en plein air*. Little wonder then, that these pieces appeal so greatly to higher-end clientele, as they seemingly elevate the look and feel of an outdoor space, rather than cluttering it. Westminster’s seating, dining, and bar area collections make the outdoors a destination, a place to gather and relax, to entertain in style that seems inspired by the sophistication of such destinations as Miami, Monaco, and the French Riviera.

Since its introduction to the U.S. market in 1997, Westminster Teak has been providing its high-end clientele beautiful, functional, and timeless products made of teak sourced from plantations in Indonesia, where growing and harvesting practices are strictly regulated by the Ministry of Forestry and monitored by the Indonesian government. And while its main focus has been teak, the

after the trends are forgotten,” Haddad says. “Our designs are as timeless and enduring as the material itself.”

Having come from an engineering background himself, Haddad holds high regard for construction as well as design, and the pride and passion he shows for Westminster’s products testify to his own conviction that the company’s superiority is unsurpassed.

As the company continues to design and produce more pieces proudly bearing the Westminster name, its increasing list of clientele can also take pride in the beauty of the wood that has grown almost a world away, to run their hands over its smooth surfaces and feel as though they, too, have claimed a piece of luxury and created an exclusive destination.

**For more information and to view the entire collection, visit [www.westminsterteak.com](http://www.westminsterteak.com) or call (888) 592-8325. Pieces are locally available at Summer House Lifestyle in Grayton Beach.**



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# Dune: 30-A's Boutique Vacation Management Company

BY JESSICA HOLTHAUS BADOUR

Whether you have one or several vacation homes in the communities along 30-A, Dune Real Estate's vacation rental service touts a guest experience unlike any other. And even if you don't have rental properties but are in the market for someone to maintain your residence throughout the year or in the off-season, Dune Real Estate's team provides the personal touch 30-A'ers can all appreciate.

Under the stewardship of Bob Dickhaus, Dune Real Estate is now in its second full year of operation. Dickhaus relocated to the area four years ago and brings with him more than 35 years of property management experience.

"What we try to do that's different from other companies is a boutique vacation rental experience. There are other companies here, bigger companies, who cannot deliver the same level of personalized services and financial performance," Dickhaus says. "We don't want to grow too fast and are focused on client satisfaction first, which unlike any other company, we guarantee. We limit the number of properties we serve, which means a higher level of personalized service."

Dune limits its operation to 15 properties in each community it serves, with property managers and technicians individually dedicated to each of the area's nearly dozen townships.

Dune Real Estate's services are designed to specifically address the three primary concerns owners often have: bringing in enough financial revenue for the property, having reliable and responsive maintenance services, and housekeeping that meets the highest "white-glove" expectations. Dune addresses these concerns by having dedicated cleaning crews and a team of service technicians who handle same-day maintenance house calls. This means clients are assured they're not getting third-party contractors, but rather trained Dune service personnel who come with a 100 percent customer-satisfaction guarantee.

"That is something that's really important for both the guest and owner," Dickhaus explains. "This is a competence we bring to the market that is unmatched by any other companies."

With a growing demographic of young renters in the 30-A market, the "Perfect 30-A Vacation" mobile app is branded for the area and offers a vacation one-stop-shop, accepting requests for everything from dinner reservations



to exercise classes, maintenance requests, or bike rentals. (To download, search "Dune Real Estate Company" in the iPhone and Android app stores.)

"Mobile app users can organize their entire vacation through their phones," Dickhaus says. "For each home we manage, we have information about the home and how it operates. We build that into the app in addition to emailing it to the renter. For the tech savvy vacationer, they have everything at their fingertips."

Dickhaus and his team utilize the app as a tool to help manage the guest experience. In this fashion, Dune Real Estate is leading the market through technology, providing seamless communication and simple access to all services.

All clients are viewed as partners who, together with Dune, manage the properties in a way that generates

Bob Dickhaus



the highest financial returns by ensuring the property is competitively priced and broadly advertised to maximize revenue, while maintaining and enhancing property values.

"We are the single point of accountability for the client's home or vacation property," Dickhaus says. "Services from us are not 'standard'; they are personalized and tailored for each and every client."

"Last year was a great year; we built a solid management team and base of satisfied customers," he continues. "We acquired Flip Flop Beach Rentals in July and now serve the WaterColor®, Seaside®, WaterSound® and Rosemary Beach® communities. The key to success in this business is having great people and making sure each customer becomes a raving fan."

***Dune Real Estate is located at 1394 County Highway, 283 S Bld 13 in Santa Rosa Beach. Contact Bob or Kellie at (855) 813-3783 or [info@dunerec.com](mailto:info@dunerec.com). Learn more by visiting the website at [www.dunerec.com](http://www.dunerec.com), find them on Facebook, or download the mobile app.***



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So if you are in the market to buy or sell real estate in the 30A area, put your trust in the originals.

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# Peaking Paradise

BY LIESEL SCHMIDT

Clearly, Carrie Shoaf has a knack for going where the action is. When cutting her teeth as a realtor in Park City, Utah, she started riding powder in a market that seemed relatively small in the beginning—when she arrived in the now booming ski resort destination, it had only 4000 full-time residents—but quickly scaled the mountain to become a city of more than 20,000, drawing crowds from all over the world to its slopes and breathtaking views.

their own home in the place that seemed to be her dream come true. And that level of commitment is apparent in her success. Shoaf approaches each and every situation in the spirit of the place she now calls home, a place she has grown to love for the friendliness and engaging people, the almost electric creativity that seems to flourish in the artistic nature of so many of its residents, and the ambition that seems to drive the growth and prosperity of what was once such a tiny seaside community. Shoaf

desire to provide the very best homes to suit the needs of her customers. To Carrie, these buyers are more than numbers adding to her own bottom line—they are her friends. “Personally, I feel that my sales numbers are a reflection of my commitment to my customers,” Shoaf contends. “My true success isn’t about the number of deals I make—it’s about the way I deal with people and the relationships we build. I want each and every one of my clients to feel that they’ve been given the best possible experience; that they feel listened to and understood. That’s the true measure of my success, and that’s what brings me the most satisfaction.”

It’s a sentiment she feels is shared by the company she represents, one which makes her proud to call herself an agent with Scenic Sotheby’s International Realty. “They’re a company that has built itself on the strength of its values,” Shoaf says. “30-A is such a special place,” she continues. “I really feel that this is a location destined to explode, and there are so many developments being planned for the future that there will be more and more buyers who realize that they don’t simply want to vacation here—they want to make this their full-time home.”

With such an influx of residents, Shoaf feels that the cultural shift will be huge as well, directly reflected in the growth of fine arts, social events, outdoor and adventure sports, and community outreach. No longer will it be a collection of temporary tenants; it will become one of fully-vested neighbors, people dedicated to grow a tightly-knit community of families and friends building a legacy and a lifestyle.

As 30-A and the surrounding area of South Walton continues to grow and realize its full potential, Shoaf watches happily from her very own perch in paradise, having once again landed where the action is, trading diamonds for dunes and slopes for sands.

**For more information on Carrie Shoaf and Scenic Sotheby’s International Realty, visit [carrie.scenicsir.com](http://carrie.scenicsir.com)**

**or call (850) 866-2114; (850) 714-8502; or (850) 231-6052. Visit Carrie in person at the new offices on the corner of 30A and 98, Santa Rosa Beach.**

Artists rendering of 30Avenue



As a native of Colorado, Shoaf was hardly a stranger to the frigid temperatures and high elevations of Utah, and over the next 25 years she honed her skills selling homes and properties to clients in search of the perfect place to land. But a life amidst the peaks and valleys was not her ultimate goal; and when Carrie and her husband, Bill, came to 30-A a few years ago for some of his development projects, they realized that the completion of those developments would hardly be the end of their time along the beaches that had claimed their hearts. “We knew for years that we wanted to move to the beach, eventually; but when we came here for Bill’s developments, we knew we’d found home,” Shoaf recalls. “I was absolutely enamored by the genuine people here, enjoying this beautiful piece of paradise. It only took one day on that sugary beach to figure out what to do next, and we decided to make 30-A our full-time home.”

