

the thirty-a REVIEW™

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

BEACH
VOGUE,
*Beach
Beauty*

INSIDE:

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30-A's Special Communities
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Art, Business, Culture
& More...





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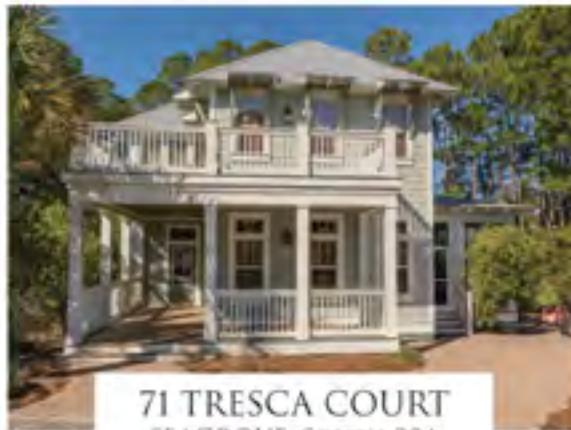
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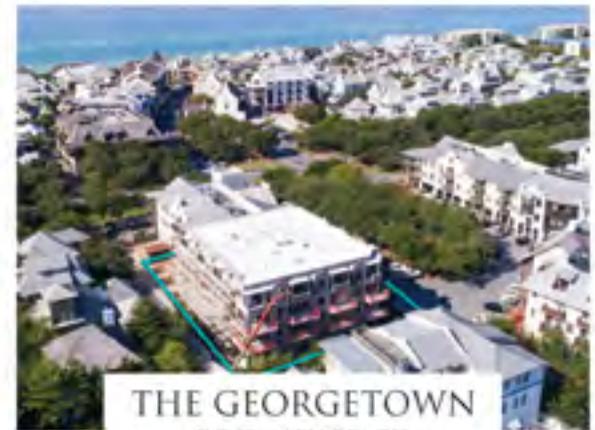
1900 98 UNIT #702
DESTIN

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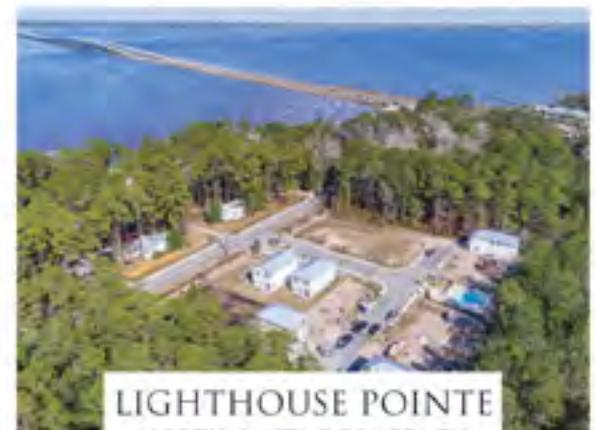
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53 Caliza Lane ALYS BEACH
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Offered by **Keith Flippo**
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Offered by **Shaun Roberts**
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Lot Brown Street SEAGROVE BEACH
5 Bd | 5/1 Ba | 3,589 Sq Ft | \$1,998,000



Offered by **Josh Jimenez**
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Lot 140 Gulf Walk CYPRESS DUNES
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Offered by **Tracy Sweetland**
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22951 Ann Miller Rd MILLERS LANDING
3 Bd | 2/1 Ba | 1,580 Sq Ft | \$319,000



Offered by **Dan Johnson**
c: 850.624.5055 | dan@theppg.net



Lot 13 Dune Side Ln DUNE SIDE AT BLUE MOUNTAIN
3 Bd | 2/1 Ba | 1,690 Sq Ft | Private Pool | \$597,500



Offered by **Elizabeth Bell Schermerhorn**
c: 240.994.0090 | elizabeth@theppg.net



Thirty-One Condo Unit 105 SEAGROVE BEACH
3 Bd | 3/1 Ba | 2,458 Sq Ft | \$2,150,000



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WATERCOLOR

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WATERSOUND BEACH

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WATERCOLOR

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SEAGROVE BEACH

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2,016 SF • 3 Bedrooms • 3½ Baths • \$729,900

ART THAT STIRS THE SOUL



SIMON KENEVAN Soulful Communion, 36 x 36



JOSEF KOTE Splendid, 40 x 40



STEVEN QUARTLY Rosemary Sunset, 24 x 48



PLAID COLUMNS Spring Break, 20x20

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each month from 5-7pm



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letter from the publisher

SUMMERTIME



The months just before summer arrives are some of the best on 30-A. The weather is warm but the evenings are a bit cooler and there's a certain special light to the sunsets that remind you that all is right in the world where it matters the most.

There have been many changes on 30-A over the past 14 years since I started this magazine. Some of them for the better, some of them perhaps not. But one thing is for sure, mother nature has not changed. 30-A and the surrounding areas continue to be one of the most beautiful places in the world. For those of us that are lucky enough to call this place home, we are humbled daily. For those of you who are visiting and enjoying the area

for either the first time or for one of many times, you know what I mean.

As always, this issue highlights and forays the finest People, Places and Things™ on 30-A and the surrounding areas. We invite you to peruse the pages that follow and enjoy each of these businesses, restaurants, artists, and experiences with all of your heart and soul.

Until next time, we wish you and your family a happy time at the beach. May you make memories and enjoy smiles for years to come.

Yours,

Miles K. Neiman

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Breakfast, pressed sandwiches, salads,
snacks, and heartier entrées, along
with coffee, wine, and beer.



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Lunch, 11:30am – 4pm, Tuesday & Wednesday
Dinner, 11:30am – 8pm, Thursday to Monday

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Theatre and Events in May and June

ALYS BEACH

Wine & Song

NEAT

May 1, 8, 15, 22, 29, June 5, 12, 19, 26, 5pm-7pm

A few select wines will be showcased with light bites and live music. Case deals on featured wines.

\$15 per person – 21 and up

NEAT: (850) 213-5711

Live Music at Fonville Press

FONVILLE PRESS

May 3, 10, 17, 24, 31, June 7, 14, 21, 28, 5pm-7pm

Enjoy live music performed at Fonville Press alongside a bite to eat and beverage of choice, available for purchase.

Free and open to the public

Fonville Press: (850) 213-5564

Digital Graffiti

ALYS BEACH

May 18, 8pm – May 20, 1pm

Digital Graffiti at Alys Beach is an innovative and dynamic event that celebrates the many possibilities found at the intersection of art and architecture. During the three-night event, dozens of digital artist finalists from around the globe are invited to showcase their original work and vie for cash prize awards in a juried art competition. Utilizing the latest technologies, the finalists' art is projected throughout the town on its iconic white walls.

Tickets available for different events at varying costs: www.digitalgraffiti.com/tickets, or call (850) 213-5500

Sinfonia Goes Pops

ALYS BEACH AMPHITHEATRE

May 27, 7:30pm-9pm

Enjoy the orchestral sounds of Sinfonia Gulf Coast under the palm trees in the Alys Beach Amphitheatre. Food and beverage available for purchase.

