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REVIEW™

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

INSIDE:

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



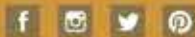
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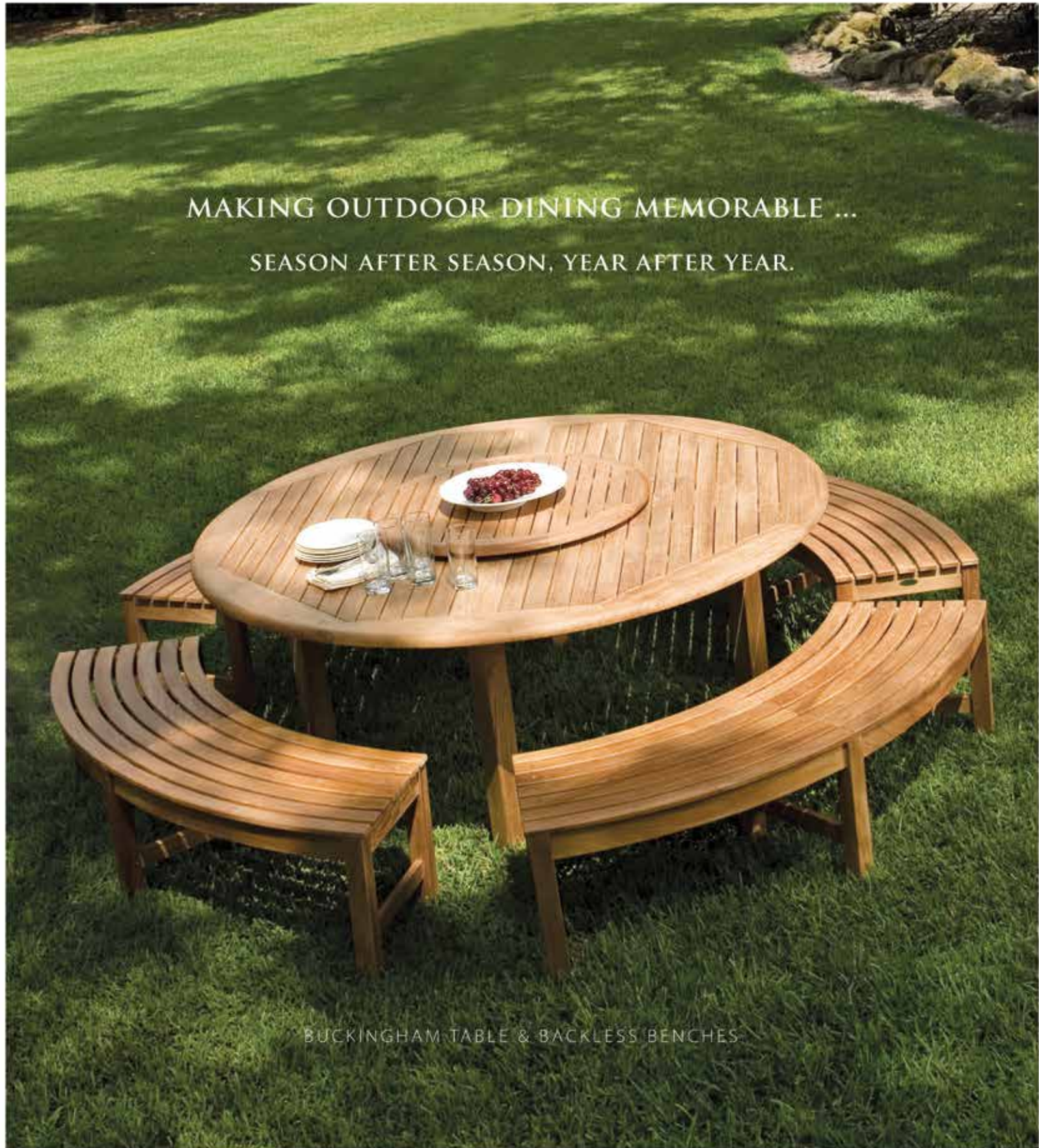


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A TESTIMONIAL

Dear Alan:

Thank you for building a magnificent home for us. Sonnie and I are very pleased with the outcome. It is all we hoped it would be and more.

This was our first experience building a home. Naturally, with all the "war stories" out there, we were somewhat apprehensive. We knew it would be important to find the right architect and builder, so we did our homework.

You were highly recommended to us by couples that you built homes for fifteen years ago, as well as more recently. We are happy to confirm that you have certainly lived up to your sterling reputation of trustworthiness and unrelenting focus on quality.

We have thoroughly enjoyed the process. You have allowed us the flexibility to be engaged to the degree we wanted, and we have always felt fully informed. We have been involved in the decisions we wanted to be a part of and you took care of the ones we didn't.

You have always been accessible by phone or in person. Reporting all progress has been consistent and we always knew where we stood with our budget. Additionally, your daily visits to the site were evidenced by the fact that you were into the details.

Our project superintendent, Kenny SanAngelo, was outstanding. You attract and retain highly competent people who are as adamant about quality as you are. The subcontractors who you have worked with for years understand and deliver that same level of professionalism and pride in their work.

Most of all, we appreciate the fact that you are a "straight shooter". You have certainly earned our trust, respect and friendship.

Since we began coming to the Gulf Coast we have had a dream of our own special place by the sea. You built Falling Waters Villa and that dream is now a reality. We appreciate you!

Sincerely,
Sonnie and Jerry Heffel

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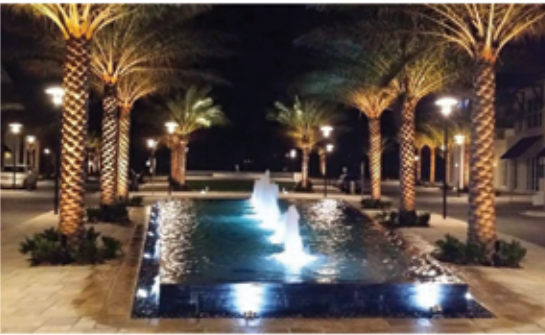
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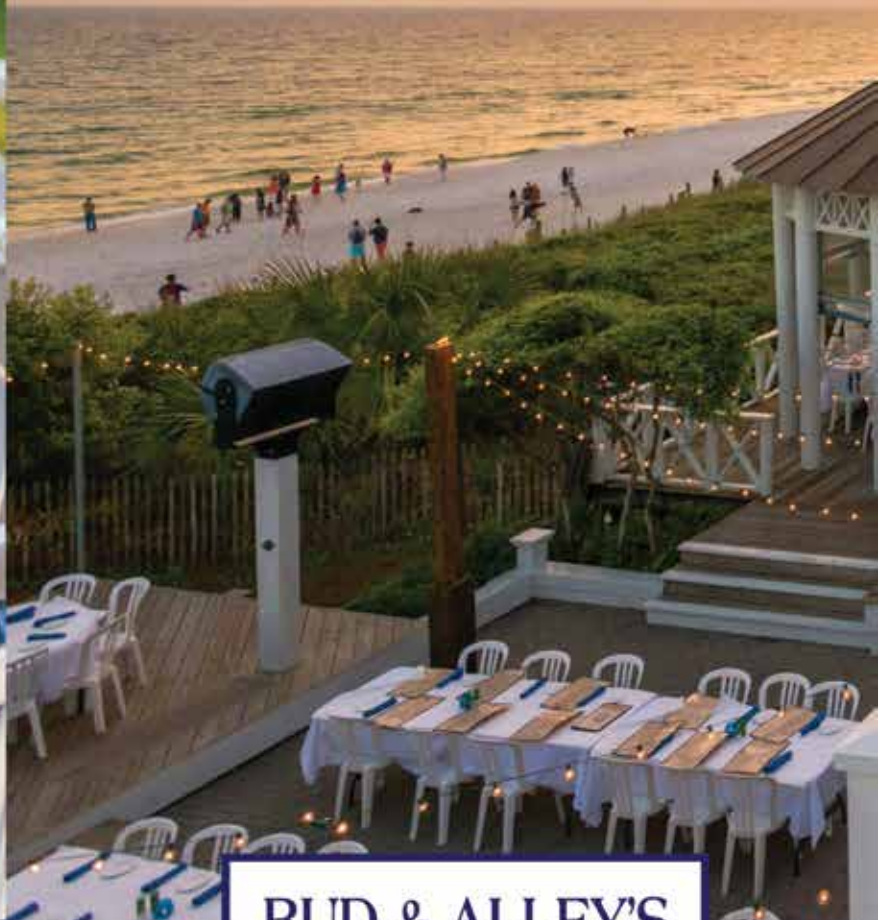
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letter from the publisher

SUMMER'S AROUND THE CORNER



Emerald waters shine
Blue skies reign
My family plays in sand and surf
My family smiles with me
30-A is a very fun place
I never want to leave
Thank you God for this place
It is my sanctuary.

May and June are filled with many options for fun and sun on 30-A. There are plenty of people to eat, drink and play with, but there is still plenty of space to do these things, as the crowds aren't quite at full capacity.

Whether it's shopping, eating, swimming or the great outdoors that fill your days, 30-A has it all. Within these pages are the people, places and things that make 30-A the unique and beautiful place it is today. We hope you enjoy reading about the many options for fun and relaxation at the beach and that we provide an excellent resource for you to fill your days with awesomeness.

Stay safe, be responsible and have fun!!

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



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Location: Alys Beach

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Showbiz and Events in May and June

ALYS BEACH

Mother's Day Brunch

Sunday, May 10 at 10am-2pm
Caliza Pool and Restaurant
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Sinfonia Goes Pops

Sunday, May 24 at 7:30-9pm
Alys Beach Amphitheatre
Enjoy the orchestral sounds of Sinfonia Gulf Coast under the palm trees in the Alys Beach Amphitheatre. Free and open to the public.

Adventures in Alys

May 25, 27, & June 1, 3, 8, 10, 15, 17, 22, 24, 29 at 10-10:30am
Fonville Press

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

Soccer on Kelly Green

Monday, May 25 & June 1, 8, 15, 22, 29 at 3pm, Kelly Green
Join us for a soccer scrimmage.

Summer Camp with Abrakadoodle

Tuesday & Thursday, May 26, 28 & June 2, 9, 11, 16, 18, 23, 25, 30 at 9am-noon

Meet at the Community Center for a morning filled with outside play, snack, art projects, games, and a movie! Cost is \$30 per child and open to children ages 4 and up. Register by calling 850-424-5058.

Nonie's Ark Animal Encounters

Tuesday, May 26 & June 2, 9, 16, 23, 30 at 10-11am
Fonville Press Courtyard

Nonie brings her traveling zoo and presents a hands-on show with seven different animals. Interact with the animals and learn their importance to us and the environment.

Fonville Wine Tasting

Tuesdays, May 5, 12, 19, 26 & June 2, 9, 16, 23, 30 & Friday May, 22 at 5-7pm, Fonville Press
A select few wines will be showcased along with light bites and live music. \$10 per person.

Spring Reels

Tuesday, May 26 at 8 pm
Alys Beach Amphitheatre
Bring blankets and low back chairs to enjoy a movie under the stars in the Alys Beach Amphitheatre.
May 26 – Big Hero 6

June 2 – The Princess & Frog

June 9 – Pocahontas

June 16 – Cars

June 23 – Planet 51

June 30 – Space Jams

Kickball on Kelly Green

Wednesday, May 27 & June 3, 10, 17, 24 at 3pm, Kelly Green
Grab the entire family for a pick-up game of kickball.

Spring Concert Series

Wednesday May 27 & June 3, 10, 17, 24 at 7-9pm

Alys Beach Amphitheatre
Join us for live music in the Amphitheatre.

May 27 – The Curryys

June 3 – Forrest Williams Band

June 10 – Blue Ribbon Healers,

June 17 – Heritage

June 24 – Cadillac Willy

The Seaside Rep's Intro to Improv Workshops

Thursday, May 28 & June 4, 11, 18, 25 at 10am, 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.