The decision to continue her work in real estate was only natural as her growing love for the quickly developing community inspired her to help others make



shares that ambition. As a Top Producer National Award Winner for Sotheby’s International Realty, Inc., she’s built a reputation throughout South Walton for her dedication to her clients, her genuine passion for the area, and her



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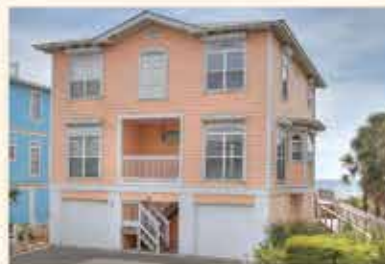
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# 30A Realty-Planting Dreams in the Sand

BY LIESEL SCHMIDT

The shifting sands of the local beaches might be an apt metaphor for the shifting real estate market that has developed 30-A and the surrounding community of South Walton. In fact, the changes that have come about since 30A Realty, Inc. founders and business partners Alice Forrester and Mickey Whitaker broke into the real estate industry thirty years ago are nearly unfathomable. Now the area boasts some of the most exclusive properties in enclave beachfront locales that have even millionaires flocking to them.

“South Walton is continually growing and adding new, exciting ideas to the area,” Forrester observes. “And while we want to be part of that growth and encourage it, we’re also dedicated to preserving the history of Walton County.”

Everyone wants the opportunity to own their very own slice of paradise, and this once sleepy little collection of beach communities has become one very hot commodity; and with good reason. The Emerald Coast has gained worldwide renown for the beauty of its beaches and its active fishing culture; and as its popularity has grown, so too has the economy. That rise is, of course, reflected in the real estate market, and listings in and along 30-A can climb into the millions. “South Walton is continually growing and adding new, exciting ideas to the area,” Forrester observes. “And while we want to be part of that growth and encourage it, we’re also dedicated to preserving the history of Walton County.”

She’s sold on what she’s selling, and that genuine love is apparent to each and every client she serves. “One of the things I love about living in this area is just how friendly the people are.” And with so many things to do, the number of people to which the 30-A community appeals is great. “There’s something for everyone, whether it’s spending time on the beach; visiting historic sites; seeing renowned artists and their works; or enjoying the finest dining,” Alice says.



Alice Forrester and Mickey Whitaker

Obviously, Forrester doesn’t just work here. She lives here and has truly made this community her home, and she’s dived in with both feet. “Mickey and I both love talking with new people just finding out about the area and telling them about the history of South Walton,” says Alice, who originally hails from Birmingham, Alabama. “I love the beaches, and that’s really why I came here—but there’s more to the area,” she continues, referencing her growing appreciation for the bay, the bayou, and the rivers that feed into them. It’s a passion that drives her to learn more about the community and its history, a passion that makes her so successful in her work as a real estate professional.

Not that this was something she might have originally envisioned as part of her future when she and her husband retired here in 1984. Until that move, in fact, she’d spent her days as a homemaker—but with the change in location came a shift in her own personal goals. It was during her work at Seagrove on the Beach Realty—first as a receptionist and later as a fully-licensed agent—that she met Whitaker, who was building his own career as a realtor; and by the time the opportunity presented itself to break off and form a partnership of their own, Forrester and Whitaker seized their chance and established 30A Realty, Inc., in 1995.

Twenty years later, the company is enjoying both its own success and the success of the area as a whole. “Mickey and I look forward to continuing to help new buyers investing in this market and just getting to know all of the new folks who are actually moving here to live permanently,” Alice says. True enough, the economy has historically been driven and heavily dependent on the

tourist community that regularly converges on the shores of Santa Rosa Beach, but as a longtime resident herself, Forrester knows the true value of making a life here more than just a getaway. It’s a conviction she carries with her to each listing appointment, one that she and Whitaker have shaped their business around. There’s a reason that the company they built from the sand up has become a premier agency in the Santa Rosa Beach real estate market; just as she encourages her clients to invest in this slice of heaven, she’s invested her heart, as well.

**For more information on 30A Realty, Inc., or to contact Alice Forrester, call (850) 231-5030 or e-mail: [alice@30arealty.com](mailto:alice@30arealty.com). The company is located at 45 Sugar Sand Lane, Suite D, Seagrove Beach.**



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# A Year in Review - A Look Back At A Banner Year For The 30-A Real Estate Market

BY ERIN ODEN

The precisely-planned beach communities along our beloved 30-A are continuing to find themselves among the pages of top travel magazines and as the destinations of the best-planned travel itineraries. "30-A" is on the map, and our coastal communities are celebrating banner numbers in real estate performance. A yearly review of the 30-A real estate market reveals good numbers. The

greater Scenic 30A corridor area performed exceptionally well, as did the individual planned communities.

For sales of the entire 30A corridor, volume of residential home sales (condo, home and attached units) topped \$900 million, up 19% over last year. Average sales price rose 10% with price per square foot trending similarly, up 11%. Certainly, a great report.

The gulf-front market performed well, with gulf-front home and condo volume sold exceeding \$186 million. Although volume was down a slight 4% over last year, it is important to recognize 2013 was a high-performing year for gulf-front sales. Sales prices for the year are up 7% with sold price per square foot up 11%, important and positive news of owners of gulf-front property.

This year was a monumental banner year for younger planned communities, notably WaterSound Beach, with volume of home sales exceeding \$82 million, an impressive 152% increase over last year's +\$32 million volume. WaterSound Beach also enjoyed their historic record highest sale to-date, an exquisite gulf-front residence closing at \$6.6 million, which additionally established one of our area's highest sales. It was a pleasure for me to represent this sale. Pricing rose 26%, great news. The strong gulf-front sale prices established in WaterSound Beach reflect the demand of high-end discriminating buyers, as well as the high level of coastal living that is found in this community.

Rosemary Beach is home to some of our area's record highest established sales, commanding significant, and this year's highest recorded local home sale at +\$8.3 million. The community is fully established, offering all the benefits of the idyllic beach town true to its vision. Volume of sales for the year was just over \$109 million, an exceptional 35% rise over last year. Sales price jumped 11%, with sold price per square foot climbing 12%.

WaterColor remains in high demand and the community is also well-established with significant sales history under its wings. Volume of home sales exceeded \$150 million, up 7%. It is notable that inventory was quite low at year-end, just over a 6 month supply.

