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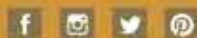
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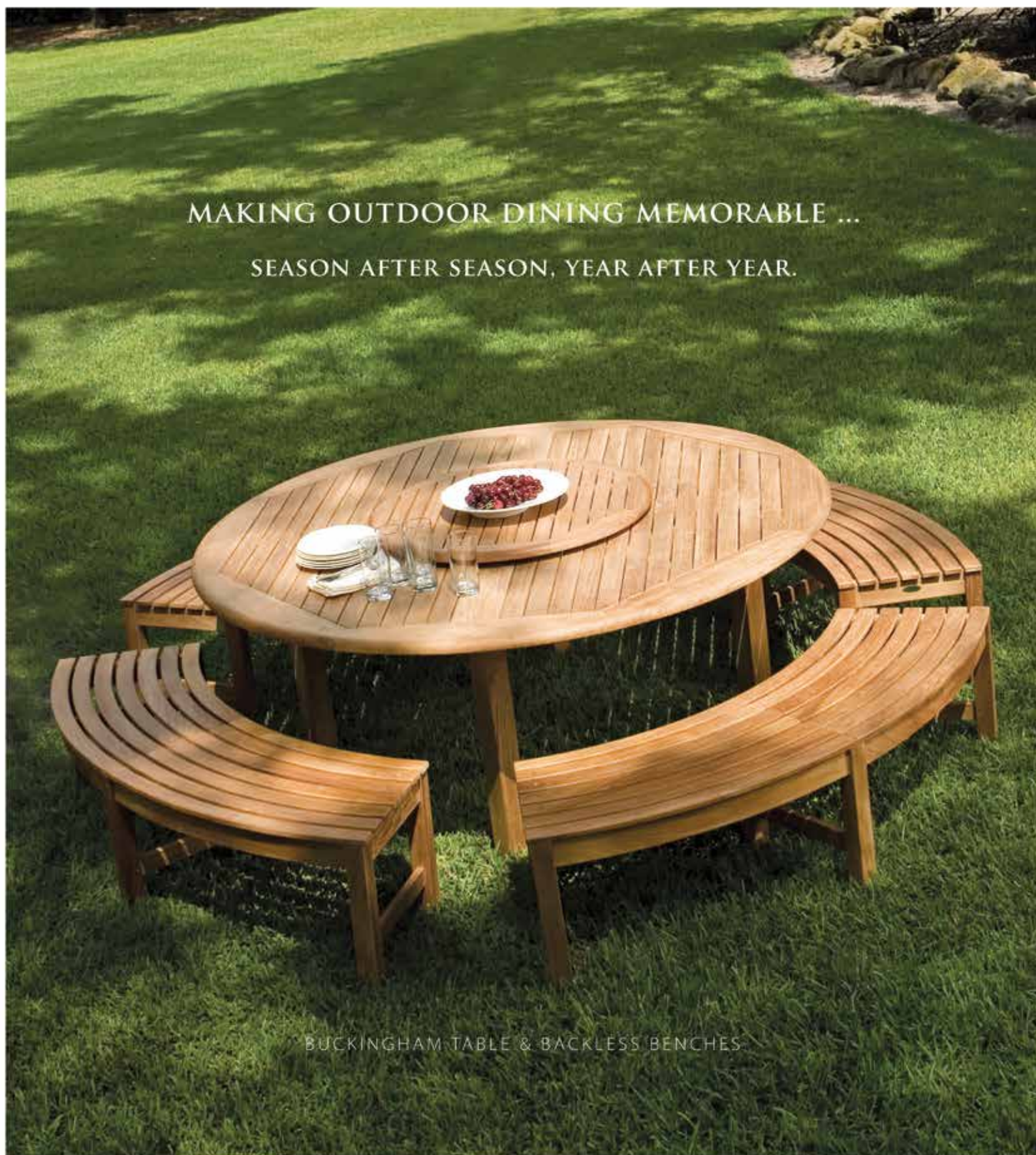
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They say the proof is in the pudding and the above statement confirms for me that you did exactly what you said you were going to do when you built our house. It has been a great, low maintenance, home that we have loved living in, and I anticipate the new owners are going have a similar experience.

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Sincerely,
Bill Goodwin

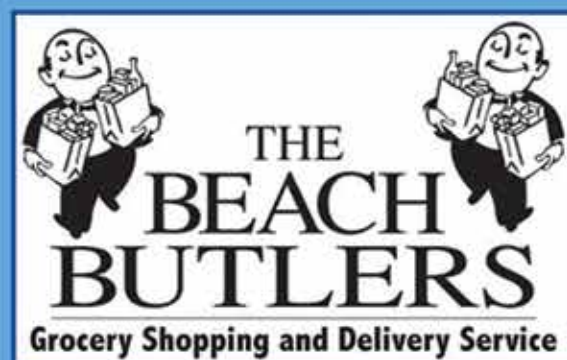


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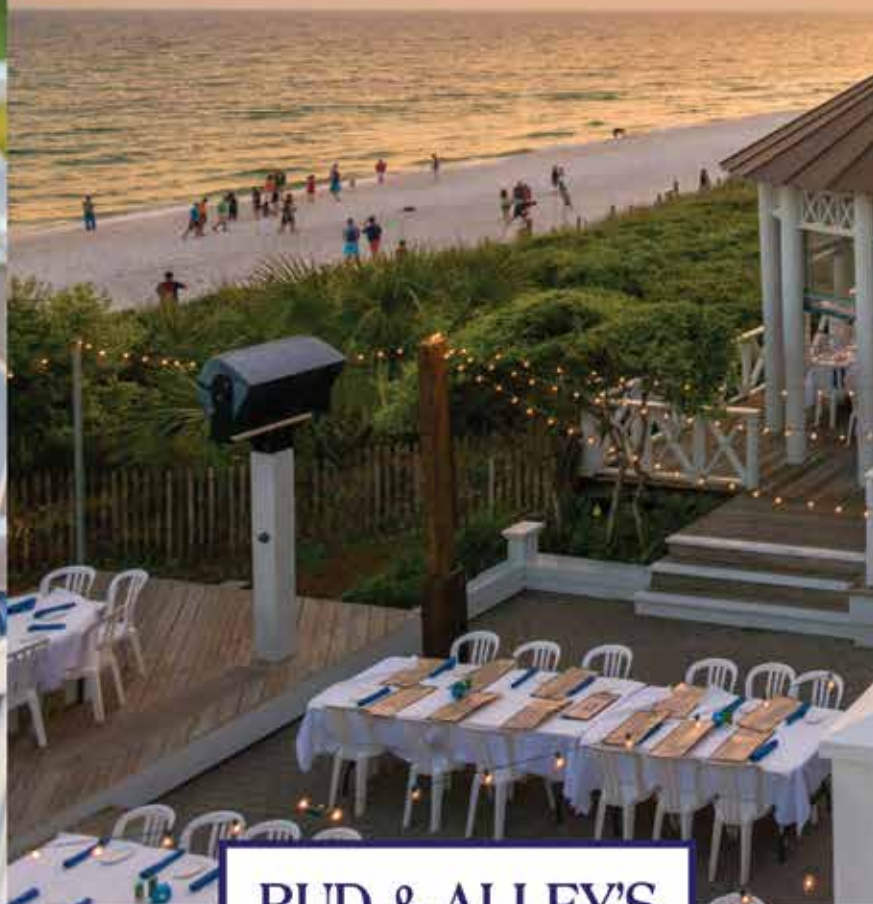


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letter from the publisher

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Life is what you make it. Good, bad, ugly, beautiful. You choose.

I choose beautiful. I choose fun. I choose 30-A.

The mavericks of 30-A tend to look at the glass, not just as “half full,” but also not just as “a glass”. Sometimes it’s a beaker. Sometimes it’s an espresso cup. Sometimes it’s a beer mug. But it’s always ready to be filled with life’s many fruits and experiences.

This is what makes the 30-A mentality. It’s a pro-choice, pro-life, pro-love, and pro-joy kind of thought process. When life gives you lemons, and all that.

We hope you enjoy the pages that follow. These are the stories that make up 30-A’s finest people, places, and things. They are the stories that started with dreams, and ended with a dream-life. They are not stories without hardships and

struggle, but they are stories about people who didn’t and don’t give up easily; who follow their hearts and their heads to make their dreams come true.

We hope that this spirit, this spirit of 30-A so to speak, rubs off on you and your family while you are here. This is not just one of the most beautiful places in the world, but it’s also one of the strongest and richest communities you’ll find anywhere this side of the Atlantic, and perhaps beyond.

Enjoy. Live. Thrive. 30-A style.

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com

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about the cover

Photographer: Tommy Crow

Model: Maleena Pruitt, South Walton Fashion Week
Model Winner 2014

Location: The Pearl Hotel, Rosemary Beach

Swimsuit: Ophelia Swimwear

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Go to www.ThirtyAReview.com

to view the entire publication online.



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Palms Face Down to Hit Straight Shots



Saddle up to the bar in one of our 2 restaurants, pack a picnic & grab a bottle of wine at our gourmet shop, or let us bring the party to you at your next event. Whatever you do, just...

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Rosemary Beach ★ Seagrove Beach



Showbiz and Events in September and October

ALYS BEACH

4th Annual Alys Beach 5K & 1 Mile Fun Run

Sunday, Sept 6, 7am

Alys Beach Amphitheatre

The 4th Annual Alys Beach 5K & 1 Mile Fun Run is presented by Visit South Walton, on Sunday, September 6, 2015 in Alys Beach, Florida. Located along Hwy 30A, the course winds through the resort town and ends with an oversized obstacle course for kids of all ages, with music, food, and beverages available in the Amphitheatre. For more information and to register, visit alysbeach.com/5k

Labor Day Concert & Fireworks

Sunday, Sept 6, 6-9pm

Alys Beach Amphitheatre

Join us for live music by the Will Tucker Band, followed by fireworks. Food and beverage available for purchase at Piper's.

Fonville Wine Tasting

Tuesdays, Sept 1, 8, 15, 22, 29 &

Friday, Sept 4, 5-7pm

Fonville Press

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

Caliza Goes Pink

The month of October

Caliza Restaurant

Join us as we light the town of Alys Beach pink to help fight Breast Cancer. Caliza Restaurant will feature a five-course tasting menu incorporating cancer-fighting ingredients. Proceeds will benefit the Sacred Heart Cancer Center and Susan G Komen of Maryland. Call (850) 213-5700 for reservations

Rose Wine Tasting for Breast Cancer

Tuesday, Oct 6, 5-7pm

Fonville Press

Rose' will be featured with proceeds benefiting Sacred Heart Cancer Center and Susan G. Komen of Maryland.

\$10 per person

Howl-O-Ween

Friday, October 23, 4-6pm

Fonville Press

Bring your four legged friends to Fonville Press for our annual Howl-O-Ween Pet Parade & Pumpkin Drop benefiting Alaqua Animal Refuge.

Noche de Los Muertos

Costume Party

Tuesdays, Oct 6, 13, 20, 27, 5-7 pm

Fonville Press

A select few wines will be showcased with lite bites and live music.

\$10 per person

ROSEMARY BEACH

Wine Tasting Series—Italy

Thursday, Sept 3, 3-5pm

The Pearl Hotel

Join us for an afternoon of tasting around the world! Includes selection of three wines and seasonal appetizers. Walk-ins welcome. (850) 233-6405

Labor Day Happier Hour All Day

Friday, Sept 4, 11am-9pm

The Pearl Hotel

Special menu available for purchase. Craft beer specials all day. Live entertainment. (850) 233-6405

Pickles, Preserves and Conserves with Executive Chef Matt Moore

Saturday, Sept 5, 10am-12pm

The Pearl Hotel

In this class, you will learn the difference between preserves, gastriques, jams and brines. Learn how to preserve fruits and vegetables using vinegar, brine and/or sugar. Touch on safety and sanitation in home-canning and discover simple preserving techniques. Complete the class by taking home jars of the jams and pickles you've made. (850) 233-6405

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Thursday, Oct 1, 3-5pm

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2015 Harvest Market & Monstrous Halloween Celebration

Saturday Oct 24, 2-5pm

The Pearl Hotel

SEASIDE

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WATERCOLOR

Labor Day Concert

Sunday, Sept 6

Marina Park

Join us at Marina Park in WaterColor to listen to some fun music and enjoy the end of summer. (850) 534-5975



Caliza Goes Pink



Halloween at Alys Beach



Noche at Alys



Noche at Alys

Casting The Perfect Spell On George's & La Cocina

BY SUSAN BENTON

Hailing from Tennessee as the owners for the past decade of Brookhaven Pub & Grill in East Memphis, Rick Spell and his daughter Christy are the newest faces behind George's at Alys Beach and La Cocina Mexican Grill and Bar in Seacrest Beach; with wife and mom Sandy in the biggest role: the support system

Seeking to increase their restaurant portfolio, the duo, both savvy accountants by trade, made attempts but never felt the right connection until they met Ann and George Hartley, who still own Seagrove Village MarketCafe. "We were all in the right place at the right time and seeking the same objectives. Our philosophies are similar with how we treat employees, as well as our customers. It was just meant to be," says Christy.