Ping Pong Round Robin

Thursday, May 28 & June 4, 11, 18, 25 at 3pm, Kelly Green
All welcome.

Parents' Night Out

Friday, May 29 & June 12, 19, 26 at 7-10pm, 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.

Digital Graffiti at Alys Beach

June 4, 5 & 6, Alys Beach
Enjoy a festival of digital virtuosity from all over the world. Join Alys Beach at the intersection of art, technology, and architecture. Visit digitalgraffiti.com for more information.

The Awkward Oxen Improv Hour

Fridays, June 12, 19, 26 at 11am
Fonville Press
A fun, interactive, and fast-paced comedy show that's fun for the whole family and groups of all ages.

ROSEMARY BEACH

Tasting Around the World

Wednesday May 6 & Thursday June 4, at 3pm – 5pm, Hemmingway Room at The Pearl Hotel

Join us for a selection of three wines and seasonal appetizers. \$25 per person, sales tax and service charge is not included. Adults Only. Call for details, 850-233-6405.

Mother's Day Lunch

11am – 4pm
Havana Beach Bar & Grille
Enjoy a choice of special menu (regular menu also available). \$45 per adult and \$22.50 child (12-under). Reservations, 850-233-6405

Memorial Day Picnic Dinner Party

May 25 at 6 pm – 9pm
The Pearl Hotel's Pool & Cabanas
Includes All American full buffet with craft beer bar available for purchase. \$55+ Adults, \$25+ Kids 12-under. Reservations, 850-233-6405

The Perfect Cocktail Party

Saturday, May 30 at 2pm-5pm
Hemmingway Room at The Pearl Hotel
We've teamed up our local mixologist, Food & Beverage Director John Ryckert and our Executive Chef Matt Moore, who will show you how to wow a crowd with cocktails & small plates. Reservations 850-233-6405

Salsa Dancing Instruction & Mojito Making

Wednesday, June 24 at 3pm – 6pm
Hemmingway Room at The Pearl Hotel
Enjoy a fun-filled afternoon of salsa dancing and mojito making. Adults only. \$35 per person, sales tax and service charge is not included. Reservations, 850-233-6405

Walk Her Way

June 12 at 6:30pm, Town Center
Stroll around Rosemary Beach® in your favorite pair of heels to raise awareness & donations for domestic violence. Register at walkherway.com

Kids' Rock the Block Party!

May 26 & July 14 at 6pm-8 pm
Western Green & Main Street
Bring the family for a rockin' night of fun in Rosemary Beach!

DJ, moonwalks, face painting, color hairspray, tattoos, arts and crafts with Gigi's, Kids' Zumba, hula hoop contest, games, prizes and more!

4th of July Celebration

July 4, North Barrett Square & Western Green
7:30am – Bike Decoration Contest & Breakfast
8:30am – Bike Parade throughout the Town Center
9:00am – Go to Western Green for good old-fashioned family field day fun! Sack races, water balloon toss, games, prizes and more!
6:00pm – Village Brass Band on the Western Green
8:45pm – Star spangled fireworks display from the beach!

WearaBalloonZA

Monday, June 1, 8, 15, 22, 29 at 4:30pm-7:30pm
North Barrett Square
(If raining... Town Hall)
The most intricate of balloon dresses, costumes and props will delight all ages!

The Magical Metamorphosis Show

Tuesday, June 2, 9, 16, 23, 30 at 7:00pm-8:00pm, Western Green (If raining... Town Hall)
Come join Magician Zakari and his fun assistant Ms. Amanda for some family fun, good times and spectacular summer magic!

Beach, Love & Tie-Dye

Wednesday, May 27 & June 3, 10, 17, 24 at 4pm-6pm, Western Green (If raining... Town Hall)
Bringing an abundant rainbow of colors to the Western Green...our artful Tie Dye experts will help your children produce a colorful keepsake t-shirt!

Children's Theatre: Sleeping Beauty

Wednesday, 6:30pm, North Barrett Square (If raining... Town Hall)
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.

Moonlight Movies & Face Painting

Thursday, May 28 & June 4, 11, 18, 25, Western Green (If raining... Town Hall)

6:30pm – Face Painting

8:15pm – Movie
Bring the family for a wholesome and fun movie night under the stars!

All about that Brass!

Friday, May 29, June 5, 12, 19, 26 at 7:00 pm to 8:00 pm, Western Green (Town Hall if Raining)
Don't miss this high-energy, highly entertaining musical performance as our rockin' brass quintet takes you on a march through time, performing a wide range of music.

Sky High Balloons

Saturday, May 30 & June 6, 13, 20, 27, 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 Summertime Balloon Art.

Dancing in the Streets

Sundays, May 24, 31, June 7, 14, 21, 28, 6 pm to 8 pm, Town Center
We are pleased to bring back for an encore season our very own New Orleans style 7-piece strolling jazz band...The Village Brass!

Marionette Magic

Sundays, May 24, 31, June 7, 14, 21, 28, 6 pm to 8 pm, Town Center
This duo brings a unique whimsical approach to a puppet master and his delightful living marionette!

WATERCOLOR

Mother's Day Breakfast

May 10, Fish Out of Water
Call 850-534-5050 to make reservations. \$65 per adult and \$30 per child.

Memorial Weekend Concert

Sunday, May 24 at 5pm – 8pm, Marina Park
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Swimming in Success, Fish Out of Water

BY LIESEL SCHMIDT



Fried and grilled grouper sculptural entree over grits



Stuffed Lobster

Unlike the name of the restaurant he helms from his kitchens at Fish Out of Water, Chef Todd Rogers is quite in his element. Evidence of that is on every plate that passes through his hands and every item on his carefully crafted menu at the highly acclaimed waterfront dining spot.

With breathtaking views of the beachfront that surrounds it, Fish Out of Water could be considered a destination of its own right, but far be it from the owners at WaterColor Resort to leave so much potential to go untapped. After all, with such resplendent beauty on display, how could anyone expect to find anything less than truly beautiful food?

So with such expectations in mind, they tapped Chef Todd to conceptualize a new menu, and his visionary mind and finely tuned palate to make Fish Out of Water irresistible bait to even the most formidable of foodies. And what bait it is. With options like the Sicilian Seafood Soup; incorporating the fresh flavors of the sea with the more earthy robustness of a sauce-like blend of tomatoes, fennel, onion, and garlic to become FOOW's own version of a Frutti di Mare; the menu pays homage to the abundant array of fresh seafood available in the local area.

To try and pinpoint a specific locale for the menu would be to limit the possibilities, to take the fish out of open water and confine it to a fishbowl; so instead, Chef Todd explores and successfully redirects the flow



Deviled eggs



Waterside dining

without muddying the waters. Seared Gulf Black Grouper filets luxuriate in silky smooth creamy cauliflower puree, topped with a buttery leek fondue and crowned

with the unexpected crunch of tempura-battered and fried lobster tail. The moist, sweet flavors of a sweet tea-brined chicken breast play against the spiciness of Conecuh sausage in a bed of dirty rice, sauced with Cajun tomato and okra stew in a nod to New Orleans; and steak makes a long-awaited return to the menu with the choicest cuts, basted in rendered beef fat before being seasoned to perfection and rubbed in compound butter.

"Our name refers to the fact that we don't cater to one type of cuisine," Chef Todd explains. "We're in America, and America is so diverse in its cultures and all of the flavors that come with that. To appeal to that diversity, that worldliness, you have to have a worldly menu; and we're

excited about the challenges that brings us as chefs," he continues, referring to his chef de cuisine, sous chef, and pastry chefs, all of whom he credits for adding their own bit of expertise to the menu. "I like to use everybody's knowledge and strength, rather than just mine; and that allows us to produce more innovative, more unique food. We're creating dishes everyday that keep our wheels turning, using ingredients that educate people and satisfy a more demanding palate."

Evidence of that high standard is each and every component on the menu, made from scratch in house, from the demi-glazes to the stocks. Locally sourced, in-season products keep the restaurant true to its farm to table concept, while a truly visionary dedication to presentation elevates even the most simple ingredient to greatness. It's technique married to creativity, pride in offering nothing but the best. "PRIDE is more than a feeling for us, it's part of our mission—Personal Responsibility In Delivering Excellence," Chef Todd insists. "We want you to come here and know that you're being given VIP, white-glove service, whether you're a local diner or a food critic. It's part of what sets us apart from the rest." And while it might be an important part, it's still only part. Like the dishes delivered at dinner service, the restaurant itself is a

sight to behold, a visual feast from wall to wall, complete with a show kitchen that affords expectant diners the opportunity to watch an impressive display of grace and grandeur as bananas foster flambés flare and meringues are torched to crunchy, toasty decadence.

From soup spoon to dessert fork, every bite that passes the lips of FOOW's guests is an unmitigated taste of brilliance, innovation and unexpected flavors that are both authentic and evolutionary. This fish may be out of water, but it's swimming in limitless inspiration.

For more information on Fish Out of Water, call (850) 534-5050 or visit www.watercolorresort.com. Open seasonally for breakfast, 8:00 a.m.- 11:00 a.m., daily; dinner hours: Tuesday- Saturday, 5:30 p.m.- 9:00 p.m. Located at WaterColor Resort, 34 Goldenrod Circle, Santa Rosa Beach, FL 32459.




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Havana Beach Bar & Grill Spices Up A Luxurious Stay at The Pearl

BY SUSAN BENTON

Pumpkin cheesecake



The Rose Mary signature cocktail



Scallop entree



Though in the heart of the bustling small beach town of Rosemary Beach, Florida, stumbling onto The Pearl is like finding an oasis in the desert. This is a location of critical importance, as it is near the water's edge where one can replenish, refresh, and become renewed at this full service luxury resort.

Whether arriving alone, as a couple, or with family, flip-flops are welcome at this casual coastal retreat boasting 55-rooms, many with Gulf views, and balcony doors that swing open to invite in the cool, salty breeze, a view of the idyllic town, or destination pool with cabanas below. The Pearl's guest rooms exude comfort, and are professionally decorated with elegant style and deco furniture. It is no wonder that The Pearl is ranked #1 among the *Best Hotels in Florida: Readers' Choice Awards 2014* by *Conde Naste Traveler*, and most recently received a 4-star rating from the 2015 Forbes Travel Guide.

When hunger strikes, head to Havana Beach Bar & Grill located within the hotel property on the first floor, south of the lobby. Step back in time to a restaurant inspired by Hemingway's Club, heavily influenced with Cuban décor and vibrant artwork. Revel in the cuisine of Gulf Coast Americana, with old world Spanish, Portuguese, and French flavors, while enjoying a meal outdoors on the Veranda, or in the spacious dining room with magnificent bar where a player piano belts out old favorites. A sight to behold and modeled after El Floridit (the hangout of Ernest Hemingway) the bar at Havana Beach is a hot spot for locals, with over 300 bottles of wine to savor, 40 served by the glass.

St. Joe Club & Resorts took over management of the property in 2014 and brought in talent from the national and local culinary scene. Todd Rogers arrived from Sea Island Resorts and is the new corporate executive chef



Photo courtesy of St. Joe

for St. Joe Club & Resorts, overseeing all restaurant properties in the portfolio. Executive Chef Matt Moore also arrived from Sea Island Resorts and Chef de Cuisine Gregory Smith by way of George's at Alys Beach.

The chefs at Havana Beach Bar & Grill support local growers, purveyors, and fishermen throughout the region. They source meat, fish, and produce from small production, family-owned businesses within 250 miles of the restaurant. You will find Covey Rise Farms, City Green Farms, Ocheesee Creamery, and Camp Flowers Honey in the presentations prepared, just to name a few. I opted to have Chef Gregg choose my tasting menu, in order to see what was new in the kitchen. Gregg says, "We have taken the menu in a different direction and are featuring modern dishes with international influences and coastal flare. What you will find on the plates is fresh, sustainably farmed produce and organic proteins that create a flavorful and exciting experience, full of clean ingredients. We cure our own pork belly, make all stocks in house, and smoke our own meats."