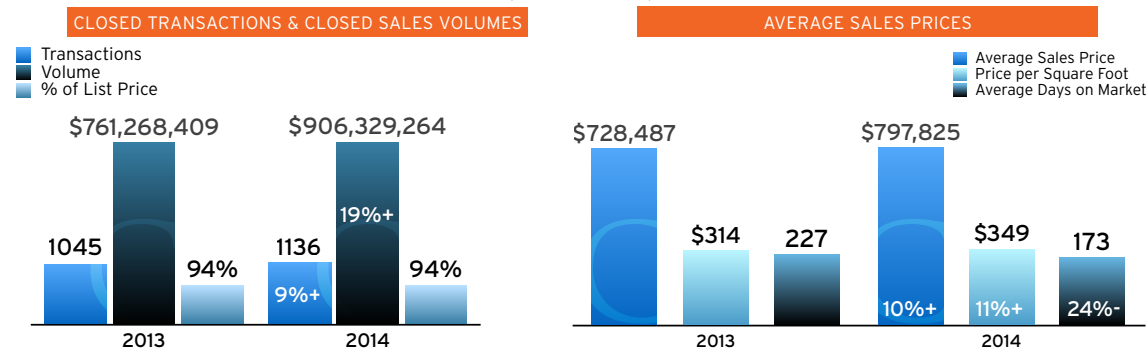
Demand for high-end beach homes along Scenic 30-A continues to increase. Luxury buyers find a high level of integrity among architectural and community design, and remain attracted by the price comparison to other luxury beach markets. Volume of sales of residences \$3 million and higher exceeded \$110 million, up 16% over last year. Average sales price of these closed luxury homes was an impressive +\$4.2 million, up 12% over last year.

Trending indicates that we will continue to see healthy demand and appreciation in 2015, great news for all participating in our 30A real estate market.

*Erin Oden and her team, Coastal Luxury Group, can be reached at (850) 502.1220 or [erin@coastalluxury.com](mailto:erin@coastalluxury.com). Search all available emerald coast properties at [CoastallLuxury.com/](http://CoastallLuxury.com/)*

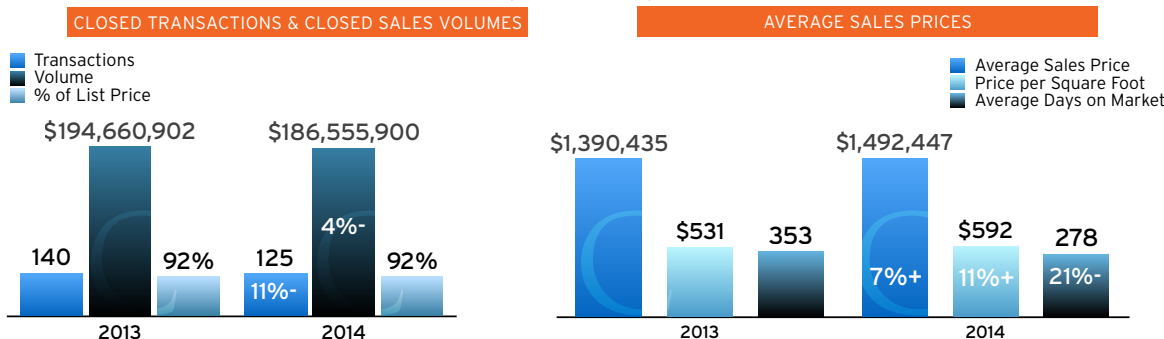
## SCENIC HWY 30A CORRIDOR RESIDENTIAL SALES

(Excludes Land)



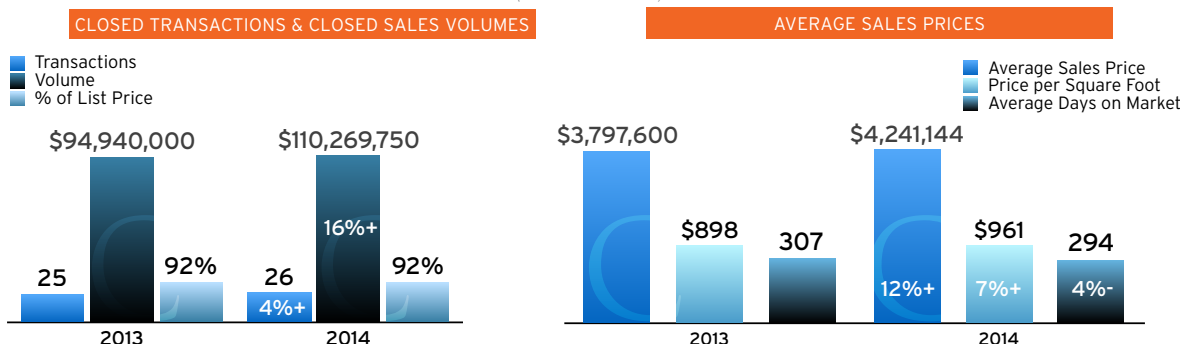
## 30A GULF FRONT RESIDENTIAL SALES

(Excludes Land)



## 30A HIGH END LUXURY \$3M+ RESIDENTIAL SALES

(Excludes Land)





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2009 - 2014

2013 & 2014



# WaterColor Resorts

BY SUSAN CANNIZZARO



Family friendly parks

Does Spring Break conjure up rowdy college students, loud music, and 24/7 partying at the beach and pool and everywhere in between? Spring Break is redefined at WaterColor Inn and Resort.

This luxury escape includes nearly 500 acres of sugar-sand beach and coastal dune lakeshores. It is nestled between Florida's famed Emerald Coast and the banks of the 220-acre Western Lake, the state's second-largest naturally occurring dune lake, providing a huge expanse of outdoor activities for visitors and residents alike. Through the St. Joe Club Resorts, guests at the Resort and Vacation Rentals in WaterColor can take advantage of the many exclusive activities and amenities perfect for a family or friends' Spring Break getaway. "Our minimum check-in age is 25 years of age, the standard for other properties in the area, so it is not considered a 'college spring break' destination and tends to be more family oriented," says Andrew Czarnecki, Managing Director of Resorts Operations. He adds that clients come from all over the country but mostly from Atlanta, Birmingham, Dallas, Houston, Nashville, and New Orleans.

Guests have access to two public golf courses, Camp Creek Golf Club and Shark's Tooth Golf Club, and one private golf course, Origins Golf Club. The Beach Club

at WaterSound offers access to a private beach, zero-entry pool, beach bonfire services, and complimentary bike rentals, tennis and work out facilities, kayak, canoe and YOLO Board rentals, and pontoon boat rentals. For families wanting to keep the kids busy, there are two camps for children aged 3-12. "The camps allow kids to stay active indoors and outdoors. They have a fun filled experience and it gives their parents time for unwinding," adds Czarnecki.



Fishing on Western Lake



WaterColor tennis center



WaterColor Tennis

spacious bedrooms and living areas, and laundry facilities. The homes feature front porches or balconies with many sweeping views of coastal towns and Gulf of Mexico. These guests also have access to a wealth of amenities and benefits through St. Joe Club & Resorts.

Dru Zeiset is the General Manager of Vacation Rentals for St. Joe Club & Resorts and says they are seeing bookings for Spring Break as early as 90 days out. "With each of the homes being individually owned and each one having

many unique features, we've found our guests will often come back year after year to the same home, so many start the search for their ideal vacation rental much earlier."

There are also many benefits for homeowners choosing St. Joe Club & Resorts for rental management, including access to the same benefits afforded to guests of the hotels and vacation rentals. "Our guest service, maintenance, and housekeeping managers are seasoned professionals with many years of experience in providing first-class service to guests and homeowners in the local area. When a homeowner chooses St. Joe Club & Resorts, they're choosing to partner with a well-prepared team of vacation rental and hospitality professionals, not just a website or a listing service," says Zeiset.

Deborah Denechaud is a homeowner in WaterColor who handled the rentals of her previous home on her own. "I came into the St. Joe Club & Resorts program because my new home is larger with a higher price point, and I felt the guests would expect the package of amenities that St. Joe Club & Resort offers. I have found the managers (whom I speak to frequently) to be buttoned up, customer focused and willing to go the extra mile. I highly recommend them and am happy to speak with anyone who is considering the program."

