

the thirty-a REVIEW™

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

ELEGANT HOMES OF 30A

INSIDE:

30-A's Delicious Dining, Home Decor & Style, Real Estate, Health & Wellness, Art, Culture, Business and More...

A Beachfront Masterpiece by
Geoff Chick in Seagrave Beach,
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RICHARD S. MCNEESE
President, Attorney



LYDIA PELEGRINA
Manager, Intermediary Agent



Destin Office 3646 Emerald Coast, Pkwy, Ste 1201, Destin, Florida 32541 | 850-337-4242
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letter from the publisher

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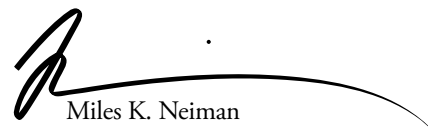
It's been a cold winter and it's nice to have spring arrive at the beach. With its butterflies, salt air and steady breezes, the comforts of spring are like an old friend. Reliable, easy and warm.

We hope this issue brings you some of those vibes as well. As always, it's packed full of the people, places and things that make 30-A and the surrounding areas great. Quality, reliability, strength and comfort.

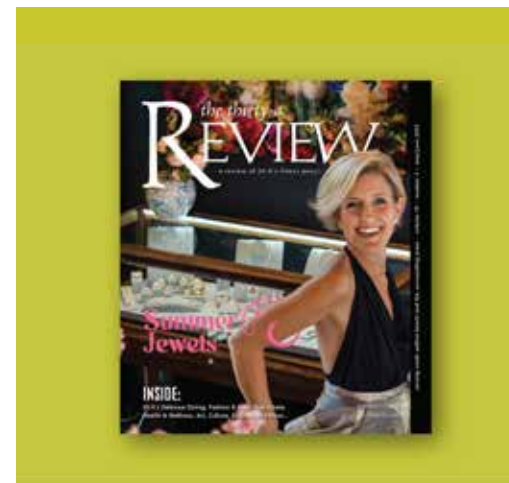
As you peruse the pages to follow, we encourage you to support these fine people and businesses and to enjoy all of the finer things that our community has to offer.

Until next issue, enjoy the fine weather and easy waves of the Emerald Coast. They never fail to be there for us.

Sincerely,


Miles K. Neiman

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about the cover

Pictured
This pictured home is located at 71 Chivas Lane,
Seagrave Beach, FL.

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Publisher/Editor-in-Chief

Miles K. Neiman

Editor

Jenny Peterson

Graphic Design

Chris Stratton -
Cover Design &
Magazine Layout
Estelle Muzyczka -
Ad Designer

Contributing Writers

Jessica Holthaus Badour
Tess Farmer
Tom Fitzpatrick
Arif Delawalla
Christopher Manson
Paul Nies
Dr. Bart M. Precourt
Franklin H. Watson
Kimberly Watson Sewell

Ad Sales:

miles@thirtyareview.com

Distribution:

Distro Data



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Theatre and Events in March and April



Watercolor Beach Club.

ALYS BEACH

MONDAYS

Adventures in Alys

The Seaside Repertory Theatre performs on the splash pad in the amphitheatre, 10 a.m. (Through April 1)

Huck & Lilly

Live performance in the amphitheatre, 6 p.m. (through April 1)

TUESDAYS

Tie Dye in the amphitheatre

9 a.m.
Wine & Song at Neat
Enjoy love music and a glass of wine at the bottle shop and tasting room. 5-7 p.m.

Rapunzel

The Rep Theatre presents the story in the amphitheatre, 6 p.m. (Through April 2)

WEDNESDAYS

Alys Improv hour

The Seaside Repertory performs on the splash pad in the amphitheatre, 10 a.m. (Through April 3)

Spring concert series

in the amphitheatre, 6-8 p.m. (Through April 3)

THURSDAYS

Adventures in Alys

The Seaside Repertory performs theatre on the splash pad in the amphitheatre, 10 a.m. (Through April 4).

SPECIAL EVENTS

Good Friday Concert

March 29
A concert will be held in the amphitheatre, 6-8 p.m.

ROSEMARY BEACH

TUESDAYS

Enjoy A Viva Las Magic! Magic Show

International award-winning magicians Julian and Melody Pittman are bringing a little bit of Las Vegas right here to Rosemary Beach! Playing cards! Casino games! And all the glitz and glam that Las Vegas showcases! Come be razzle-dazzled with stunning illusions, captivating variety acts and a mind-blowing mentalism act! (March 12, 19, 26 and April 2 & 9) St. Augustine Green/Owners Pavilion, 7-8 p.m.

WEDNESDAYS

The REP Theatre Kid's Theatre: Pinocchio

Step right up and witness the timeless tale of a magical puppet carved from a not-so-ordinary piece of wood! A

favorite fairy tale brought to life by The REP Theatre's Kid Theatre, join Pinocchio as he embarks on a journey like no other, encountering a cast of unforgettable characters and getting into trouble at every turn. With hilarious hijinks and heartwarming moments, Pinocchio discovers the true meaning of courage, kindness, following your dreams, and the magic that lives within. (March 13, 20, 27 and April 3 & 10). North Barrett Square, 6 p.m.

THURSDAYS

Moonlight & Movies and Face Painting!

Bring the family for a wholesome and fun movie night under the stars! Blankets and lawn chairs are welcome! Come early and get your face painted by one of our talented artists! Enjoy popcorn and the best hot dogs on the beach from DogManDul! Face painting starts at 4:30 p.m., movie starts at 7:30 p.m. Western Green. Movie schedule: March 14: Elemental; March 21: Trolls; March 28, Minions: The Rise of Gru; April 4: The Super Mario Bros. Movie; April 11: Lightyear

FRIDAYS

Spin Art, Hair Tinsel & Hair Stenciling

Crafty fun on the green. Create your very own spin art frisbee to

commemorate your trip to the beach! Plus get your hair adorned with hair tinsel or an airbrushed hair stencil! Western Green, 9 a.m. – 12 p.m. (March 17, 24, 31 and April 7 & 14)

SPECIAL EVENTS

Easter Egg Hunt

March 31
Celebrate Easter and join us on Western Green for the largest egg hunt on 30A with over 40,000 easter eggs! Enjoy a complimentary

mimosa from our friends at Summer Kitchen Café and get your photos taken with the Easter Bunny at Gigi's immediately following the egg hunt! Remember to BYOB...Bring Your Own Basket! The annual egg hunt kicks off at 9:45 a.m.

SEASIDE

MONDAYS

Children's Theatre

Enjoy a favorite fairy tale brought to life by the REP Theatre at the Seaside



Amphitheater, Join Jack, a quick-witted youngster with a talent for mischief, as he trades the family cow and sets off on a daring quest that will take him to the top of an enormous beanstalk reaching up to the clouds. Get ready to climb into a magical world of wonders and grumpy giants in this heartwarming tale of courage, family and finding magic in the most unexpected places. This free event is made possible by the merchants of Seaside. 6 p.m.