Free and open to the public



Photo courtesy of Dawn Chapman Whitty

SEASIDE

Seaside Farmers Market

AMPHITHEATER

Saturdays, May 5, 12, 19, & 26, June 2, 9, 16, 23, & 30, 8am-noon

Seaside Dance Festival

SEASIDE LYCEUM STAGE

Performance Showcase –
Friday, May 4, 6:30pm

Performance Showcase –
Saturday, May 5, 6:30pm

Dance Movie Night – Newsies
Sunday, May 6, 7:30pm

Stories by the Sea

SOLOMON SQUARE

Mondays-Fridays, May 21 - May 31

3:30pm

Mondays-Fridays, June 1 - August 17, 4pm

Children's Theatre Performance –

Seaside Repertory Theatre

AMPHITHEATER

Mondays, May 21 & 28, 5:30pm

Memorial Day Weekend Festivities

CENTRAL SQUARE CINEMA

May 25 - **The Lego Ninjago Movie**, 8pm

Concert - TBD

AMPHITHEATER

Saturday, May 26, 7pm



Digital Graffiti at Alys Beach

Photo courtesy of Digital Graffiti

Seaside Summer Concert Series, 7pm

AMPHITHEATER

May 30 - TBD

June 6 - TBD

June 13 - TBD

June 20 - TBD

June 27 - TBD

Central Square Cinema, 8pm

AMPHITHEATER

May 25 - **The Lego Ninjago Movie**

June 1 - **Wonder**

June 8 - **Moana**

June 15 - **Dolphin Tale**

June 22 - **Paddington 2**

June 29 - **Beauty and the Beast**

Improv Boot Camp

SEASIDE REPERTORY

THEATRE/MEETING HALL

Tuesdays, Wednesdays & Thursdays,

June 5 - June 28, 1-3pm

Children's Theatre Performance –

Seaside Repertory Theatre

AMPHITHEATER

Mondays, June 4, 11, 18 & 25,

6:00pm

Huck & Lilly Kids

Music Performance

AMPHITHEATER

Tuesdays, June 5, 12, 19, 26, 6:00pm

THE REP

The Prince and the Pauper

SEASIDE AMPHITHEATER

Mondays, May 21 - August 13, 6:30pm

Free

Beauty and the Beast

ROSEMARY BEACH

N. BARRETT SQUARE

Wednesdays, May 23 - August 8,

6:30pm

Free

Stories by the Sea

SOLOMON SQUARE, 45 CENTRAL SQUARE, SANTA ROSA BEACH (SEASIDE), FL

Monday - Friday, June 1 - July 31, 4pm

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Adventures in Alys Storytelling

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147 WEST GARZA LANE, PANAMA CITY BEACH, FL 32413

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Alys Awkward Oxen Improv

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Wednesdays, May 30 - August 8, 10am

Free

Alys Awkward Oxen Performance

FONVILLE PRESS

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PANAMA CITY BEACH, FL 32413

Thursdays, May 31 - August 9, 10am

Free

Improv Bootcamp

Tuesdays & Thursdays, May 29 -

August 2, 2pm - 3:15pm

Performance

THE REP MAINSTAGE

Thursdays with **Stories by The Sea**,

4pm (optional & free)

\$25

The Freshest Market

BY LIESEL SCHMIDT



Shea Gill, Paul Gill and Cindra Reyba



Wine Accessories



Fresh Produce



There's been an incredible shift in focus over the past few years to higher quality, fresh-from-the-farm ingredients that are locally sourced and free from hormones and harmful chemicals. More and more of us want to know where our food is coming from and that what we're putting into our bodies is truly nourishing. Deeply connecting with that mission, Montgomery, Alabama transplants Paul and Shea Gill partnered with their longtime friend Cindra Reyba—a former farm girl from Indiana, Pennsylvania—to open Thirty-A Filet & Vine, a brand-new marketplace where local farmers, chefs, and food artisans can offer their goods to locals and visitors hungering for quality fresh food.

"Paul, Cindra, and I all really love the 'farm-to-fork' concept that has become so popular these days," Shea explains. "And it's something that we connect with personally in our own lives. Cindra grew up on a farm and knows the benefits of feeding your body quality vegetables, fruits, and meats. As we've spent time coming together to share meals over the years, our families have grown closer enjoying the beauty and flavor of food made using the freshest ingredients."

Officially open since March 1, 2018, Thirty-A Filet & Vine is designed to be more than a marketplace of raw ingredients. It is also a community built of purveyors, chefs, vintners, and craft food makers, creating a more direct connection between customers and the sources of the food they purchase. "Our shop brings local farmers, bakers, and chefs to one spot for the convenience of serving our local residents and vacationers quality foods and wine, and one of the amazing things about this area is that we have so many local farms and talented chefs and bakers right here. Our goal is to highlight all of that



Wagyu Steak



Charcuterie Plate

and bring it to our customers so that they can truly appreciate it and experience it for themselves," Shea goes on.

Offering everything from grass-fed, Angus prime, and Wagyu beef to free-range organic chickens and pork from a farm in Chipley, the meat market at Thirty-A Filet & Vine is truly top quality. For fresh, local produce, Paul's Pick of the Crop offers a colorful array of the season's best, while take and bake entrees created by local chefs Mark Fressell from Crust and Amici's Elliot Bell provide flavorful options for making dinner in a pinch. Choose from specialties like chicken parmesan, eggplant rollatini, lasagna Bolognese, creamed spinach, twice-baked potatoes, and squash casserole, with new dishes on the menu each week. "We're always excited to see what these wonderful chefs are bringing to us, and our customers get a unique opportunity to taste their amazing food, right in the comfort of their own homes and fresh from their own kitchens," Shea continues. Rounding out the options are freshly baked breads from Black Bear Bread Co., fresh salads from Coastal Blue Farms, and a wide selection of premium wines.

Thirty-A Filet & Vine [...] is also a community built of purveyors, chefs, vintners, and craft food makers, creating a more direct connection between customers and the sources of the food they purchase.

As lovers of cooking, family time and fellowship, and foodies, for Reyba and the Gills, Thirty-A Filet & Vine is more about just being a shop—it's about creating an experience and savoring the process. "We want our customers to feel at home when they come shop with us, so we invite them to enjoy a bottle of wine and to share their stories with us. At the end of the day, it's about coming together around the table with family and friends enjoying good food, good wine, and great memories, and our shop gives people a starting place for all of that," says Shea.

"I think one of the things that makes us so passionate about this really stems from our own histories—our families have shared so many meals, laughter, and memories over the years; and we wanted to create a place that would encourage others to share a meal and spend time with their friends and family as they create memories of their own."

In a fast-paced world where face-to-face time is so few and far between and meals together are so often sacrificed to busy schedules, Thirty-A Filet & Vine stands as a reminder of just how good real, home cooked food can taste—and that we should all get back to our simple roots of family, friends, and love.

Thirty-A Filet & Vine is located at 1598 South County Highway 393, Santa Rosa Beach, Florida. For more information, call (850) 598-2459 or visit www.thirtyafiletandvine.com.

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Café Thirty-A

BY MARY WELCH

Harriet Crommelin just “does her own thing. We’re not too trendy.” And that is exactly what her customers at Cafe Thirty-A have liked since 1995. Cafe Thirty-A, located on E. Scenic Highway 30 A in Seagrove Beach, has been pleasing locals and tourists alike with its fresh ingredients, well-cooked food and a wait staff that makes the dining experience feel like you are family.

Crommelin didn’t start out in the restaurant business. A native of Montgomery, AL., she worked in real estate and would visit the Emerald Coast on vacation. When the real estate market crashed, she threw her hat in the restaurant business and opened Kat & Harry’s with a friend. “Well, I had no money and no restaurant experience and that was it. Within four years Kat left to go out on her own and I realized I liked to entertain and cook. I liked the restaurant business.”

A customer told her about Seaside and she checked it out. “I saw all these lovely people with money. They were well dressed and their children were well behaved. I thought, ‘These are my kind of folks.’” She found some property near Seaside and opened up the restaurant serving “eclectic or New American. A little bit of everything. We change the menu quite often. Of course, we always have a lot of seafood.”

Her customers are not only loyal and appreciative of Cafe Thirty-A quality but are quick to sing their praises. One customer noted that the lobster mac-and-cheese provided an “out of body experience,” while another said it was a “pitch perfect dinner.”

Among her specialties are Prince Edward Island Mussels, grilled octopus, fish stew, oven roasted wild king salmon, smoked pork chop and shrimp, Maine lobster in paradise, and clam puttanesca. She also serves a variety of wood oven fired pizzas.