The meal began with a trio of pastries prepared by the onsite pastry chefs. If looking for the best popover in the Panhandle, you will find it here. Next came a plating of savory and satisfying house made sausage with bacon jam and mustard sauce, where I honestly could have

Coffee semi-fredo with donuts and meringue



stopped, as it was enough to rave about. The U10 diver scallop arrived seared to perfection, served with seasonal multicolor baby carrots, turnips, red potatoes and presented on beet gel. I happen to adore beets, and thought the components of the dish were bright, fresh, and a favorite of the evening. That was until the braised short rib over parsnip purée

arrived. The trio of desserts presented to end the meal included a semi frozen coffee custard, tres leches cake, and apple empanadas, all deliciously decadent and highly recommended. Don't plan to count calories here.

If finding room for breakfast the next morning, take note of the make-your-own Bloody Mary bar that is stocked with 30 different vodkas and almost a dozen mixes. No need to rush, as it is available from 8am to 3pm daily, allowing you to linger.

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

Susan Benton is a culinary lifestyle writer, and the owner of 30AEats.com, where she shares her passion for food, travel, and her commitment to promoting regional farmers, chefs, fishermen, and artisans along the Gulf Coast. Her cookbook, *The New Florida Table*, will be released early fall 2015.

Food photography courtesy of Jacqueline Ward.



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Kevin Korman

BY SUSAN BENTON

As the landscape of Alys Beach changes in 2015, so does the life of Chef Kevin Korman. He was recently married, is now expecting his first child, and has been named the Executive Chef of Alys Beach, Florida; overseeing not only Caliza Restaurant, but the entire food and beverage program in one of the most luxurious beach communities on 30-A.

Korman's title now includes menu development, recipe creation, and presentation execution for all of the town's culinary outlets; including catering and events, the grab-and-go program at Fonville Press, and Piper's Food Truck. Currently, Chef Korman has changed the menu for the spring at Caliza, with true farm to table menu presentations. He works closely with purveyors like Renee Savary of Twin Oaks Farms out of Bonifay, making frequent visits to the farm, hand selecting his products, and looks forward to the Heritage pork that will soon grace his plates.

On my visit, Korman made fresh Cavatelli with Twin Oaks Farm chicken, butternut squash, kale, pistachio, and house made ricotta. It was as beautiful as it was delicious. Korman says, "I have always loved to cook. I grew up near the farmland of Carroll County, just outside of Baltimore, Maryland, watching my mother and grandmother cook. I learned to appreciate what farm-to-table food could be."

Chef Korman next approached me with Ceviche Verde – local red snapper, apple, jalapeno, tomatillo, and lime. It was divinely refreshing and held the perfect balance of sweet and acidity on my taste buds, as well as a permanent place in the Alys Beach chapter of my upcoming cookbook. Korman's coconut parfait followed, with chocolate pudding, sour cream donut, and cashew crumble. It was innovative, refined, memorable, and certainly what patrons should order when ending such a masterful meal.

Also new to Alys Beach is Piper's Kitchen, a food truck concept, where Korman can playfully change the

menu monthly by country origin. I was on hand to sample some of the best Indian cuisine imaginable. I watched Korman diligently prepare and test many dishes, also coaching his kitchen team, before presenting me with a taste of Beef Vindaloo, where the layers of flavor were bursting with each bite. The moist Vegetable Samosas in their flaky pastry pockets were also heaven sent.

Korman exudes confidence and talent in the kitchen. He gained this early on by graduating from Baltimore

International College in 2002 and then honing his culinary skills under the watchful eye of his mentor, Certified Master Chef Rudy Speckamp. During his four-year tenure with Rudy's 2900 restaurant in Finksburg, Maryland, Korman had the opportunity to work with twelve other certified master chefs, a rarity for any young chef in his position. After leaving Rudy's, Korman worked in Eatonton, Georgia; County Cavan, Ireland; and Baltimore, Maryland. His experience in these disparate places covered virtually every facet of the culinary industry, from restaurants and catering, to private chef gigs, and culinary instruction. He is also an American Culinary Federation Certified Executive Chef and has won several culinary competitions.

Korman joined the Caliza team in March 2011 as a sous chef and was quickly promoted to chef de cuisine. Korman says, "My style of cooking is to make food approachable and familiar, yet new and exciting. When people go out to eat, whether to a restaurant or as guests of a catered event, they should be treated to something they cannot produce at home."

The philosophy at Caliza Restaurant is that every meal is a journey. Menu items are inspired from around the world and patrons are encouraged to explore new places while returning to favorites. The best-kept secret is the special vegetarian menu, filled with adventurous, enticing options.

Korman showcases his tableside and bar menus in the spectacular setting overlooking the infinity pool, complemented by candles, soft lighting, and comfortable coastal breezes. All



Chef Kevin Korman



Tart of 3 Chocolates, Feuilletine & Sable, Coffee & Vanilla Ice Cream, Mocha Sauce



Duck with Red Cabbage, Baby Turnip, Poached Pear, Cocoa, Foie Gras & Hazelnut Crunch



of it makes dining at Caliza Restaurant a truly memorable experience.

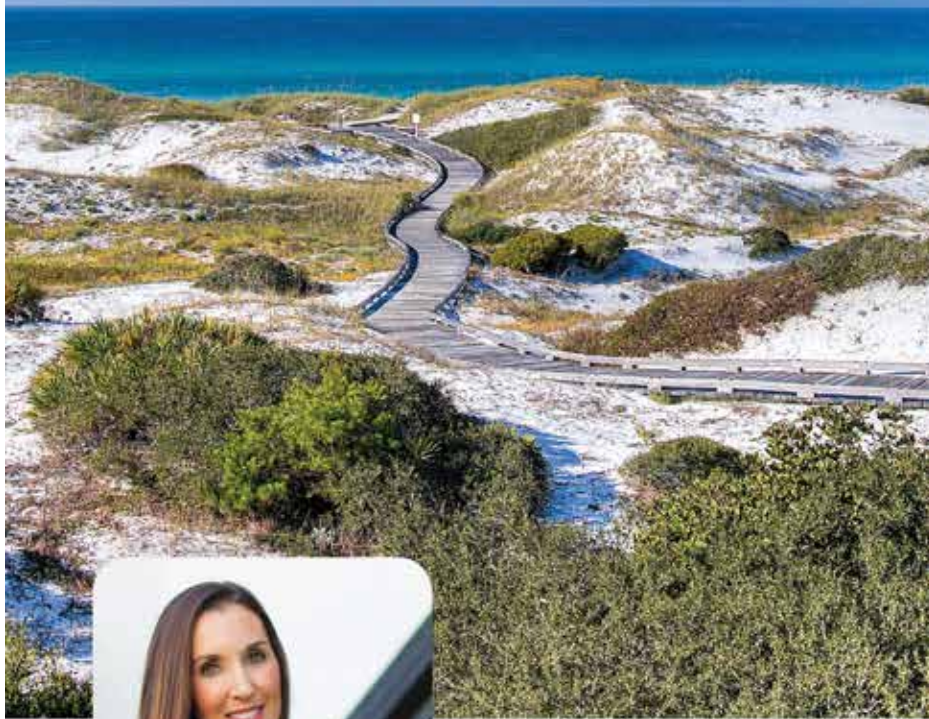
Open to the public for dinner Tuesday through Saturday 5:30 pm – 9:00 pm, reservations are recommended by calling, (850) 213- 5700. For more information on Alys Beach and other dining options visit www.alybeach.com.

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Big Creek Farm

BY SUSAN BENTON



Living high on the hog is an understatement for the beasts that roam the over 1200 acres of Mark and Kasia Fortunes' family farm in Laurel Hill, Florida, which dates back to the 1800's. Mark says, "Though the property has been in my family for many generations, Big Creek Farm was just a seed planted fifty years ago when I was given two orphan piglets. They went fishing with me every morning and became my constant companions. Ever since then, I have had a great appreciation for pigs and their inquisitive personalities."

After 19 years of commercial fishing in Alaska, Mark returned home to his farming roots, and now has one of the largest herds of Heritage Tamworth hogs in the United States. He chose to raise this particular breed for its taste, leanness, and exceptional nutritional value. Tamworth hogs can take up to a year to reach maturity. While doing this on the Big Creek Farm, they are free to roam and graze from field to field on the magnificent foliaged lined property that is divided by a flowing stream with a white sandy bottom.

Mark says, "Our farm was named after Big Creek that runs a few miles west of Laurel Hill. It is fed by hundreds of artesian springs and roams through the entire farm. Our hogs drink from the many artesian springs that feed the creek."

Our farm was named after Big Creek that runs a few miles west of Laurel Hill. It is fed by hundreds of artesian springs and roams through the entire farm. Our hogs drink from the many artesian springs that feed the creek.

The Fortunes' Tamworth hogs are purebred, with a confirmed championship bloodline that is registered with the American Tamworth Association. Born in the wild, not in farrowing crates, Tamworths are one of the oldest and most physically active breeds known. They are nicknamed "Irish Grazers", as they are the finest of foragers and digest up to 80 percent of their protein from grass. Throughout their lives, no Fortune hog is given antibiotics.

Due to the Tamworth's ability to achieve high body mass without having much actual fat, the hog is sometimes called "the bacon pig" and is an excellent candidate for cross breeding. "We have Mangalistas, a Hungarian lard hog known as the Kobe beef of pork

that we plan to cross breed later this year," adds Mark. With their strikingly long hair and fatty marbled meat, Mangalistas are becoming favorites of both farmers and eaters alike. While Mark and Kasia also plan to cross breed with Berkshires, they are dedicated to the purity of the Tamworth breed and bringing the finest pork products to their customers.

The Fortunes' unique cinnamon clove bacon also has loyal patrons raving. Mark says, "People just love it! Wrap a piece of bacon around a sea scallop and then sear it. The taste is incredible!" Also quite popular at market and in stores are the Fortunes' delicious breakfast smoked Italian, bratwurst, and Andouille sausages. All sausages and bacon are made with no preservatives, nitrites, fillers, or MSG; in other words, no artificial ingredients. The meat is naturally gluten-free and any natural seasoning is added to lean, free-range pastured pork frozen immediately after vacuum packing. Consequently you end up with a superior product and taste.

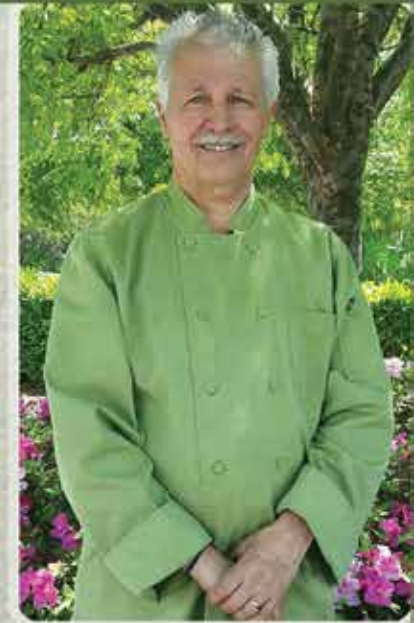
Though they already hand craft their own products, the Fortunes are planning to expand their business and will build an onsite USDA approved processing plant later this year. Mark reached out to a retired USDA inspector as a consultant, who then guided the Fortunes through the design of the plant. "We are really looking forward to incorporating more pork and beef into our product line,

and the grass fed beef label has been approved. I'm also working on a secret seasoning now for my low country pork rinds," says Mark.

Currently you can purchase the Big Creek Farm line of products at the Seaside Farmers Market in Seaside or the Palafox Market in Pensacola on most Saturdays. They are also available at the WaterColor Coastal Farmers Market and the 30-A Farmers Market at Rosemary Beach on most Sundays, as well as at Destin Ice Seafood Market in Destin, Staff Of Life in Niceville, For The Health Of It in Blue Mountain Beach, and Ever'mans in Pensacola. For more information, call Big Creek Farm directly at (850) 621-3135, or email at bigcreekfarm.florida@gmail.com.