If the allure of incredible beauty, a wide array of activities, entertainment and recreation paint the ideal Spring Break getaway, look into the WaterColor Inn and Resort or the St. Joe Club & Resorts Vacation Homes to find the perfect escape.

**Go to [www.watercolorvacationhomes.com](http://www.watercolorvacationhomes.com), (888) 991-8088; or [www.watercolorresort.com](http://www.watercolorresort.com), (850) 534-5000 to find out more.**



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# Pirate's Cove Marina – Coastal Marina Management

BY KEMPTEN TAYLOR



Everglades Boat being brought in for storage



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Easy let into the water

What if we told you that a hassle-free luxury boating experience for your personal boat was just minutes from 30-A? An experience that could open up the endless possibilities of fishing, cruising to dinner, diving, and more on your own boat – this is Pirate's Cove Marina. Pirate's Cove Marina is tucked away into its own private cove on the south shore of Grand Lagoon in Panama City. The marina provides convenient access to the area's favorite boating destinations, including Shell Island, St. Andrew's Bay, Crooked Island Sound, and St. Andrew's State Park. "It's closer than you think," says Managing Partner Scott Burt.

Pirate's Cove Marina is part of the Coastal Marina Management group, which is known for marina administration successes from Texas to the Carolinas and up and down the Florida Coast. The group provides consulting from preconstruction to design of the latest marinas, management and operations programs, and special events and tournament services for all types of fishing competitions. It is responsible for putting on the annual Blue Marlin Grand Championship, which is the number one billfish tournament on the coast, as well as hosting the Wharf Boat & Yacht Show and the

Gulf Coast Triple Crown Championship. The company more than has their sea legs; they are a hands-on company responsible for managing nearly 3000 boat slips around the country. "Boating is just the beginning," says Burt. Pirate's Cove Marina is their latest celebrated project; located just thirty-five minutes from 30-A and situated out of the traffic and madness that can be found on the way to some of the Destin or Panama City marinas. "The marina is a new generation version of dry stack storage. We call the dry stack storage at Pirate's Cove a mega barn. It is the single largest dry storage under construction in the world currently and top five for overall marina size in the country," says Burt.

What exactly is experience-driven dry stack storage you ask? Picture picking up the phone, calling Pirate's Cove, telling them that you want your boat in the water by 1:00 pm. The fine folks at the marina use their gigantic forklifts to pull your boat from its slot in the mega barn, where your prized vessel is protected from all the harsh elements, and put it in the water for you so you can simply hop in and cruise off into the sunset. The best part is they don't stop with just putting your boat in the water on demand. Pirate's Cove Marina takes it to the

next level with washing, fueling and assisting with upkeep on your boat maintenance. If there is a mechanical problem or if the only issue is your stereo isn't sounding just right, the marina's service department is on-site to solve any issues without bothering you. The service staff is comprised of factory trained technicians that are experienced in all phases of engine and boat systems repair. They specialize in Mercury Outboard and Mercruiser Stern Drive, and serve as a Factory Authorized Warranty Center for both Mercury and Mercruiser. They also have their own parts department with an immense array of parts and accessories for all the popular names in boating, including Mercury, Honda, Yamaha, Evinrude, and Mercruiser.

Pirate's Cove is not just a marina; they truly take the stress out of everything when it comes to boating, like a turnkey concierge service for boaters. Need ice on the boat? No problem, they'll have your cooler loaded up for you when you arrive. After a long day on the water,

don't worry about cleaning up your craft – Pirate's Cove will wash, fuel, flush the engine and put it away safely without any trouble to you.

The marina features other amenities such as a crystal clear pool where boaters can take a dip after they return from a day at sea or relax and take a seat in the shade at Pirate's Tiki Bar and enjoy a refreshing beverage. In addition, the marina has its own on-site restaurant, Runaway Bay, which features a fresh menu of scrumptious Caribbean cuisine. "We try to take boating to the next level, making it painless, fun and easy for the whole family and aim to take the headache out of everything," says Burt.

***Pirate's Cove Marina holds nearly 1000 boats up to 50 feet in size. The massive mega barn dry stack storage uses state-of-the-art technology to ensure that their customers' boats receive top care and are safely stored. Pirate's Cove Marina is located at 3901 Thomas Drive in Panama City Beach. For rates or additional information call them at (850) 234-3939 or visit them online at [www.piratescovemarina.com](http://www.piratescovemarina.com).***





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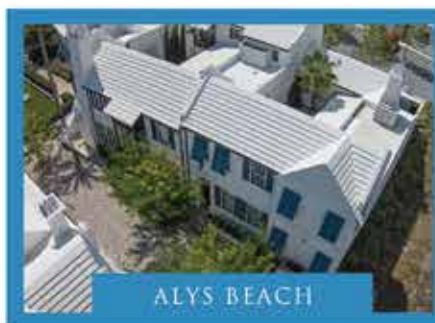
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# Unforgettable Animal Interactions at Gulf World Marine Park

BY JULIE HERRON CARSON

My family loves 30-A vacations and while we're here, we try to balance beach time with exploring the area. On a recent visit, we discovered Gulf World Marine Park in Panama City Beach, and experienced something that had long been on our wish list: swimming with a dolphin. While some aquatic centers allow visitors to go behind-the-scenes to see and perhaps touch a dolphin, we were interested in an actual in-water experience, and were thrilled to discover Gulf World Marine Park offers exactly what we were looking for.

An easy 20-minute drive from our Seagrove Beach vacation rental, the six-acre park is an ideal destination for families, and you can easily spend a few hours or a full day enjoying the many exhibits and animal shows. While Gulf World Marine Park was new to us, it is not new to the area. Originally built in 1969, the park has undergone a renaissance in recent years under the ownership of Ron Hardy and Dan Blasko. It's home to a large variety of marine life, reptiles, and tropical birds, housed in indoor and outdoor habitats. The park's focus is entertaining and educating visitors about coastal wildlife by allowing people to observe and interact with the animals up-close in intimate settings.

"The dolphin experience is one of the park's most unique and popular offerings," explains Pam George, general manager of Gulf World Marine Park. "We keep the number of participants low on purpose, not only for the comfort and safety of the dolphins, but also so everyone can have a meaningful interaction. The programs are actually part of the dolphins' training and help provide the variety and mental stimulation they need to stay healthy."

On the morning of our scheduled interaction, my husband and I, along with our son, Nicholas and his friend Collin, received a brief and entertaining orientation from Amy Netardus. She explained how dolphins breathe, what they eat, and how they communicate. She also gave



a short list of 'dolphin dos and don'ts' for our upcoming session. We changed into bathing suits and joined the training team at the dolphin habitat.

Trainer Heather Downing, who facilitated our interaction, got into the water with us and introduced us to Brinnon, a former U.S. Navy dolphin who is enjoying her "retirement" years at Gulf World. It was such a thrill when she seemed to be as interested in us as we were in her. Under Heather's guidance, we experienced a dolphin handshake (our hands, Brinnon's flippers), "danced" in the water with her and even gave Brinnon a belly rub and a hug. The highlight of the experience was when Brinnon pulled each of us in turn through the water as we hung onto her dorsal fin.

Tickets for the dolphin interaction include all-day admission to Gulf World Marine Park, so after our in-water experience we explored the other exhibits, including the reptile show and tropical aviary. At the time of our visit, final touches were being put on a new interactive exhibit called Sting Ray Bay, which will open in early 2015.

No visit to Gulf World would be complete without seeing the dolphin show and the sea lion and rough-toothed dolphin show. Both were extremely entertaining and informative. Gulf World Marine Park is a Federally licensed area coordinator for the Southeast Marine



Mammal Stranding Network and much of what happens at the facility takes place behind the scenes at the Stranding Care Center. Many of the park's animals were rescued, and for various reasons probably would not survive in the wild. Gulf World Marine Park is the only facility in the United States that houses rough-toothed dolphins, all of whom were stranded.