Of course, the latest trend is craft cocktails and Cafe Thirty-A offers a wide variety of alcoholic concoctions, including the James Bond (gin, vodka, millet, and a lemon twist), the Hummingbird (prosecco, St. Germain, club soda, and a lemon twist) and the Seagrove Beach



Sesame Crusted Rare Yellowfin Tuna



martini. There is the Berry Blue ‘Tini, the French Kiss, French Martini, and the Strawberry Lemonade ‘Tini (among others).

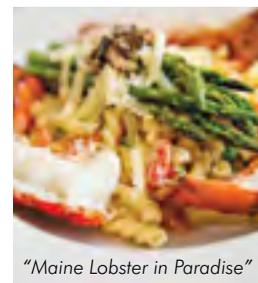
“Well, the key is to serve good food. We’ve done that from day one, and we just took off. I run the place thinking about how I would like this as a customer. I believe in that and I hope everyone feels that.”

Opened in 1995, Cafe Thirty-A has counted on its loyal customers to get it through economic downturns, but not with some adjusting by Crommelin. “Back in ’07 we had to lower our prices and then we started a special menu. We also opened a 5 p.m. rather than 6 because we found people wanted to eat and still enjoy the outdoors at night. We have a buy one, get one free from five to six o’clock. It builds up the place.”

She’s learned a few things since opening such as when she screened in the front porch. It seemed like



a good idea at the time; but not only was it so hot, it attracted yellow flies and just ate up all the waiting diners. “It was bad,” she remembers with a laugh. Instead she went to Plan B; and expanded and enclosed the upstairs deck. Called the Fishbone Bar, it has a funky, casual atmosphere that can be used year-



“Maine Lobster in Paradise”

round, and offers spectacular Gulf views and a full-service bar. It also can accommodate between 25 to 80 persons for private parties, weddings, and special events. “Best decision I ever made,” she says.

Crommelin says she has no plans to change her winning formula. “We’re just going with the flow. There’s a lot of businesses opening near us, which is helping, and our local business has been very loyal. I don’t have kids, so my staff and customers really are my family.”

Breeze (Smirnoff cranberry, peach schnapps, cranberry, and orange juice).

“There is nothing better than a good cocktail,” she says. Every Tuesday and Thursday there are \$5 ‘tinis at the bar all night. Of course, it’s not one’s every day

Café Thirty-A is located at 3899 E. Scenic Highway 30A, Seagrove Beach, FL. 32459. Open daily for dinner at 5 p.m. Call (850) 231-2166 or go www.cafethirtya.com.



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Chef Profile: Mark Eichin

BY LIESEL SCHMIDT



Chef Mark Eichin



Food, for Eichin, is a way to connect, a way to communicate to the soul without words.

Since relocating to the area a decade ago, Eichin's star has been on the rise, hitched firmly to the reputation Restaurant Paradis has gained under his deft hand and exceptional talent as their Executive Chef. Building upon his inherent understanding of flavor combinations, artistic presentation, and flawless technique, Eichin has taken the cuisine at Restaurant Paradis to make it both beautiful, and delicious, a feast for the eyes as much as it is for the taste buds. Most of all, it is

his passion and love of food that has been the secret to his success, his hunger to learn more and to better himself as a chef. "This is a very demanding career, but I love the fact that I'm constantly learning something, each and every day," Eichin says.

That passion keeps him dedicated to his craft, no matter how grueling the day or how many hours he may find himself in the kitchen. "There really is no such thing as a day off when you're a chef!" he laughs. And more than money or acclaim, Eichin finds his greatest reward in watching the next generation of chefs rise under his tutelage. "Training, teaching, mentoring, and watching your employees grow in and out of the kitchen is what motivates me the most," he explains. "It's truly such a beautiful thing to watch firsthand."

With so much talent at play, it might be said that guests at Restaurant Paradis benefit most, having the

opportunity to taste his exceptional fare each time they are seated at one of his tables. From luxurious seafood dishes to tender steaks, Eichin showcases his ingredients at their finest, creating plates that are presented with nothing short of perfection. His high end cuisine has created a following, bringing diners from across the area to experience it for themselves, savoring the food set before them even as they savor the unique, intimate ambiance at Restaurant Paradis.

Cooking high-end cuisine is not the only trick in his bag, however, and sometimes the good chef loves to tap into his more homey side—especially on the rare occasions when he finds himself with some time to relax. "I love making chicken and dumplings on a cold day, when I have time to spend

at home with my amazing lady and relaxing," he says with a knowing smile.

Eichin's greatest aim is creating a full sensory experience for those he serves—regardless of whether it might be a more home-style, "pedestrian" dish or one far more lavish. Food, for Eichin, is a way to connect, a way to communicate to the soul without words. "This is where I've always found my most passion, creating food for people to enjoy and share that they'll always remember."

In his work at Restaurant Paradis, Eichin certainly creates memorable food; but he has also created a family of sorts, bonding with his coworkers and supporting them as they grow both personally and professionally. "We have such a family environment here and it helps strengthen our ability to do what we do and better serve our guests. Each day brings a different experience with many new challenges to conquer, and we all conquer them as a team."

The team at Restaurant Paradis is indeed a strong one—and Chef Eichin is keeping it cooking along.

Restaurant Paradis is located at 82 South Barrett Square Rosemary Beach, Florida 32461. Open daily at 5:00 p.m. For more information, call (850) 534-0400 or visit www.restaurantparadis.com.



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A Cultivated Eye: Mark Little

BY ANNE HUNTER



Photo courtesy of Mark Little

Photographer Mark Little is an artist whose work has been inspired by the landscapes of Scenic Highway 30A and its coastal new urbanist towns. Little spent his childhood summers in Walton county before moving to the Emerald Coast from California in 2009.

When asked about his fine art modern style, he responds, “I love clean lines. I don’t really like taking photographs that draw your attention to more than one thing. Clean, basic, and full of open space. I don’t want anything about my photographs to feel cluttered.”

Little has cultivated his eye in keeping his images simple in design, and yet moment driven. His compositions and overall structures to his photographs are something that comes across as natural and fluid.

“For me, it’s really the minimal subject matter that I’m personally drawn to. And that’s really been my approach: clean and simple. I’m colorblind too, so not sure if it has anything to do with it, but I prefer photos that have very few colors in them. Two or three

at most, just to keep the color clutter at a minimum. I really believe that the simplest images speak the loudest and allow us to really breathe in what’s going on in the photograph.”

How did you get into photography?

I guess you could say I got it honest. My father is a photographer, and I spent my childhood in a dark room and painting backgrounds for portraits. It really was quite fun now that I think about it. We’d listen to Yes, Led Zeppelin, King Crimson, anything really, while developing photos from his shoots. I learned a lot about how film works and what goes into making that epic photo. Turns out it’s a lot of work!

Tell us about your background.

Well, keep in mind, growing up with the last name Little wasn’t super easy. Especially in grade school. But hey, I held my own! Turns out, Little isn’t English like

I thought it was. It is Creek. My father’s family are from Trouillas, France, and the other half is Creek Indian, so when it came time to register on whatever list the U.S. wanted them to, they were sort of weary about signing up. Go figure. Anyhow, they just shortened the name to Little. From what, I’ll never know. I like to think it’s something especially amazing, like Little Awesome Chief. But it’s probably not.

Your ocean photos seem to be the bulk of what you do... And why do they not look like typical beach ocean photos? What’s the angle?

By accident! I love photography and I love being in the ocean, so one day it dawned on me I should get the camera in the water. And I loved it. Being in the water - feeling the current, reading the break, and waiting for sunlight was just a needed connection I didn’t have on the land. I mean let’s face it, in the water, you are a guest. It’s wild out there. There are no rules. It’s just you and all the small and large fishes. And while that spooked me out a little at first, being that I shoot primarily at dawn, it really developed a style for my shots. All the power of the water and the beautiful patterns on the surface, while just underneath can be the scariest thing you’d ever see, pushed me to stay in that feeling and see what happens.

Do you shoot commission work?