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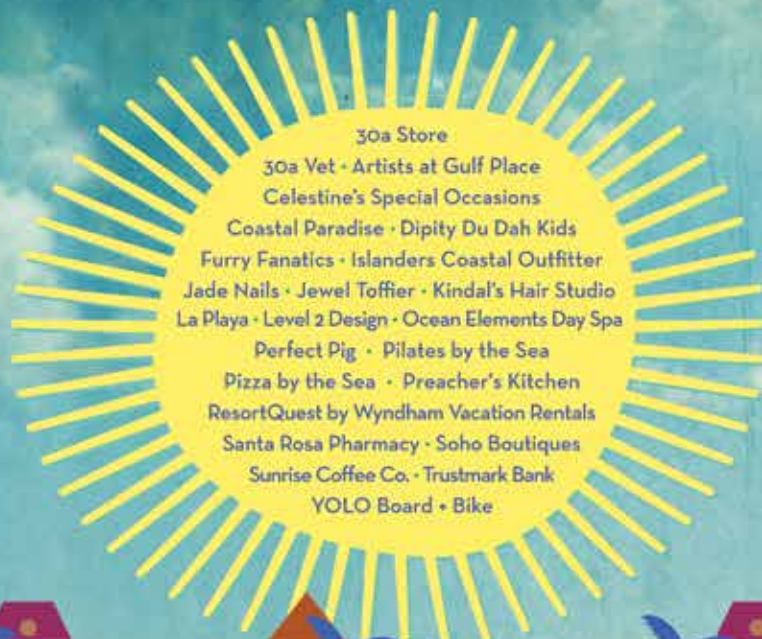


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Ohana Institute Students Find Satisfaction in Helping Others

BY JULIE HERRON CARSON

As 30-A real estate agents, Jan and Steve Stevens spend their days familiarizing future homeowners with the appealing features and amenities of the Northwest Florida coast. And while they love showcasing the beautiful beaches, state parks, restaurants, shops and recreational options to their clients, they always save time to acquaint them with the Ohana Institute, a fully accredited independent school based in Rosemary Beach serving students from throughout South Walton County.

“Steve and I believe the Ohana Institute is the best-kept secret on 30-A,” says Jan Stevens, who along with her husband, has been a strong supporter of the school since its founding in 2010. “Lettye Burgtorf established the innovative school to educate the whole child and give each student the opportunity to grow academically, socially, and emotionally. Not only is the Institute itself a wonderful asset to South Walton, but the students engage in local charitable projects, so the school’s benefit to the community is magnified.”

The Ohana Institute educates students from fifth to twelfth grade and will expand to third grade beginning in fall 2015. The staff consists of both certified teachers and local professionals with strong expertise in various fields. Instruction is provided through traditional classroom settings, hands-on experiences, and online learning tools. Students may choose from a number of exciting electives, including culinary arts, music, sports, computer coding, photography, film and motion pictures, and more. They work together to foster teamwork and learn about collaboration and leadership.

“The mission of the Ohana Institute is to deliver an experiential, student-centered education within a caring and creative environment,” says Burgtorf. “The school operates on a flexible calendar and emphasizes project-based learning, combining both theoretical and real-world experiences. Students are exposed to academics, STEM, arts, music, culture, travel and much more to help each one discover his or her talents and passions. Obviously, our students are full-time residents, but Ohana Records offers after school and summer band camp so visitors can get a taste of the Ohana Institute experience while they’re here on vacation.”

As part of that self-discovery, all of the Institute’s high school age students are required to complete 25 hours of



charitable work per year, but most students donate many more hours of their time to better their community and begin giving back at an early age. Among the numerous non-profit organizations that benefit from the students’ efforts is the Rural Relief Program, a charitable outreach of the Muscogee Indian Nation in nearby Bruce, Florida.

“On the surface, it might seem that our coastal communities are populated only by successful professionals and seasonal visitors,” says Burgtorf. “But just like you find everywhere else, there are families and individuals, especially in the rural parts of the county, that are struggling to put food on the table. Ann Tucker, chairwoman of the Muscogee Indian Nation, recognized this need and established the Rural Relief Project to help these families. She is an outstanding example of a person who has followed her passion to make a positive change in the community. I was excited to introduce our students to her and get our school involved in the relief efforts.”

The Ohana Institute students donate their time to the Rural Relief Program’s food pantry, which provides food to hundreds of people each month. The program is designed to offer assistance to struggling families and help them regain self-sufficiency. The students help organize and distribute food, assist with the program’s administration, and mentor some of the children being helped by the program.

“It’s so important to involve children at an early age in helping their community,” says Burgtorf. “Often, people want to help, but don’t know how to get started. Our students became involved with the Rural Relief Program

within a year of the organization being formed and they have been extremely creative in how they offer assistance. For example, some of our students secured a donation of bicycles and enlisted art students to paint them before they were donated to needy children. Identifying a need and figuring out how to meet it is a wonderful way for our students to offer hands-on assistance and interact with the families they are helping. This kind of work instills a life-long desire to help others.”

Ohana Institute: 82 South Barrett Square, Rosemary Beach, FL, 32461, (850) 231-1140, www.ohanainstitute.org

Rural Relief Program: P.O. Box 3028, Bruce, FL, 32455, (850) 835-2078, www.mnof.org/rural-relief-initiative/

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Breast Cancer Rates of Occurrence

BY DR. NITIN BAWA, MD



Dr. Nitin Bawa

Looking at all ages, it is estimated that one in 8 women will develop breast cancer in their lifetime. This is quite a high percentage and most of us know multiple people who have suffered from breast cancer.

Unfortunately, this story is becoming more and more common.

Over the last few decades the incidence of breast cancer in women aged 25-39 has increased steadily. The incidence was 1.53 per 100,000 in 1976 and is now 2.9 per 100,000 in 2009. In addition, young women who develop breast cancer tend to have a worse prognosis and tend to have a more aggressive cancer.

Looking at all ages, it is estimated that one in 8 women will develop breast cancer in their lifetime. This is quite a high percentage and most of us know multiple people who have suffered from breast cancer.

There might be a lot of things that are causing the rates of breast cancer to go up. Increased use of mammography might artificially make it look like rates are going up but this is probably not a major factor.

The Million Women Study in England showed that when women drink even small amounts of alcohol, it increases the risk of breast cancer. It is estimated that

It was early in the morning and we were rounding on our patients in the hospital. It was one of those unfortunate days where we had to tell a young lady that she had breast cancer. I have had to tell several women this but what was unusual was that this woman was very young and she was pregnant!

A few weeks later, we met the same patient in the hospital and she had just delivered a beautiful baby girl. We sent her off to surgery and then next day she was breast feeding her baby even though one breast had been removed.

There is nothing worse than seeing such a young woman with a little child having to fight breast cancer.

if all women drank one more helping of alcohol (there are two helpings of alcohol in each medium size glass of wine) there will be 11 more cases of breast cancer in every 1000 women. It is estimated that 11% of breast cancers are caused by alcohol.

Increased obesity has been linked to breast cancer. It is estimated that 7% of breast cancers are caused by obesity. Fat produces a surprising amount of hormones and the increased estrogen from fat might make breast cells divide increasing the risk of breast cancer.

Having children and breastfeeding have been shown to help protect against breast cancer. This might be partly why developing countries tend to have lower rates of

breast cancer as they have more children and breastfeed for a longer period of time.

It is not completely proven but it is theorized that pesticides might be increasing the risk of breast cancer. Pesticides look a lot like hormones and these could cause breast cancer cells to divide.

Even plastics give off a chemical called BPA (bisphenol A) that looks like an estrogen and causes breast cancer cells to grow. It is best to not heat food in plastics and avoid plastics as much as possible.

Even thermal receipt paper gives off BPA and there are studies showing that cashiers tend to have higher levels of BPA than other people. The alcohol in hand sanitizer might make it easier for BPA to get absorbed through the skin.

Although still not completely proven, Vitamin D might be protective against breast cancer and many of us are very low in vitamin D. People who have higher levels of vitamin D also have a better prognosis with their breast cancer. Taking vitamin D might be protective for women.

Synthetic hormones might be a lot more risky than natural hormones when it comes to breast cancer. Lot of women receive Premarin that is made from horse urine and contains 29 different horse estrogen waste products. The synthetic progesterone called Provera might be a lot more risky than the natural progesterone that is available over the counter. When it comes to hormones, it is best to use natural hormones as much as possible.

The good news is that the survival rates have shot up. Two out of three women who have breast cancer survive for 20 years after the diagnosis. It is important to check for breast cancer and do regular screening. Catching the disease early makes a big difference in survival.

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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Do you have Adrenal Fatigue?

BY DR. BART M. PRECOURT

SYMPTOMS:

Poor sleep, weight gain (especially around belly), PMS, night sweats, hot flashes, brain fog, anxiety, high blood pressure, joint pain, overall lack of energy and a general feeling of lack luster.

All of this can be caused by two little glands the size of peas that sit on top of your kidneys. The main job of your adrenal glands is to produce hormones. They are responsible for everything from your “fight or flight” stress response, to regulating water and salt balance, controlling blood pressure, and even releasing sex hormone precursors (think libido). They have a huge impact on how much energy you have day-to-day.

How do they get fatigued? With our busy lifestyles today, it is common that they get overworked and poop out. What causes this: **STRESS**. Which includes emotional trauma, e.g. loss of a loved one, moving, or job loss; poor nutrition; and even excessive exercise.

For those dealing with adrenal fatigue it can have drastic negative affects on your overall quality of life. Keep in mind that stress is cumulative. Its effect on our bodies adds up day-to-day, year-to-year. We might think that we are handling our current stress ok, yet it's the cumulative effect that really counts.

Since the adrenal glands store 70% of your vitamin C and zinc, eventually your immune system is weakened as your storage is depleted. Symptoms include more frequent colds that last longer and staying sore after workouts.

There are three phases you go through on your way to Adrenal Fatigue:

Phase 1: Wired all the time

Phase 2: Wired and tired at the same time

Phase 3: Tired all the time

HERE'S HOW IT HAPPENS:

Your adrenal glands produce the hormones adrenaline and cortisol to keep up with the demands of life. When they are over worked due to stress, excessive workouts, poor sleep, and/or poor nutrition they produce excessive amounts of cortisol. This is where the trouble begins. Cortisol is a stress hormone. Designed as a “Flight or Fight” hormone, it's great if a tiger is chasing you. Bad if it's being dumped in your body for day-to-day energy. It makes you toxic. Weight gain, fatigue, brain fog, joint pain, poor sleep, etc., the list goes on.

WHAT TO DO:

The good news is that this condition is very treatable. The key is getting a proper evaluation and diagnosis.

Dr. Bart M. Precourt



This can be tricky though because it doesn't show up on blood tests. If you've been to the doctor and been told everything is “normal”, don't panic yet, you're not crazy (well maybe); your symptoms probably have to do with your adrenal glands. Personally, I use a very comprehensive questionnaire and meridian activation technique to determine the cause of your symptoms.

Traditionally there are no proven medications or drugs that are successful. Self-medicating with coffee and other pick me ups will only drive your body deeper into exhaustion. Yet there is still plenty you can do. For my clients I follow three basic steps to get your adrenal glands back to health.

First: Learn how to shut them OFF. This will keep them from producing cortisol. Basic breathing techniques can do this instantly.

Second: Get disciplined about “shutting it down.” Too often patients tell me they are on the computer or busy right up to bedtime. This prevents natural melatonin release in the evening and your sleep cycle is disrupted.

Third: Specific nutritional supplements and the proper diet. The goal is to support and restore health to your adrenal glands. This approach has the best outcomes. Although perfect nutrition would be great, it's often the

hardest to change. When in adrenal fatigue you will crave carbs and sugars for a quick hit of energy. Slowly moving away from carbs and sugar will be a big part of getting back to health.