The Lily Pad at George's



George's in Alys Beach

As the GM, Miller is meeting, greeting, and making sure all runs smoothly at George's, so Christy can ensure the restaurants are held to the highest standards, are successful, and the guests' experiences are the best they can be. Leveraging her time between the three locations, the last time I spoke to Christy, she and her family were contemplating a condo in the area, but as of July, have settled comfortably in a home in Alys Beach. Christy says, "We fell in love with the area, and wanted to walk and bike to our restaurants when possible."

The "behave" and "misbehave" staples remain on the menu, like the fried pickled okra on the Alys burger with collard pimento blue cheese, and the spicy salt & pepper shrimp. Seasonal signature items like Christy's favorite grilled scallops with pork belly add additional international flair. "You must try the new desserts, they are fabulous, especially the smoked pineapple cornbread cake with coconut gelato!" says Christy.

George's offers a comfortable cozy cottage feel. "I love to sit and watch the kids play in the fountain on the lily pad, but La Cocina is a totally different concept and close to my heart, as I adore Mexican cuisine," Christy explains. The dishes created are soulful and satisfying at

La Cocina, and the staff couldn't be more enthusiastic. With fresh produce brought in daily, Christy says, "I walk into the kitchen in the morning and it smells like a vegetable garden! The hand-squeezed juices are amazing and

enhance the specialty cocktails prepared by Danica Gomez at the bar." There is a new "bar only" menu featuring Juan-Ton grilled steak tacos, Seacrest Ceviche with fresh gulf shrimp, and Three Lil Puerco's, slow roasted carnitas sliders topped with fresh avocado to name a few.

The sauces, beans, and proteins are prepared each day in house, and the brisket that cooks overnight is sumptuous and falls apart when ready to savor following day. Knowing how much my family can't get enough of the hot, thin, salty chips and spicy salsa, Christy let me in on the secret that they may be bottling it in the near future.

Burns Patterson is the GM at La Cocina. No stranger to the business, he is a former Montgomery restaurateur with an extensive background in sales and was hired by the Hartleys prior to the transaction with the Spells. "He has been invaluable in overseeing the staff, while Juan Cruz, our kitchen manager, has stepped up the quality of food by making it even more authentic, as he is from Vera Cruz, Mexico. Juan worked his way up the ranks for the last five years and it is special to watch young people grow, develop, and bring out their talents," Christy says.

For more information visit the websites for George's at Alys Beach, www.georgesatalysbeach.net, and La Cocina Mexican Grill and Bar at www.lacocina30a.net.

Susan Benton is a freelance writer, blogger, and the owner of 30AEATS.com where she shares her passion and her commitment to promoting regional farmers, fishermen, chefs, artisans and restaurants along the Gulf Coast. Her first cookbook will be published late 2015.



LaCocina Dining Room

Though Rick is the investor and Christy is the managing partner of the restaurants, mom Sandy agreed when they hired Patrick Miller as the new General Manager for George's. Miller brings with him an extensive background in restaurant management, and as Christy explains, "My mom and dad were dining at Fleming's in Memphis, where they grew to know Patrick for more than ten years. Patrick mentioned in passing he might like to move to Florida, and when they learned that he meant South Walton, as he vacationed in Seaside growing up, we all knew it was the perfect fit!"



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Bridge Span 14 at Carillon Beach

BY SUSAN BENTON

Heading down Highway 98 towards Panama City Beach, you will want to pull off to the right at the charming town of Carillon Beach, an exclusive new-urbanism community located on the pristine beaches and emerald waters of the Gulf of Mexico along the Northwest Florida Panhandle, about six minutes east of Rosemary Beach.

There you will find Leia and Andy Mayers' Bridge Span 14, a restaurant serving "Cali Florida" inspired creations and feel good food to nourish your body and soul. Andy attended the University of West Florida studying hotel, hospitality and resort management and met Leia while in California on a farming expedition. Desiring to raise their family on the Gulf Coast, they returned home to be a part of the preservation and culture of growing, preparing, and blending ingredients in a way that enhances the experience of consuming real food. "We only use organic produce and cook with olive or coconut oil, which is excellent for your health. The monounsaturated oils are shown to help in heart and skin health, as well as brain function," explains Leia. By living in or visiting our area's beautiful beach communities, along with enjoying a healthy dose of ecotourism, the goal at Bridge Span 14 is to create awareness of the organic food movement and to eat in a way that is reflective of our surroundings.

Committed to offering customers the freshest and most seasonal products, they serve high quality sustainable produce, meats, and seafood from regional farmers and fishermen, pressed juices on demand, and beautifully prepared breakfast, lunch, and dinner options. "I grew up in California, while Andy's family is in Florida. I have a passion for Mexican cuisine, but our common interest has been nutrition. We have taken university level classes on the subject, and are holistic in our approach to food," Leia says.

Bridge Span 14 is a natural expansion of the cuisine they were serving to patrons at Sunrise Market & Café, a 300-square-foot space that has since closed, as they were able to move right across the street. In addition to proximity, the current location is also a 1400-square-foot space, opening up many new options for themselves and



Carillon Beach



Huevo Rancheros



Fish Tacos



Shrimp and grits

their clientele. One thing they kept was their popular weekly produce box for \$30.00 that is similar to a CSA; where seasonal produce can be ordered by Monday, for pick up each Wednesday.

The farm-by-table style restaurant was named after a public fishing and diving spot in the Gulf, just off the coast of the Carillon community. Operating on beach time and without reservations, Bridge Span 14 has become a favorite of locals and tourists alike visiting the 30-A corridor in search of Southern hospitality.

The low-lit restaurant brings friendly warmth with its rustic tables and brick floors, drinks served in Mason jars, and a touch of coastal elegance. Seating is offered inside, as well as outside the café to enjoy people watching as they linger at the shops along Market Street.

Customers are raving about the breakfast served all day, especially the huevos rancheros and veggie omelets; while the savory grass-fed chipotle beef tacos and pork carnitas are bringing praises at lunch, along with the sinfully delicious Florida lobster roll and plump lump crab cakes. More recently, the hard to find rare royal red Gulf shrimp served over blue stone ground grits from lower Alabama is becoming a seductive favorite on the dinner menu.

Leia and Andy can accommodate any guest's tastes, whether it be a nice juicy grass fed seared steak for dinner, vegan wrap for lunch, gluten free meal for a family, or a cold pressed sweet ginger, lemon, apple, and cayenne pepper juice that just might come in handy after indulging over a fun weekend.

Bridge Span 14 is located at 105 Market Street in Carillon Beach, Florida. For more information call (850) 588-5341, or visit their website at www.bridgespan14.com. They are open seven days a week serving breakfast all day starting at 7am, lunch 10am to 3pm, and dinner 5pm to 9pm.

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Hitting the Sweet Spot

BY LIESEL SCHMIDT

While it may not be Dylan's Candy Bar or Willy Wonka's Chocolate Factory, The Candy Bar at WaterColor can tempt even the most sugar-obsessed candy crusher, each of its walls papered in sweet treats and tables stocked sky-high with every indulgence imaginable. Since opening their doors in

Cauley's case, the product might never actually reach the shelves. "I'm addicted to 3 Musketeers bars, so we don't carry them at the store; if we have them, I end up eating them all!" she laughs.

Though success has been sweet at The Candy Bar, Cauley and Wilkerson hardly claim that success to be the

As a third generation native of Walton County, Cauley certainly has her fair share of her own sweet memories here. Many of those memories she shares with Wilkerson, who began working with her at The Sugar Shak, Cauley's first candy-themed endeavor, in 2000. The family atmosphere they've created and the relationships

they've built with their employees has complemented their partnership at The Candy Bar, and it's also been one of the secrets of their success. "We do this because we absolutely love it! We're completely hands-on, every single day, and this really has become one big happy family," Cauley says. "That's one of the things that sets us apart, I think, and what makes us such a great team."

Whether you're looking for traditional temptations or something a little more unusual, The Candy Bar has you covered; and, according to Cauley, "Some of our most popular things are the ones that sound the grossest, especially with the kids who come in here. For them, the weirder something is, the better!"

In addition to their steady stream of candies, Cauley and Wilkerson sweet talk visitors to their shop with a great variety of luscious ice creams, hand scooped into cones and cups to cool down even the hottest day. More in the mood for a little cake? Get iced with some locally made cupcakes whose colors and flavors make



WaterColor



Sweets and treats

2014, candy-cohorts Tanya Cauley and Alisabeth Wilkerson have literally spun sugar into gold, building their very own little confectionary kingdom on the beach, constructing their castle not of snow-white sand, but of brightly colored rainbow sprinkles and darkly decadent chocolate bars. Obviously, the appeal of candy isn't limited by age, as sugar seekers young and old flock for their fix, carefully scanning the endless array of sweets that The Candy Bar has on offering. And what they don't have, they—like any good dealer—will certainly do their best to get. "We always have something new in the works for the store," says Cauley. "We travel a lot so that we can find the coolest, most unusual candy and treats; and we really listen to what people want. If someone asks us about a certain thing, we'll do everything we can to find it and get it for them."

Not that there's much that might be missing from their sugary stock. Current hits nestle alongside tasty treasures that have long been forgotten, waiting to be found and rediscovered with delighted glee...an occasion for sharing, perhaps...or not. And with so much to choose from, the hunt might very well outlast the treasure; or, in



Tanya Cauley & Alisabeth Wilkerson

For these two long time friends, their sugar high is due to the fact that they truly love what they do—and what they sell—and it keeps them buzzed about sharing that with their customers. "I love candy, and I love seeing the memories that families make when they come into the shop," says Cauley. "This world is so fast paced and driven by technology, and taking the time to stop and enjoy candy and ice cream together is a priceless experience," she continues. "You can't put a number value on that."



result of corporate strategy or finely tuned business savvy.

stopping at one nearly impossible.

In this era of all things fast and flashy, it's nice to know that some things remain the same—that candies and sweets can bring a smile to everyone's lips and inspire them to appreciate the moment. That simple sugar isn't so simple at all—it's a gateway drug to good memories.

The Candy Bar is open daily from 10:00 a.m.- 10:00 p.m., located at 1777 East County Hwy 30a, Suite 101B, Watercolor, FL 32459. For more information, call (850) 231-1149 or visit www.thecandybar.30a.com

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Chef Edward Reese

BY SUSAN BENTON

Strolling through the town of Rosemary Beach, Florida, located on the eastern most tip of Hwy 30A, you can't help but be beckoned by the enticing aromas coming from the kitchen at Edward's Fine Food & Wine. Located just behind the gorgeous wrought iron gate at 66 Main Street, the establishment opens each evening to guests at 5pm sharp. Almost in its fourth year, Edwards Fine Food & Wine has been a great success story, with patrons clamoring for simply prepared fresh ingredients that can be savored in the intimate dining room, at street side bistro tables, or in the courtyard patio that showcases an open-air kitchen concept with chefs table. A new awning has recently been added, creating a special ambiance that doubles to protect diners during inclement weather.

Executive Chef and Owner Edward Reese graduated from Ft. Walton Beach High School and from Johnson and Wales Culinary School in Charleston, South Carolina, prior to training under the tutelage of James Beard Award-winning chef and restaurateur, Frank Stitt of Highlands Bar & Grill, and Bottega in Birmingham. In Alabama, Reese polished his cooking chops, but set his sights on returning home to the Gulf Coast, specifically South Walton, Florida. He recounts, "Stitt instilled in my heart how to find flavors and helped define my simple cooking techniques."

In Reese's kitchen that he shares with sous chef Angela Poe, everything is prepared to order. Popular menu standouts are the steamed littleneck clams, baked Apalachicola oysters with bacon, wilted spinach and crispy cornbread, the pan roasted fish of the day served over a succulent succotash or with roasted baby Brussels sprouts, and the longtime favorite of tomato salad with blue crab and chili oil. "Angela knows my food and is doing a great job. She is awesome, and has been with me for close to three years now. Angela came to the restaurant from Nashville, and runs a tight ship," explains Reese.

Every Southerner should know that one of the simplest ways to save money and still eat well is to buy in season, and Reese is a master. With six children of his own and two currently working in the restaurant with him, Reese and his wife Erin are aware of the real-life pressures facing consumers today. "If it is a decision between buying organic at the grocery store or fresh from your local farmers, I always choose local first," says Reese.

Edward's Fine Food & Wine source product from several regional producers, including Mac Farms in Santa Rosa Beach. They supply the restaurant with local eggs, arugula, mixed greens, fingerling potatoes, squash blossoms, and eggplant to name a few. Reese says, "Get to know your farmers. You have to build relationships. I discuss my menu with them and many times I am inspired

Chef Edward Reese



by what seasonal products they bring to me. Often the best is set aside for me as I am a repeat customer."

What better is to biscuits, sustainable food sources are to Reese, who is sharing his culinary gospel one plate at a time, and it is worth the wait. Though Edward's does not take reservations, plan to dine early or put your name on the list, order a glass of wine from their hand-selected menu, and window shop down the cobblestone street until your table is ready. Reese says, "We are on beach time like everyone else, and consistency is key. I keep things simple, memorable, and don't want to rush diners. I want happy customers."