TUESDAYS & THURSDAYS

Stories by the Sea

Join The REP Theatre for Stories by The Sea, a one-of-a-kind storytelling experience that will take audiences on a fun and interactive storybook adventure for children of all ages! On Tuesday and Thursday mornings, REP actors will bring your favorite stories to life in this expertly-improvised and entertaining performance that will have you wishing for more. This complimentary event is sure to be an unforgettable experience that the entire family will love. You can catch Stories by the Sea in front of the Seaside Post Office. Proudly presented by the Seaside Merchants. 10 a.m.

Huck & Lilly

Join Huck & Lilly for a fun-filled

evening of characters and music for kids and the grown-ups who love them! Seaside Amphitheater, weather permitting. 5 p.m.

Kids Improv Boot Camp

It's time to level up with Improv Boot Camp for Kids! At The REP, not only do we perform and share stories, but we also share the craft of storytelling and theatre arts with local and visiting students. In the popular Improv Bootcamp workshops, students jump into action by learning all the basics of improv comedy and performance with unique challenges, teamwork exercises and interactive theatre games. At the end of each week, our improv students advance to the next stage in the Friday Friends & Family Finale showcase, where they show off their new and improved skills. Improv Bootcamp boosts your child's creativity and provides a fun, engaging experience kids will love. Advanced registration is required. Class fees: \$25; \$20 for REP Members. 2 p.m. -3:30 p.m. Seaside Post Office.

FRIDAYS

Friends & Family Finale

The REP Theatre presents the Friday Friends & Family Finale featuring the stars of Improv Bootcamp! Enjoy the

high-energy hilarity as The REP's improv students take center stage in an unforgettable performance of entertaining scenes and improv games. This weekly showcase is the perfect way to experience the comedic genius of the next generation of performers as they show off their creativity and new skills in front of their friends, family and theatre fans. You'll love watching these kids shine! The REP Theatre, 2 p.m.

Central Square Cinema

Grab your blankets & chairs and head to the Seaside Amphitheater for a family movie under the stars. The movie begins at 7:30 PM, weather permitting. March 15: The Secret Life of Pets; March 22: Princess and The Frog; March 29: Hop; April 5: Wish; April 12: Toy Story 4; April 19: Wall-E; April 26: Wonka

SPECIAL EVENTS

Easter Celebration

March 31
Join us in Seaside for an Easter celebration! Face painting, photos with the Easter Bunny and an eggstravaganza egg hunt. Central Square & Seaside Amphitheater, 11 a.m. – 2 p.m.

Spring Ballet

April 27
Enjoy a Spring Ballet at the Seaside Amphitheater. 6:30 p.m. For more information, visit seasidefl.com/events.

WATERCOLOR

SUNDAYS

Like music at Fish Out Of Water, 11 a.m. – 1 p.m.

MONDAYS

Live music at WaterColor Beach Club, 2-5 p.m.

TUESDAYS

Live music at Gather Bar + Kitchen, 5-8 p.m.

Live music at WaterColor Beach Club, 5-8 p.m.

WEDNESDAYS

Live music at Scratch Kitchen Biscuit Kitchen, 11 a.m. – 2 p.m.

THURSDAYS

Live music at WaterColor Beach Club, 5 -8 p.m.

FRIDAYS

Live music at Fish Out Of Water, 6-9 p.m.

SPECIAL EVENTS

St. Patricks Day

March 17
Happy St. Patrick's Day! Live music at Fish Out Of Water with Weston Hines, 5 – 8 p.m.

AREA FARMER'S MARKETS

Grand Boulevard Farmers' Market

600 Grand Boulevard, Miramar Beach
Saturdays year-round 9 a.m. – 1 p.m.

30A Farmers' Market

28 N. Barrett Square, Rosemary Beach
Sundays year-round 9 a.m. – 1 p.m.

Watersound Town Center Farmers' Market

85 Origins Main Street, Watersound
Sundays year-round 9 a.m. – 1 p.m.

SEASIDE® Farmers Market

Seaside Amphitheater.
Saturdays year-round from 9 a.m. – 1



Exceptional cuisine meets coastal elegance

Restaurant Paradis is a culinary oasis in the heart of Rosemary Beach

BY TESS FARMER

Nestled in the picturesque enclave of Rosemary Beach, Restaurant Paradis stands as a culinary gem that seamlessly blends fine dining with coastal charm. This upscale eatery has carved a niche for itself, offering a sophisticated dining experience that captures the essence of both refined cuisine and the laid-back elegance of the Gulf Coast.

Upon entering Restaurant Paradis, patrons are enveloped in an environment that effortlessly combines sophistication with the relaxed atmosphere of Rosemary Beach. The interior is tastefully designed, featuring a blend of dark wood aesthetics and rich textures. The warm lighting and muted color palette creates an inviting atmosphere, setting the stage for a memorable dining experience.

Led by an accomplished culinary team led by Chef Mark Eichin, Restaurant Paradis prides itself on a menu that showcases a fusion of flavors, emphasizing fresh, locally-sourced ingredients. From delectable seafood dishes that celebrate the Gulf's bounty to expertly prepared steaks and innovative appetizers, each plate is a testament to the chef's commitment to culinary excellence.

The menu at Restaurant Paradis is a carefully curated symphony of flavors, with signature dishes that leave a lasting impression. Whether indulging in the perfectly seared Gulf fish, savoring a mouthwatering steak cooked to perfection, or relishing inventive appetizers, diners can expect an array of culinary delights that cater to diverse palates.

Complementing the culinary offerings is an extensive selection of wines and craft cocktails. The curated wine list features both local and international varietals, offering the perfect pairing for every dish. The skilled mixologists at the bar craft cocktails that are both inventive and classic, adding an extra layer of sophistication to the overall dining experience.

Service at Restaurant Paradis is attentive and personalized, adding to the overall appeal of the establishment. The staff is knowledgeable about the menu and wine pairings, ensuring that guests feel well-guided through their culinary journey. The seamless coordination between the kitchen and the front of the house contributes to a dining experience characterized by professionalism and warmth.

This is a testament to its owners Danny and Monica Cosenzi, who are local to the area and intimately involved in the day-to-day operations of the restaurant.

As co-owners and operators of Restaurant Paradis for the last decade, the Cosenzis have been embraced by the community and friendly locals and enthusiastic vacationers. As a well-established restaurateur, Danny has over 40 years of experience in the industry and Monica's 20 years of restaurant experience allows her to keep things running smoothly. They are both supported by a talented management team who ensure guests have the best experience.

For those seeking an al fresco dining experience,



Restaurant Paradis blends fine dining with coastal charm.

Restaurant Paradis offers a charming outdoor seating area in the heart of Barrett Square. Surrounded by the quaint setting of Rosemary Beach, diners can enjoy their meals in a relaxed setting, further enhancing the overall dining experience.