In reality, adrenal fatigue is very common; and if it's not full blown it's often on its way. Some chalk the symptoms up to age or a lack of hormones. Yet I will tell you that age is not a disease and hormone imbalances are usually the symptom, not the cause.

If you would like to find out if adrenal fatigue is at the core of your health symptoms call our office for an evaluation. You only get one body... Treat it like your temple!

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



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Finding Focus

BY LIESEL SCHMIDT



Even though Katrice Howell began taking photographs professionally more than 20 years ago, the passion that fuels every flash of her camera and every snap of her shutter is every bit as fresh as the first time she booked a shoot. Taking that passion to the best possible level, Howell has grown and learned with time, perfecting her technique in ways that complement the changes in technology, rather than rebelling against them. It shows in the way her photographs capture that split second of joy, that unexpected tenderness or sweetness that would otherwise be lost if she was one to abide by the strict rules of portraiture. She wants those moments to be unfiltered, uninhibited by predetermined posing, and unconfined to the prescribed expression that causes so many photographs to become inauthentic.

“As a photographer, one of my greatest gifts is my ability to put people at ease enough to show a more honest, natural side of themselves; to get children to laugh,” Howell says. “One of my highest compliments is to have



someone come to me after seeing the photographs and say, ‘There are so many great ones—how did you do that? They never smile, and you’ve made them laugh!’”

It’s affirmations such as these that remind Howell precisely why she does what she does, since originally this Georgia native planned her life to follow a more serious track. But much like the

photos she shoots, life doesn’t always turn out quite as planned; and after receiving her degree from Florida State University, she found that she would much rather be engaging with people than working behind a desk. It was the unlocking of her creativity that brought the realization that she could give others a priceless gift and capture their memories in a way that could be cherished for years to come.

“The people I meet are my biggest inspiration and my biggest passion,” she says. “I love having the chance to talk with them and play with them and learn about their families.” It’s the creation of that relationship that

keeps clients coming back to her, year after year, when they come to 30-A; that relationship that fosters the sense of familiarity and ease that allows people to let themselves shine in front of the camera.

With a specialization in family portraiture set amidst the natural beauty of the beaches so iconic to 30-A and the surrounding area, Howell couldn’t have found a more fitting location to indulge both her love of people and her deep connection to the ocean. It was a love that began in childhood vacations to the Gulf Coast and strengthened over time like the pull of the moon strengthens the tide. It’s one that she shares with her own family—two children and a husband who not only support her in her dream, but provide her with plenty of inspiration on their own. As a wife and mother, she has first hand understanding of the harried dynamic of family photo shoots and the challenge of capturing life that never stops on film, but that’s exactly what she does—capture life.

Just how well she does it is evidenced by the images that emerge—the unbridled laughter and the mischievous grins that seem to be captured as though no one was looking, as though the woman behind the camera was not a professional photographer, but a long-time friend. There is a bonding process at work—not only between the families she photographs, but also between subject and artist.

It’s her inherent talent for this, coupled with a well-trained eye, that has given Howell an edge and an ability to stay relevant, even in the midst of so much readily accessible technology. Rather than being outmoded, she has become more educated, staying on point so that she can continue to not only “find the light” for her shoots, but find the light in each and every client to make them shine brighter than they ever imagined they could.

As sunrises and sunsets paint a living watercolor above the waves, Howell watches the horizon to see the beauty in every day, every shoot, and every client who looks to her to capture a precious memory. She has found her paradise and her bliss, and she can’t wait to see what develops.



Katrice Howell
Headshot by Kira Derryberry

For more information on Katrice Howell Photography, call (850) 694-8695 or visit www.katricehowellphotography.com. Family photography by Katrice Howell.



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ISHI Clothing Boutique

BY SUSAN L. CANNIZZARO



30-A's newest boutique is already making waves, although it just opened in January 2015. This upscale women's boutique in Santa Rosa Beach, led by Designer Grace LaPerriere and Owner Iyishia Smith Jones, features ladies' and children's clothing, with everything from jeans to couture bridal gowns.

Jones grew up in Michigan where her mom owned a women's clothing boutique. Even as a little girl, she realized her creativity was fueled from her love of fashion. After discovering the Emerald Coast two years ago and falling in love with the area, she decided to open her flagship boutique. Her husband came up with the name for the store after playing with the middle part of her first name. "He kept saying "Ishi" to me over and over and I thought he was asking me the question, 'Is she?' And I would say 'She is!' And that is how ISHI came to be," says Jones.

She met emerging designer Grace LaPerriere during South Walton's Fashion Week in 2012. Together they have



a creative energy that is explosive. "Grace is an amazing designer. She creates fabulous couture pieces, prom dresses, wedding gowns and all her pieces have an edge to them," says Jones. La Perriere's line is called Amazing Grace Couture. Both women design the clothing, while Grace does the sewing. "We can do custom work on the spot. If you don't want a sleeve on a blouse, we can take that off. If you need pockets added, we can do that too," says Jones.

LaPerriere came to the United States from Korea at age 20, when she got into sewing and designs. "I was happier than I have ever been once I started designing and I realized it was something bigger than I could ever imagine," says LaPerriere. When she

first met Jones, she was wearing a dress of her own design, though she does not normally design her own clothes. "I was not confident in my own ability to make something for myself, but Iyishia fell in love with my dress and we exchanged cards. That is where our friendship began," adds LaPerriere. Jones invited LaPerriere to a fashion show in Montgomery, Alabama she was hosting. For LaPerriere it was the first fashion show she had appeared in. "It really opened a door for me. I love her so much and we collaborate very well together," adds LaPerriere.

"Fashion is very cyclical. What's trending now is more of a vintage look with flair. Also popular is a hippie chic look. Popular pieces include crop tops, nude or blush colors, 2-piece garments, and silhouette images," says Jones. All pieces have a casual uncomplicated vibe that fits the 30-A lifestyle perfectly. "We target the 18 to 80 year olds. Ladies love our pieces. They are appropriate for all ages," says Jones. A lot of customers love that the clothing is versatile enough to wear at work and not just wear at the beach. "We have shaken up the 30-A neighborhood with our designs, it won't ever be the same," adds Jones.

They both really enjoy working with brides as well. "People are spending a fortune on a wedding gown they wear

for a day. They can come to us with their sketch and they can truly design their own gown, which gives brides more options; plus it can be something they can wear again," says Jones.

Koriya Padgett is a close friend of Jones who both sends customers and uses the pair herself. "Iyishia will tell Grace to add a feather to a piece, or to make it shorter, Grace does that and the item looks amazing. Together they both have an amazing style and gift," says Padgett.

Together they are not only giving women fabulous clothing options but they are also have a creative energy that truly works. Be sure to visit their store in person or online to see the beautiful clothes and accessories they offer.

ISHI is located at 3925 W. County Highway 30A, Santa Rosa Beach, FL 32459. Call (850) 660-6157 or go to www.ishi30a.com.

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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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Lasting Legacy

BY CHRIS OGLE



DURABLE POWER OF ATTORNEY

A durable power of attorney gives the person that you designate the authority to handle your financial affairs. It's valid immediately after you sign it (under certain conditions) and will continue to be effective if you become incapacitated.

HEALTHCARE POWER OF ATTORNEY

A healthcare power of attorney designates a trusted relative or friend to make decisions regarding your medical treatment if you are incapacitated and unable to make such decisions yourself.

LIVING WILL

A living will provides direction to your physician regarding your wishes as to whether or not you want to be kept artificially alive with medical treatment if there is no reasonable chance that you will recover.

A WILL

When you pass away, a will is your instruction for how your estate will be handled. In the state of Florida, a will does not help you avoid probate through the courts. A Revocable Living Trust can help with probate avoidance, but the discussion of which is best for your personal situation is necessary as there is no one size fits all approach here.

As so often happens, we all get busy with life and don't make the time to do this basic level of planning. It is also human nature to subconsciously fear that which we give words to. In other words, if we start planning for our demise, then something bad might happen to us. This shouldn't hold us back, however. The transition from death avoidance to legacy planning should really focus on the positive: what is the legacy I will be remembered for? If you have children, the answer is usually obvious. There are also extended family members to consider, local charities, and maybe even Uncle Sam and the federal deficit. (Ok, just kidding on the last one!)

I have seen over the years many contentious situations amongst loved ones that could have been avoided. Here are two common issues that can cause great heartache:

JOINTLY INHERITED REAL ESTATE

Your children and/or beneficiaries might be able to agree on a plan for jointly owning real estate. But what usually happens is one or more of them either need the money for other uses, or they do not want to be in business with each other, or they can't afford their share of the ongoing costs. In any scenario, the end result is often pressure to sell which can create hardships and potentially not maximize the value of the inheritance to begin with.

INEQUITY OF LIFETIME GIFTS

When one or more siblings receive "more" during their lifetime from a parent(s) than the other siblings, it is usually known to all. Sometimes this is addressed in a will or trust, and the hope is that the resulting inheritance accounts for, and evens up the unequal lifetime gifts. This is a recipe for disaster if not addressed properly. Decades old issues of jealousy and envy within a family can easily be dredged up the second money is involved. The resulting power struggle is then expressed through a fight for money and heirlooms. Avoid this at all costs by developing a specific plan with the help of an experienced attorney and financial advisor who takes the time to know your personal situation and family members.

Facing the tough questions about your legacy can be difficult, but working it out now can give you confidence for the future. In this increasingly digital world, even inheriting intangibles like stocks and bonds can leave your beneficiaries feeling an emotional attachment. It may not be rational, but there can be a strong sense of linkage to a loved one through the inherited investment portfolio. In this regard, leaving a streamlined legacy can add depth and meaning well beyond any dollar values.

This article was written and provided by Chris J. Ogle, Senior Vice President-Investment Officer in Destin, FL. He can be reached at (850) 837-5366 or at chris.ogle@wfadvisors.com. He can also be found in the emerald waters off 30A's shores.

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There is an age-old conflict within humankind that hinges on earthly longing. How can you live your life yet plan for your death? There is an epic line from the 1986 cult classic Highlander that references a fantasy battle for immortality: "There can be only one." It is the catch phrase of the immortals. But this leaves the rest of us mere mortals to grapple with our eventual mortality one way or the other. Procrastination often takes hold with difficult decision making like this, and the unfortunate result can be a messy situation for heirs and loved ones. But it doesn't have to be this way.