Edward's Fine Food & Wine is located at 66 Main Street in Rosemary Beach, Florida. They do not take reservations, and can be reached by phone at (850) 231-0550, or by email at info@edwards.30a.com. Dinner is

served Tuesday through Sunday from 5 pm to 10pm, and seven days a week in the summer. In the fall they are closed on Monday, and in the winter on Monday and Tuesday.

Edward's Fine Food and Wine is located at 66 Main Street in Rosemary Beach, Florida, and offers cooking classes in the fall and winter. They cater offsite, and offer private chef services and private parties at the restaurant. They do not take reservations, and can be reached by phone at (850) 231-0550, or by email at info@edwards.30a.com. Dinner is served Tuesday through Sunday from 5 pm to 11pm, and they are closed on Monday. In the summer, Edward's is open seven days a week.



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Nature's Hand Cattle Company

BY SUSAN BENTON



Carolyn of Nature's Hand



Farm fresh eggs



On the farm in Westville

When searching for local sustainable beef in the South Walton area, one does not have to go far. The Nature's Hand Cattle Company brings its perfectly cared for products to the 30-A Farmers Market in Rosemary Beach from 9am to 1pm, and to the WaterColor Coastal Farmers Market from 9am to 2pm, both on Sunday. If the weekend does not suit your shopping needs, their products are also available during the week at For The Health Of It in Blue Mountain Beach. Carolyn Hand says, "Look for the Nature's Hand Cattle Company selections of our popular steaks, roasts, ground beef and other products. The owners also purchase different cuts from us for raw dog food protein and have been so supportive."

Carolyn's father Joe purchased the fifth generation family farm from his father and later more acreage. Her mother Jeanne and father Joe began putting in the

infrastructure and started their pasture with goats when Carolyn was just five. By the time she was ten they added a few cows; a closed herd to limit the risk of illness caused by bringing in new cattle; and currently have about 125 livestock that are grass fed and self-sustaining. "Ten years ago, we introduced a full-blooded Charolais bull, prior to that we had a Beefmaster bull, and you can taste the difference in the quality of the meat. The Charolais is more tender, and the Beefmaster brings a stable birthing cow to us," Carolyn explains.

As most children do, Carolyn and her siblings grew and moved away. Carolyn says, "At one point my mom and dad let us know they were going to sell the cattle and

retire. I knew the quality of their livestock, and was having my own meat professionally ground, buying grass fed without chemicals at the time, and trying to eat organic. I decided to move back home to help with the family business."

A nuclear medicine technologist, Hand began by selling the beef to her co-workers who loved it. "This experience has taken a great deal of effort, but Dad is just beaming. He is working on breeding better cattle, while Mom and I are selling to the markets on the weekends. You can find me in Rosemary Beach and Mom at WaterColor on Sundays. The business has really brought us all closer together," says Carolyn.

Nature's Hand Cattle Company will not buy more cows to increase production and are opposite of big cattle operators who tend to buy animals on a regular basis, creating a revolving door with possible exposure to disease. The Hands' livestock is antibiotic and hormone free, and the herd enjoys grazing on the lush green GMO free pastures and drinking natural spring water. "We are very lucky to have wells that supply Vortex and Ponce De Leon spring water to our livestock. They drink what we do. We are about a mile from the river. The spring bubbles to the surface in what we call the Mill Spring, just twenty feet from our property. Very few pieces of private property have access to these primitive underground springs," explains Carolyn.

As the cows graze, they keep the wilds of the Northwest Florida river swamp from taking over the farm. The Hands practice natural cattle management, creating a low-stress environment for the animals. The Hands' USDA processor shares the same values, and the beef is carefully packaged using preservative free methods. "We only slaughter 3-4 cows per month and are quality over quantity. It is not a forced production. We have people willing to wait and we do take special orders. Freezing is the only method of preservation used, so once thawed, the beef must be consumed within 24 hours. We have enjoyed meeting the influx of people at the market. Tourists are looking for steaks to enjoy on vacation, and the locals are loyal and love the ground beef," says Carolyn.

For more information call (850) 217-6945, or visit the Nature's Hand Cattle Company website at www.natureshandcattle.com.




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Questions about Botox and Fillers That You Were Afraid to Ask

BY DR. NITIN BAWA, MD



Dr. Nitin Bawa, MD

Many people have questions about Botox and Fillers but often are afraid to ask. Here are a few frequently asked questions.

WHAT IS BOTOX/DYSPORT?

Botox and Dysport are medicines that work by relaxing muscles of the face. We often frown excessively, making us develop deep lines on our forehead that make us look angry or anxious. These medicines work by temporarily paralyzing the muscles so clear up the lines on our forehead.

Dysport is a newer competitor to Botox although it has been around for several years now. The molecule is just a little different so they were able to patent the medicine and compete with Botox. Several studies show that Dysport is exactly equivalent to Botox but numerous physicians do prefer one over the other.

HOW LONG DOES BOTOX/DYSPORT LAST?

Botox and Dysport last about three to four months. It helps to do the treatment regularly as keeping up with the treatment allows the muscles to shrink down erasing lot of the lines that otherwise would keep getting deeper.

WHAT IS THE DIFFERENCE BETWEEN BOTOX/DYSPORT AND FILLERS?

Botox/Dysport relax muscles where fillers like Juvederm, Resylane and Radiesse help to fill in deep lines. As we get older, some of our facial fat migrates downward. Our cheeks become jowls and we develop deep smile lines. Fillers are used to fill in areas where we have lost fat pads on the face and to fill in smile lines. It is also used to enlarge lips and fill in smoker's lines.

IS BOTOX NATURAL? IS IT A TOXIC SUBSTANCE? ARE FILLERS NATURAL?

Botox or botulinum toxin is a substance produced by the bacteria *Clostridium Botulinum*. Much like Penicillin, the toxin is produced by naturally occurring yeast. The amount of Botox used is very small compared to what bacteria would produce if they were infecting an organism. The Botox is given where it is needed on top of the forehead and the medicine does not even travel to the bottom of the forehead otherwise it would cause drooping of eyelids. It binds to the muscle and relaxes the muscle. Is a protein and the body gradually digests the protein and eliminates it, requiring a follow up treatment in three to four months.

Fillers such as Juvederm, Restylane and Perlane are made of hyaluronic acid, which is what our collagen is made up of. Allergic reactions are very rare as it is exactly like what the body produces. Injecting fillers stimulates one's own collagen development but our body does reabsorb the injected filler so the procedure has to be repeated in six to twelve months.

WHAT ARE THE SIDE EFFECTS OF BOTOX/DYSPORT?

If too much Botox/Dysport is given in the forehead or if it is given too low on the brow, it can cause temporary drooping of an eyelid. If this happens, there is an eye drop called Iopidine that helps to open the eye but this side effect often resolves within a few weeks. If too much is given to the side of the eye for crow's feet, one can get double vision but that also resolves within a few weeks.

WHAT ARE THE SIDE EFFECTS OF FILLERS?

Any time an injection is given there is a risk of bruising. This resolves within a week or two. A little discomfort with injections is common but the needles are quite small and the filler has lidocaine and that numbs the skin.

WHAT IS THE DIFFERENCE BETWEEN FILLERS SUCH AS JUVEDERM, PERLANE, AND RADIESSE?

Juvederm, Restylane and Perlane are all made out of hyaluronic acid, which is what collagen is made of. The difference between them is the particle size. The larger the particle size the longer it takes for the body to reabsorb it and so it lasts longer. However, the larger particles also feel a little lumpier. Most patients tend to want their fillers to last longer so I often use larger particle size products such as Perlane or Restylane Lyft. In areas such as in lips or above the lips it is preferred to use thinner particles size products such as Restylane Silk or Juvederm.

Radiesse is very different from other fillers because it is made of calcium hydroxyapatite, which is what bone is made out of. Most people need some calcium and so I like the idea of using a calcium-based filler. Calcium hydroxyapatite also stimulates the development of one's collagen so the effects are longer acting and it has the largest particle size.

I WANT FILLERS IN MY LIPS BUT I DO NOT WANT FAKE LOOKING LIPS. WHAT DO I NEED TO DO?

Get fillers from someone who has been doing this for a while and has a lot of experience. We do a lot of fillers in my clinic and have been doing so for many years. I even have a lot of experience in doing fillers under the eyes, which is a tricky area that easily bruises and the filler has to be given under the muscle to prevent any lumpy feel under the skin.

We also have a very good "Botox/Dysport Club" that allows one to get Botox/Dysport at a very discounted price.

Dr. Bawa is an Internal Medicine Physician who is accepting new patients and can be reached at (850) 534-4170.



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“THE” Weight loss Formula: 3 steps

BY DR. BART M. PRECOURT

In this short article I’m going to lie out the near perfect “weight loss formula”. Follow these consistently and you **will** get results. How do I know? Because I’ve personally applied it successfully to literally hundreds of clients over the years. Here’s the thing—you can’t just try to do it. Losing weight, changing your body, enhancing your health isn’t without effort. It’s all about taking action! If you’re looking for a magic lotion, potion, or pill... it’s not happening in this article and you can stop reading. If you’re looking for a time tested holistic method with a 90% or better success rate, read on.

Note: The topic of weight loss can be very physically and emotionally challenging. If you find you truly “do” use this formula and still do not lose weight, there could be clinical reasons that keep you from responding as desired. Some common reasons will be mentioned at the end of this article.

STEP 1: MOVE MORE

The human body was designed to be active. In fact it was never designed to sit in a chair. How many hours do you sit per day? The average person sits in excess of 10 hours per day!! In your car, when you eat, watching TV, at work, and so on. Yes. Exercise is not an option, it is a **requirement**: 20-40 min per day. **On top of that** you still need to *move more*. Go for a bike ride, walk the dog, stroll on the beach, take the stairs, and park far away from the entrance to the store. Moving more does not mean thrashing your body further. It simply means being more active. If you want to lose weight, you will need to move more often than you do now. Difficult? No! Different? Yes!

STEP 2: EAT LESS

I’m not into calorie counting and don’t encourage it. Yet, as a whole we eat too much. Our portions are simply too big. To create awareness it can be helpful to track how many calories you are taking in for one week. Count everything: the cheese on your salad, the extra glass of wine... everything! It might be a surprise how much you consume. Here is a basic guide for portion control. For your proteins like chicken and fish, your portions should roughly be the size of your palm. The rest of your meal should fit into the other palm. I also encourage you to get out of “habit” eating. For example, eating 3 times every day. Maybe you need three meals, maybe you don’t. Your food *input* should be based on your *output*. If you are putting more into your body than you are burning up (output) then you will not lose weight.

Dr. Bart M. Precourt



STEP 3: EAT BETTER!

This is by far the most important step! It’s not complicated and yet extremely effective. Eating better is something everyone I know could do. Are you serious about losing weight? Do you really want or need to change your health?

Here is what to eat: **WHOLE FOODS**. These foods are still in their original form and come from God’s garden (go to bartprecourt.com for more details on God’s garden). Ideally the foods you eat will only have one ingredient. For example what’s in an apple? How about chicken? I know this sounds simple and it is. Eating properly has been made way too complicated. Partly because consumers (you) are often looking for a perceived easier way, and food marketing companies are brilliant. A cookie that is “gluten free” is still a COOKIE! Follow this formula for every meal and you will never need to be on a diet again. Your new meal plan is: FIBER, FAT and PROTEIN. Your fiber comes from fruits and veggies. Good fats come from foods like avocados, raw nuts, and even organic butter. Your proteins can come from chicken, eggs, fish, and beef. Avoid pork. Look for

grass-fed, antibiotic-free beef, wild-caught fish, and farm-raised, antibiotic and hormone-free chicken and eggs.

Make this easy 3-step weight loss formula a lifestyle and you will see the pounds start to melt away. You got this!!

Note (cont): I treat several conditions that often go undetected, such as yeast overgrowth, adrenal fatigue, and digestive disorders that can make losing weight very frustrating and at times seem hopeless. Don’t give up! These can be helped through safe, natural, and effective ways.

For a consultation contact Balance Health Studio at (850) 231-9288. 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 Seagrove Beach, FL at Balance Health Studio, www.balance30a.com.



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You Only Live Once—So Make It an Adventure

BY LIESEL SCHMIDT



Run/SUP class



TRX class



Boathouse camper



Yolo instruction



resort guests have when they visit 30-A,” he says, “and this is one way that we, in particular, can make their time here so much more special.”

Five years after the official launch of YOLO Board Adventures, Losee has broadened the concept to include yet another facet: the Boathouse PaddleClub—which, rather than focusing on the products—focuses more on the experiences themselves and incorporating them into an active daily life. “This is new territory for us—we’ve expanded our offerings to include new year-round programs and new activities such as RUN/SUP, SUP Yoga, fat-tire bike tours, TRX fitness classes, and both water and land-based nature tours,” Losee explains. “Specifically with the RUN/SUP program—which combines two of my passions, running and stand-up paddle boarding, into an interval-style workout—what makes the PaddleClub so unlike any other program is the

fact that we have some of the most scenic places to both run and stand-up paddle right here in Santa Rosa Beach; and that makes our workouts so much more challenging and unique.”