Sometimes. I always love interesting projects and if it’s something I feel like I can really deliver what the collector wants, I’ll do it.

Your style is very modern, what got you going that direction for photos?

I think aesthetically. I connect with more of a modern atmosphere. Often times, less is more when considering what type of photos to hang on a wall. Also, pairing my work with interiors is really the 2nd part of what I do. I like to think that I add to people’s spaces, allowing the photographs to blend effortlessly into a smart interior. I work with a lot of designers and it’s amazing how many spaces they work well with.

For more information: www.marklittlephotos.com or www.annehuntergalleries.com



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Just Jump Trampoline Park

BY MARY WELCH

Business is up for Jake McDonald — and down. And that's perfectly fine with him. McDonald is the general manager of Just Jump, a Panama City Beach trampoline park. Opened a year ago, Just Jump has become the go-to family activity when it rains, or it's too hot — or when you just want to have fun.

"Parents bring their kids and watch them jumping up and down and really enjoying themselves. After about 15 minutes the parents are jumping with their kids," says McDonald. "It brings out the big kid in everyone."

Just Jump is the third trampoline park opened by co-owners Beth and Travis Hutton; the others are in Johnson City and Bristol, TN. In fact, the Huttons weren't even considering Panama City Beach when looking to expand. "The first plan was to open in Dothan and then the idea of Panama City Beach came up and we realized this would be a great location, with a lot of condos. We were able to take up about half of the old Publix location on Hutchison Blvd. and that was it."

Well, not exactly. The Publix had been vacant for years and over time it became run down, overcome with graffiti on the walls, garbage strewn all around, and a leaking roof. "It took a lot to get it together but it's worth it," he says.

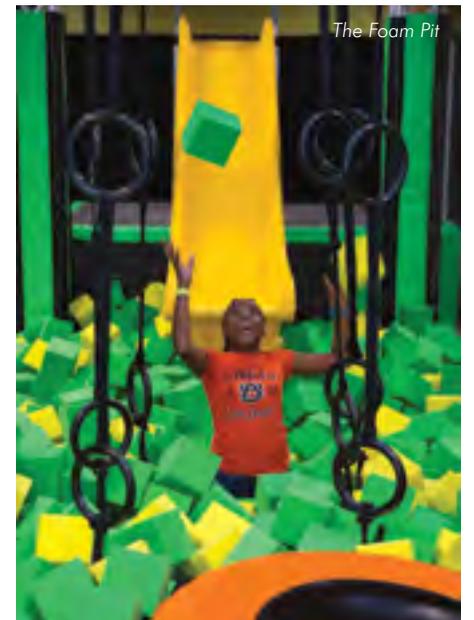
Today Just Jump is a vibrant 30,000 square foot building. There is a large open jump area with a tumble track, two Roc-Air courts, dodgeball, basketball, a double trapeze, and a Gladiator Pit. The Ninja Course and Air Bag have the latest technology and unique designs. There is a special area for the six and under crowd with a huge play structure, separate trampolines, foam pit, climbing wall, and a basketball goal. The maximum jumpers are 180 at one time.

"We have a lot going on, but our number one priority is safety," McDonald says. "We have people on the floor and people watching the activities from monitors. We make sure the jumpers are well spaced, behaving, and being safe."

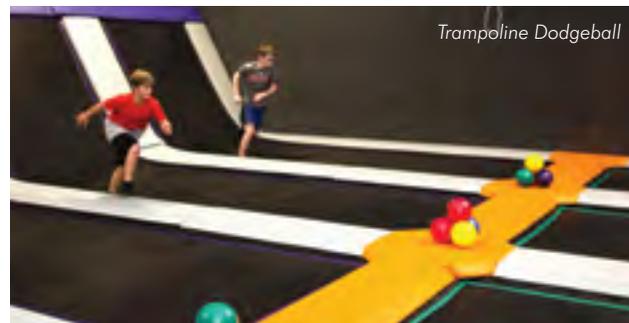
As the area's demographics change to being a more family-oriented destination, McDonald says it's the perfect time for Just Jump to become part of the community. Locals have certainly embraced it. It is not unusual for Just Jump to be sold out on weekends and



Just Jump Facility



The Foam Pit



Trampoline Dodgeball

it is quickly becoming a popular place for parties and events. Just Jump can accommodate up to 20 people in its special open party area (more if the guests are children). Party packages include an hour of jumping plus use of the party area for two hours, as well as grip socks, a fountain drink, paper products, and a gift for the guest of honor. Just Jump takes care of having a party attendant present at all times as well as handling the set up and clean up.

They also offer specials such as Family Night every Monday, College Night every Thursday, and Toddler Time every Wednesday and Saturday morning.

"There's always a lot going on at Just Jump and that adds to the fun and excitement," he says. "There is also a lot going on in Panama City Beach, and we're proud to be part of the community," he continues. "There's a lot to do in the area but not that many indoor activities. Sometimes it's too hot or it's raining and it becomes a little limited. You can only have kids sitting around watching television or playing on their iPads for so long. And another bonus for parents is that an hour or two at Just Jump, the kids are exhausted and go to sleep early and sleep through the night."

McDonald, a Nashville, TN, native and Auburn University graduate, moved to Panama City Beach to

open Just Jump after a few career turns. He was a software salesman in Atlanta when he started looking for a new path. "Just Jump and trampolines popped up out of the blue and then the idea grew on me. I'm a small minority partner in this and I've made a

commitment to stay here for a while. Hopefully someone else will take over as the general manager and maybe I'll help open the fourth location. But that will be a while. I just really want to be part of this community."

He spends his days overseeing the trampoline park, ensuring that safety is first and foremost on the minds of employees, and watching children of all ages have enjoy themselves. "It's a lot of fun and a lot to do here," he says.

But there is a downside. "I will admit it gets loud," McDonald confesses. "Really loud."

Just Jump Trampoline Park is located at 11220 Hutchison Blvd., Panama City Beach, FL. 32407. It is open Monday through Thursday: 10 a.m. to 9 p.m.; Friday and Saturday: 10 a.m. to 11 p.m.; Sunday 11 a.m. to 8 p.m. (844) 344-JUMP. Go to www.justjump.com for more information.



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A Table for the Titans of New Urbanism

BY ANNE HUNTER

In 2007, grass roots activist, and Scenic Corridor Advocacy Chair and Consultant to Walton County for Scenic Highway 30A Claire Bannerman was instrumental in securing the scenic highway designation for 30-A. “By forming an alliance, the new urbanist towns will have the opportunity to realize their original vision that began with Robert Davis thirty-six years ago,” she says.

Eleven years later, on Friday, March 9, 2018, as the disquiet caused by spring-break season mounted among locals, twelve titans of the new urbanism inched along slowly in the stream of traffic on Scenic Highway to reach their destination – Caliza Pool at Alys Beach. There, the founders, vice presidents, and managers of the three new urbanist towns situated along 30-A – Seaside, Rosemary Beach, Alys Beach, (and Hampstead to the north), would sit together for the first time since the alliance’s inception, and share a meal.

The gathering was reminiscent of the first suppers cooked in Seaside in the early 1980s, where a young architect named Ernesto Buch served Cuban comfort food for the original team of architects and designers - when Seaside was still just the brushstroke of a handful of small houses. (Seaside founder, Robert Davis, nicknamed his the “Night Crew” this group after their late-night bohemian work habits.)

Now, thirty-six years later, the current leaders have assembled inside the Salon Marocain Loggia at Caliza. Robert Davis raises a glass to toast Alys Stephens for her contribution to the arts, which sets a tone of remembrance for the historical underpinnings of the area.