Restaurant Paradis has garnered praise from both locals and visitors, earning accolades for its creative dishes, attentive service and inviting and lively atmosphere. Positive reviews often highlight the restaurant's commitment to quality, making it a sought-after destination for special occasions or simply an evening of refined dining drawing out the locals in the off season.

The restaurant is also a supporter of the local community and hosts a popular fundraiser each year to raise money for Food for Thought Outreach, a local non-profit working to bridge the meal gap in the lives of food insecure children in Walton and Okaloosa counties.

Paradis welcomes wedding receptions, rehearsal dinners and all celebrations, both intimate and large. Throughout the year, Paradis also offers select wine dinners and tastings from some of the country's most exclusive vintners.

In the heart of Rosemary Beach, Restaurant Paradis stands as a culinary oasis where exceptional cuisine meets coastal elegance. With a commitment to excellence evident in every aspect of the dining experience, this establishment continues to be a top spot for those seeking a memorable and sophisticated gastronomic journey along the Gulf Coast.

Led by an accomplished culinary team steered by Chef Mark Eichin, Restaurant Paradis prides itself on a menu that showcases a fusion of flavors, emphasizing fresh, locally-sourced ingredients.

Restaurant Paradis
82 South Barrett Square,
Rosemary Beach
850-534-0400

Open daily at 5 p.m. for dinner, currently by reservations only. Monday - Saturday 5 p.m. - 9:30 p.m. Sunday 5 p.m. - 9 p.m. Bar/Lounge open until midnight

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Small Size, Big Flavor

The nimble culinary experience at Edward's

BY TESS FARMER

Nestled within the picturesque enclave of Rosemary Beach, Edward's stands as a beacon of culinary excellence amidst the coastal charm of the iconic beach town. This contemporary restaurant exudes warmth and sophistication, offering diners an unforgettable dining experience just steps from the Gulf of Mexico.

Upon entering Edward's, guests are welcomed by an atmosphere that seamlessly combines coastal relaxation with refined elegance. The interior, characterized by soothing hues and rustic accents, invites guests to unwind and savor the moment. Whether seated on the covered patio al fresco, under the canopy of stars, or indoors amid soft candlelight, every corner of Edward's offers a sense of intimacy in a beautiful setting.

Unlike larger establishments, Edward's boasts a modest footprint, which not only fosters an atmosphere of warmth and intimacy, but also empowers its talented chef to embrace creativity and innovation in crafting new menu items with the freshest of ingredients.

Led by Executive Chef Josh Smith, the culinary team at Edward's expertly crafts a menu that celebrates the bounty of the Gulf Coast while infusing innovative flair into traditional Southern classics. Locally-sourced ingredients take center stage in each dish, resulting in a symphony of flavors that pay homage to the Gulf Coast's rich culinary heritage.

From freshly-caught seafood delicacies to exquisitely-grilled meats and vibrant farm-fresh produce, every plate at Edward's is a testament to the restaurant's unwavering commitment to culinary excellence.

"The focus has always been the food and wine," added Smith. "Our seasonal menu, inspired by local seafood, meats and produce is complemented by an extensive wine list featuring bottles from around the globe."

From succulent seafood caught just hours before hitting the plate to vibrant seasonal produce bursting with flavor, every bite tells a story—a story of craftsmanship, passion and a deep-rooted connection to the land and sea.

"We often refer to the menu as 'Southern coastal,' pulling from flavors and traditions of Southern cooking that many of us grew up with, and combine them with the local seafood our region is famous for," said Smith, who's lived along the Gulf Coast since he was a teenager.

The menu is not just a static collection of dishes; it's a living, breathing entity that evolves with the rhythm of the seasons and the whims of inspiration. Freed from the constraints of a massive kitchen operation, Chef Smith can pivot quickly, responding to the ebb and flow of culinary



Edward's celebrates the bounty of the Gulf Coast with its diverse menu.



Executive Chef John Smith

This contemporary restaurant exudes warmth and sophistication, offering diners an unforgettable dining experience just steps from the Gulf of Mexico.

trends and sourcing the freshest produce from local farmers and fishermen alike.

Menu options change with the season to ensure the freshest ingredients possible. Spring featured items include a grilled double cut heritage pork chop with lima bean succotash and crawfish hollandaise; the yellowfin tuna za'atar with wakame-napa cabbage slaw, red bell pepper, jalapeno spicy mayo and cucumber. Customer favorites include the chef's crab cakes, grilled grouper, seared diver scallops and parmesan grits, and braised short ribs with roasted garlic potato puree, braised baby carrots, and pickled onions.

Edward's atmosphere is upscale, yet inviting. Their goal is to create a fun environment suitable for date nights, family dinners and everything in between. They host special events on the second-floor which features a balcony overlooking Main Street.

"Edward's is beloved because of our ability to provide a consistent dining experience for the entire family using quality ingredients, along with a unique wine list in an idyllic setting," said Smith. "While our service and cuisine exude a fine dining feel, we encourage guests to be

comfortable in their attire...flip flops and sandy feet are welcome!"

The small size of the restaurant fosters an atmosphere of camaraderie and conviviality, where strangers become friends and every meal is a celebration of friendship, laughter and the joy of shared experiences.

In a world dominated by sprawling restaurant chains and mass-produced fare, Edward's is an innovative, small-size restaurant with a big heart and an even bigger appetite for culinary adventure.

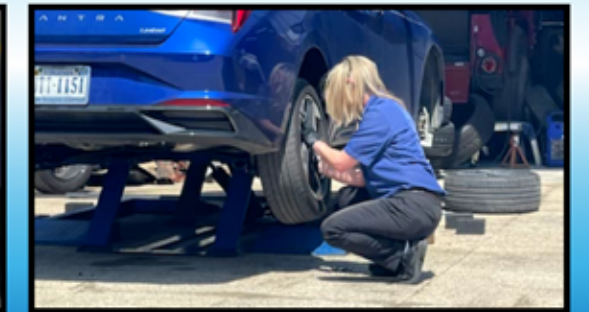
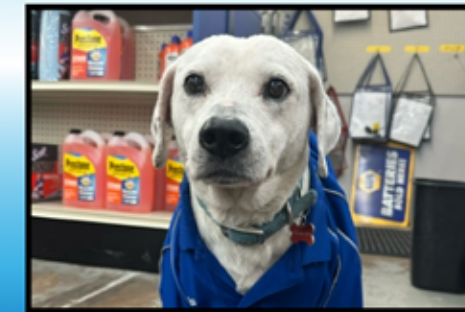
Edward's is a local gem whose team effortlessly combines the freshest cuisine, personal service and enchanting ambiance to create an unforgettable dining experience on the shores of the Gulf. Whether you're a seasoned food enthusiast or a casual diner seeking a taste of coastal paradise, this spot promises to delight the senses and leave a lasting impression.