It is perhaps his own passion for the philosophy as a whole that has made Losee and his ventures so successful. Above everything else, for this natural-born adventurer it’s a lifestyle and a personal mission statement that he hopes to communicate with the world. “I love what I do, and that keeps me focused and driven,” he says. “The whole purpose behind the company is to live a healthy,

balanced lifestyle; and by doing what I do, I’m showing people how to achieve that for themselves in a fun way, no matter what their age may be.”

True to form, Losee sees great adventures still ahead for the many programs and adoptees of the philosophy. As an entrepreneur, he’s seen both success and failure, so he knows first-hand that it’s all in the journey and what you learn along the way. For Losee, those lessons have shown him not simply that you truly do only live once, but also that there are many ways to live that life to the fullest—not the least of which is to get out into nature, explore your own inner-adventurer and push yourself to the limits. To find new paths both literally and figuratively and remember just what makes this one life worth living.

For more information on YOLO Board Adventures at Watercolor and The Boathouse PaddleClub, visit www.boathousepaddleclub.com

With so much attention lately being channeled by the fitness industry into stand-up paddle boarding—more commonly known as SUP—the fact that YOLO Board, co-founded by Tom Losee, has become not only a nationally-recognized brand for its paddle boards and equipment line but also for its concept of an adventure-driven life is hardly surprising. After all, as their motto so deftly reminds us, “You Only Live Once”.

But just as the adventurous spirit is never satisfied, neither was Losee in resting on the laurels of the line of paddle boards. In fact, after the successful launch of the boards themselves, Losee began another venture and started an invaluable partnership with St. Joe Club and Resorts. Using St. Joe’s WaterColor Boathouse venue as a base of operations, Losee started YOLO Board Adventures, with the initial intent to provide YOLO board lessons and rentals to anyone and everyone with a will-

ingness to learn something new and a desire to tap into their very own YOLO spirit. In Losee’s estimation, the Boathouse’s unique access to the calm conditions of the coastal dune lakes at 30-A made it an even more ideal fit for his rental customers, many of whom might not be up to the challenge of more open waters. “We’re so happy to be partnered with St. Joe Club and Resorts, and we consider ourselves to be extremely fortunate to have such an amazing template on which to create our unique programming,” he says. “It’s one of the things that makes us stand out from the rest, one of the things that keeps us so passionately connected to this vision.”

Regardless of skill level, however, the dune lakes are a draw for anyone looking to escape into the serenity of this rare and natural wonder. Losee feels a particular sense of pride in the fact that YOLO can provide a means through which that beauty can be celebrated and appreciated. “We are constantly trying to improve the experiences that our



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A Collaboration of Art, Friendship & Beauty

BY SUSAN BENTON



Alison Wickey in the studio

30-A offers winding roads, quaint communities, and pockets of hidden gems, not to mention stunning architecture, white sand beaches and emerald waters. But there is even more that draws people to South Walton, like the incredible food, craft drink and sought after art scene.

Recently, a new wine called 30A Coastal Dunes Chardonnay; distributed by McNeese Distributing, LLC, and labeled by recognized artist, Allison Wickey; hit the stores and the local restaurant menus to rave reviews. The collaboration took place between three close friends: George Barnes, director of operations at 723 Whiskey Bravo in Seagrove Beach, Florida, celebrity grocer, Charlie Modica, Jr., of Modica Market in Seaside, and Peter Seghesio, a famed winemaker who has known Barnes for two decades. Seghesio has visited Seaside each Easter with his family since 1995 (where he got to know Modica), and is the owner of Lorenzo micro winery that produces small batches of wine in the Russian River Valley of Sonoma County, on a vineyard that Peter's great-grandfather started in 1886.

I enjoyed an exceptional evening tasting light h'orderves and sipping on the refreshing, buttery wine at the Seghesios' Seaside beach home with Wickey, Barnes and Modica this past spring. Cathy and Peter Seghesio's young sons, Joseph and Will, were on hand and entertained us with stories filled with passion for their family business on a glorious night as we watched the sun dip below the Gulf's horizon. The unfiltered wine is very drinkable on

They scouted many other artists and I feel honored to have been chosen. My painting of Western Lake is one of the most iconic scenes on 30-A, and perfect for the wine label.



The label and the original artwork

its own, but also pairs very well with a variety of dishes, especially seafood. We were delighting in and savoring Ms. Lisa Black's crab cakes from Modica Market.

This band of brothers selected the finest grapes to create a blend that makes up the luscious, fruity, yet balanced 30A Coastal Dunes Chardonnay. The grapes are then fermented in large concrete shaped eggs that allow for breathing and make for a richer, more full bodied wine.

Once in production, Charlie and George reached out to Alison Wickey about creating the label for 30A Coastal Dunes Chardonnay. Wickey says, "They developed the concept before they came to me. They scouted many other artists and I feel honored to have been chosen. My painting of Western Lake is one of the most iconic scenes on 30-A, and perfect for the wine label." Wickey's work is a 3-step, 4-day process involving Venetian plaster, acrylic paint, glazes, and an orbital sander. You will find her work draping the walls of homes and restaurants up and down 30-A and beyond. Barnes loved the commissioned art from the wine label so much that he in turn commissioned the same piece that is now hanging in his and his fiancé's gorgeous new home.

Wickey became well known quickly when she moved to South Walton in 2007, and could not get enough of painting the rare coastal dune lake images. It was soothing and peaceful. Wickey says, "After eight years, Western Lake is still a fan favorite. That image is used for so many events and again, I am flattered to have my art on the 30A Coastal Dunes Chardonnay bottle." Wickey was given the accolade for 2011 Beaches of South Walton Artist Of The Year and 2012 Best Art Gallery on the Emerald Coast. She is currently moving her art studio to the newest sensation on 30-A, The Hub at Prominence.

The Idea Boutique and Cornerstone Marketing created the graphics for the wine bottle and in the future, red and sparkling wines are in the plans to be offered. Modica says, "We want people to come on a journey with us and to enjoy this fine wine, presented on a platform that raises awareness for preservation efforts of our fragile coastal lakes."

You can find 30A Coastal Dunes Chardonnay with Wickey's artistic label at Modica Market, 45 Central and Great Southern Café in Seaside, and at The Bay on Hwy 331. 723 Whiskey Bravo and Café Thirty-A in Seagrove Beach, Stinky's Fish Camp in Dune Allen, George's at Alys Beach, and Edward's in Rosemary Beach also have the wine for purchase. For more information about 30A Coastal Dunes wines, visit the website at 30ACoastalDunes.com. Visit Allison Wickey's website at allisonwickey.com.



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Queork Brings Vegan Vogue

BY LIESEL SCHMIDT

When you think of luxurious designer accessories, chances are your mind's eye envisions the softness of supple animal hides, the high sheen of polished patent leathers, or the exotic refinement of reptilian skins. Only recently has the designer market begun to embrace more alternate materials as more and more consumers become aware of the importance of sustainability and turn to more eco-friendly ways to accessorize themselves without sacrificing their eye for style and their demand for high quality.

While some might be swayed by the leather-like allure of polyurethane, luxury lover Amanda Dailey was captured by cork—and she made it her business to bring the material to the market. Though cork is hardly a novel concept in practical applications, most people would never realize the beautiful possibilities that cork affords in the fabrication of accessories; and it wasn't until Dailey took a trip to Portugal in 2012 that she realized there's far more to cork than meets the eye.

"I'd been looking for a dog collar for my Burmese Mountain Dog while I was there, but I couldn't find one I liked anywhere. After I saw cork accessories in a market in Lisbon, I approached a cork manufacturer about making dog collars, but he would only agree to make them in mass quantities," Dailey explains. "I knew how ideal cork could actually be for dog collars; because it's naturally resistant to mildew and odor, waterproof, hypoallergenic, and even repellant to mosquitoes; so I asked around at some local pet stores to gauge their interest in buying cork dog collars," she continues. "They loved the idea, so I contracted with the manufacturer and took off from there!"

In a former life, Dailey spent her days in new construction finance, so becoming an entrepreneur in the accessories market was completely new territory. Even so, Dailey had seen firsthand the unique look and feel of cork-crafted personal goods and felt confident in the potential of filling that niche in the US market. With that in mind, Dailey formed a business partnership with Julie Araujo, whose family lives in Portugal, to launch Queork. They first offered their exclusive line of cork products at arts festivals in the New Orleans area—where the two

reside—and online. Their initial successes cemented their drive to move forward with their plan and establish a brick-and-mortar store; so when they opened their first location near the French Quarter, they knew that their dreams of becoming an actual brand were well in hand.

Three years later, Queork has recently opened a third retail space, including one in Grayton Beach, where Dailey and Araujo offer buyers an exclusive line of handbags, cell phone cases, umbrellas, shoes, and other accessories that exude style and luxury. Each and every product they sell illustrates that beauty and sustainability can coexist without ever toeing the line of looking granola. "Cork is such a perfect material for accessories, and people love the fact that it's such a natural product; that they're not harming the environment, but actually helping it when they buy an accessory made of cork. And it truly is special,"



Uptown Grayton



Showcase selection



Men's accessories

Dailey says. "It's sustainable, rare, beautiful, lightweight, and harvesting the cork bark doesn't kill the tree."

As the only brand of cork accessories with physical retail locations in the US, Queork is uniquely positioned to be a naturally thriving business, especially when someone is looking for something truly extraordinary and distinctive.

"People come into our stores and have the same reaction that I did, when I first saw pieces in Portugal," Dailey says. "They absolutely love all of it. Our handbags and accessories are such attention grabbers—both for men and women—and we're constantly selling out of our men's and women's shoes because they're so popular."

Queork products are made of 100 percent cork fabric, which consists of thin slices of cork bark that have been adhered by hand to a fabric backing with water-based silicone. "There's really not a negative to this material," Dailey says. Obviously, buyers throughout the New Orleans, South Walton, and now Santa Fe areas would agree, proving that cork may well serve to stop wine bottles; but when it comes to its use in making boutique fashion accessories, style flows freely.

For more information on Queork, visit www.QUEORK.com. The Queork Santa Rosa Beach store is open daily from 10:00 a.m.-6:00 p.m., located at 29 Uptown Grayton Circle, Santa Rosa Beach, FL 32456.

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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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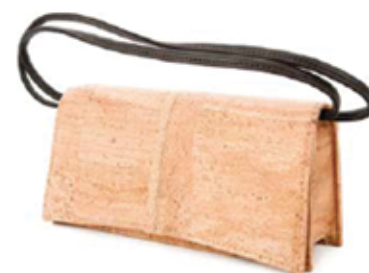
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Assistant: Joshua Wood
Dress: made on set by Rachel Klaeger



Dress: Vintage Find
Shell made by Kathryn Alexandria



Dress: Sirens at the Beach
Slip: The Village Boutique



Dress: Sirens at the Beach
Pearls: Lauren Athalia

Get Ready for the 'What-ifs'

BY CHRIS OGLE



Chris J. Ogle

The future holds many uncertainties, and your retirement is no exception: “What age should I retire?” “How long will I live in retirement?” “When should I start taking Social Security?” “How will rising medical costs affect me?” That’s why planning is so critical, and a good plan will take into account many of the possible uncertainties. In the process of developing your personal retirement plan, it’s important to map out these “what-ifs” — the scenarios, priorities, and choices that you’ll build into your strategy.

For example, you may have realized that your retirement priorities include spending as much time on the water as possible or staying in your lifelong home. Each represents a significant expense — perhaps a new cabin cruiser, or extensive aging-in-place upgrades and a long-term care policy — that would affect not only your retirement lifestyle but also your retirement finances.

Each priority generates questions: What if you paid up front? What if you chose financing? How would one or the other affect your monthly income, investments, and legacy plans? Other unexpected developments may arise, such as your company offering you an early retirement package. You may then need to decide whether you can

afford to accept the early retirement package or forgo it and continue with your predetermined retirement date. Or perhaps you can reprioritize certain goals so that you can afford to take the early retirement package.

TURNING WHAT-IFS INTO A PLAN

“Exploring the what-ifs allows you to try on decisions before you actually have to make them,” says Greg Shiveley, first vice president of the Strategic Solutions Group at Wells Fargo Advisors. “You’re able not only to design a retirement lifestyle that reflects your priorities but also to have added confidence that you’ll be able to achieve it.”

The process starts with narrowing down the list of what-ifs to those scenarios most applicable to your circumstances. A couple for whom assisting family is a priority might explore the repercussions of offering financial assistance to an adult child or having an older relative move in — or both. A single person for whom independence is a priority and who has a family history of living to age 95-plus will have a very different “what-if” conversation with his or her Financial Advisor.

Shiveley notes that exploring what-if scenarios can be especially useful when a couple or individual has multiple high priorities, which may have come to light during a priority-setting exercise with their Financial Advisor. “It’s an opportunity to examine the implications of giving one goal higher priority than the other, as well as what would be required to achieve both priorities,” he explains. One outcome may prove vastly preferable to another — or small trade-offs or strategy changes could make achieving both goals possible.