"We specialize in aiding sea turtles, which can become 'cold stunned' when temperatures fall," says George. "This makes them sluggish so they become vulnerable to predators and can actually drown. In 2010 alone, we housed and treated 1,800 sea turtles that were caught in St. Joe Bay by an early cold snap. We took care of them until the weather warmed up, and we were able to return the majority of the turtles back to the Bay."

After our unforgettable day at Gulf World, we returned to the beach with a newfound appreciation of marine life, which will only enhance future visits to the beautiful Gulf Coast.

***Gulf World Marine Park is located at 15412 Front Beach Road, Panama City Beach, FL. Call (850) 234-5271 or go to [www.gulfworldmarinepark.com](http://www.gulfworldmarinepark.com) for more information. Gulf World is open daily January-November and is closed Thanksgiving-Christmas.***



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# Sunsets of 30A

## A Beautiful Book that Captures the Essence of 30A Sunsets

BY JULIE HERRON CARSON



Cindy Moskovitz

Sadly, on my family's recent visit to 30-A, we had heavy cloud cover every day so we didn't see a single sunset! Fortunately, we brought home a copy of *The Sunsets of 30A*, a beautiful new photography book by Cindy Moskovitz, to remind us of these daily marvels of nature. With images and comments from 135 photographers, the book captures the drama, majesty, and awe of the evening sky along the Emerald Coast. According to Moskovitz, the purpose of the book is simply to celebrate the joy of stellar sunsets and to give exposure to great photographic work. The horizontal format of the publication, designed by Colleen Duffley Productions, allows the sunsets to be viewed within the context of the surroundings: the Gulf, the coastal dune lakes, the architecture of the beach towns, and the state parks.

had the idea to collect images from other photographers and compile them into a book.

*"A little red or a little white – just another amazing night!"*  
Photographer Dan Weissbach

"I suddenly realized I had never seen a book like this along 30-A, and couldn't believe it hadn't been done before," says Moskovitz. "It seems like everyone loves our sunsets and almost everyone has a favorite photo of one – whether it's a professional shot with high-end equipment or a quick snapshot on a cell phone. I thought a collection of photos would be a great way to capture something that's really the essence of the 30-A experience."

*"It was such a beautiful sunset, we contemplated waiting all night to see if the sunrise would be as spectacular."*  
Photographer Kim Bianconcini



James Breslin from Nashville of Eastern Lake

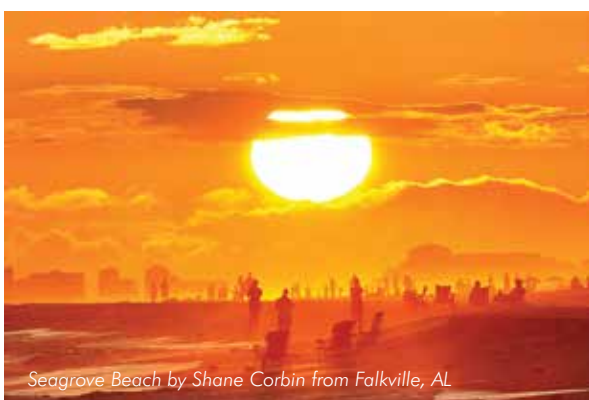


Shelly Swanger, 2015 South Walton Photographer of the Year. Taken at Grayton Beach. She is from Santa Rosa Beach.

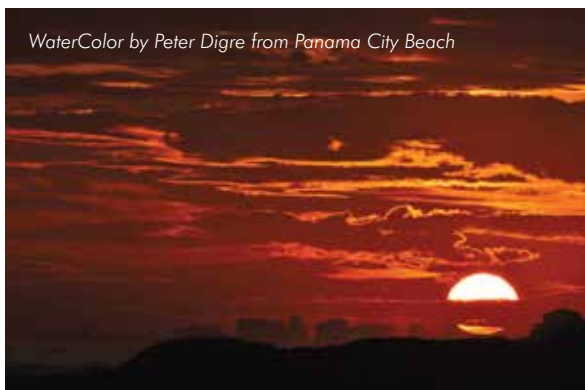
Moskovitz solicited photo submissions through posters and social media. "My goal from the start was to represent each of the 30-A beach communities as well as various recognizable landscape features, such as the shore, sand dunes, coastal dune lakes, and iconic town architecture. I wanted photos from locals and visitors and also hoped I could assemble photos that showcased a variety of colors and sky conditions. As I reached out to the community, I thought I would be fortunate to receive maybe a hundred photos. I was shocked to receive over 700 beautiful images from both professionals and amateurs. Obviously, my idea resonated with others and I was excited and a little overwhelmed at the same time.

"Colleen and I reviewed every single submission, and it was difficult to select the final images for the book. In fact, we ended up using 135 photos, more than we first planned, and had to expand the book to 128 pages. In the process of gathering information about the pictures and the photographers, I was touched by the personal, thoughtful, and funny comments that accompanied many of the images. So, I asked each photographer to include a few words to appear next to his or her photos. I think the quotes add an even deeper dimension to the book."

*"Let's chase down the sun and never forget the magic of the first time we ran across the snow white sand."* Photographer Rebekah Suwak



Seagrove Beach by Shane Corbin from Falkville, AL



WaterColor by Peter Digre from Panama City Beach

*"Oh, how a fiery sunset can capture the essence of life."*  
Photographer Linda Howell

Moskovitz, who with her husband, Scott, splits her time between their homes in Seagrove Beach and Nashville, TN, is a passionate amateur photographer that shares her work through social media. After noticing the strong positive response she often received when she posted sunset photos, as well as seeing similar postings, she

***The Sunsets of 30A is sold at many local 30-A stores, including Sundog Books, Hidden Lantern, Blue Giraffe, Grayt Grounds, Nest, and online at [www.sunsetsof30A.com](http://www.sunsetsof30A.com).***

Ask any group of beach-goers to name their favorite 30-A experience and someone is sure to say "the sunsets". On clear evenings, locals and visitors alike turn their focus to the sky to admire the beauty of the sun dipping to and then below the horizon. The bell rings at Bud & Alley's and a cheer goes up from Dune Allen to Rosemary Beach. For many of us, it's the very best part of the day.

*"Sunset at Seaside is the 'Greatest Show on Earth'. I can't believe it's free."* Photographer Donna Weber



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Chris Ogle is a local financial advisor with over 14 years service, a lifelong Emerald Coast resident, and lives on 30A with his wife and four children.

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# The ABC's of Estate Planning

BY KIMBERLY WATSON SEWELL AND FRANK WATSON



Kimberly Watson Sewell and Frank Watson

Even if you already have an estate plan in place, it is important to review your plan regularly to account for changes that occur over time. To ensure that your plans are handled properly, it pays to engage the services of an experienced estate planning attorney. They can guide you through this otherwise daunting process by educating you on your options and then helping you implement your unique planning priorities. Because they are the essential building blocks to any estate plan, your estate planning attorney will take you through the ABC's of estate planning: Your Assets, Your Beloved and Your Course of Action.

## YOUR ASSETS

Think of all that you have acquired in your lifetime—your assets, or property, including both real property (i.e., real estate) and personal property (everything else). It is important to account for all you possess, and the value of those possessions, so your loved ones will not be left with this task after your death.