Edward's
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edwards30a.com



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Frozen in Time

David Wight captures the movement of water in hand-blown glass sculptures

BY TESS FARMER

David Wight stands as a luminary in the world of contemporary glass art, his creations transcending traditional boundaries to evoke awe and wonder. With a career spanning decades, Wight has firmly etched his name in the world of glass artistry, pushing the boundaries of the medium and leaving an indelible mark.

Wight's artistic vision is a fusion of technical mastery and boundless creativity. His glass creations are not mere objects; they are symphonies of color, light and form representing the sacred nature of water. Each creation is a testament to his deep understanding of the unique properties of glass and water and his ability to manipulate it into captivating sculptures that mesmerize the beholder.

Wight's art is currently on display and available at Curate Fine Art Gallery in the heart of Rosemary Beach.

Renowned for his impeccable technique, Wight employs a combination of traditional and innovative glassblowing methods. His craftsmanship is characterized by precision and finesse, as he transforms molten glass into intricate shapes, capturing the essence of his creative vision. The mastery of his technique in hot glass sculpting



David Wight working on a new piece for the Curate art gallery.

others. His interest in glass blowing was piqued soon after that backpacking trip.

He attended Pilchuck Glass School, an international glass education facility located in Stanwood, Washington in the foothills of the Cascade Mountains, co-founded by Dale Chihuly.

Wight honed and developed a signature style over his career marked by a harmonious blend of vibrant colors, intricate patterns and dynamic forms. His wave pieces exude a sense of fluidity, as if frozen in a moment of graceful movement. Whether it's ethereal glass sea waves, kaleidoscopic vessels or avant-garde installations, each creation bears the unmistakable stamp of Wight's artistic identity.

"David is an incredibly talented sculptor and I personally collect his work, which reflects the true beauty and feeling of our Gulf water," said Gary Handler, gallery owner of Curate. "Prospective buyers are captivated by his hot glass sculpting process incorporating a mix of colors truly capturing the essence and reality of cresting waves found along our beautiful Emerald Coast."

The Emerald Coast pieces were created after his careful study of the sounds, shapes, movement and color of the turquoise waters.

His works have graced prestigious galleries and exhibitions worldwide. His contributions to the field have

earned him critical acclaim and recognition among peers and art enthusiasts alike. Awards and honors punctuate his career, solidifying his status as a master in the realm of contemporary glass art.

Beyond the aesthetic allure of his creations, Wight has played a pivotal role in shaping the evolution of his craft through his innovative approaches and a commitment to being an example to others to pursue their passions to live the life they dream of.

In the world of glass art, Wight stands out as a visionary whose creations not only captivate the senses but

also redefine the possibilities of the medium. His artistic journey continues to unfold, leaving audiences eagerly anticipating the next mesmerizing chapter in the symphony conducted by this master artist.

Visit Curate gallery in Rosemary Beach to see Wight's work on display. Wight also plans to visit Curate for a public event this spring.

Curate 30A Gallery
 72 Main Street, Rosemary Beach
 850-231-1808
 info@curate30a.com
 Mon-Sat: 10 a.m. – 9 p.m.
 Sunday: 12 p.m. – 8 p.m.



distinguishes Wight's work in the competitive realm of glass art.

Hailing from Bellingham, Washington, Wight was always drawn to the water and embarked on a trip to chase waterfalls in his youth, setting him on a trajectory to discover how he could share the tranquility of water with



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"DIFFERENT BY DESIGN"

'Life is too short to have boring hair'

Maria Heckscher Salon brings big-city style and eco-friendly practices to 30A

BY JESSICA HOLTHAUS BADOUR

If you believe your hair is a blank canvas, ready to be painted with the colors of your tresses' dreams, the Maria Heckscher Salon (MH30A) in Watersound is just the spot for you.

"You can change the shape of the face with the cut and color," says Maria Heckscher, salon owner/founder and master stylist. "I enjoy doing both and I love to make people happy. It gives me joy when I see someone happy with their look."

Doing both cuts and color was not the norm back in the 80s when Heckscher started in the industry. Then, salons were departmentalized, and you had to choose to be either a colorist or a stylist.

"I chose colorist," she says. "Back then, most stylists chose to cut hair. For me, hair is a canvas, I saw it as a different palette of art, same as a painter; a play on colors that you use to create the right mix for your different colored canvas...Over time, I transferred to doing full service cut and color."

Heckscher began her climb through the beauty and spa industry supported by her grandfather, big band musician Ernie Heckscher, when she opened her first salon in Atlanta in 1989. She's worked with industry names including Scott Cole, Trevor Sorbie, Annie Humphries, Frederick Faccai and Horst to name a few. Currently (and for the past 40 years) she works for Framesi as a platform artist at industry events.

"When you're young and have fire, you think 'Okay, I can do this,'" she laughs, recalling how in 1990 she expanded the salon into a full-service spa. At the time, there were only two such places in Atlanta. "We served Caribou coffee, which was just starting out, and had a juice bar with a healthy lifestyle consultant. There was sound therapy,



massage, steam rooms, water tables—you name it, we had it, down to laser hair removal and a medical director on-staff. It was a one-stop shop; we even had a full retail store with bedding, jewelry, handbags and, of course, beauty products."

And Heckscher was as busy as could be...until 9/11. People started to watch their spending and a spa/salon became a luxury. The salon outran the spa, so she sold the spa but kept the salon for the last 20 years.

In July 2019, she opened location No. 2: MHSalon30A in Watersound. Her Atlanta

team of stylists initially floated back and forth to the panhandle as she worked to build her local team. Today, she's not taking any big chances (with the business that is, not hair – after all, her mantra is "Life is too short to have boring hair.").

"With a great team here now, we strive to give every client top-notch service with a variety of levels of stylists, from juniors to master stylists to specialists," she said. "We can take care of everyone's needs."

The salon is also unique because it's part of Green Circle Salon, the first available in the U.S. starting in 2014.

"We can reuse 95% of our waste – hair clippings, wax sticks, wax strips, foils, color tubes – we recycle it and turn it into something else," she explains. "I think the staff gets excited, especially when I show them just what our small salon did and what it can be used for. Clients like to hear about it, too. Our trash cans are made out of recycled hair, if you can believe that!"

In 2022, thanks to the Green Circle Salon effort, nearly 1,400 pounds of beauty waste was kept out of landfills and waterways. MHSalon30A diverted 484 pounds of solid and liquid waste. "I can't wait to see what we helped with in 2023," she says. "Anything we can do to be stewards here in this beautiful location is important."

Looking ahead, Heckscher offers up some of her tips for beach-ready hair:

"Anyone coming to the beach needs a little more protection, and that includes protecting your hair and scalp from the sun and saltwater, especially if you have a color or chemical service on your hair," she says.

MH30A offers two specific Framesi treatments: Restructure Morphosis, which restores hair's collagen and helps repair structural damage, and Ultimate Care Morphosis, a revitalizing no-frizz treatment that keeps hair soft and protected against the elements. Beyond the in-house treatments, clients can pop in

and pick up some at-home Morphosis products to help color last longer and keep hair soft and strong. The Framesi line of Italian products is 98 percent natural (vegan and free of gluten, parabens and synthetic colors), always using the latest technology and ingredients.