Working through the options with someone you trust whom also happens to be familiar with your finances and personal preferences — namely, your Financial Advisor — greatly simplifies the process. Regardless of the strength of that relationship, however, you remain in the driver’s seat. “While your advisor is there to provide insight and support, ultimately you make decisions about how to proceed,” Shiveley emphasizes.

What’s more, you can return to the what-if process whenever you’re faced with a major decision or a change in your circumstances. “The reports and plans that come out of this exploration are not something you just put on a shelf,” Shiveley points out. “They’re living, breathing documents that can adapt with you.”

Wells Fargo Advisors is not a legal or tax advisor.

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

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Design Services of Florida

BY SUSAN CANNIZZARO



When it comes to designing the perfect space for the most discriminating client, one business owner has a special knack for hitting the mark every time around the country. E. Dale Trice is the owner of Design on the Gulf and Design Services of Florida, LLC, which is a Residential Interior Design Firm located in Inlet Beach, Florida.

Trice got his start in the home furnishing industry as a national sales manager for a lighting and wall décor company while in his 20s. He later opened Pine Cottage antique store in Atlanta and formed Design Services of Georgia in 1985. In 2003, he moved to Florida and opened his retail store Design on the Gulf, and formed Design Services of Florida, LLC. As Trice says, "We had always had investment properties in the area and longed to retire to this beautiful place." Within 30 days of opening his store, the store size doubled and he began designing rugs with his friends Martin and Kathy Jennings. Handwoven rugs are big business for Trice. He has over 60 looms in India, and clients can design their own, either by hand drawing or using a computer.

Our retail staff will often go to a client's home to help measure and color match for the rugs. "Our store

is an excellent resource for clients to come in and pick up items to help accessorize their homes from start to finish and we have many designers that can order items for their clients," says Trice. "People really find us by word of mouth, as we were one of the first design shops in the area," he adds. The store features accessories, lighting, antiques, tableware, gifts, and Sherrill brand furniture made in Hickory, North Carolina. They also offer Stone Mantels from Francois and Company, coming from Atlanta and Italy. Trice has never been afraid of color and the store's new catchphrase for advertising is 'The Confidence of Color'.

Trice credits his incredible team of designers, including Emily R. Powell who joined the firm in 2014, for being able to accomplish amazing work all over the country and the world. They have designed as many as 8 projects for particular clients. The design team has done projects in Alys Beach, WaterColor, Seaside, Seagrove, Rosemary Beach, Atlanta, Charlotte, Cincinnati, San Francisco, LA, Palm Beach, Chicago,

Kentucky, and even a lodge in Ireland. "I am 65 years old, and I love my clients. I learned 30 years ago that it's not about me, it's all about the client and we have learned to listen. That is really the key," adds Trice. "We have to learn what makes the husband and wife tick and we are very much therapists at the end of the day."

Trice and the design team just finished a 20,000 square foot home in Kentucky, starting from the ground up. They picked all the finishes for the interior as well as all the lighting fixtures, while placing every single accessory and all the furniture. He even went back and decorated the home for Christmas.

Tina Corr and her husband Bryan are the developers of 30 Avenue, a brand new office and retail development, where Design Services of Florida recently moved. "Trice worked with us redesigning the interior of our home, which had been very dark inside. He is very personable and passionate and brought the bright colors of the gulf inside our home to create a very different feel of the home. He also has the gift of having custom pieces of furniture created that compliment all your

existing pieces. We just love his work and working with him," adds Corr.

Trice says he flew over 126,000 miles last year alone and travels to Europe extensively. He travels to Paris twice a year for the Maison Objet show for inspiration and new fabrics. "I have a wonderful life. I have been able to expose myself to all kinds of experiences over the last 30 years and that has made a difference in how I can help others," says Trice. "It is all about exposure, absorb, process, filter and then execution. Those are the keys to success."



Design 30Avenue, the retail arm of Design Services, opened their new store in March 2015. Design Services Studio and Design 30 Avenue are located at 12805 US Highway 98 East, Suite Q101, Inlet Beach, FL 32413 and can be reached at

(850) 231-4844, on the web Designservicesofflorida.com or Design30Avenue.com



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Summer House Lifestyle

BY AMANDA LAWSON

Summer House Lifestyle in Santa Rosa Beach has one mission: to help the homeowners of 30-A turn their residences into “simply beautiful” retreats. Through clean lines, a relaxing palette, and the high-end touch of Melissa Skowlund, homeowners from Seaside to Rosemary Beach and beyond are learning to shut out their busy schedules and take in the views.

“I usually find that less is more with people, especially those who are decorating their second homes,” says Skowlund, owner of the Summer House Lifestyle design firm and high-end décor retailer. “They want to come here and leave all of the clutter behind.”

For the past 10 years, both here and in her home state of Wisconsin, Skowlund has helped numerous homeowners realize the retreat they have always wanted, and has even succeeded in building her own in the process.

Skowlund, who still divides her time between Wisconsin and 30-A, has turned her talent for design into a business and, for the past three and a half years, a Summer House Lifestyle storefront in Uptown Grayton.

“For awhile we had two storefronts – a bed and bath store, and then another location with our lighting and other décor,” Skowlund says. “Now we’re in our current location, and we’ve renovated that space so that it takes up nearly the entire area in the back of the shopping destination known as Uptown Grayton.”

“We’re working on having an online store through our site, and hopefully one day, a catalog and various locations in vacation destinations nationwide. We want to become a resource for local designers to work in a friendly environment. We are very collaborative and welcome local



Summer House showroom



Uptown Grayton



“What I like most is just the relationships I’ve formed with people from all over.”

and out-of-town designers to browse our favorites to help their own clients as well.”

Much of Skowlund’s success has been working with second- and third-homeowners the moment they break ground on their new abodes. She likes to be involved from the beginning, helping nesters choose everything from plumbing fixtures and drywall to lighting and paint colors.

“I love to create a beautiful space,” she says. “I like to see a blank palette and create something beautiful where people feel comfortable. I love the simple elegance, clean lines and nothing too fussy.”

Some of her favorite products can be found at Summer House Lifestyle, which showcases everything from chandeliers to wall-paper and bedding to gifts. There are high-end lighting options like Julie Neill of New Orleans, Currey & Company, Visual Comfort & Co., and Arteriors; elegant indoor and outdoor furniture options from Westminister Teak and Kingsley Bate; simple and classic linens from Bella Notte, Pom Pom at Home, Matouk and Pine Cone Hill; rugs from Dash and Albert, and Designers Guild; and much more.

Apart from all the homes she’s helped build, Skowlund says it’s the friendships with owners that she cherishes highest. “What I like most is just the relationships I’ve formed with people from all over – Louisiana, Houston, Dallas, Atlanta, Washington D.C.,” she says. “We have clients from all over the country now, and they’ve become our friends. The best part is that many of them keep coming back to us for help realizing their dreams.”

“I just did a remodel in WaterColor for a couple out of Washington D.C. It’s their second home, and we touched everything – the kitchen, all of the bathrooms in the entire house, new furnishings and the lighting everywhere. Now they’re looking at purchasing another home in the Washington D.C. area, and we hope to help them with some choices with that as well.”

Summer House Lifestyle is located at 57 Uptown Grayton Circle in Santa Rosa Beach. You can also connect with the company through Instagram @summerhouselifestyle, on Facebook, and online at www.summerhouselifestyle.com. To contact Melissa Skowlund directly, call (850) 231-0133.



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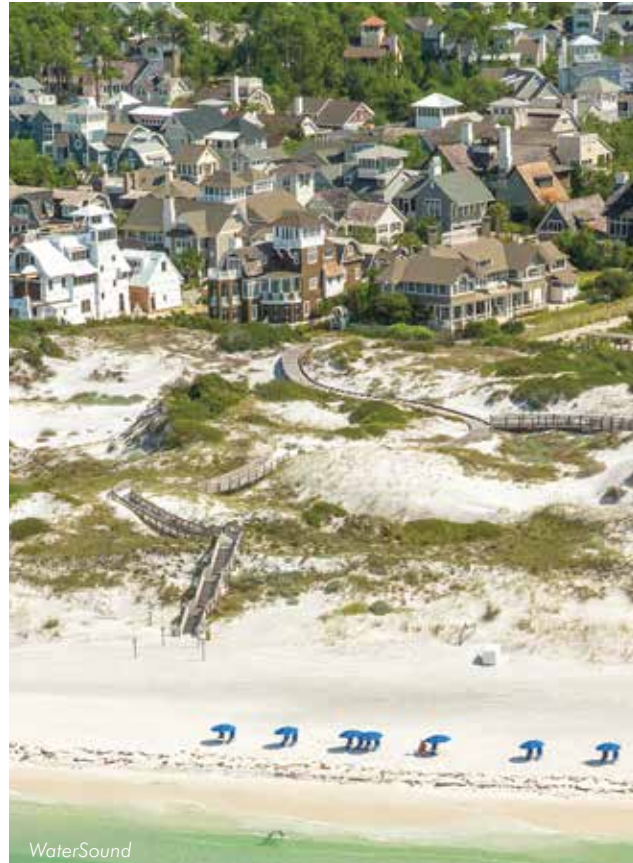
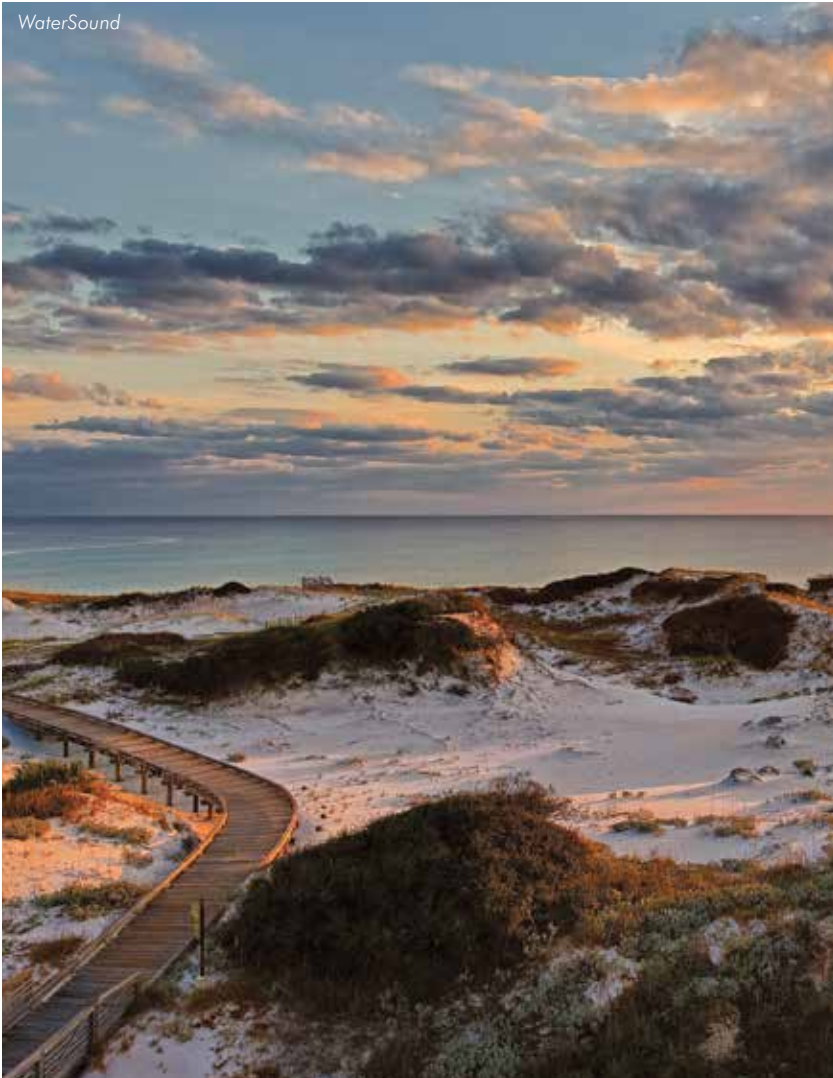
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Somers & Company

BY JESSICA HOLTHAUS BADOUR



includes a main office on Scenic 30A in Grayton Beach and a satellite office in Destin. Somers & Company markets and sells properties from 30-A to Destin.

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With an interest in real estate that stretches back to childhood, John Paul Somers fondly remembers his early days immersed in the sideline passion of his late father, a patent attorney involved in the forefront of the fiber optics industry. When he was 16, Somers began working as a broker's assistant at the Country Club of the South, located in Alpharetta, Georgia.

"I realized then that my future livelihood would involve the real estate industry," he says.

He went on to major in business at the University of Georgia and minored in real estate at Georgia State University. Today, he holds multiple real estate certifications that support his strong awareness of trends within the industry.

Licensed since 1995, John Paul is the owner and broker for the real estate firm Somers & Company, which

Coast because the lifestyle and location make it one of the finest places to live and work in our great country," he says. "Somers & Company is a boutique real estate brokerage and we aggressively and strategically maintain a core focus involving the marketing and sales of luxury residential homes and land, as well as premier commercial properties."

With more than 25 years experience, Somers attributes several reasons to his successful business, including tenacity, diligence, over-productivity, and passion.