“Here’s to Alys Stephens, whose spirit lives on in this beautiful place and in this gathering to discuss both music and community. Alys was a strong supporter of classical music in Birmingham and Seaside. She arranged for Sam Howard and Dolores Hodges; dual pianists extraordinaire; to come to Seaside. Their recitals for piano - four hands at sunset overlooking the Gulf - stand out as magical memories from Seaside’s early years. She introduced us to Paul Polivinick, Conductor of the Alabama Symphony; whose performance of Beethoven’s Eroica Symphony in the new Seaside Amphitheater was mesmerizing. A storm threatened, but the heavens waited until just after the final notes. And then the deluge created its own climax to the evening.”



Photo courtesy of Anna Lowder
Pictured left to right: David Everett, Robert Davis, David Bailey, Dhiru Thadani, Tom Dodson, Claire Bannerman, Anna Lowder and Harvi Savota.



Andrew Balio



Andres Duany



Irene Stillman and Leon Krier

Photos courtesy of Dan Marque

They are the best representation and implementation of New Urbanism principles, and their success from a development and tourism perspective is the evidence of this.

Coordinated by Alyssa Walker, Marketing Director for Alys Beach, the luncheon was hailed as our region’s inaugural New Urbanist Summit and the brainchild of Andrew Balio. Appointed as Principal Trumpet of the Baltimore Symphony Orchestra, Balio and his wife recently launched The Future Symphony Institute, a think-tank to examine the complexities of making symphony orchestras financially viable while preserving

their artistic mission. To this end, Balio hosted a symposium called Building Communities with Music from March 9th -11th at The Seaside Institute.

Balio explains, “The Future Symphony Institute is seeking to orchestrate a Renaissance for classical music; and architecture and urban design will have to figure prominently in that process if we are to renew our role in society. We selected Seaside, Rosemary, and Alys to show that there is a significant movement towards a renewal of various classical architectural styles.”

The honorary dignitary at the table was Léon Krier, a founding member of the new urbanist movement and senior fellow at the Future Symphony Institute. As an architectural theorist and urbanist, Krier is an advocate for the role that architecture and urban planning play in human settlement, and how they shape and are shaped by healthy communities. Krier plans for Poundbury in Dorset, England on behalf of HRH Prince Charles, and his influence on Andres Duany - Town Planner for Seaside, Rosemary, Alys Beach, and Hampstead - have been a major influence on the New Urbanism and the renewal of classical style.

Anna Lowder; founder of Hampstead, the new urbanist town in Montgomery, Alabama; referred to Krier, Davis, and Duany as titans in a social media post. “Really, I was just deliberating on how fundamentally important these 30-A communities have been to the New Urbanism movement over the past 30 years. They are the best representation and implementation of New Urbanism principles, and their success from a development and tourism perspective is the evidence of this. We all stand on the shoulders of these minds and their communities.”

Duany proposed that the four 30-A communities - Seaside, WaterColor, Rosemary, and Alys Beach - form an alliance to protect their culture and to enhance the sophistication of each town, as well as ensuring the protection of the State Parks and State Forests and its 22,000 acres of preserve.

Anne Hunter is a gallerist and freelance writer on arts and culture. She serves on the board for The Seaside Institute. For the full Titan’s story visit: www.seasideinstitute.org



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Dressing for the Coastal Life

BY LIESEL SCHMIDT



Summer Accessories



As a tiny enclave whose strict code of whiteness sets it apart from the colorful array of architectural facades so trademark to its neighboring communities along Scenic 30A, Alys Beach is indeed a unique place. And that uniqueness is something that the owners of Alys Shoppe emulate in all that they do, striving to provide their customers a shopping experience unlike any other in the area and offering a truly distinctive selection of items in their store, from locally-made hats and hand-crafted jewelry to designer clothing that lends itself well to living the fashionable life along the coast.

“We pride ourselves on being a stand-alone boutique in the community, and providing world-class customer service is our top priority,” says Marketing Director Alyssa Walker. “We strive to curate a collection of merchandise that feels special and different from other shops on 30-A.” And what a collection it is, featuring clothing, shoes, swimwear, accessories, and sunglasses from famously-known brands such as Alexis, Glamourpuss, Peter Millar, Krewe, Tom Ford, Hayley Style, Florabella, Heidi Klum, Tory Burch, and Vix. But rather than catering only to women, Alys Shoppe caters to the needs of men as well, dressing them from head to toe in anything they might need for a day out on the town or on the water.

“Whether you’re looking for beautifully crafted handmade jewelry or Alys logo pieces to remember your unforgettable stay in Alys Beach, we have something for everyone,” Walker continues.

Such a wide array of merchandise is only one of their draws, however, as the team at Alys Shoppe about more than just making a sale. “In my time shopping

We feel that it’s important to provide a singular experience for people so that they want to come back, year after year, each time they come to the area.

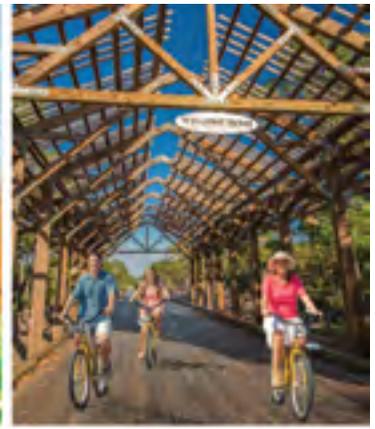
at the store, I took note of the Alys Shoppe team and recognized a common feature beyond the fact that they were all fashionably-dressed women—and that was their beautiful smiles,” says Kerri Parker of SOWAL. “The ladies working at Alys Shoppe are happy to tell the stories about local hat makers and local jewelry designers, and they epitomize the joy of shopping.”

With its simple white façade and unimposing, minimal signage, Alys Shoppe could easily be bypassed as just another boutique amidst so many boutiques. But as one soon finds in passing through its window-paneled wooden doors into the artfully arranged spaces filled with

their curated collections, this boutique is a true find. “We feel that it’s important to provide a singular experience for people so that they want to come back, year after year, each time they come to the area,” says Walker. “We love being here, meeting with our customers and showing them pieces that they can’t find anywhere else.”

Open since 2013, Alys Shoppe has become a favorite of locals and tourists alike, always providing the very best products and brands in addition to creating a truly personal connection to their customers. “Our customer base is always evolving as new people come to the area and discover our shop,” Walker says. “We appreciate that and show them our appreciation by taking care of them—and those customers become loyal customers, but also like a part of our family.” And what a well-dressed, fashionable family it is.

Alys Shoppe is located at 30 Mark Twain Lane, Alys Beach, Florida 32461. Open Monday-Saturday 10:00 a.m. to 6:00 p.m., Sunday 12:00 pm. to 5:00 p.m. For more information, call (850) 213-5550 or visit www.allyshoppe.com.



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The Ketogenic Diet

BY DR. BART M. PRECOURT

Is all the hype true? Are you Keto? If you haven't heard about it yet... you will. Originally used as far back as the 1950s for helping children heal their brains and cure seizures, the Ketogenic diet is mainstream now... and for good reasons!

WHAT IT IS:

The simplest explanation is as follows: On a Ketogenic diet you will get 80-90% of your calories from fat, 10-20% from proteins, and 5-10% from carbohydrates. The primary reason most people are using this plan is for its amazing weight loss results, yet that's just the beginning.

THE GOAL:

The goal is that you reduce your carbohydrate levels low enough that it forces your body to re-learn how to burn fat for fuel. This state of metabolizing fats instead of sugar is called ketosis or being "fat adaptive." During ketosis your liver burns fat for fuel and produces ketones. Even if you don't consume sugar you can still be using sugar as your primary energy source. This happens whenever you have carbohydrates available because ALL carbs are converted into glucose (sugar).

When you are using sugar as your primary energy source, your body will rarely burn fat for fuel. This will make any lasting weight changes very difficult. More importantly, your body does not work well on sugar. Yes, it's an easily available fuel source, but it causes inflammation in your body and is not a source of stable energy. In contrast, ketones are a highly efficient fuel source for your body. Your brain LOVES ketones. One of the most common benefits people rave about on a Ketogenic Diet is how well their brains work. Less brain fog, more clarity, and more energy.