"Treating hair with a specific ritual is essential, making the colorists' work last longer and keeping the hair in perfect condition until your next appointment," Heckscher says.

And yes, MH30A has room for new clients! Mention this article and get 20 percent off your first appointment – for hair, skin care, or spa treatments. Book online, call to make an appointment or send a message on any of their social channels.

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- Maria Heckscher



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Getting customers back on the road

Mohrs Automotive carries on the tradition of local, family-operated service

BY TESS FARMER



Mohrs in Santa Rosa strives to make customers feel like family.

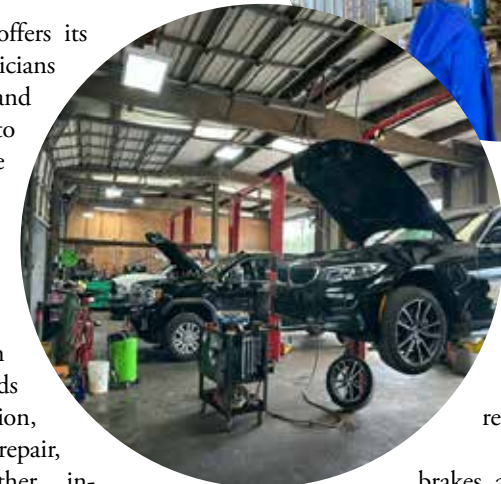
"From the moment you walk in the front door, you are treated like family," said Kati, who manages some of the operations at the shop. "Our staff takes the time to understand your needs and then delivers the best customer service available in the industry today."

Their personalized, small-town approach is refreshing in today's marketplace. The Mohrs are committed to delivering the highest-quality parts and workmanship at a fair and affordable price.

"With years of combined experience and the latest diagnostic equipment, we can quickly understand the issue at hand and work swiftly to have the solution," Kati added.

The company offers its mechanics and technicians the latest training and ongoing education to stay on top of the industry advancements.

Mike's passion is to develop a non-profit to assist veterans with training in different trade fields including construction, automotive repair, plumbing and other in-demand fields that a veteran can find a new career path in.



"Many of us have this goal of giving back to our veterans by creating career opportunities and training to set our veterans on a new trajectory of success," said Mike. "With the multiple military bases in our area, there are many veterans coming out seeking a successful career path and the trades jobs are in high demand here. It's simply a task of providing them the skills and matching them with the opportunities here."

Fostering community support and service are cornerstones for the way the family does business. Years ago, Mike's parents gave them a framed vintage print of a small-town garage with an early model car parked out front. Kathleen noted that would become the goal—to one day operate a small-town service center and give back to the community where they live.

Family-owned businesses benefit from the accumulated expertise and experience passed down through generations. Tony Mohr was a mechanic in the military and now is one of the shop's lead mechanics; Kati worked on the retail side selling automobiles through dealerships for years. The result is a high level of skill and knowledge within the field, ensuring customers receive quality service and quicker response time.

The small-town atmosphere contributes to the shop's welcoming and friendly environment. Customers even stop by to visit the family's pup, Bird, who's become the company mascot and greeter.

"Maintaining our quality of service involves a strong commitment to upholding standards and standing behind the work we do," added Mike. "And we stand behind that reputation to ensure customer satisfaction."

From maintenance to engine repair, tires and brakes, axle work, fuel injection systems and diagnostics, the Mohrs have it covered without having to drive into the larger surrounding towns. They are also available for emergency and same-day service.

The personalized touch, community connection and commitment to excellence sets the business apart in the competitive automotive repair industry.

Their shop has the ASE Blue Seal of Excellence, indicative of the service provided.

"Our ASE-certified technicians and staff have over 100 years of experience in the field of automotive repair. This experience combined with one of the largest inventories of parts and the highest quality tools and diagnostics equipment ensures a correct and timely repair the first time and every time," added Kati.

Mohrs Automotive
5438 Us Highway 98 West, Santa Rosa Beach
850-267-2750
completeautorepairandtires@gmail.com

The Mohr family is continuing the tradition of personalized service offered as did John John Automotive in Santa Rosa Beach for over 30 years. Mohrs Automotive is a family-owned business offering quality service and an emphasis on building personal relationships with customers. The owners and staff know their clients by name, creating a sense of familiarity and trust, all at a fair price. John John Automotive served Santa Rosa Beach for three decades and the Mohrs look forward to carrying on the long-standing commitment to the community.

The Mohrs are no strangers to being automotive shop owners, they built and sold their shop in the Atlanta area. Now Mike and his wife Kathleen have taken over an auto repair shop in Santa Rosa Beach. Along with their son, Tony, they have been able to onboard their daughter Kati Mohr-Owen too; like their parents, they enjoy being actively involved in the business. The Mohrs have spent many years along the Gulf Coast. Mike retired from Goodyear Tire and Rubber Co. after 30 years; he was also responsible for opening the Goodyear's company-owned repair stores in the surrounding area.

The Mohrs are all happy to now be back in Santa Rosa Beach to serve the local community.

From the moment you walk in the front door, you are treated like family.

-Kati Mohr-Owen



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A Piece of Paradise

Top-tier real estate firm 850 Properties offers unparalleled service in the luxury real estate market

BY TESS FARMER



Spectacular beachfront view of the Emerald Coast.

charming beach communities, the firm is well-equipped to meet their unique requirements.

From marketing high-end properties to negotiating complex transactions, 850 Properties excels in providing a comprehensive suite of services tailored to the luxury real estate market. Whether clients are looking to buy a dream home or sell a prized property, the team stands out as a trusted partner in the pursuit of luxury living along the picturesque Emerald Coast.

Allen Adams formed 850 Properties in 2013 with a steadfast mission to blend small business ideals and tailored client care with industry-leading resources and marketing. Patrick McCarthy is co-owner and legal counsel. Real estate is not a pastime for Allen; it's his full-

time focus and known as a relentless negotiator, his past clients share he gets great results at the negotiation table.

Adams' passion for the Gulf Coast is rooted in his love of saltwater fishing. He and his wife, Jackie, moved to Florida in 2004 and chose South Walton to raise their family and bring a level of professionalism to the South Walton real estate market, which was scarce at that time.

With over 18 years in the local market, the network of clients, colleagues and investors Adams and his team have cultivated is strong and unique.

"I'm grateful to be able to call many clients close friends now as well which has been such a fulfilling part of what I do," said Adams.

It is this foundation that enables him to consistently rank in the top one percent of Emerald Coast Realtors. Adams and his team welcome the challenge of working with a variety of individuals from investors and commercial property owners looking for lucrative additions to their real estate portfolios to families in search of the perfect vacation home or full-time residence.