"I never lose touch with the relationship-driven aspects of my business," he adds. "My philosophy is simple, thanks to the three basic elements: Common business sense, thoughtful interpersonal skills, and focused work ethics."



John Paul Somers

Somers & Company boasts top-producing realtors serving Destin, Scenic 30A and all of South Walton County. The small team, including Wendy Anderson, Rachael Earley, Debbie James, and Kate Kelley, is committed to helping clients achieve a lifestyle dream along Florida's beautiful Emerald Coast – whether it is a primary or secondary family home, vacation condominium, or investment property.

"I'm interested in real estate sales and development that promote a quality lifestyle and positively influence our community," Somers says. "Our core focus allows us to ascertain a strong fundamental awareness of market trends from which our clients ultimately benefit."

premier properties, they invest equal strength and dedication in selecting desirable properties for their buyer clients.

To learn more, please visit the Somers & Company office on Scenic 30A at 151 East County Hwy. 30A, Santa Rosa Beach, FL, 32459, go to www.SomersCompany.com or call (850) 654-7777



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Alys Beach – The Lucian

BY KEMPTEN TAYLOR

The crisp white structures that dot the streets and line the sand makes the deliberate design of Alys Beach's aesthetic apparent. New to Alys Beach is the The Lucian, the first mixed-use development building to open in the Town Center of this quaint beach neighborhood. The Lucian will embody that same white aesthetic that makes Alys Beach stand out when traveling up and down 30-A. This four-story structure will house luxury condominiums and several retail spaces on the first floor. The opening of this development marks a true growth in the expansion and evolution of Alys Beach.

The land that is now Alys Beach was given by the Federal Government to Lucian May in 1925 as a homestead. May used the unoccupied land to plant orchards, raise livestock and fell timber. The name The Lucian is a tribute to honor the man who first civilized this stretch of beach and called it home.

Located in the southwest corner of the Amphitheater, The Lucian stands four stories



We wanted the building to speak to a simple form of architecture.

tall and features enclosed parking beneath. The Lucian will include eight residences total with seven residences for purchase: one 1-bedroom, four 2-bedrooms, and two 3-bedroom suites. Each of these luxe condominiums offers owners and guests gorgeous views towards the east of the Amphitheater and south to the Gulf and beyond. As an added benefit for owners, they will be eligible for Alys Beach's rental program, providing interested buyers an attractive investment opportunity. "We wanted the building to speak to a simple form of architecture. The residences will offer open floor plans featuring spacious dining, kitchen and living areas that open to an outdoor balcony/patio overlooking Scenic Highway 30A and to the Gulf of Mexico in the Town Center of Alys Beach," says Tom Dodson, Vice President of Sales at Alys Beach.

When completed, the first floor of The Lucian will be occupied by the Alys Beach Sales Center and the Guest Services Office. This location on Scenic Hwy 30A and the Alys Beach Amphitheater offers rental guests staying in Alys Beach a convenient arrival and check in experience.

The Alys Beach Town Architects, Erik Vogt and Marieanne Khoury-Vogt of Khoury & Vogt Architect Firm, are responsible for the beautiful design of this

property. Following the tradition of Alys Beach, The Lucian's design features the white stucco walls and piers divided by stained wood porches and balconies that holds true throughout all of Alys Beach. A civic-scaled first floor with an attached southern terrace will accommodate retail and commercial activity and establish the standard for Alys Beach's permanent Town Center as it builds out in the years to come. Erik and Marieanne have led Alys Beach's Office of the Town Architect since 2003. The creative couple is permanent residents of Alys Beach, giving them a personal connection to this development. Prior to coming to 30-A, their practice was based out of Miami and engaged in projects in South Florida, New Jersey, Connecticut, and Alabama, as well as planning charrettes in Europe and Asia.

"We are very proud to inaugurate the building of Alys Beach's town center with The Lucian", says Marieanne. "We hope the design reflects and extends Alys Beach's commitment to excellence, inside and out."

The opening of The Lucian is just one example of the vast expansion of Alys Beach and 30-A as a whole. The Alys Beach Town Center houses the Alys Shoppe and offers customers a sophisticated façade to the curated collection of design fashions. "The Alys Shoppe intends

to be much more than your typical boutique. It reflects the ethos of Alys Beach," says Dodson.

The developers are also currently working on the completion of new commercial spaces that will be located directly across from George's restaurant fronting on 30-A and North Castle Harbour Drive. These spaces will include a Bottle Shop that features boutique and hard-to-find distilled spirits and fine wines. There will also be an inviting tasting room adjacent to the bottle shop where guests can sip on some of the great finds sold at the Bottle Shop.

In addition to the ground breaking of The Lucian and the new retail space, Alys Beach is in design development of the second Town Center Building. "We will continue to build on the momentum from The Lucian and offer more condominium residences in the Town Center as well as commercial space for future retail shops, boutiques, and culinary outlets," says Dodson.

The Lucian currently has one 3-bedroom residence available for purchase. For more information on all of the development opportunities at Alys Beach including developed homes, home sites, and condominiums visit www.alysbeach.com and click on Real Estate, or contact Alys Beach Sales at (850) 213-5500.

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Sherry by the Sea

BY KEMPTEN TAYLOR

“My goal is to find exactly what they’re looking for and being totally upfront with clients..”



Sherry Currow

Born and raised on the waters of the Gulf Coast, no one knows beach life better than Sherry Currow. Her passion for people is what got her into real estate and her market savvy skills is what makes her a success on 30-A’s real estate scene. A Broker Associate with Pelican Real Estate and Development, she admits, “It is difficult to say you had a hard day at the office when you are showing gorgeous beach property on 30-A.”

Currow hails from Pensacola, less than 100 miles from where she resides today with her family in the Destin Bay

area. “I always knew I would go east or south but could just never go north. I’m a beach girl at heart,” says Currow. She attended University of West Florida where she earned her Bachelor’s Degree and went on to earn a Master’s in Psychology.

Currow has always made a career in helping others. Early in her profession she ran a program for arrested youth. It was that job that originally brought her to South Walton. Although she loved helping troubled teens and kids in need, it weighed heavy on the heart and after several years she felt it was time for a change in direction. “I was never one to sit behind a desk in an office. I love to help people and the feeling of working towards a goal and accomplishing something. Someone suggested that I try real estate and I loved it from the start,” says Currow.

In 2004, Currow launched her real estate career and went to work

with a boutique agency on 30-A. When the market took a turn for the worse in 2007 that firm closed shop but Currow was just not ready to throw in the towel. She interviewed with Pelican Real Estate and Development and immediately felt right at home. “I knew it was a great fit from the start. I felt like I was instantly part of the family with Bill Smith and team,” says Currow.

Established in 1996, Pelican Real Estate and Development is one of the area’s largest locally-owned realty firms. With offices from Panama City to Navarre

and beyond, Pelican serves just about all of Northwest Florida. The company is based in Destin and is known for providing the highest standard of service to buyers and sellers of real estate throughout the Gulf Coast. Currow says, “I could never leave the company. I love the team, they’re family and I love what I do.”

Currow works mainly on the residential side of real estate and feels that she is selling more of a lifestyle versus just a property. “I try and figure out what type of lifestyle people are looking for instead of trying to stick them into a house. Many times people know that they want to buy on the beach but are not exactly sure what they’re looking for,” says Currow. She feels that residential sales is more emotional and “touchy feely”, and truly enjoys having fun with people when showing property. “My goal is not to have my own agenda. It is the customer’s agenda. My goal is to find exactly what they’re looking for and being totally upfront with clients,” says Currow.

Currow feels that selling properties on 30-A is like stepping back in time. The beautiful beaches, two lane roads that you can walk or bike, and unique businesses really make it a haven from the chaos of surrounding areas that have become much more commercial. “I love that you can get away from the congestion and traffic and find interesting boutiques, amazing restaurants and fun things to do. It feels like it is a hidden treasure that is still close and easy to get to. Every beach neighborhood on 30-A has its own personality and I love that,” says Currow.

She knows the area, knows the character that each community on 30-A holds and puts people first. These attributes make Currow a stellar agent and most certainly someone you want on your team when buying or selling in South Walton.

Buyers and sellers can get the process started by calling Sherry Currow of Pelican Real Estate. She can be reached directly by phone at (850) 598-0915 or via email at sherry@sherrybythesea.com. Currow’s office is located at Alexander at Seacrest Beach at 9961 Scenic Hwy 30 A, Seacrest Beach, FL 32413. You can view her listings at www.pelicanproperty.com.

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Draper Lake Estate Offers Tranquil Retreat Rich in Family History

BY AMANDA LAWSON

Long before 30-A became a prestigious getaway for celebrities and second homeowners from across the country, Draper Lake captured the heart of artist Flora Sinclair Franz. The Chipley native, who worked alongside Frank Lloyd Wright during her time as a young student at the Art Institute of Chicago, fell in love with what was then a simple network of dirt roads and picturesque views.

The “fiercely independent” painter purchased all of the land surrounding the lake in the 1930s. While it was the promise of turpentine that drew her family and many others to the area in those days, it was the landscape that called her to 30-A. With panoramic views of a treasured coastal dune lake and the sandy Gulf beaches, the lot was too much for her to pass up.

She even struck a deal with her old friend Frank to build an art studio on the property so she could teach painting classes to local residents and any visitors who may have found their way to the area in those days. It never materialized, but after years of family trips to the land, a home at 58 Sinclair Lane finally did in 2009.

Although Flora Sinclair Franz was never alive to see the home, located on the southernmost part of the family’s original parcel, her love of the land inspired the architectural vision of her son, Karl, and J. Michael Hunnicutt, who worked together on the design.

“Karl Sinclair Franz really tried to capitalize on what his mother, Flora, loved about the property,” says a family friend. “And what resulted really set the standard for the architecture throughout the Draper Lake community. It uses non-synthetic materials like wood siding and cedar shake roofing, and the views are just unmatched. There’s really no other place like this in the area.”

The 3,644-square foot main house and accompanying carriage house, which sits on 0.54 acres, pays tribute to the style of Frank Lloyd Wright that Flora loved. It also takes advantage of the 275 feet of lakefront and sweeping



vistas that drew her and many others to 30-A in the years that followed.

In keeping with the integrity of the original owner’s vision, the property’s next owner Anna Lawson and her friend and local designer Susan Bohlert Smith of Bohlert Massey Interiors, have created a retreat unlike no other on 30-A. The home boasts four bedrooms and six baths, all equipped with clean lines and a soft color palette, broad porches, and a feeling that you’re escaping the hustle of everyday life.

The sale includes not only the home, complete with heated pool and carriage house, but also three adjacent lots ideal for families interested in building a compound.

Artfully combining contemporary design with classic, naturalist architecture, the estate has never been open to the public for sale before.

“When the Sinclair Franz family acquired this property back in the 1930s, there was nothing here but dirt roads and chicken coups,” says the friend. “They recognized long ago how special this place was, which I think is evident if you look at how long they held on to it.



Now that a beautiful home sits on the property and takes advantage of the views, you would be hard pressed to find anything like it.”

Overlooking The Retreat at Blue Mountain Beach, the estate includes vaulted ceilings with

wooden beams, three fireplaces, hardwood throughout, recessed lighting, bay windows and a spacious master bedroom with an en suite draped in marble.

“This is the kind of place where an artist could find inspiration or a high-profile celebrity could escape,” says the friend. “From the porch, you can see the lake and the Gulf, and the beautiful homes in The Retreat, but you’re also tucked away enough that you can separate yourself from everything and just relax.”

For more information on 58 Sinclair Lane in Draper Lake Estates, contact Marla Hanna of Beachy Beach 30a Real Estate at (615) 476-4209 or Marla@beachybeach.com; Hilary Farnum of Beachy Beach 30a Real Estate at (850) 685-0171 or Hilary@BeachyBeach.com; or Jonathan Spears of Scenic Sothebys at (850) 974-1761 or jonathan@scenicsir.com. The property is listed as MLS 729116.



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Scenic Highway 30A Real Estate Market's First Half of 2015

BY ERIN ODEN

The Scenic 30A home market continued its strength in the second quarter. Indicators point to a robust market. Inventory remains relatively low and the volume of sales continues to ratchet up. Average sales price of closed homes and condos remained healthy, and I see that continuing in the near term. To summarize a few statistics:

SCENIC 30A HOMES, CONDOS, AND ATTACHED UNITS

These numbers speak for themselves. Below is some insight into the most popular 30-A sub-markets of the planned communities, as well as the gulf-front and high-end markets.

WaterSound Beach continues its popularity with homebuyers. Transactions and sales volume were significantly up in the second quarter, driving year-to-date sales volume to near \$48 million, a 40% increase from last year. Average sale price and average price per square foot are up 9% and 15% respectively for the year. Sales have been robust with the time on market being 6 months for the first half versus 11 months for the same period last year. Noting 27 closed transactions so far in the first half of this year relative to approximately 35 properties currently on the market is an indicator that inventory is fairly low and that WaterSound Beach's popularity persists.