## YOUR BELOVED

Throughout our lifetime, we come to know and love many people. We form relationships that enrich our lives and we often touch those lives in return. The people who mean the most to you can vary depending on your individual circumstances. For instance, when you think of those whom you value most, you may think of your spouse, children and grandchildren. Maybe you think of parents or extended relatives, such as nieces and nephews. Oftentimes, it is our closest friends whom we hold dear. Beyond the cherished individuals in your life, there may be an entity of some sort you would like to include as a recipient of a gift after your death, such as a religious organization or charity. It is helpful to take some time to jot down a list of all of your beloved ones and what, if any, bequest you would like to make through your estate planning and to whom.

## YOUR COURSE OF ACTION

When developing your estate plan, you must take care in selecting who will oversee the execution of your wishes. This person will make personal, health care and financial decisions in your stead in the event of your incapacity. In some cases, this successor will also manage your property following your death. When selecting this individual, or individuals, there are some important things to consider. This person must be a reliable decision maker who will uphold your wishes. Additionally, they must have the time and expertise needed to serve. You may also consider

appointing a professional who can aid your successor, such as a trust company or a certified public accountant.

Failure to make legal arrangements regarding the division and distribution of property often leads to conflict among family members and can destroy these relationships. This is especially true in regards to sentimental or one-of-a-kind items. It can be helpful to discuss these particular items with your loved ones so as to avoid future conflict and hurt feelings.

In conclusion, when reviewing your New Year's resolutions, be sure to include implementing your estate plan. A poor plan, or lack thereof, can result in a variety of undesired outcomes such as family conflicts, the loss of a family business, lawsuits, dissipation of your life's work and more. By consulting with an estate planning attorney, you can put in place a plan that will carry out your wishes for your loved ones when you are no longer there to care for them. That is great peace of mind.

## ASK YOURSELF...

1. Have I located, identified and valued all of my property...and have I communicated this crucial information in writing to my successor decision-makers or, alternatively, have I let them know where I keep such information?
2. Have I reviewed my estate plan and am I comfortable with the people (charities and pets included, if any) I have identified as most important in my life?
3. Have I reviewed my estate plan and am I confident that I have selected successor decision-makers capable of fulfilling the personal, legal, accounting and financial responsibilities created under my estate plan upon my incapacity or death?
4. Have I reviewed my estate plan and have I made legal arrangements for the distribution of specific sentimental, one-of-a-kind items to specific important people?
5. Have I reviewed my estate plan and have I made legal provisions to discourage and even prevent family conflicts upon my death?

**W**ith the new year already behind us, there is no better time to start planning for the future than now. Typical New Year's resolutions involve the formation of newer, healthier habits, such as losing weight, smoking cessation and healthy diet changes. Often people also resolve to get organized. Organizing your estate is one New Year's resolution definitely worth honoring.

Proper estate planning is important because it ensures that your loved ones and property will be properly cared for and managed in the event of your death. It can be hard for people to think of their own demise, but it is necessary to avoid serious complications for your loved ones after you are gone. Developing guidelines regarding how you want your assets and property distributed will greatly decrease conflict and confusion. In addition, it will give you peace of mind knowing that your loved ones would be cared for.

*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](http://www.watsonsewell.com) and South Walton Title (850) 231-3467 - [www.southwalmartitle.com](http://www.southwalmartitle.com).*







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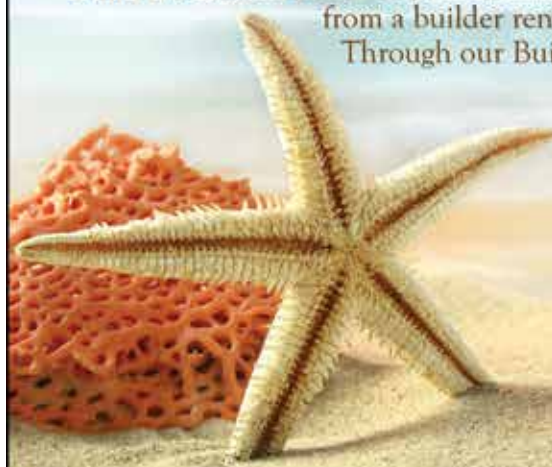


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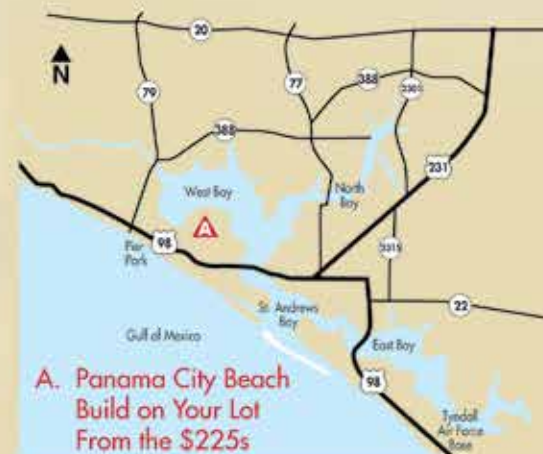


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# High Speed Video Golf Analysis: Take Your Game to a New Level

BY TOM FITZPATRICK



Rory McIlroy  
figure 1

Television coverage of professional golf tournaments has always had a straight forward formula – strictly show viewers the leader’s golf shots one at a time. To broaden its appeal, TV golf has increasingly introduced all types of fillers between shots. Comical commentators like David Feherty bantering nonsense, red lines tracing tee shots thru the air, and blue lines showing the optimal path of breaking putts are all designed to entertain the viewer.

For me, it’s those slow motion swing analyses designed to teach the viewer that are interesting. High-speed video is like using a microscope on your golf swing. It helps you to clearly see what needs fixing. So no need to mute Nick Faldo when he starts rattling off all types of quirky phrases as the player swings in slow-mo. It’s free advice from a very astute player. Listen and see what you are able to absorb.

No question it’s easy to feel overwhelmed listening to a Johnny Miller dissect Tiger’s new swing. Tim Gallwey, *Inner Game of Golf* author, made a comment that rings true: Too much analysis can send you into ‘golf orbit’. Basically, stay grounded and don’t get carried away with too much information. Honestly, who could have predicted that golf would have needed its own cable channel to analyze fractional movements?

To illustrate that point, Nick Faldo recently uttered this analysis of Rory McIlroy’s swing in one minute. It’s fun to listen to, but sure is a lot of advice.

## BACKSWING (figure 1)

1. Stands tall at address
2. Keeps his spine angle
3. Turns his left shoulder under chin.
4. Set the club on the proper plane by pointing his thumbs to the sky early in the backswing
5. Top of backswing: arms are fairly extended with a flat left wrist



Rory McIlroy  
figure 2

## DOWNSWING (figure 2)

That was just the backswing – we’re halfway through.

6. Pulls the club down with left arm
7. Kicks the right knee in at impact
8. Gets the right shoulder through impact
9. Extends his arms
10. Keeps his belt line level to the finish

Whew! That’s a lot of advice in 60 seconds. Nick wasn’t done. He offered a few extra quips:

Try right hand only bunker shots – they show you just how much you really need your right side to work through in the downswing.

And if all else fails, just remember that **good tempo** is a great overall key that solves lots of issues.

Kidding aside, it actually shows you just how much information can be obtained from slow motion analysis. Every somewhat serious golfer should have a go at video lessons from their local pro. You’ll be amazed at the insight it can provide. In fact, over time, your goal should be to video and fix your own swing!

Lunch après golf: try St Joe’s hidden gem at Origins Golf Club. The WaterSound Café, open to the public, is located north of 98 & Camp Creek. Its fresh & healthy menu features flavorful salads, fish, sandwiches and smoothies. Joe’s talented culinary team makes birdie!