A beachfront haven in Seagrove Beach

With luxury listings across the Emerald Coast, 850 Properties is currently featuring a beachfront haven in the coastal community of Seagrove Beach on 30-A. This new construction home by renowned architect Geoff Chick is the epitome of luxury and serenity. Situated on the pristine sands of the Emerald Coast with an impressive 7,911 square feet of elegantly-designed living space—thoughtfully furnished by sought-after interior designer Ashley Gilbreath—this home is a masterpiece of comfort and sophistication in a quiet enclave in Seagrove Beach.

Merging established vernacular forms with a modern aesthetic, Chick's portfolio boasts transformations that reimagine living spaces into homes that are unique to both their site and intended use. Gilbreath is celebrated for her casually elegant homes where families can comfortably gather to celebrate everyday living. Her work, featured in publications from Southern Living to Veranda, reflects a classic but modern and chic take on design.

Designed as a full-time residence, the home has a grand total of eight bedrooms plus a bunk room, tailored for both privacy and grand-scale entertaining. There are eight lavish bathrooms.

The kitchen and main living room share the second floor along with the gulf-front heated saltwater pool and outdoor kitchen with the primary bedroom on the third floor. The accompanying carriage house, with a three-car garage, adds a layer of convenience and opportunity for guest accommodations or a private retreat.

"Every detail of this home reflects a lifestyle of uncompromising quality and leisure, from the elegant interiors to the lush outdoor living spaces to enjoy all the natural landscape," said Adams. "From the soothing sounds of the waves in the morning to the breathtaking sunset vistas in the evening, every moment on these

expansive terraces is a treasure. Our entire team looks forward to the opportunity of helping others find the perfect property and guiding clients through the process, sharing our passion for living and working in our vibrant coastal community."

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Villa Chimera

An opulent estate worthy of a James Bond film

BY ARIF DELAWALLA, CO-FOUNDER, DELAWALLA GROUP

Imagine an opening sequence through the gun barrel. The secret agent stands watchfully on the regal balcony of Villa Chimera overlooking the Venetian estate and the waters of St. Andrews Bay. The 1964 Aston Martin is parked in the driveway in front of the marble fountain, depicting the mythological Chimera, a fire-breathing, three-headed monster foreshadowing the larger-than-life



Villa Chimera features classic features from Veneto, Italy.

villain to come. The antagonists enter the scene through the opulent foyer underneath a crystal chandelier to arrange a top-secret meeting in the study. Throw in an epic sailboat scene on the bay, an extravagant party with lavish guests and suspected double agents and some high-speed chases and you have the makings of a riveting Bond film set...on the Gulf Coast of Northwest Florida!

With its authentic European design and architecture, the Villa Chimera is inspired by the classic Palladian villas of the Veneto in Italy. This residence was years in the making from planning to construction and boasts an architectural integrity and authenticity rarely found in modern construction. There's simply no other home like it in Bay County.

The regal foyer sets the tone for what lies within the home with its cushion-cut marble walls, solid stone stairs with balusters crafted of marble, a custom-cut marble compass rose inlay in the floor and a grand Schonbek Chandelier draped with crystals. Just off the foyer, a look into the dining room reveals graduated Venetian plaster walls designed to appear like the many walls of Venetian Palazzos stained from the rising tides of the lagoon over the centuries. A custom stone table crafted in Rome outside of the Vatican walls is a striking centerpiece.

"The walls in the great room are upholstered in silk made in Venice by the Bevilacqua Family, famous internationally for their intricate fabrics," said builder Cliff Myers. "The millwork has a hand-applied strie to replicate the authentic woodwork of the time. The doorknobs throughout the home are all handcrafted by Baltica with each knob related to all the others.

"In my many years representing luxury properties along the Emerald Coast, I have never encountered a property that embodied so much thoughtful artisanship and purposeful use of materials. The owners desired to replicate an Italian villa in Panama City Beach, and they have done that and so much more—this property positively transports you to another time and place. - Amin Delawalla"

When a material could be sourced from Italy or abroad, it was, giving this home an unparalleled purity of design."

This unique and deliberate customization continues throughout all the rooms of the residence with marble and limestone accents in the grand living room overlooking the bay. At the heart of the room, find a stunning marble fireplace and note the millwork crafted from individual blocks, perfectly aligned by artisan woodworkers. A media room adjacent to the living room serves as a cozy space to unwind with wood paneled walls and a custom movie theatre size screen with theatre-style lights.

This home has welcomed many guests through its doors for festivities of all types over the years, and the ease of entertaining is evident in the gourmet kitchen with Wolf and Sub-Zero appliances, a breakfast bar and a separate bar area. A butler's pantry with additional appliances, storage and more provides convenience for preparing all the necessities of large-scale soires.

As likely anticipated, the second level master suite is suitable for royalty with separate his and hers bathrooms, closets and offices. The sleeping quarters include gorgeous bay views along with a private columned balcony. Artist Jody Matakovich hand-painted the Groin Vault on the ceiling of the bedroom with a style influenced by the frescos of the Renaissance. Each master bathroom offers heated floors and double showers with jets while one is centered around a



stunning free-standing bathtub. In addition, the suite includes an exercise room with sauna and a vault plus safe room with ventilation.

"In my many years representing luxury properties along the Emerald Coast, I have never encountered a property that embodied so much thoughtful artisanship and purposeful use of materials. The owners desired to replicate an Italian villa in Panama City Beach, and they have done that and so much more – this property positively transports you to another time and place," said Amin Delawalla of Delawalla Group and Berkshire Hathaway HomeServices Beach Properties of Florida.

Not to be overshadowed by the interiors, the outdoor spaces of the Villa Chimera are equally enchanting. A towering iron gate secures the property, which features over three beautifully-landscaped acres and 380 feet of waterfront on West Bay. A marble fountain at the entry of the residence, carved and transported from Italy, depicts figures from Greek mythology including the Chimera, a fire-breathing, three-headed monster. Highlights of the rear yard entertaining spaces are a heated infinity pool with spa overlooking the bay, an outdoor air-conditioned kitchen, a firepit and a shallow dock to the bay.

Dry martini anyone? Shaken, not stirred.

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OUTSIDE LIVING.



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'Our family manages. Your family unwinds.'

Oversee's Approach to Property Management and Positive Experiences

BY PAUL NIES

"We're always excited to give back to our beautiful home of 30-A. It's our way of saying thanks to a region that has given us so much."

What makes Oversee stand out from its competitors?

Emerick: By putting our customers' comfort, convenience and overall experiences above everything else, we've been able to grow. When our guests leave positive reviews, we're all ears to their feedback, we're constantly being reminded of all the things we're doing right along with areas where we can improve. This word-of-mouth has played a huge role in our growth.

Has your staff embraced your vision?

Emerick: Absolutely. Building teams that prioritize hospitality is key. They care about people, not just the bottom line. We listen to our team! I make myself available to everybody. It keeps things positive and moving forward. I don't pretend to know something I don't. If I'm always talking, then I'm never listening.

What is your growth strategy for Oversee?