WaterColor home sales volume remains solid at \$64 million through the first half of 2015. Following a very strong Q1, home sales volume was about the same in Q2. Prior year Q2 sales volume was very strong, driving our YTD volumes below last year. We see pricing continuing to tick up. The average home and condo sales price for this year has been \$1.46 million, a 33% increase over the first half of last year. (Note that the average sale price for WaterColor homes and condos for the full year of 2014 was \$1.2 million.) We can expect demand to remain strong with sales and pricing continuing to reflect buyer demand as we progress through the selling season.

Rosemary - Trends continue to be great for Rosemary homeowners. Residential (home and condo) sales volume for the

second quarter was up 14% at \$43 million. First half sales volume is almost \$80 million up 22% from the same period last year. Sale prices have averaged \$1.8 million for the 1st half of this year, an 8% increase. Price per square foot and days on market trends continue to be impressive, good news for homeowners interested in selling.

The **30-A high end luxury** home market remains very strong, with a first half sales volume of \$82.5 million in closed homes and condos priced at \$3 million or higher, up an impressive 64% over last year's first quarter. The average sale price of these high-end sales was \$4.3 million with the time on market being 6.2 months versus 8.5 in the 1st half of 2014. We anticipate the high-end market to remain healthy throughout the coming quarters.

30-A Gulf-front home and condo sales were very robust in Q2 with transactions and volume significantly up over the same quarter of prior year. This propelled sales volume for 2015's first six months to \$123.9 million or 24% above last year's first half. It is important to recognize that the past two years have been historic banner years for the 30-A gulf-front market, so this sales volume is in fact positive news. Average sale price for the first half of closed gulf-front homes and condos was \$1.51 million, 3% above last year's strong first half. Time on market for the last year has been around 8 to 10 months and current inventory is relatively low at 7 months with 101 gulf-front homes and condos on market near the end of first half.

The market trends for 30-A's planned communities and most popular segments are compelling. We look forward to the continued momentum.



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.

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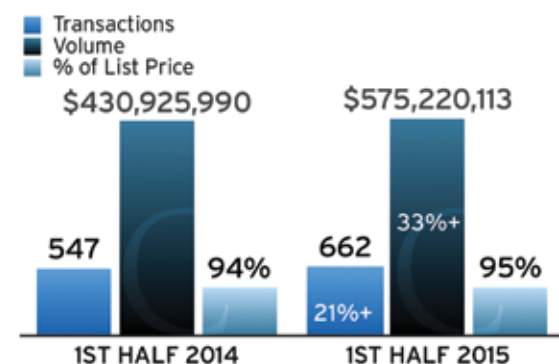
Statistics for detached residences, attached units, and condos only; EXCLUDES land.



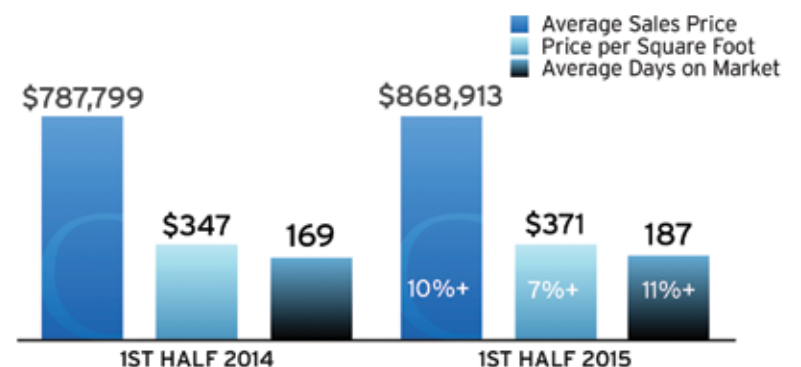
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Introducing Thirty-One

BY JENNIFER THOMPSON



Scenic Highway 30-A is considered one of the most beautiful stretches of beach along the Gulf of Mexico. A 28.5-mile corridor that hugs the coastline in Northwest Florida's Walton County, it offers breath-taking vistas of white sand beaches and access to rare coastal dune lakes. Along with state parks, nature preserves and trails, there are several iconic communities, each with their own special architecture and charm.

It speaks to the desirability of the area and the high demand for unique, high quality developments that a new luxury condominium project, Thirty-One, has already generated a great deal of interest in the market; and groundbreaking has not even started.

"In just a few short weeks, we have pre-sold 15 of the 31 residences, representing more than \$30 million in sales," says Michael McNeil, Vice President at Premier Development Group. "This \$70 million project is the first condominium to be built on 30-A in nearly a decade."

Among the aspects of Thirty-One generating the most excitement is its location: in the heart of 30-A on the last remaining undeveloped, 4-acre beachfront property. "Centrally located in Seagrove, just 1.5 miles east of Seaside, the 3.92 acre property will provide owners, their families and guests, with more than 335 feet of private beach. Owners will also enjoy easy access to 30-A's dining, shopping and entertainment venues," McNeil describes. "Having developed condominium projects in the area for the last 20 years, we recognized the unique potential of this site."

The name Thirty-One is more than the number above thirty. There will be 31 residences in the condo community, all perched 31 feet above sea-level, overlook-



ing the sparkling white sand and emerald green waters of the Gulf of Mexico.

The attention to detail extends to the individual homes that comprise the 31, with the quality of workmanship and service beachfront owners expect. Buyers will be able to choose from five distinct floor plans, ranging from 2,458

square feet to 3,317 square feet. Each unit will have a private elevator, 10-foot ceilings and oversized beachfront balconies. The interiors of Thirty-One will include high-end finishes and materials, including stone countertops and flooring, Wolf and SubZero appliance packages, wet bars with refrigerators and icemakers, spacious laundry rooms, and large, walk-in closets.

Community amenities will include a resort-style pool and expansive pool deck, a fully-equipped fitness center, an outdoor owner's area with a fire pit and an outdoor kitchen, secure underground parking, private owner's storage rooms, street legal project golf carts and an owner's common area with a library and catering kitchen.

As beautiful as the beaches and coastal dune lakes are, 30-A residents take as much pride in their community. With the year-round activities available, tourists and regular visitors play a large part of the area's success, but at its core the corridor is a collection of villages that form a whole. People patronize their neighbors' businesses and support each other's ventures. Thirty-One is focused on developing beachfront living at its finest, and that means fostering that sense of community as well. All of the residences will be subject to a 30-day minimum rental, allowing owners a return on investment while maintaining a sense of familiarity.

The response has been so favorable that the original timeline is being adjusted. "Due to the strong initial demand, plans are currently underway to accelerate the development schedule. We have already received our Development Order, our Condominium Documents have been submitted to the State of Florida and our team of architects are nearing completion on the Construction Drawings," McNeil says. "On our current schedule, we plan to break ground in the fourth quarter of 2015, which means the building will be completed and ready for use before the summer of 2017."

"We believe, and the early sales seem to prove out, that this is a unique opportunity to get in on the ground floor

of what will be the ultimate destination for those who seek the pinnacle in architecture, design, location, and; foremost; beachfront living."

For more information visit www.31on30a.com



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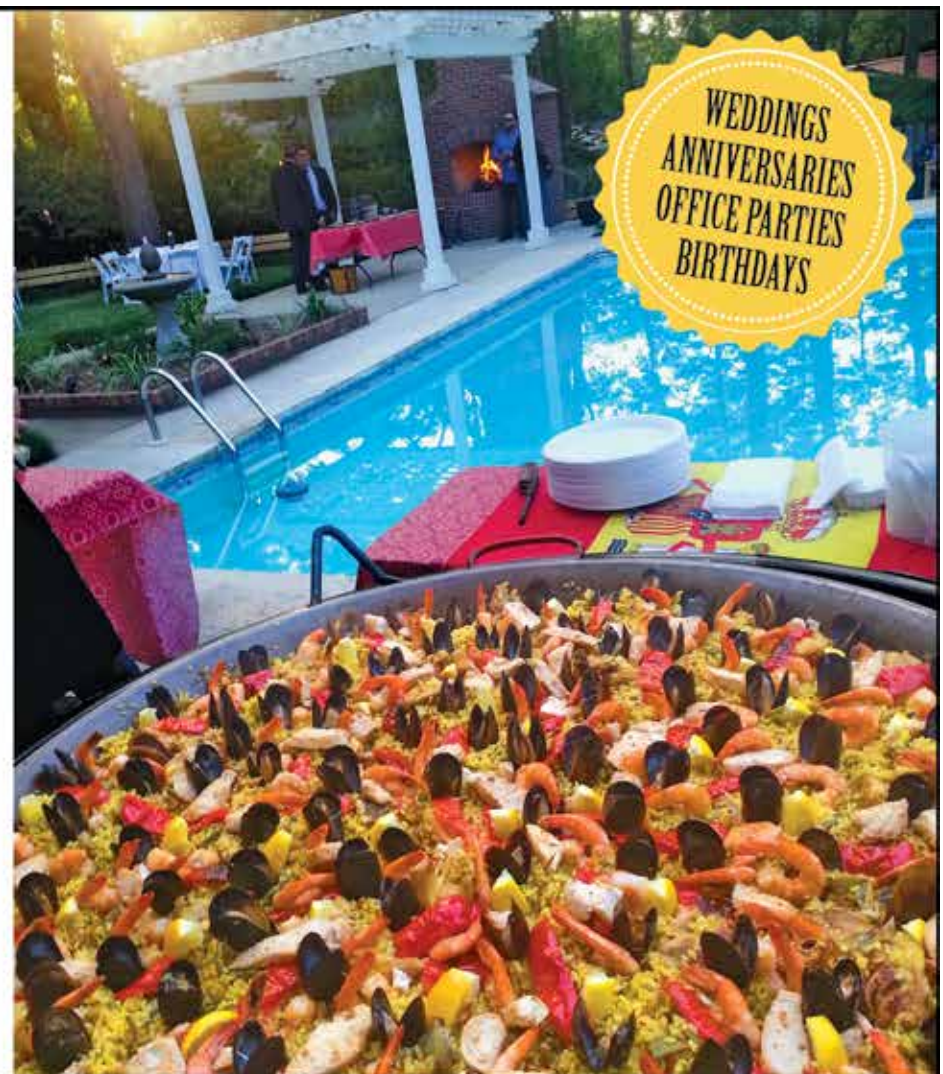
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Apostles By-the-Sea

BY SUSAN L. CANNIZZARO



Father John



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Worship God, Love One Another and Unleash Heaven. This is the guiding vision of Father John of Apostles By-the-Sea, a church in the Anglican and Episcopal tradition, which worships in the Town Hall in Rosemary Beach. This fall, the church will be celebrating 3 years and the multigenerational congregation continues to thrive. Father John Wallace and his wife Ashley lead this special church along with their 4 children ages 6-12.

Father John grew up in Pensacola and attended University of West Florida and Florida State. After he graduated, he became a member of the band Dog Named David. "We were a duo similar to Simon and Garfunkel, but sounded a little like the Indio Girls," says Father John. He was a guitarist and vocalist and their music could be heard on numerous radio stations. Ten years

Anglican Church and served as the priest for college students and young adults for 5 years.

"So many people that have moved to this area have made good money and are able to retire. A lot are in my boat: they may not be wealthy but they are choosing a better quality of life for their spouses and kids," says Father John. "I can't tell you how healing it has been for us as a family. Previously we were running in so many different directions and I wanted to reclaim the best years of my children's childhood. Now we go biking as a family all the time to the beach, and we take our skiff out on Lake Powell to enjoy the water," he adds. "Not only has it been a wonderful move for our family but our church is a very joyful place, where we love to worship God and point people to Jesus. I have really been touched by seeing how the children in our church love being part of the services."

Marta Salter had been seeking for a church that felt comfortable. "Our boys especially like coming to church here and how they can participate in the services," she says. One of her sons is an acolyte and both of her boys were baptized in the Gulf of Mexico last Easter Sunday. "I also really get a lot from Father John's sermons and I find I can lead a more Christian life," adds Salter.

Father John says his wife Ashley is great overseeing the children's ministry. "She uses whatever the kids have with them to tell bible stories during their separate children's sermon. Whether it's a transformer or stuffed animal, it becomes a real visual in the message she shares," he adds.

Ted Brown says his kids are excited to go to church every Sunday. "I love it too

later he felt a call to go to Seminary in Wisconsin. Once he graduated, he was missing the mild winters of Florida. He got his first job as an ordained priest in Tallahassee at St. Peter's

because the messages really speak to me, and it is very genuine and you definitely feel the Holy Spirit."

Dotty Culp had been attending a nearby church in Destin for over 38 years when she decided to check out Apostles By-the-Sea. As soon as she attended her first service and started crying, she knew God was telling her to go there. "I told Father John that same day that I was home," shares Culp. "Father John is laid back but very deep with the Word. The service is formal but it is also very Spirit-filled too," she says.

Apostles By-the-Sea supports a variety of ministries and missionaries both local and global. They have been able to send students to school in Africa; provide clean water to families the Dominican Republic; and support pastors, seminarians, and churches both here and abroad. Heaven is being unleashed through the generous giving as well as the worship of God and the love for one another at this unique church by the sea.