There are several essential documents that all responsible adults should have in place at any age in life. Here are four of them:

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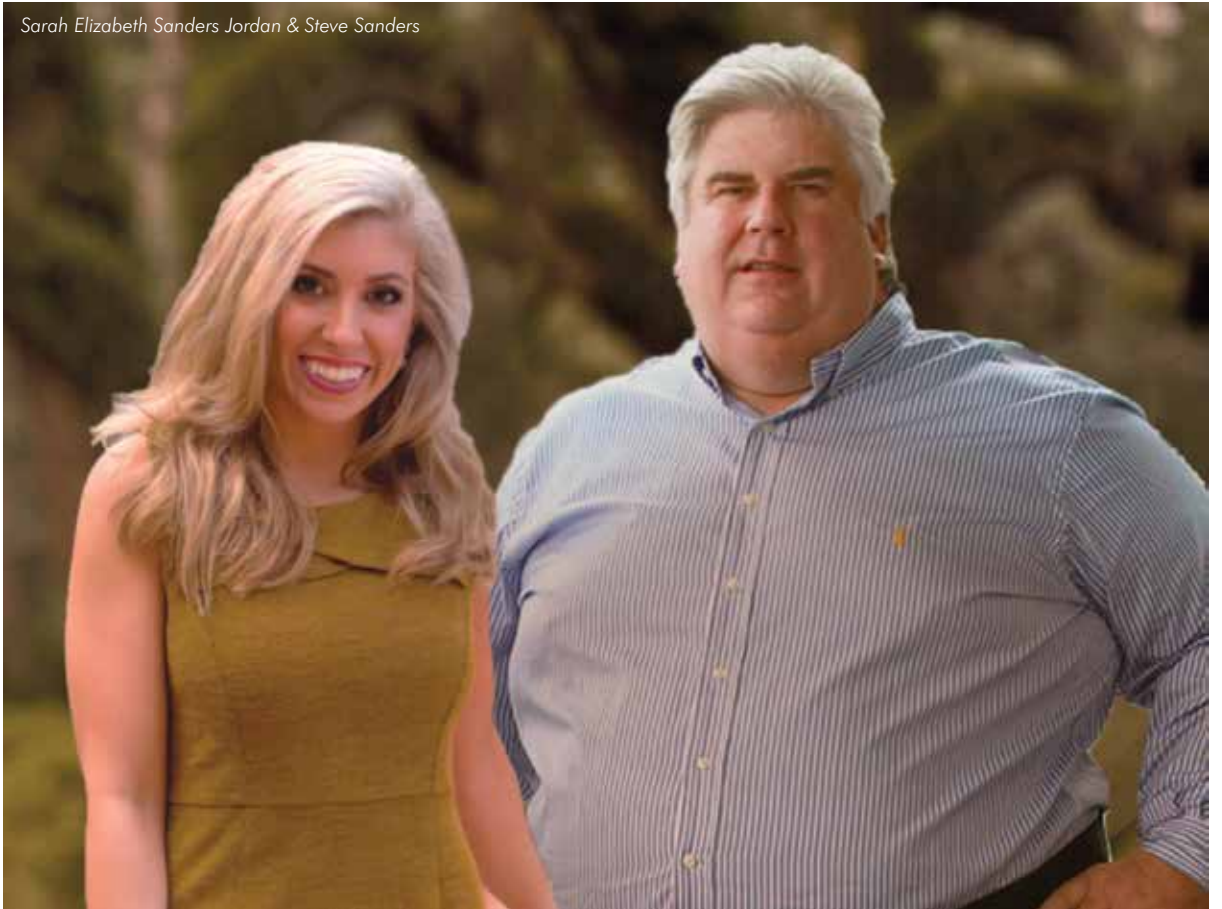
BY LIESEL SCHMIDT

When he began Sanders Beach Rentals (SBR) eleven years ago, Steve Sanders could never have imagined how much the area called his childhood summers escape with family would grow—both literally and figuratively. Naturally enough, the beachfront communities stretching from Panama City to Destin began to beckon to more and more vacationers as word spread, and the developers followed. More areas were built up to accommodate and attract more tourists, more businesses found their opportunity to fill the needs that subsequently arose, and more people realized that this was hardly an area to overlook—it was becoming the place to be.

It was during this time of exploration and development that 30-A began to take shape and it's been on the fast track ever since. Fortunately for Steve Sanders and the millions of other visitors who have fallen in love with 30-A, it still holds a certain amount of relaxed charm with an atmosphere of ease and escape, despite seeing such a high volume of vacationers. There's still a sense of community that fosters the spirit of family ties and togetherness.

...being involved in property management gives me the unique opportunity to help other families accomplish those same goals of finding quality time together in a place where they can truly relax.

That's precisely the concept that has made Sanders Beach Rentals such a great success. "Family's always been important—that's how I was raised and that's what I preached to my own family when my children were growing up," Sanders explains. "As an adult, coming here was my way of relaxing, enjoying myself, enjoying my family," he continues, referencing a time in his professional life during which he spent decades in the high stress environment of a Fortune 500 company. "Now, being involved in property management gives me the unique opportunity to help other families accomplish those same goals of finding quality time together in a place where they can truly relax."



Sarah Elizabeth Sanders Jordan & Steve Sanders

And while Sanders and his staff at Sanders Beach Rentals dedicate themselves to offering up a blank canvas for a watercolor of personal memories to be created, they also focus tireless attention to detail, providing their clients with highly personalized customer service that makes relative strangers feel more like cherished family members. "There really are a lot of good beach rental companies all up and down 30-A; but I always tell people that, when they choose our company, they are receiving a business built around family," he says. And that's not just a mission statement—it's a fact that truly speaks to its origins. SBR was initially begun as the joint venture of Steve and his daughter-in-law in 2005, and now he can proudly count her as one of the team.

"Our biggest claim to fame is the personal service we provide. When you call our office, you can count on the fact that you'll speak to living, breathing human beings who can answer any questions you may have about the home or the area. We have clients who regularly touch base with us and people who stay with us year after year because of the relationship we've built with them," Sanders says warmly. And that relationship starts from

the minute you arrive. "From welcome baskets with hand written notes to festive treats for the holidays, we simply want to exemplify to our guests true Southern hospitality," he continues, giving just a sampling of the ways that no detail goes unnoticed. "We'll do whatever we can do to create an unforgettable family experience and show them that we have a true love and appreciation for them. We want them to see that we make real, one-on-one customer service a priority—even with all the texts; emails; and faxes, it's still important to us to meet with them in person and establish a deeper connection."

As Steve and his staff at Sanders Beach Rentals continue to extend their reach, they look forward to seeing just what the future might hold for the 30-A community, and they welcome it with open arms and a smile that says, "Welcome to our family."

For more information on Sanders Beach Rentals, call (866) 460-3195 or visit www.sandersbeachrentals.com.

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Marianne Berrigan Grant

BY SUSAN L. CANNIZZARO



Blake Cooper Kizlauskas and Marianne Grant

Boasting more than 30 years of coastal Northwest Florida real estate experience, Marianne Grant of Homes on 30a is notorious for her vast market knowledge and is consistently one of the top-producing agents on the Emerald Coast Board of Realtors, with over \$571 Million in lifetime sales.

Born and raised in Boothbay Harbor, Maine, Grant migrated south, trading snow for the white sand beaches of the Emerald Coast. She graduated from the University of Florida and completed her Master's Degree at the University of West Florida.

She began her real estate career in Pensacola, Florida, continued in Sandestin for 11 years, and sold for the original St. Joe Company sales team at The Retreat, WaterColor and WaterSound for 15 years. She embarked into the world of general brokerage several years ago to broaden her focus on all the 30-A Gulf Coast luxury communities. Grant is delighted to be a partner in her new venture with Homes on 30a alongside owners Karen and Randy Holder. She joined this team a year ago and enjoys working together with their other experienced top-producing agents specializing in the 30-A market.

Broker Karen Holder states, "Marianne is a renowned and respected figure on 30-A. She has an amazing reputation and everyone who knows her can't help but love her." Holder also says, "The market is very strong,

We are seeing a lot of commercial development and home prices have elevated 12-15%. Investors are beginning to 'flip' properties again, which we haven't seen in a long time. Typically in January and February sales taper off, but locally it has been very strong. Consumers have been monitoring and are now jumping in."

Moving into the busy season, Grant says, "This is the time to buy or sell in our area, the market is HOT, especially with the 30-A beachfront and the amenity communities. There are a limited number of beachfront lots currently available and that is driving prices to new levels. I do not see this changing anytime soon."

The typical client Grant assists is between the ages of 30 and 60. "They are family focused and most are purchasing second or third or fourth homes. Many are repeat customers I have worked with for years and many of my new clients are referrals, although the Internet is playing an enormous role as far as new leads and exposure

for my listings," adds Grant. Currently Grant represents 25 listings and counting, situated along 30-A from Rosemary Beach to Four Mile Village and Sandestin.

Scott Meyers is one of Grant's happy clients who resides in Chicago, but has purchased several investment homes and one permanent home while working with her. "30-A is a very unique, special place; it has not gotten ruined by the growth. Marianne has strong integrity and has a great reputation while being very strategic in how she works with her people," says Meyers. "She is a great coach and source of knowledge. We love this area for it's a nice haven for an escape from the big," he adds.

Another longtime customer, Jon McCreery, resides in Memphis and relies on Grant being his eyes and ears to find great deals and advise him on areas he wants to explore further. "She is as much as a friend as a business associate. Not only has she done well for herself, she has helped others do very well in their real estate investments," says McCreery. "No one else on the 17 mile stretch of 30-A has the experience or knows the market as well as Grant does."

Grant contributes much of her success to Blake Cooper Kizlauskas, her associate of 11 years and a licensed agent for the past nine. "Marianne and I focus mainly on listening to our clients' needs, while maintaining

This is the time to buy or sell in our area, the market is HOT, especially with the 30-A beachfront and the amenity communities.

integrity and delivering exceptional customer service," says Cooper. Another critical member of Marianne's team is Joan Gough, who is in charge of data management, web updates, open houses and pitching in wherever needed.

Grant says, "My passion for real estate is both professional and personal, providing insight and understanding of all aspects of the real estate business. The best part of my job is meeting people from so many different places and various walks of life. It's a great job to have in a fabulous location." Experience that is greatly appreciated by her clients! With her teams' combined efforts and resources, they pride themselves on ensuring their clients find their perfect spot – or sell their property at the desired price... But most importantly, enjoying the ride!

You can reach Marianne Grant by phone at cell (850) 585-0621 or office (850) 660-1830, or online at www.mariannegrant.com or www.Homeson30a.com.

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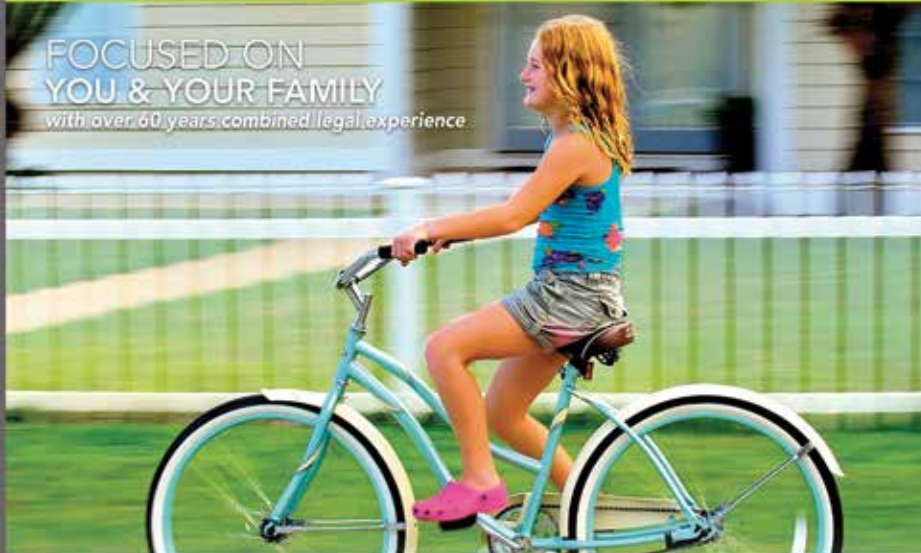
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Will Palmer – Coast Properties

BY KEMPTEN TAYLOR

“When you love living on 30-A so much, it makes it pretty easy to sell someone on our area because I truly believe in it,” says Will Palmer. Palmer is the owner of Coast Properties, a boutique-style brokerage focused on luxury real estate along the Emerald Coast and his passion and love for the 30-A area that is rooted from childhood.

Palmer is a native of Thomasville, GA and spent most of his childhood summers vacationing with family along the beaches of 30-A. His love for the area and the laid-back coastal lifestyle eventually made him a permanent resident in South Walton. Palmer is a graduate of Auburn University where he received a Bachelor of Science degree in Entrepreneurship and Family Business. Post-graduation he stayed in Auburn to work as the Director of Sales for the Bradley Company and University Housing Group. His role was to assist with the sales and development of several student housing projects including The Edge, The Edge West, and Park Place. As the last of those developments in Auburn were winding to an end, Palmer was offered a job in Arkansas. His desire for a life on the coast made his decision easy; he declined the position offered and made the move to 30-A. “I love the small town feel and coastal lifestyle that 30-A offers,” says Palmer.

Palmer grew up around the real estate business. “My mother was a realtor, getting her license in the mid 1980s, so I grew up around the business.” Watching his mother close deals and work with numerous clients throughout his younger years, Palmer was a natural. When he moved to 30-A in 2004 and launched his own career in real estate, he knew the area and career choice were a perfect fit. “I’ve invested my hard-earned money right here on 30-A and can vouch for the area’s strong community feel and an awesome group of neighbors,” he says.