BENEFITS:

Everybody's results are different, yet there are seven key benefits of being in ketosis:

Weight loss, reduced inflammation, reduced risk of cancer, mental clarity, increased muscle mass, anti-aging, and lower insulin levels. Each of these benefits deserves a longer explanation than I have here in this article, so I encourage you to educate yourself more or visit someone, like myself, educated on how to help you.

Dr. Bart M. Precourt



One of the most common benefits people rave about on a Ketogenic Diet is how well their brains work. Less brain fog, more clarity, and more energy.

WHAT IT'S NOT:

A Ketogenic diet is NOT a meat-eating contest. Many people have turned this into yet another "eat bacon" diet. In reality, this is a primarily vegetable-based diet. High fats, low to medium amounts of protein, and low carbohydrates.

Although vegetables contain carbohydrates, they are very low in calories. The key will be to watch for fruits and vegetables that have a high carb content. For example, bananas and sweet potatoes are healthy foods, yet they have a higher amount of carbs and most likely will keep you out of ketosis. A benchmark for total carbs per day would be somewhere under 50 grams to start for the first couple weeks, then drop your total carb intake to under 30 grams per day.

WHAT ABOUT INTERMITTENT FASTING?

Intermittent fasting is often coupled with a ketogenic diet to receive maximum benefits and quicker results. If you're just starting out, shoot for a daily 12-hour intermittent fasting period. Combine this with NO SNACKING during the day—only eat at scheduled meal times.

For example, you would stop eating at 7pm and not have any food, alcohol, snacks, etc. until 7am. This would be a 12hr fast. The goal is to provide more time where there is nothing to digest. This prevents any rise in blood sugar, and your body will be required to burn fat as your fuel source. Unsweetened liquids like water, tea, coffee, and bone broth are acceptable during your fasting periods.

WHAT TO LOOK OUT FOR:

I recommend that you meet with your natural healthcare provider to guide you through your Ketogenic Diet and intermittent fasting because there are some symptoms that can arise. Symptoms can vary from the keto flu, increased urination, bad breath, and occasional feelings of low blood sugar. These symptoms can be expected and are ok, yet understanding them and being safe is always the best route.

MY PERSONAL TAKE:

I get asked almost daily, "what do you think about Keto?" Personally, I incorporate fasting and the ketogenic meal plan daily. I consider this more of a "health strategy" than another fad diet or weight loss program. I provide workshops on how to follow a ketogenic diet and use this approach with my patients. My verdict... this Rocks! It may be one of the easiest and best strategies to optimize human function.

Dr. Bart M. Precourt, D.C., is a Holistic Doctor, chiropractor, acupuncturist and nutritional consultant. For nearly 20 years he has helped people get healthy, lose weight and create healthy sustainable lifestyles. He currently practices in Seagrave Beach, FL at Balance Health Studio, www.balance30a.com. For a consultation contact Balance Health Studio at (850) 231-9288.



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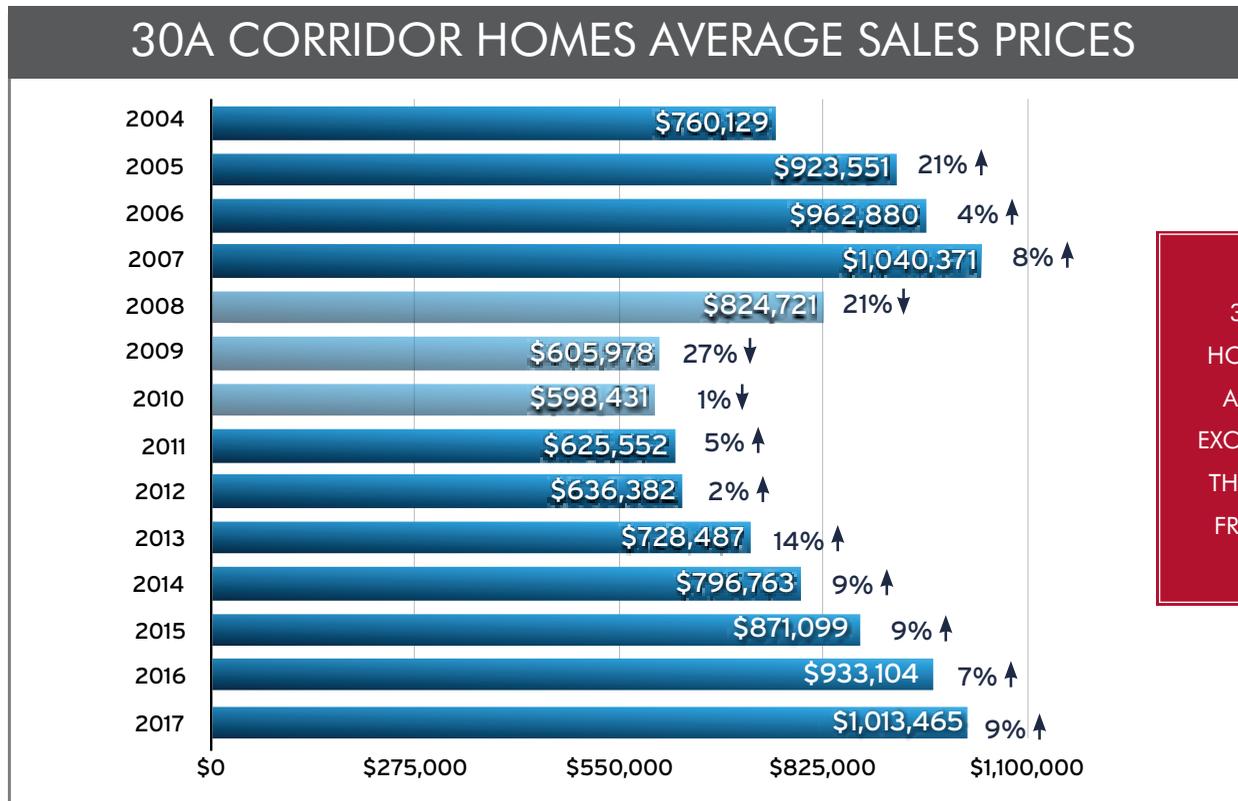
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30-A Home Price Trends: The Scenic Highway 30-A Corridor Home Market Continues to Record Notably Strong Appreciation

BY ERIN ODEN



30A CORRIDOR HOME PRICES HAVE APPRECIATED AN EXCEPTIONAL 59% IN THE 5-YEAR PERIOD FROM 2012-2017!

In 2015, the 30-A corridor home and condo real estate market became a billion dollar industry.

Since then, the industry has grown 30% with dollar sales volume reaching almost \$1.5 billion in 2017; this was 21% over the 2016 year. Factors that propelled the 2017 increase include:

- Number of transactions - up 11%
- Average home sales price at \$1 million - up 9%

2017's average dollar per square foot of sold homes was \$415, almost a 20% increase over the last 3 years.

Flip through the pages to read about the appreciation within each of 30A's most popular planned communities.

Plans for the 2018 summer include adding Denver as a non-stop flight location to Northwest Florida Beaches International Airport (ECP). This city joins others like Austin, Baltimore/Washington, Chicago, and St. Louis with summer non-stop flights. The sustained interest in our area is certainly increasing accessibility. We anticipate this will continue fueling our 30A corridor real estate market.



Erin Oden

Erin Oden is the principal broker and owner of Coastal Luxury, a real estate firm that maintains a strong emphasis on intimate market knowledge and expertise in the luxury and Gulf-front market. Erin can be reached at (850) 502-1220 or erin@coastalluxury.com. Or, stop by Coastal Luxury, located directly on 30A, the first office east of Alys Beach. Search all available properties at coastalluxury.com/SEARCH.