Apostles By-the-Sea meets at 11:15 am on Sundays in the Town Hall in Rosemary Beach. For more information call (850) 588-3080 or visit www.apostlesbythesea.com



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Death and Disputes

BY KIMBERLY WATSON SEWELL AND FRANK WATSON

"Never say you know a man until you have divided an inheritance with him."

—Johann Kaspar Lavater

We all know a family that clashed after the death of a loved one. For those uncomfortable with emotions of sadness, fear, and grief, anger seems like a safe haven. But these feelings can escalate and result in long-term feuds, especially when the estate of the deceased has not been left in order. Typically, these disputes are over tangible personal property and family business interests. However, harmony can be preserved with proper planning and communication.

TANGIBLE PERSONAL PROPERTY

Real estate and other investments may come to mind when considering the cause of family unrest. However, cash, antiques and heirloom jewelry top the list of items

one-third survive their founders. Federal estate taxes are one reason for this dismal survival record, but family feuds are also to blame. By carefully coordinating your personal estate and business succession planning, these issues can be resolved before they arise.

For example, will your surviving spouse continue the business or sell it? Who will buy it? If your children take over, will they buy or inherit the business? If they inherit it, how will the inheritance of other children be equalized? Are there any in-laws who might stir up trouble?

OPEN COMMUNICATION

For many people, the subject of death is not easy to discuss. If you are planning your estate, broach the topic with your heirs. A recent survey, conducted by the AARP / Scudder Investment program, found that

Many times people think they don't have much of value and therefore don't anticipate the tension they will leave behind.

that fan the flames of many disagreements. The items in question don't even have to be valuable. Sentimental trinkets can cause just as much, if not more, tension. Fortunately, the laws of most states provide a flexible solution for the specific distribution of tangible personal property.

As part of your estate planning, find out whether your state authorizes a separate writing to be made on which you may list the specific items and who is to receive them. In most instances, this writing may be handwritten, but it must be signed and incorporated by reference within the estate planning legal documents. Time spent preparing this writing now as part of your overall planning can help thwart problems later.

FAMILY BUSINESS INTERESTS

Ninety percent of U.S. businesses are family-owned or family-controlled, yet only

the majority of respondents who reported no conflicts over an inheritance had known what to expect and believed their inheritance was fair.

If your affairs are settled but your parents still haven't considered their estate, perhaps a gentle reminder is in order. Show them this article. Many times people think they don't have much of value and therefore don't anticipate the tension they will leave behind. But history has shown that even inexpensive baubles and the smallest inequities can result in family disputes.



For more information, please contact Watson Sewell, PL at (850) 231-3465 or go to www.watsonsewell.com

Kimberly Watson Sewell
and Frank Watson





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Aspri Villa, the most spacious home in Alys Beach, provides an enchanting setting for family, combining shared living spaces with private suites, all surrounding an expansive landscaped courtyard. The dramatic tower room offers 360-degree views of the community and Gulf of Mexico.



H5 • 251 NORTH SOMERSET STREET

"L'hôtel" is a beautiful and spacious 5-bedroom, 5 1/2-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

The open kitchen, living, and dining room of this 3 bedroom, 3.5 bath, 2,376 square-foot courtyard home overlooks a courtyard framed with landscaping and fish-shaped water features. The home has a spacious master bedroom and bathroom and two generous guest bedrooms with full baths.

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Palms Face Down to Hit Straight Shots

BY TOM FITZPATRICK

Do your golf shots have a weak, slicing to the right pattern? If so, making solid ball contact is critical to eliminating them. Try these quick drills to help you key in on what it takes to strike and compress the golf ball.

But first - let's check that minor detail of your grip. Can you see two knuckles when looking down on your left hand? If not, make sure the club is resting against the base of your fingers, and not in the palm.

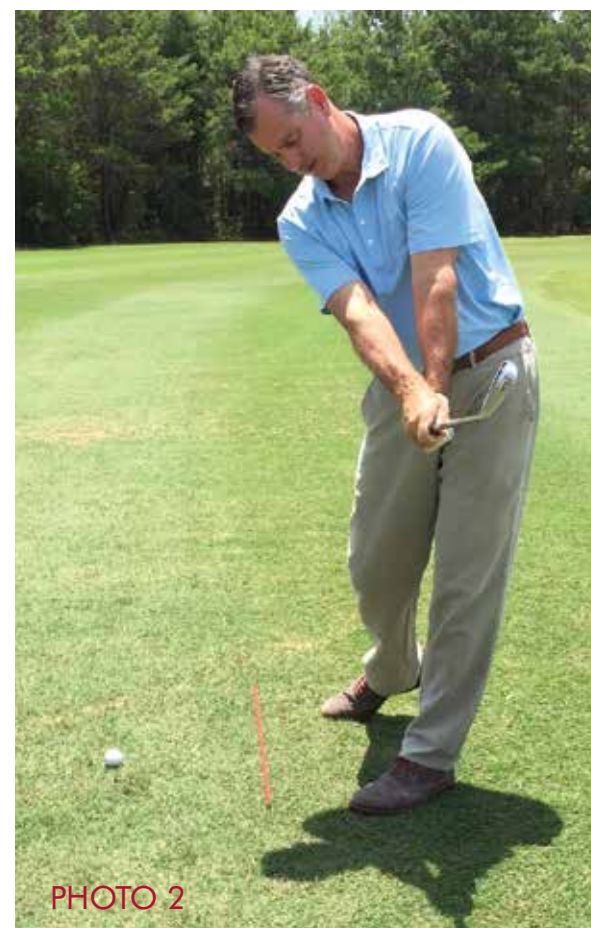
The right palm plays a critical role in creating a straight, piercing ball flight. Used effectively, it will help you hit longer, more powerful shots by putting some spring in the club shaft at impact. A ball struck squarely sounds different. You can hear the difference.

If you slice the ball, the right palm is probably pointed to the sky through impact. As a result, the clubface never gets back to a square position at impact, like the one you see at address. Instead, feel the right palm pointing down to the ground just before impact (*photo1*).

Try this drill without a club: hold your right fingers back with your left hand. Notice the large right wrist angle that is created. That is a power source. The club is loaded and ready to spring into impact.

Take it one step further. Can you keep the right palm facing downward just after impact, as I'm showing here (*photo2*). One interesting point: look at the right wrist angle. it is similar to the angle in the first photo.

If you can keep the right palm down, you'll be assured that the ball won't slice to the right anymore.



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The First Tee is a national golf learning program that teaches kids of all backgrounds not only the game of golf, but also life development skills. Character building takes center stage at The First Tee thru its nine core values of: Honesty, Integrity, Sportsmanship, Respect, Confidence, Responsibility, Perseverance, Courtesy, and Judgment.

Kids learn respect for themselves and others while developing a sense of confidence. They learn how to introduce themselves and greet people, dress neatly, make healthy food choices, and handle emotions. The findings are the graduates are well-prepared for college and the work force.

This highly successful initiative is organized into several chapters around the country with the Dallas chapter being one of the most popular with over 20,000 participants. They are easy to find and such a wonderful gift for your child.

Putting tip from the tour: Jordan Spieth and Rory McIlroy both prescribe to keeping the putter low to the ground after impact. It forces the grip to lead through the putt and puts an amazing roll on the ball that hugs the grass. They are the hottest putters on tour so give it a try!

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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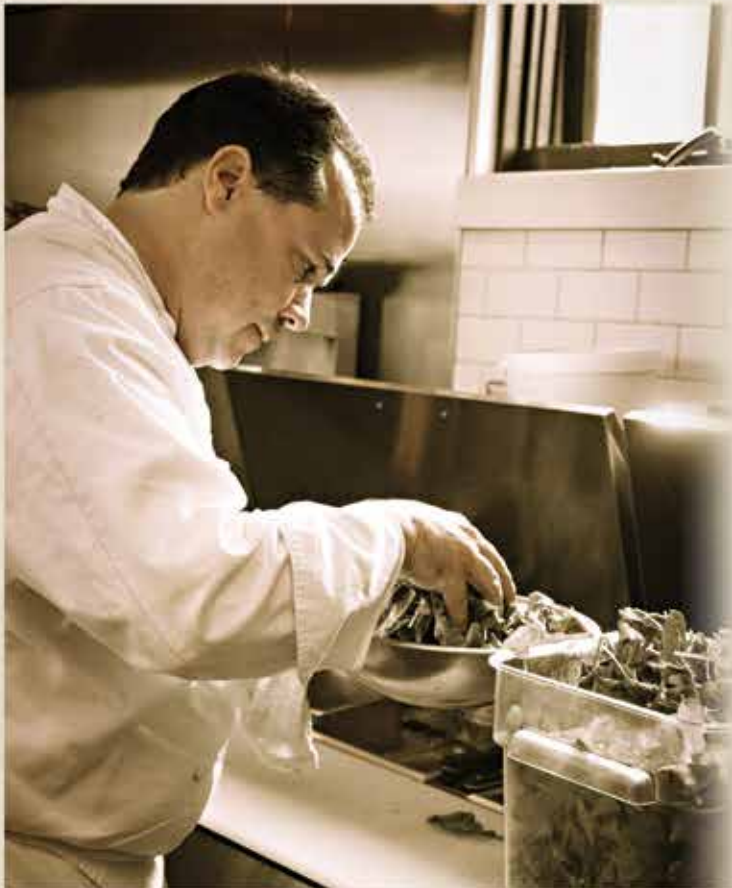


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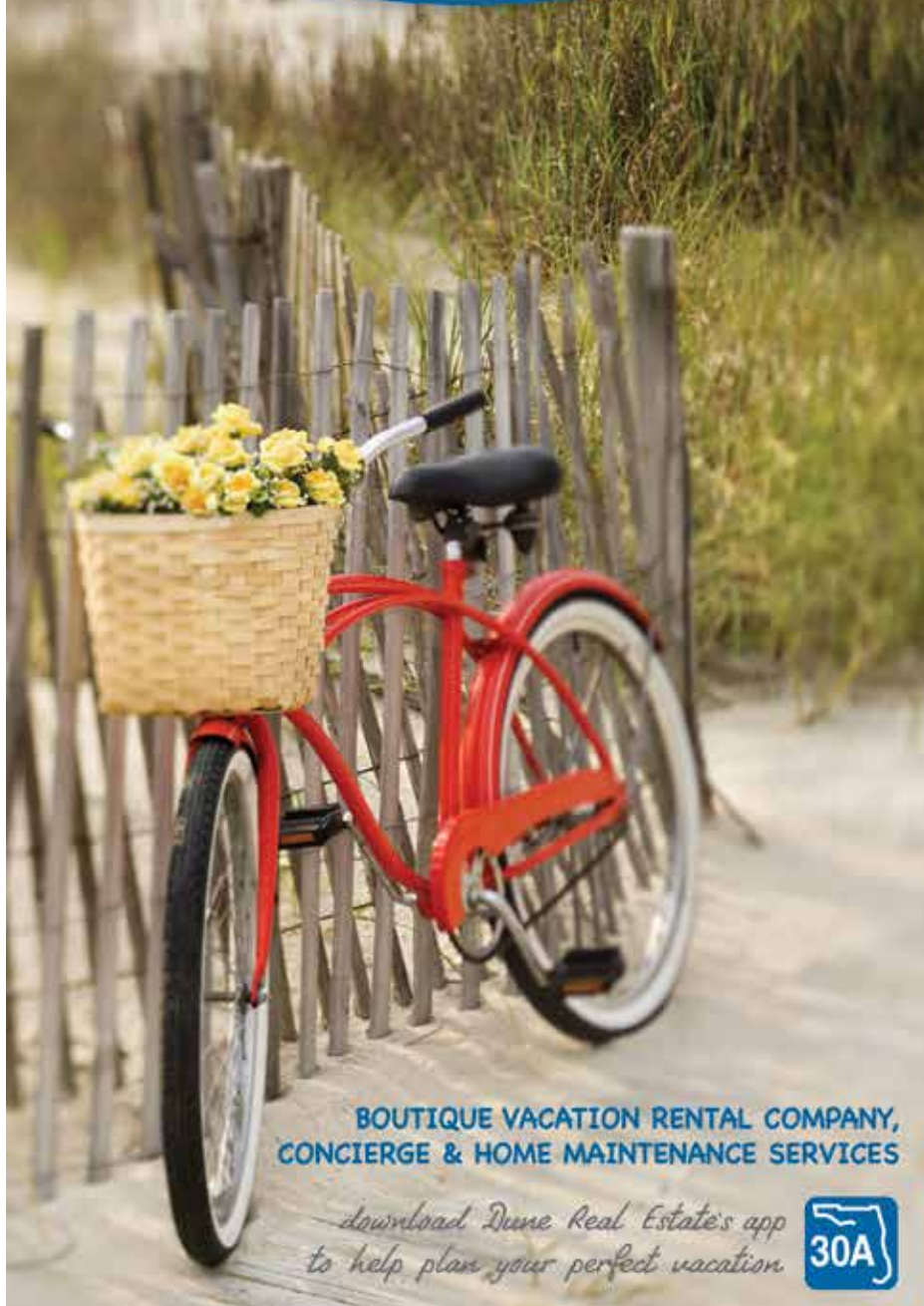


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