“Coast Properties was born from the idea to create a small (7-9 people) boutique real estate company. Our



Will Palmer

concept is simple...know what you do and do it better than anyone else. Don’t try to be everything to everyone type of brokerage,” explains Palmer.

This boutique-style that Palmer refers to allows him to put the maximum focus on customer service. In addition it gives Palmer and his team the advantage of offering customers things that larger brokerages cannot, including one-on-one service, exquisite marketing materials, and a strong brand that is not diluted by an enormous number of agents working in multiple directions. Coast Properties is able to offer sellers direct marketing, local and regional print advertising, top-quality photography, website and online marketing, superior brochures, and much more. This gives sellers an advantage over others who are listing their property with the typical agent and brokerage. “It’s the little things like professional photography that make

make their purchase a home for themselves. It is amazing the number of people who have moved here full-time just in the past 24 months,” says Palmer. From new homes to condos, he feels that the market will remain hot and more people will flock to the area seeking a home and that sought-after beach life. Palmer believes that the secret is out and the beauty and uniqueness of 30-A is bringing buyers from all over the country to the area in hopes of one day calling the Emerald Coast home.

To buy or sell on the Emerald Coast, Will Palmer and Coast Properties will ensure a hassle-free experience. For more information, call Will Palmer and his team at (850) 687-9988 or reach him via email at willonthebeach@hotmail.com. To learn more about Coast Properties, log onto www.coastfla.com.

I love the small town feel and coastal lifestyle that 30-A offers

a world of difference in how your property is presented to potential buyers,” says Palmer.

As an expert in the 30-A market, Palmer has watched buying trends shift in recent years. The market was once largely investor-owned, where condos and homes were purchased strictly for rental purposes. Lately he’s seen buyers looking for more long-term investments for a personal second home with plans of making it their primary residence within five to seven years. The growth of 30-A has not gone unnoticed and he believes that trend will only continue. “Today’s buyers are well-informed, excited, and looking down the road to

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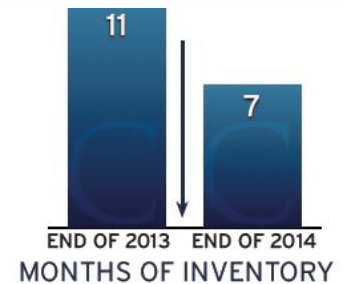
BY ERIN ODEN

Our Scenic 30A real estate market is in high demand right now and the market trends show great indicators. Volume of sales for the greater 30-A market, as well as the primary individual 30-A planned communities, have just hit historic record highs this past year, with inventory supplies dropping to record lows. A key factor contributing to buyer demand is that, while prices have been ticking up, pricing is not back to the peak of 2005. Prices still remains attractive for buyers. This is good news for both sellers and buyers, as pricing has been increasing at levels that are favorable to sellers yet not dissuading to buyers.

It is significant to note that in 2014 the Scenic 30A home market hit a record high sales volume of over \$906 million in home and condo sales, the highest recorded volume of the past ten years! This is a remarkable 19% increase over last year (2013) and an even more impressive 47% two-year increase. Inventory dropped to a 7-month supply, also the record lowest supply of the past ten years. Time on market dropped to under 6 months, the shortest days on market (cumulative) we have seen since 2006. Coupled with average sales prices of closed residences rising 11% year over year, and 21% over two years ago, these statistics show sellers a clear and strong picture of the current opportunity in the market right now.

CURRENT AVAILABILITY & SUPPLY

Statistics for detached residences, attached units, and condos only; EXCLUDES land.



Specific to the high-end luxury market, trending shows exceptional opportunity. In 2014, twenty-six homes closed at \$3 million or higher along the Scenic Highway 30A corridor area... the record highest sales year for the history of the high-end market. As I write this article, we are in the third week of March, and seventeen homes have sold in this luxury price segment, nine closed, with another eight in escrow. Factoring that we are at seventeen transactions (65% of last year's total high-end sales) and only at the end of the first quarter is a strong and impressive indicator of the current strength in the high-end market. This is important news to owners of luxury properties.

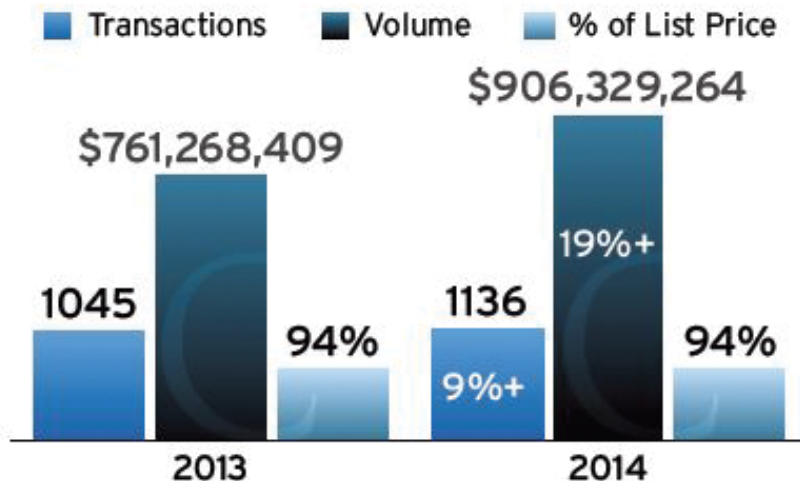
Now is the time for 30-A sellers to pay close attention to the market trends of their specific community, as opportunity is at a peak. Buyers should also take note of indicators that point towards appreciation. Timing is great.



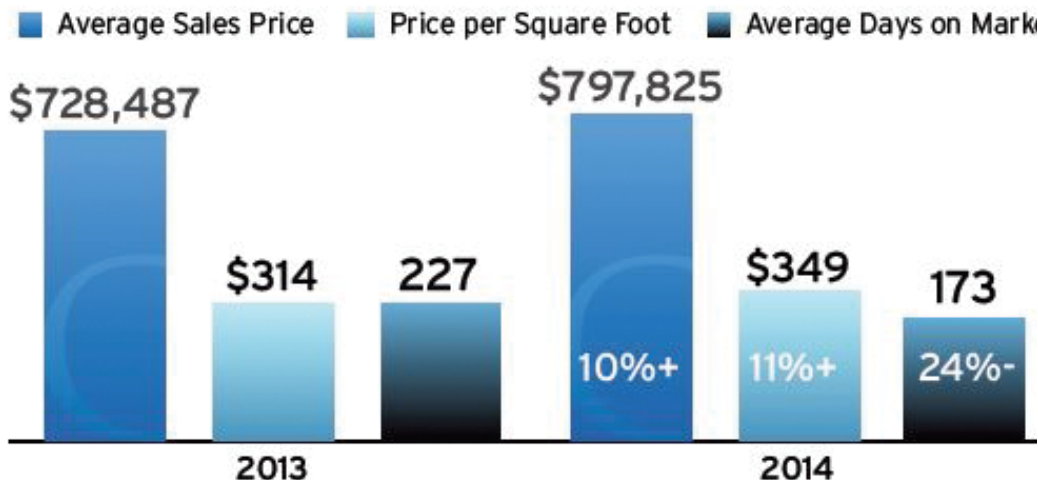
Erin Oden is the Broker Owner of Coastal Luxury, focusing on expertise in the luxury and gulf-front market. Erin can be reached at (850) 502-1220 or erin@coastalluxury.com. Search all available Emerald Coast properties at CoastalLuxury.com/SEARCH

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The Hub

BY SUSAN CANNIZZARO



Hub Stage & Screened Porch



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Mexican Street Corn with Serrano Crema, Cotija Cheese and Chili Spice

A brand new destination in front of WaterSound Beach and Prominence, offering families great options for healthy dining, unique shopping and varied entertainment, is opening in May 2015. The Hub™ is a one-of-a-kind development: a collaboration among award-winning visionary developers Brad Zeitlin, Jason Comer, and Brys Stephens. Acclaimed Master planner Lew Oliver, of Whole Town Solutions in Atlanta, was also brought in for his expertise on urban planning and town centers.

Zeitlin has received numerous awards for his commercial and residential developments around 30-A, including The Savannah at Rosemary Beach, The Mercado of Rosemary Beach, Private Residence Club at Rosemary Beach, and Redfish Village. Comer has developed numerous noteworthy projects in the area as well, including the award-winning Alys Beach community. “We have done several projects together and felt this area was really in need of a town center to bring all the resident communities together and to offer families a special destination,” says Zeitlin. “There are 1300 residential units directly surrounding The Hub and no real town center, so we immediately saw an opportunity for a great development.”

“Brad and Jason had the original idea for the open space framed by retail and I embellished it. We worked well as a design team,” says Oliver. Collectively they know this market extremely well and have extensive development experience.

The Hub – easily accessible by foot, bike or golf cart – is located on 3 acres right beside the 30-A bike path and features a main event lawn area with shops and restaurants surrounding it. “The layout of The Hub includes a fire pit and numerous outdoor seating areas, as well as covered pavilion areas in case of rain,” says Zeitlin. In the center is a 2000-square-foot concert stage with a 25-foot LED Jumbotron, which can be easily seen in the daytime.



Crave Roadside Burgers & The Hub Shop

“We will show football games, movies, and other great events on the big screen, and host family friendly events on the stage like talent shows, karaoke, and concerts,” adds Comer.

Brys Stephens is an author, food writer, and photographer based in the food mecca of Charleston, SC. He recently released his new cookbook *The New Southern Table*. He works closely with Chef Nick Walton to develop the menus for all the restaurants and The Hub Food Truck – the dining alternative for intimate catered events, office parties and more! “Having Brys and Nick involved in the project has been serendipitous, we are so grateful to have their expertise on food and their abilities to develop the healthiest of menus,” says Comer. Getting families fed will be a breeze with a mobile app for pre-ordering food and drinks from your phone and easily found seating in the common areas. “We want to be part of the regional food discussion, striving for perfection with our food,” adds Comer.

Restaurants will include Mile Marker 15 Tacos & Tequila, a southwestern spot using the freshest ingredients in both food and drink (not your typical cheesy enchilada joint) and Red’s Chicken Shack, featuring chicken from Joyce Farms in North Carolina (free range, with no



Chef Nick Walton Serves Signature Dishes from the Mobile Hub Food Truck.

antibiotics or hormones) and freshly made salads. Crave Roadside Burgers will feature grass-fed beef and delicious buns from H&F Bread in Atlanta, plus hot dogs and vegan options. Even the dessert will be first class at Mr. Freeze, which offers ice cream from High Road in Atlanta and signature brioche ice cream sandwiches. “High Road is ice cream for enthusiasts

with great flavor and luscious texture made with top quality and regionally sourced ingredients,” adds Stephens. “Nick and I are working to not only develop the menus and recipes but also to source the best, highest quality and most flavorful ingredients we can find. When you come to a resort destination people want to indulge in great food but they also want healthy options.”

The Hub will feature unique retail shops. Hughey’s General Store will offer convenience items, such as gourmet-to-go sandwiches and gifts; Vortex, a 3,000 square foot arcade; and Pump and Spoke, a bike path coffee shop. Soul will feature extraordinary jewelry from artist Whitney Rooker, along with highly curated, selected accessories and gifts. That is just a sample. “A 3,000 square foot spa is coming, which will feature special Turkish Hammam treatment rooms, which you would have to travel to New York to find,” adds Zeitlin.

“I think this will be a project that will be eyed nationally. I don’t know of anything like this in the country,” says “Urbanist” and master planner Lew Oliver. “This is a new model: small scale boutique and organic retail while featuring an intimate outdoor space. It will feel very safe. Most of 30-A retail has a lot of car and people traffic. The Hub will provide a cool, festival-like space and will be a great place for families and friends to gather.”

The creators of The Hub are very passionate about this unique development and this passion will easily transfer to everyone who comes.