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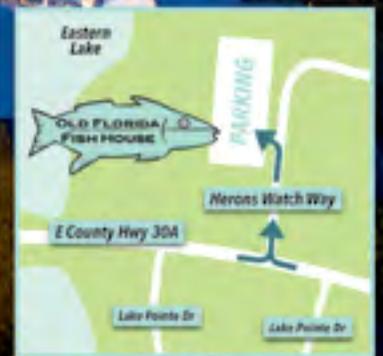
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Doing GooD for the Environment

BY KERRI PARKER



Over 2000 local students per month participate in hands-on educational programs concerning our waterways.

As a community with extraordinary natural resources, we must recognize water is a critical element to protect. While almost everyone will agree with the statement above, only a small portion of citizens and organizations are contributing in aiding our precious waterways.

The Choctawhatchee Bay is a unique body of water that stretches nearly 30 miles and spans from the Intracoastal Waterway to the Gulf Intracoastal Waterway in Destin. You might consider the beaches of South Walton as our front yard and the Choctawhatchee Bay as our backyard.

In 1996, representatives from the Florida Department of Environmental Protection (FDEP) joined forces with local government agencies and concerned citizens to create an organization that protects the Choctawhatchee Bay. The Choctawhatchee Basin Alliance (CBA) is a non-profit organization responsible for sustaining healthy local waterways through monitoring, educating, restoration, and research. The organization promotes water stewardship to provide a future for our priceless natural resources.

Education plays a key role in accomplishing the mission of CBA. Incorporating Florida education standards, CBA reaches over 2000 students every month through hands-on programs for elementary students up to high school students. Each program begins or culminates in a field trip and restoration activity in the Choctawhatchee Bay, Gulf, or a coastal dune lake. “We hope these hands-on educational programs will inspire

Photos courtesy of Sean Murphy



Volunteers take water samples from over 130 sites.

students to become future water ambassadors,” says Alison McDowell, director of CBA. “We could not organize these educational endeavors without the support of our AmeriCorps team, and sponsors.”

With more than 30 citizen scientist volunteers, CBA samples water quality at over 130 sites in the watershed. Working with the Mattie Kelly Environmental Institute, CBA has begun sampling for algal blooms in our rare coastal dune lakes. These samplings are imperative to assure we stop harmful or possibly toxic blooms when they occur and work to identify sources.

CBA recently finished their largest oyster reef breakwater yet in Eglin’s Alaqua Bayou, at 1700 linear feet. To build the reef, volunteers used recycled oyster shell gathered from over a dozen local restaurants in Okaloosa and Walton Counties. The reef reduces shoreline erosion, provides habitat for a range of aquatic critters, and allows juvenile oysters (spat) to settle on the hard shell. Because one oyster can filter up to 50 gallons of water each and every day, each reef improves water quality.

The Choctawhatchee Basin Alliance (CBA) is a non-profit organization responsible for sustaining healthy local waterways through monitoring, educating, restoration, and research.



Oyster shells are donated to CBA by local restaurants. Through volunteer labor, CBA recently created their largest oyster reef.

In order to continue the GooD work the CBA has been doing for over two decades, the organization relies on grants and funds from sponsors. For example, funding for algal bloom studies comes from the National Fish and Wildlife Foundation, Southern Company, and Gulf Power’s Five Star Restoration Program.

CBA always needs more do GooD’ers to execute water samples, volunteers for events, and help build natural reefs. To become a volunteer or a sponsor of CBA, please contact cba@nwfsc.edu or visit basinalliance.org.



Kerri Parker

Kerri Parker is the founder of doGooD LLC, a marketing strategy company with the core purpose of doing GooD for small businesses and non-profit organizations. Contact her at info@dogoodllc.com (850) 543-8690.



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Pivot Synchronicity

BY TOM FITZPATRICK



Backswing starts by turning your core towards the right heel. Right side expands upward, left side downward.



An easy way to sync up the backswing is to combine a short arm back swing with a ninety degree shoulder turn.



Downswing finishes on the left heel. Left side expands upward, right side downward.

Synchronizing the arms with the body is a major goal for golf pros today. Being in ‘sync’ is to blend the body rotation with the arm swing, resulting in a better timed golf swing. The arms and body don’t turn at the same speed, but rather move in harmony and proportion to one another so that the arms and body complete the back swing together. Likewise, the arms and body complete the follow through at approximately the same time – an indication that the body and arms are once again in sync.

Picture your torso turn creating a level circular motion and your hands traveling on another circular shape. Those two circles should work together: the two circles complete the back swing at the same time, and finish the follow thru at the same time.

With that being said, it’s the coiling of the body that transmits power out to the arms, and ultimately the club head. This is best achieved when your body pivot *leads* the swinging of the arms, not the reverse.

The pivot itself can be easily understood by the following three part exercise. Without a club, take your stance and rest your palms on your thighs.

It’s the coiling of the body that transmits power out to the arms, and ultimately the club head.

1. **Pivot Backswing:** The stomach or core turns to start the pivot. When doing so, elevate the right side and lower your left side. The left shoulder and hip move down, and the left knee moves inward, while the right shoulder and hip expand up. Wind the chest on top of the right leg. Press into the ground with both feet to provide stability. Keeping the head fairly centered, allow your chin to rotate slightly. The upper body rotates 90 degrees and the hips about half that amount. The upper back is angled away from a vertical line at the completion of the backswing.
2. **Pivot Transition:** the lower body glides laterally forward towards your front left toe

while the backswing completes. Keep the left shoulder to knee area low momentarily while keeping your back to the target. Keep your back foot grounded.

3. **Pivot Downswing:** Stretch and expand the left side upward onto the left heel as the left leg straightens and the right side lowers. Rotate the hips open with the right foot rolling inward. The shoulders and hips open up as the right shoulder moves down and forward.

At the Finish, your right shoulder will be the closest part of you to the target with your knees touching and right foot up on its toe. Remember, the *Pivot* motion of the body is the foundation that controls your *synchronized* arms and hands. Digging into the details like this can be helpful in taking your game to a higher, more precise level!

Tom Fitzpatrick has conducted corporate golf events, worked for David Leadbetter, and is an active realtor with Scenic Sotheby’s Intl Realty. Reach him at (850) 225-4674 or visit tom.scenicsir.com

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Thank you Alan, for everything. You have our highest recommendation.

Sincerely,
Anne and Ed Erbesfield



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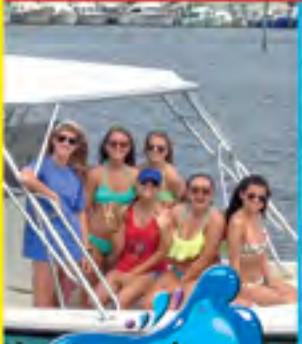
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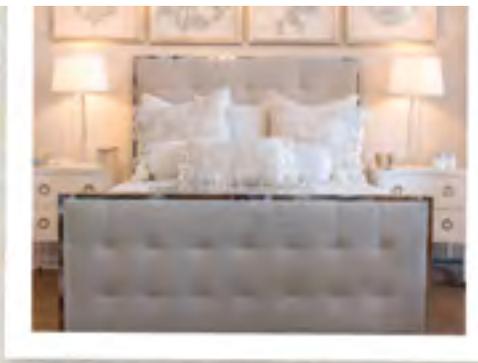
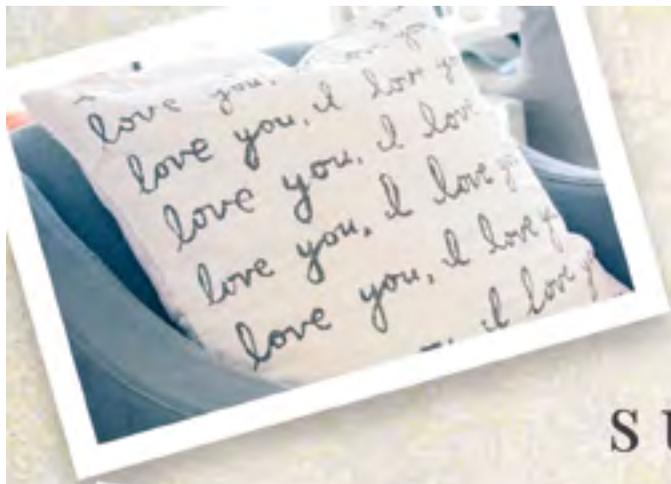
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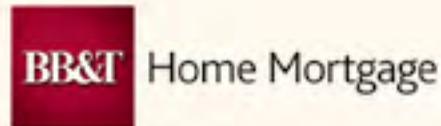