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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 to discuss real estate at (850) 225-4674 or [tom.fitz@att.net](mailto:tom.fitz@att.net)



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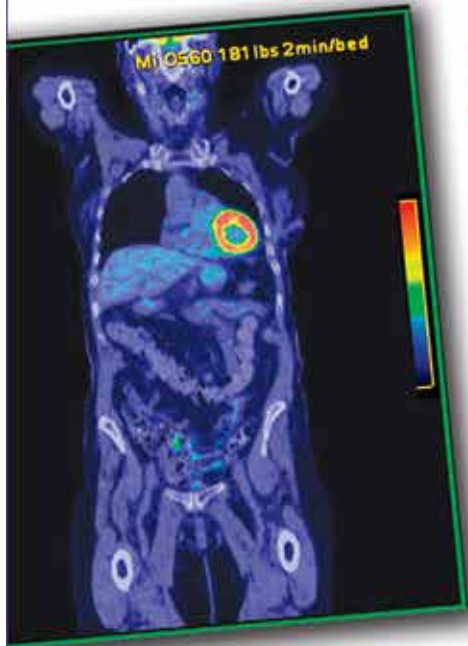


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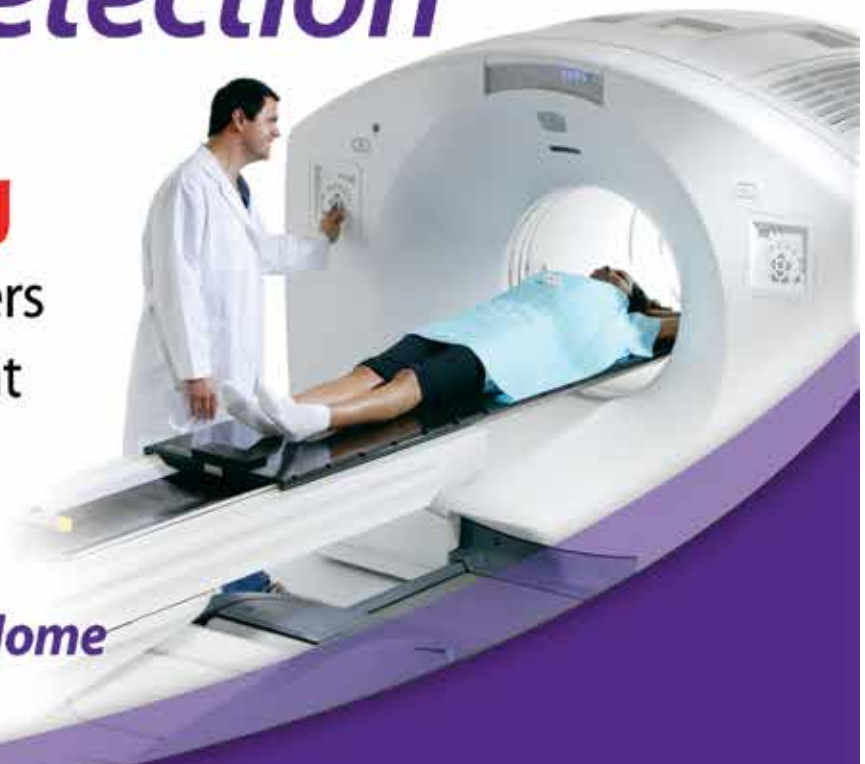
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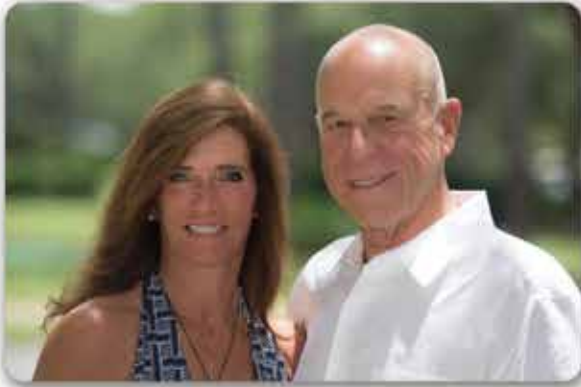


## Thanks Chi Mar!

The Shoaf's have just moved into their brand new home. Carrie works for Scenic Sotheby's International Realty and has been in real estate for over 15 years. Bill is one of the creators of the Pearl Hotel in Rosemary Beach. He and his partner, Kim Sallinger, are owners of the Acme Ice House in Seacrest Beach. Bill and Carrie would like to thank **ChiMar**, Marty Williams, Tim O'Hara, and the whole gang for building them a wonderful new home. They were really great to work with and did an excellent job!