For more info call (850) 213-0782, go to www.hub30a.com, www.comerwoodford.com, or follow them on Facebook at The Hub 30A. Brandan Babineaux Photography © 2015 The Hub

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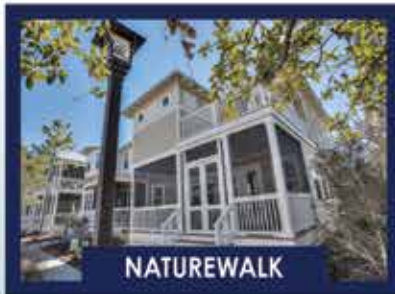


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Cohabitation Complexities

BY KIMBERLY WATSON SEWELL AND FRANK WATSON

Chances are quite good that you know couples that are living *together without the benefit of marriage*. The U.S. Census Bureau confirms what you already may suspect: More people are cohabitating in lieu of marriage these days than ever before in our nation's history. In 1930, married couples accounted for 84 percent of American households. In the year 2000, just seventy years later, married couples were barely in the majority at 52 percent. The trend does not seem to have bottomed out, either. In 2005, married couples were the minority at 49.7 percent. And it is not just young couples. In fact, between 1990 and 2007, the number of unmarried cohabitants increased by a staggering 88 percent.

Even though cohabitation is legal in the majority of states, unmarried cohabitants face unique estate planning challenges regarding incapacity, inheritance, and estate taxation. In this article we will review such challenges and some of the potential problems they can cause.

INCAPACITY CHALLENGES

Unlike their married counterparts, unmarried cohabitants may not be able to make fundamental health and financial decisions for one another in the event of incapacity. Absent prior legal planning or specific statutory authority, they have no legal relationship giving legal standing in court over blood relatives.

For example, John and Jane are unmarried cohabitants when a severe automobile accident leaves Jane in a coma. If John and Jane's parents square off in a court of law seeking to be her *guardian*, then the preference will be for Jane's parents. In addition, if Jane's parents do not like him, they could possibly legally bar John from visiting her. Jane's parents would even have the authority to make end of life decisions without John's input.

Similarly, John would not be able to manage Jane's finances. Her parents likely would be appointed as her *conservator* over her financial affairs, paying her bills and filing her taxes, too.

INHERITANCE CHALLENGES

Absent proper legal planning, state intestate succession laws (i.e., state laws that determine the distribution of assets of a person who dies without an estate plan) may leave a surviving cohabitant on the street. For example, Jane and John reside in a home titled in Jane's name alone. If Jane dies, then her parents inherit the home and may force John to leave as a trespasser. If Jane and John had children together, then the children would inherit the home, not Jane's parents. But what if the children were minors?

As the surviving parent, John would be responsible for maintaining the home for the children, or selling it on behalf of the children. When the children reach the age of majority (i.e., age 18 in most states), John may be required to turn the home or the proceeds from its sale over to the children without any further guidance or control.

ESTATE TAX CHALLENGES

The *unlimited marital deduction* is an unlimited deduction for estate (and gift) tax purposes, but only for transfers between spouses. For example, Jane's estate is worth \$10 million, chiefly consisting of a family business, an IRA and a life insurance policy designating John as the beneficiary. Upon her death, only \$5 million of the IRA and the life insurance proceeds will be sheltered from federal estate taxes. What about the remaining \$5 million?

Jane's estate will pay about \$1.75 million in federal estate taxes (plus income taxes on any IRA funds withdrawn to pay these federal estate taxes) within nine months of Jane's death.

Contrast this result with Bob and Barbara who are married and make their home in the next cul-de-sac. Assume they present the same facts. Bob will inherit Barbara's full \$10 million without any reduction due to federal estate taxes*. This is because the *unlimited marital deduction* allows spouses to give during life or leave upon death an unlimited amount of assets free of transfer taxation.

Couples who elect to cohabit should consider seeking qualified legal counsel to minimize or eliminate these adverse results.

*Note: The estate tax laws are in flux, so keep a keen eye on Congress and the White House.

ASK YOURSELF.. THESE QUESTIONS REGARDING "COHABITATION COMPLEXITIES."

1. Have I executed a *durable power of attorney for health care decisions* that legally appoints my cohabitating partner to be my health care agent in the event I am incapacitated due to an injury or an illness?
2. Have I created a *living will or health care directive* to provide clear and convincing proof regarding my end-of-life treatment wishes?
3. Have I executed a *durable power of attorney for financial decisions* that legally appoints my cohabitating partner to manage my financial



Kimberly Watson Sewell and Frank Watson

affairs in the event I am incapacitated due to an injury or an illness?

4. Have I created my *last will and testament* and/or my *revocable living trust* to provide for the distribution of my assets to (or for the benefit of) my cohabitating partner upon my death, so they will not be disinherited according to state law?

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





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Time Saving Golf Tips

BY TOM FITZPATRICK

You've finally made it to 30-A with the family for a week long beach vacation. Hoping to squeeze in a golf game while here, it's dawning on you that you've not played for three months. Ouch – this is not going to be pretty. So here are some quick tips on golf day to help you catch a break on the course.

DRIVING RANGE

With the right hip slightly lower than the left, make several practice swings with the club one foot above the ground.

LOB WEDGE

Think body low, hands low, stay low. With an open clubface at address, swing with extended arms back and through. The key is to keep the clubface and right palm pointed up to the sky during impact (works in sand also).

DRIVER

Pros hit the ball over 300 yards, but we'll settle for 250. The big wave in fitness is the 'load and explode' approach. Loading the hips on the backswing and exploding them thru impact creates that smash factor that translates into distance. It's based on a fitness formula of stretching + strength training = distance.

Johnny Miller's approach is 'just hit it farther by swinging faster'. Swing the club five times, one foot off the ground. Start slow at first and build with the last swing being the fastest. You'll increase your swing mph! So catch a wave and a drive on 30-A this summer!

GOLF KEEPS ON PAYING

Forbes 2014 highest-paid retired athletes list has Arnold Palmer at third with \$42 million. Arnie is retired, but he is popular in Asia with 700 stores and his famous Arizona iced tea.

Jack Nicklaus generated \$28 million to claim fourth. Nicklaus is building 50 golf courses, did \$250 million in clothing, and now ice cream. Gary Player is sixth, earning \$21 million in courses, books, and sponsorships. Greg Norman produced \$16 million through course design, food, wine and clothing. Greg begins broadcasting at the US Open.

These legends obviously never read "How to Quit Golf", written for golfers whose lives have become unmanageable and powerless from their addiction to golf.



FITNESS CENTER

Swing a heavy medicine ball like a golf club. It helps you to swing smoothly.



TRY THIS

Hold the club across your chest and hit an imaginary ball chest high. The key is to get the right shoulder up to the ball at impact. This has a way of working your hips in that explode fashion that the pros seek.



PUTTING

Try Greg Norman's secret: Keep your right elbow close to your right hip and maintain a constant right wrist angle throughout the stroke.

WHAT THE PROS USE

Long driving Dustin Johnson's TaylorMade set includes a 9.5 degree driver and 15 degree 3-wood. Dustin skips the hybrids and goes right to the 3-9 irons. His wedges are 48, 52, 56, and 60 degrees.

Many pros, like Padraig Harrington, add a 19 degree hybrid, and then combine the 56 and 60 wedges into a 58 degree wedge.

Golf sensation Lydia Ko plays Callaway: 9 degree driver, 14 degree 3 wood, and 18 degree 4 wood. Lydia loads up on the hybrids with lofts of 20, 23, and 25. Her 6-9 irons are followed by wedge lofts of 48, 54, and 60.

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



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H5 · 251 NORTH SOMERSET STREET

"L'hôtel" is a beautiful and spacious 5-bedroom, 5½-bath villa in the gorgeous community of Alys Beach. Surrounded on two sides by pristine parks, the home is located across the street from the breathtaking Caliza Pool and Restaurant.



F10 · 87 NORTH SOMERSET STREET

This 3-bedroom, 3.5-bath, 2,584 square-foot courtyard home has a large living room overlooking a private courtyard. Just off the living room are a spacious guest bedroom and bath. The kitchen has an open, clean look while the second-floor has a second guest bedroom with bath and a master suite that opens onto a zaguán. There is a large rooftop terrace that is perfect for entertaining.



F8 · 101 NORTH SOMERSET STREET

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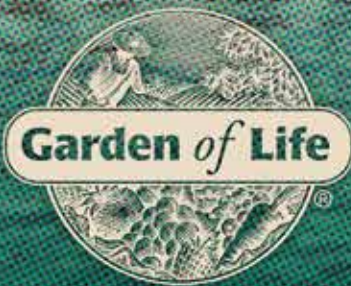
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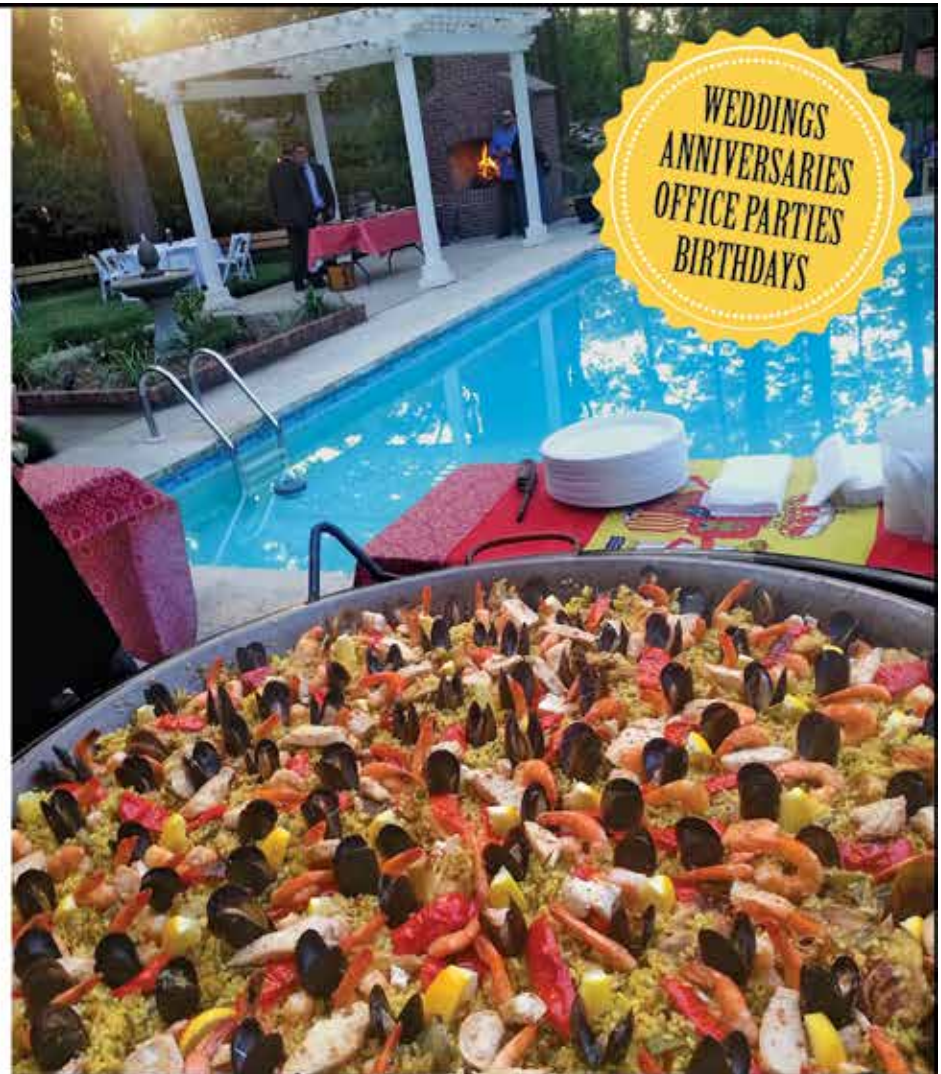
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