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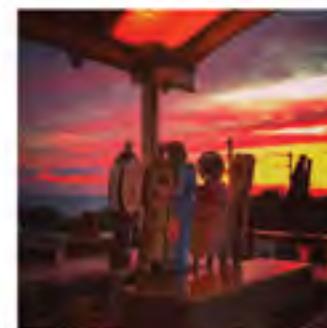


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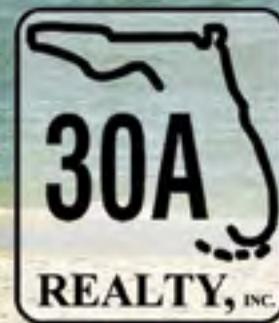
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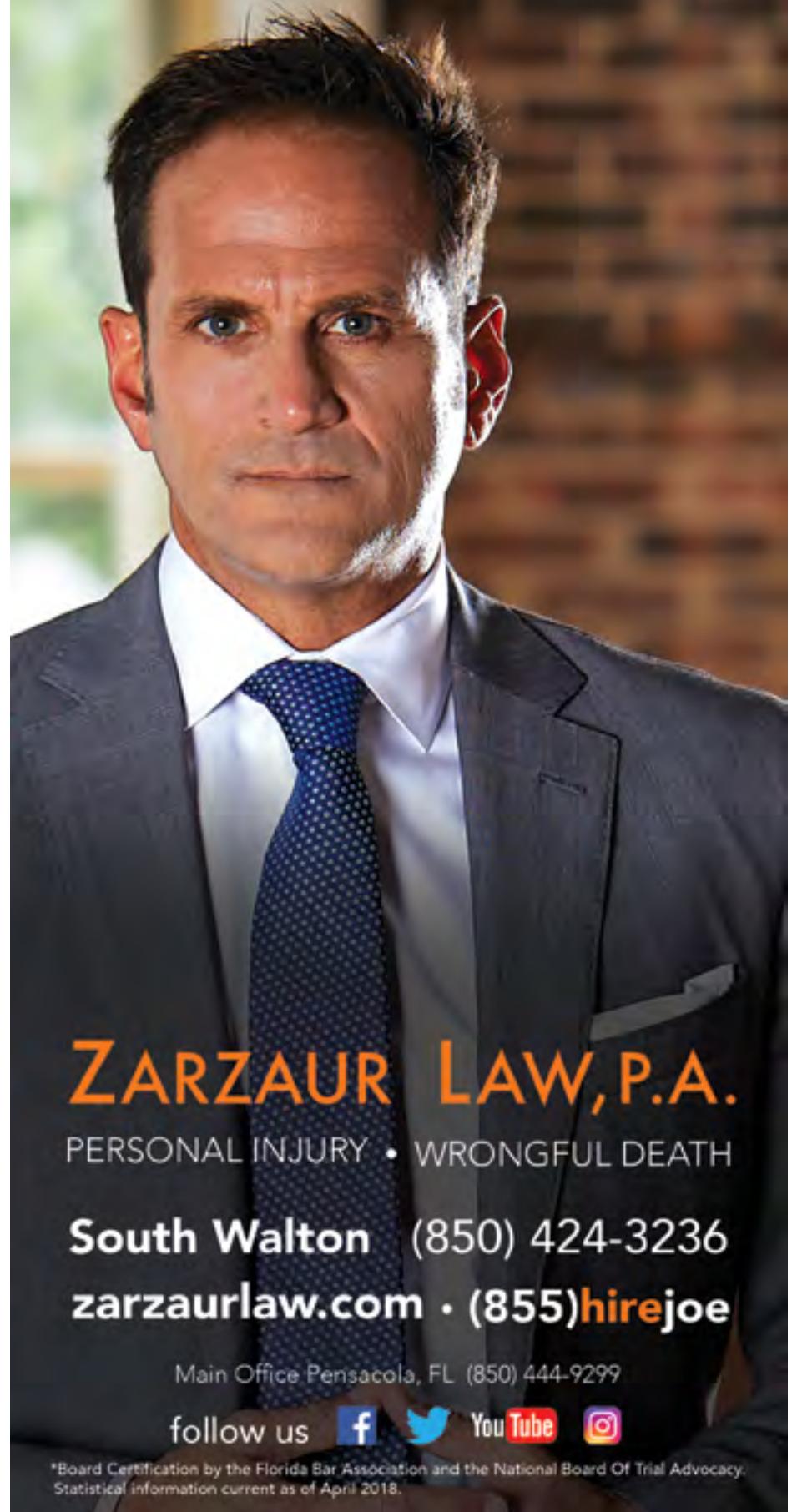
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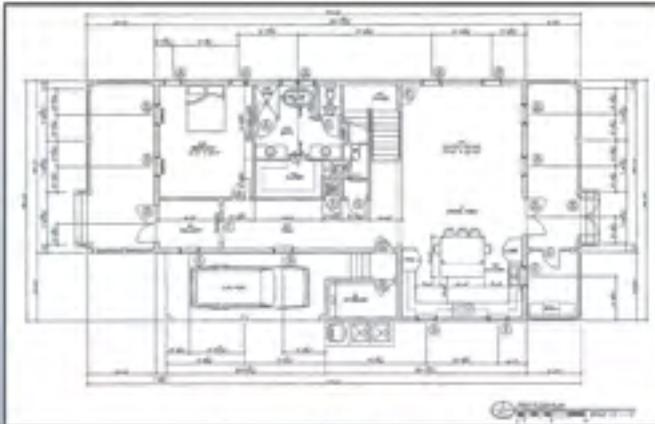


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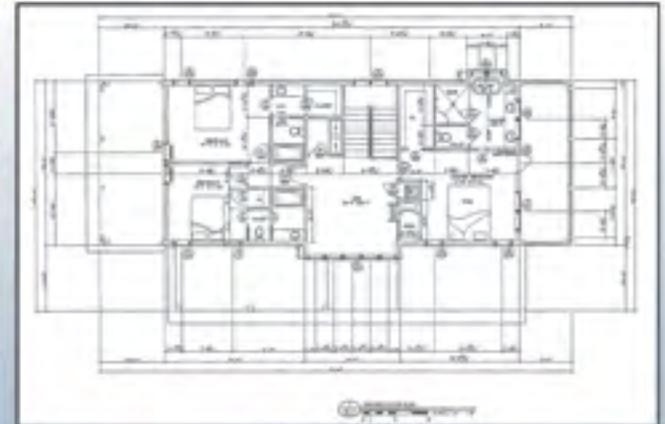
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385.25' x 48.64' of Gulf Front
Gulf Front lot in the gated community of Seclusion Dunes



A La Paix #10 | \$924,900 | 3 BR | 3.5 BA
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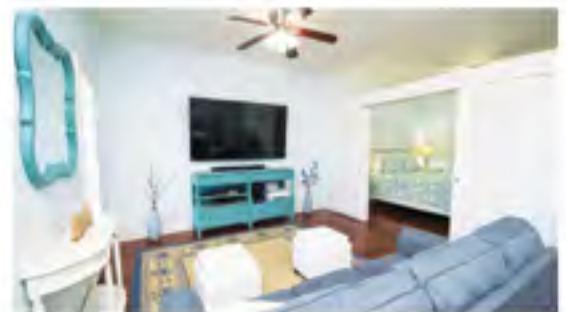
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Beautiful Gulf Front Lot in Gated Community



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