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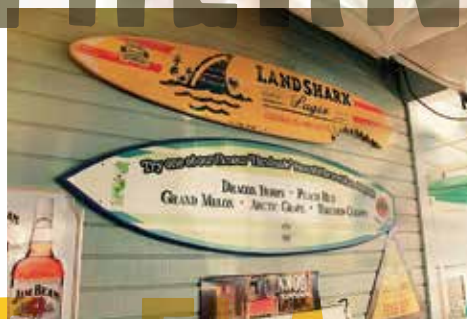
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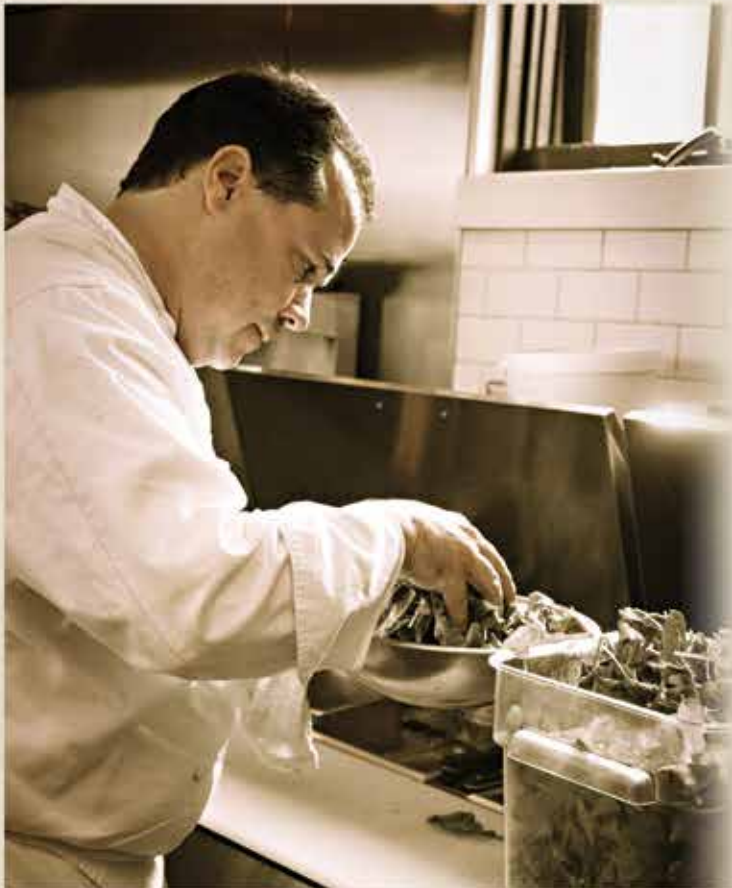
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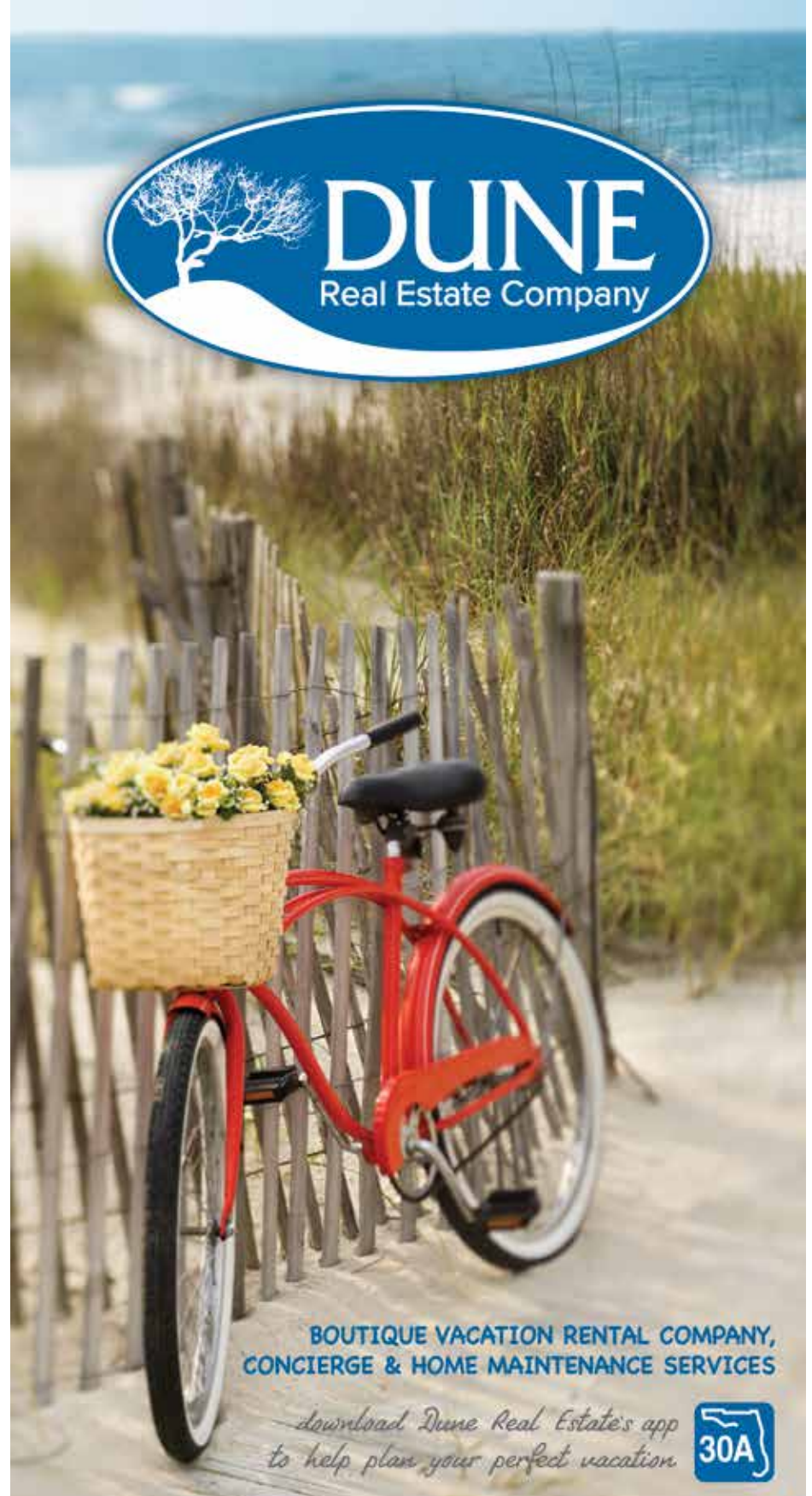
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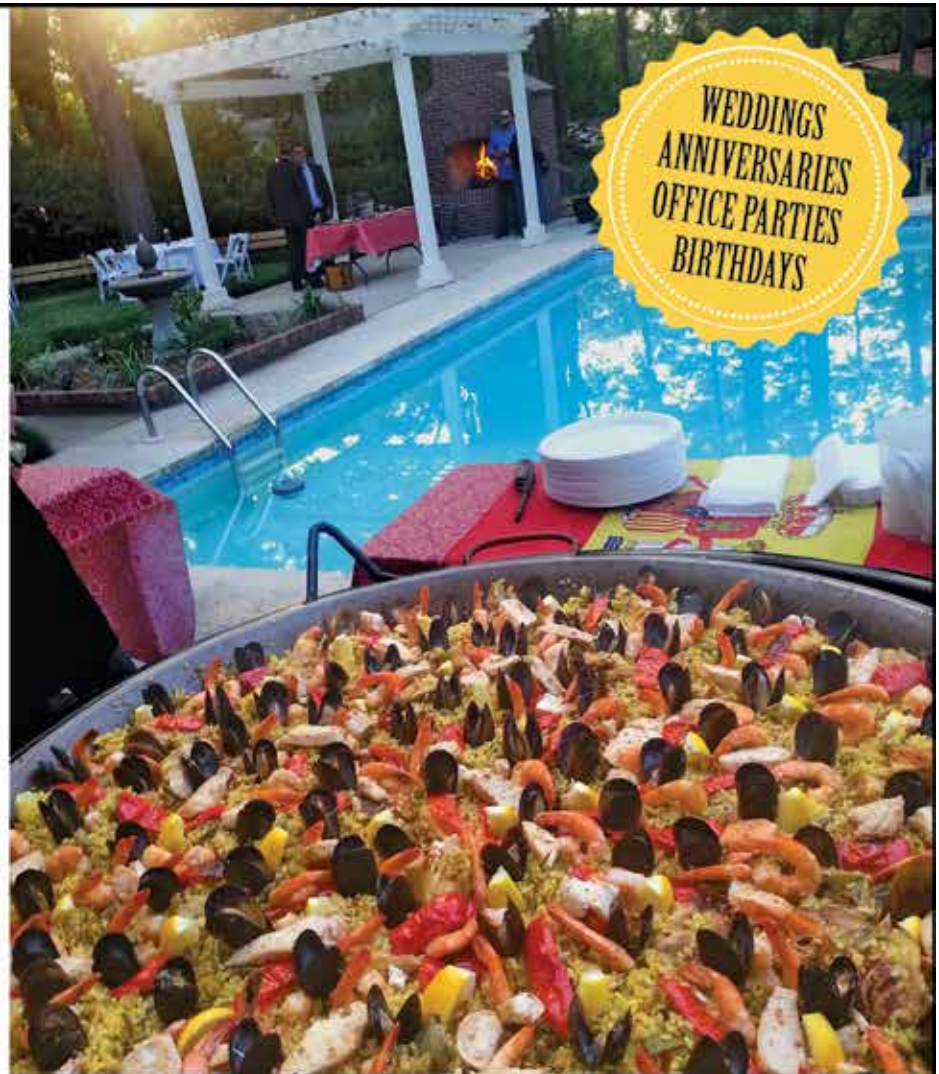


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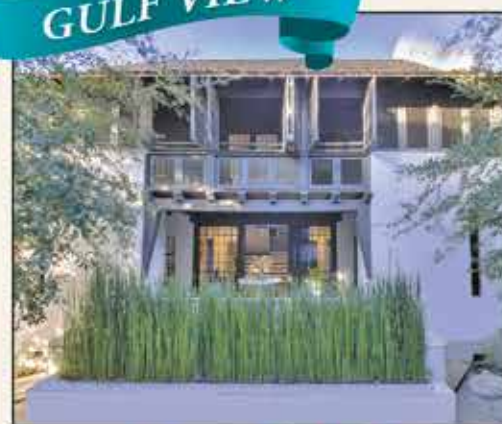


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