Emerick: We have identified five key initiatives to propel Oversee forward. But I've already said too much, I can't give away all our secrets! Seriously, though, we're always searching for a meaningful way to connect with this amazing place we call home. We've recently partnered with Lighthouse Family Retreat, a faith-based non-profit organization dedicated to empowering families battling childhood cancer. They strive to strengthen families navigating the challenges of childhood



Emerick and wife, Kaitlyn, daughter, Lemon, and son, Rook.

cancer by hosting restorative retreats and providing valuable resources. It was a logical fit for us! Our passion for Lighthouse is due to my recent fight with cancer (I won, by the way!) and this seemed like an incredible opportunity to help others the best way we can. By providing vacation homes, families are given a chance to rest, laugh and reconnect. It really helps and strengthens a family's bond.

Anything else you'd like to add?

Looking ahead, our focus is on making our processes even more eco-friendly. We've already switched our entire vehicle fleet to electric and for quite some time, our shampoo and conditioner bottles are made with significantly less plastic. We're always excited to give back to our beautiful home of 30-A. It's our way of saying thanks to a region that has given us so much.

30-A stands as a sought-after destination for vacationers and property investors alike. In this thriving market, Oversee, a local vacation home management company, has carved a distinctive niche by embracing a personable, service-friendly approach.

Michael B. Emerick, broker and co-founder of Oversee, sheds light on the challenges, successes and unique features that set Oversee apart in the competitive 30-A seascape, all while echoing the motto: 'Our family manages. Your family unwinds.'

What are the challenges for Oversee in satisfying both property owners and vacationers?

Emerick: From early on, we were committed to giving both groups as much attention as possible. For the new homeowners, we listen and get to know them. Every homeowner, and home, has a different story. On the traveler side, we give these hard-working moms and dads a really nice place to stay—a hassle-free home in paradise where their families can escape, relax and unwind. And if anything goes wrong in their vacation home, no problem. We're right down the street, only minutes away. Once guests arrive, they can call us or text us anytime. Our 24/7 emergency line has not been farmed out to a call center. We respond quickly, even making the occasional house call.



A family enjoys their vacation in WaterColor's Cerulean Park.



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25 years of excellence As Walton County Grows, So Do Seaside Neighborhood School and Seacoast Collegiate High School

BY CHRISTOPHER MANSON

The Seaside Neighborhood School, one of the first public charter schools in Florida, was founded in 1996 with the simple goal of creating a middle school in south Walton County. In 2007, the school was honored with the No Child Left Behind Blue Ribbons Schools Award by U.S. Secretary of Education Margaret Spellings.

In 2013, Seacoast Collegiate High School opened its doors “to expand the scope of the original charter,” according to the school’s website. It now serves students in grades 9 through 12.

Dr. Tom Miller, Executive Director of Seaside Schools, oversees both schools and is responsible for safety, finances and policy for starters.

“I work on behalf of the governing board to ensure our expansion and see that our mission becomes a reality,” said Dr. Miller.

That includes applying for grants for the high school’s expanded curriculum.

“We want our students to earn scholarship funds to go to college for free, to graduate with no debt,” says Dr. Miller. “College debt can create a burden on families and I’m happy to say that a lot of our students are able to get their Bachelor’s and Master’s degrees without any debt.”

He adds that many of the high school graduates have the advantage of entering the workforce at age 18.

“We have partnerships with local businesses where our students can do internships,” Dr. Miller said. The high school also benefits from its focus on communication and teaching students to contribute to the local community.

High school students currently commute to Northwest Florida State College in Niceville, but Dr. Miller notes that once the expansion gets underway, they will be able to attend classes in Santa Rosa Beach.



“We want our students to earn scholarship funds to go to college for free, to graduate with no debt.”

- Dr. Tom Miller, Executive Director of Seaside Schools

Seaside focuses on teaching students to contribute to the local community.

“The reputation of the high school will eventually match that of the middle school,” he says. Additional plans include “a college hangout on campus” with a cafe and an auditorium with a Jumbotron screen, plus student lounges. “We’re looking to build a real college feel,” he said.

Dr. Miller jumped into his position on an interim basis last March and was hired full-time in July of 2023. He has been vacationing in the 30-A area since 2017.

The schools’ lottery enrollment ended in February, but there are still opportunities for families to get enrolled through July. The open lottery has a preference for students related to employees and board members, and then is open to eligible Walton

County residents.

“It’s a random lottery selection and it’s getting harder and harder to get a spot,” says Dr. Miller. “For ninth grade, we’ll have about 75 openings. It’s a random lottery selection and the superintendent of schools does the drawing.” The families selected are then notified that they have a specific amount of time to enroll for the next school year.

Seaside Schools has one graduate teaching there, and Dr. Miller hopes to engage current alumni at a higher level with a strong plan.

Seaside Neighborhood School for grades 5 through 8 is located at 10 Smolian Circle in Santa Rosa Beach.

Seaside Collegiate High School for grades 9 through 12 is located at 109 Greenway Trail in Santa Rosa Beach.

Tours of both schools are offered Tuesdays and Thursdays.

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The Eyes Have It

Optometrist Dr. Kevin Wells Reflects on 14 Years on the Emerald Coast and New Advances in Eye Care

BY CHRISTOPHER MANSON

Dr. Kevin Wells graduated from East Central University in Oklahoma in 1992. He served as president and vice-president of the Student Senate and was active in many campus organizations. After graduation, Dr. Wells was commissioned as a U.S. Army officer and spent a year and a half on active duty.

After that, he was accepted into Northeastern State University's College of Optometry. He graduated in 1998 and then joined the first class of Optometric Laser Vision Correction Surgeons. Dr. Wells launched his practice in Destin 14 years ago.

"I've always been fascinated by eyes and how they work," he says. "It's a tough but rewarding profession to help people see better."

The Santa Rosa Beach location opened four years ago—"due to the growth of Walton County," Dr. Wells says—with the Wells Vision and Laser Eye Center open Tuesdays and Thursdays.

"We brought a lot of innovative dry eye treatment to the area, and we do laser eye surgery to eliminate the need for glasses and contact lenses," Dr. Wells said. Wells Vision and Laser Eye Center also offers specialized equipment that other offices in the area do not.

"We've brought a lot of innovation and fresh ideas on things. It's a different level of eye care due to all the advanced equipment we've invested in. It's paid off for the patients because they get a level of care you can't get at very many places," Dr. Wells said.

The Wells Vision Center locations are also happy to help with early detection of disease and alleviating computer vision problems, the latter a common occurrence for the optometrist. As for new developments in eye care, Dr. Wells is particularly excited about intensive pulse light



Wells Vision Center has the most advanced vision care and top brands.

It's a different level of eye care due to all the advanced equipment we've invested in. -Dr. Kevin Wells, optometrist and owner of Wells Vision and Laser Eye Center

treatment for dry eyes. The staff includes Dr. Bret L. Fisher, a graduate of Duke University. He has performed over 50,000 LASIK procedures and has participated in numerous studies and clinical trials to improve and create new intraocular lens implants. Dr. Fisher has also played a crucial role in pharmaceutical trials for post-cataract inflammation, dry eye and diabetic eye

disease. He lectures regularly on new advances in cataract surgery and the field of ophthalmology.

Dr. Natalie Pelly, another member of the Wells team, received her doctorate in optometry from the University of Alabama at Birmingham. She has a wealth of experience in vision therapy, mild traumatic brain injury, ocular disease and specialty contact lenses.

Dr. Wells regularly attends Destiny Worship Center in Miramar Beach and is a world-ranked competitive CrossFit athlete and is a proud supporter of local schools and charities. He has two teenage daughters.

As for any additional expansion in the near future, Dr. Wells says, "The two locations keep us pretty busy."

Wells Vision Center's honors include many Best of the Emerald Coast awards.

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Let the sunshine in A word about Vitamin D

BY DR. BART M. PRECOURT

Even as much as we have heard about the importance and benefits of vitamin D, surprisingly many people are still clinically low. Let's change that!

Purpose Of Vitamin D

First let us recognize that vitamin D receptors are on every cell in the human body. This tells us that vitamin D is extremely important.

The good news is that our body can make Vitamin D. All we really need to do is get some daily exposure to the sun. The sun interacts with our skin, fatty acids and cholesterols and boom.... we make vitamin D! Sunscreens have been shown to inhibit up to 95% of Vitamin D production. And yes, this flies in the face of conventional teachings, yet it may also be why so many people are low in Vitamin D.

Vitamin D regulates over 1,000 gene expressions including hormone function. This is grossly overlooked when it comes to addressing hormones; Vitamin D is required for hormone optimization. Testosterone requires DHEA, which is formulated from D3 (cholecalciferol). A deficiency in Vitamin D should always be considered when hormones are being addressed.

Vitamin D is most known for its role in immune defense and fighting infections. Its role is to help regulate and balance the immune system. Many studies have shown that people with lower Vitamin D levels are more prone to viruses and everyday colds.



Dr. Bart Precourt

I might even stretch to say that the 'flu season' may actually be 'low Vitamin D season.'

I might even stretch to say that the "flu season" may actually be "low Vitamin D season."

Optimum Levels and Testing:

Testing for vitamin D is easy. Most doctors will include it in routine labs. This simple test can provide valuable insights on what actions to take for your health.

If you are currently taking supplements to support your Vitamin D levels and you still test deficient, there are usually other contributing factors. Poor gut health,

alcohol and stress can inhibit Vitamin D production and uptake. Medications such as anti-inflammatories, steroids, antibiotics and statins can all reduce levels.

For many of our clients, we give them an at home finger prick test. You will receive results in roughly ten days. Ideally for optimal (different from normal) levels, you would like to be around 45-70 ng/mL.

Vitamin D levels tend to drop noticeably during fall and winter months, so pay attention to when you decide to test.

How to optimize Vitamin D levels

The single best way to optimize your Vitamin D level is by producing it naturally via SUN EXPOSURE! This is why Vitamin D is called the "sunshine vitamin." You will also need a healthy gut and plenty of rest. Obviously avoid sunburn, as this is always frowned upon.

We can also consume Vitamin D through our diet. This is not the most efficient way, yet there are some foods that have Vitamin D. Sardines, Salmon, egg yolks and mushrooms are all healthy foods with Vitamin D.

A most common and effective way to raise levels of Vitamin D other than sun exposure is through supplementation. Cod Liver Oil and Vitamin D3 are great safe and effective supplements. As with any supplementation, check with your doctor for dosing, duration and quality.

The bottom line:

Vitamin D is important. Many, if not most, have low levels. This is an easy way to level up your health!

Dr. Bart M. Precourt, D.C., is a holistic doctor, chiropractor, acupuncturist and nutritional consultant. For nearly 20 years he has helped people get healthy, lose weight and create healthy sustainable lifestyles. He currently practices in Seagrove Beach at Balance Health Studio. For more information or a consultation, visit www.balance30a.com or call 850-231-9288.

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Affairs in Order

The ABC's of estate planning

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. 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.”

With 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.

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.



Kimberly Watson Sewell and Frank Watson.

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?



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Body rotation advantage

Two-step drills to develop a fully-wound backswing

BY TOM FITZPATRICK

It's easier to squash the pedal on the downswing if you keep your chest pointed down at the ball.



Point the club behind you to open up the right hip.



Hold the hip turn and stretch the arms away from your right ear.

Chris Stills, based in Los Angeles, loves to get out onto the golf course when he gets a chance. While performing recently at the 30-A Songwriters Festival, he found time to play Camp Creek Golf Club at Watersound. Chris got the golf bug from his father, Stephen Stills of the rock era band Crosby, Stills, Nash & Young. Stephen plays out of Bel-Air Country Club, where he enjoys hosting pro golfers, and he is a very accurate putter.

What can we learn from Chris' swing? He has good arm speed and a great awareness of the club face, attributes of an accomplished guitar player. He does a great job of opening up the right hip on the backswing where his left knee begins to point behind the golf ball. The second key to take from his swing is the left arm and how it is stretched across his chest. When done correctly, you'll feel the muscles in your left shoulder blade area. That's a sign of a nicely rotated backswing – a 90-degree shoulder turn combined with a ¾ arm swing. This modern golf move creates timing and synchronized ball contact.

Try this two-step drill to develop a fully wound backswing. First, place a club across your hips and point the end behind you so that the hips turn at least 45 degrees. You will want to move your weight into your right heel from the start, something the best players do quicker than previously thought. Second, grip a club and place it into a top of backswing position with your left arm across your chest. Feel the stretch – amazing – that's a full backswing and one that's ready to start down.

If you find that your arms just don't want to glide easily to the top of the backswing, then try Rory McIlroy's tip. He feels 'elevator arms' that move freely up the chest, and for that matter, back down the chest.

The saying goes 'the better the backswing, the better the downswing'. The best players start the downswing by pushing into the left front foot. Place a rubber pedal under the toes and squash that pedal to start your downswing. Then quickly move your weight into your left heel. A good drill to facilitate this is to

place an aiming stick in the ground outside your left foot at address. Try to bump into it as you push down into the pedal. Some golfers like to imagine a brick wall just opposite the left foot and then move their left side into that wall. This gets the weight moving into the left side nicely.

Pro Tip: It's easier to squash the pedal on the downswing if you keep your chest pointed down at the ball.

Generate more power by swinging into the right heel on the backswing, and then the left toes to left heel on

the downswing. It sets the whole rotary motion up for success. Paul Azinger felt like he swung within the confines of a wooden barrel.

Tom Fitzpatrick is a David Leadbetter certified instructor and an active realtor with Scenic Sotheby's Intl Realty. Contact him at 850-225-4674 or tom@scenicstir.com



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