

# the thirty-a REVIEW

## INSIDE:

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



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# letter from the publisher

## SUMMERTIME ON 30-A!



Summer time on 30-A is synonymous with relaxing vibes, sunshine, sugar white sands, and cooling off in the emerald waters. Whether your passion is fishing, enjoying the surf, or just chilling on the sand with a cold one, you can do it well here. It's also a time to enjoy life with family and friends and make memories that will last a lifetime.

As always, this issue is packed full of the people, places and things that make 30-A and South Walton Beach exceptional. Whether it's the farm to table delights of

our exceptional restaurants, the stunning architecture and design of our fabulous beach homes, or the original culture and talents of our artisans and artists, the personalities of the area are strong and lasting.

As you sink into this issue and whatever beach chair you happen to grace, we hope you enjoy your reading pleasure as much as we'd have enjoyed composing it for you.

Until the next issue, I wish good times to you and yours.

Miles K. Neiman

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



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VOYAGE, Shorts: Company Eighty One  
Beer: The Grayton Beer Company, 30A.com label

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Think Your Best to Play Your Best





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John Cain Photography  
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# Theatre and Events in July and August



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## ROSEMARY BEACH

### Here Comes the Sun Summer Concert Series

EAST LONG GREEN (TOWN HALL IF RAINING)

*Mondays, 6:30pm to 8:30pm*

Bring your chairs or blankets and enjoy an evening of entertaining musical performances. Each week is a different show. Be sure to catch one or all!

July 1..... **Kool Kat's** (50's & 60's)

July 8..... **Rosemary Beach Rock and Soul Revue**

July 15..... **Most Definitely** (80's Hits)

July 22..... **Sun, Surf & Sand** (Music of The Beach Boys)

July 29..... **British Invasion**  
August 5..... **"California Dreamin'"** (Byrds to the Eagles)

### Melody Magic!

NORTH BARRETT SQUARE (TOWN HALL IF RAINING)

*Tuesdays, 7pm, July 2, 9, 23, 30,*

*August 6 (8pm start on 7/9. No show on 7-16)*

Audiences of all ages enjoy Melody's sassy punk, enchanting smile, and

charming poise. Melody Magic is a stylish and elegant presentation of classic stage magic and illusionettes, paired with light-hearted moments of comedic interaction with the audience.

### Children's Theatre: Jack and the Beanstalk

NORTH BARRETT SQUARE (TOWN HALL IF RAINING)

*Wednesdays, 6:30pm, July 3, 10, 17, 24, 31, August 7*

Join us for a favorite fairy tale brought to life by The REP Theatre! Join Jack as he trades the family cow for a handful of magic beans, which grow into an enormous beanstalk reaching up to the clouds. Jack climbs the beanstalk and finds himself in the castle of an unfriendly giant. It's a classic story that will leave you chanting "Fee-fi-fo-fum!"  
*Blankets and lawn chairs welcome.*

### Moonlight Movies & Face Painting

WESTERN GREEN (TOWN HALL IF RAINING)

*Thursdays, July 11, 18, 25, August 1,*

*8. Face Paint: 5pm, Movie: 8:15pm*

Bring the family for a wholesome and fun movie night under the stars.

Top it off with delicious popcorn and the best hot dogs on the beach from DogManDu!

*Blankets and lawn chairs are welcome.*

July 11..... **The Nut Job 2**

July 18..... **Mary Poppins Returns**

July 25..... **The LEGO Ninjago Movie**

August 1..... **How to Train Your Dragon**

August 8..... **Spider Man: Into the Spider-Verse**

### Rock Painting, Bling Bar & Kids' Karaoke

WESTERN GREEN

*Fridays, 10am to 1pm, July 5, 12, 19, 26, August 1 & 8*

Join us for some crafty fun on Western Green. Create your very own colorful keepsake rock to take home or hide around town. We're also hosting a build your own bling bar! Get ready for all things 3D and sparkly. Plus, rounds of kids' karaoke!

### SPECIAL EVENTS

#### Kids' Rock The Block Parties

WESTERN GREEN

July 9, 6pm to 8pm

Bring the family for a rockin' night of fun! DJ, moonwalks, face painting, color hairspray, tattoos, arts and crafts with Gigi's, hula hoop contest, games, prizes and more!

### Where's Waldo Scavenger Hunt

TOWN CENTER

July 1-25

Visit The Hidden Lantern Bookstore of the front desk at the Rosemary Beach Cottage Rental Company to pick up your scavenger map, then wander around the Town Center to participating merchants to find Waldo at each location. Weekly winners announced every Thursday before the start of the movie.

### 4th of July Celebration (7/4)

NORTH BARRETT SQUARE & WESTERN GREEN

Start bright and early with our Bike Decoration Contest & Breakfast (7:30am) followed by the Bike Parade throughout the Town Center (8:30am). Enjoy an old-fashioned family field day on Western Green with sack races, water balloon toss, games, prizes and more (9:00am). Rock to the sounds of the decades with our band **The "Like" Total Hep Cats** (6pm to 8:45pm). Finally enjoy a star spangled fireworks display from the beach!  
*Blankets & lawn chairs welcome.*

## SEASIDE

### Children's Theatre Performance

– Seaside Repertory Theatre  
AMPHITHEATER

*Mondays, 6:30pm, July 2, 9, 16, 23, & 30, August 5, 12 & 19*

### Improv Boot Camp

SEASIDE REPERTORY THEATRE/  
MEETING HALL

*Tuesdays & Thursdays, 2-3:15pm, July 3 - July 31*

### Stories by the Sea

SOLOMON SQUARE

*Monday-Friday, 4pm, June 1 - July 31 (no storytelling on July 4)*

### Seaside Summer Concert Series

Wednesdays, 7pm

AMPHITHEATER

July 3..... **Great Peacock**

July 10..... **The Brook & The Bluff**

July 17..... **The Artisanals**

July 24..... **The Prescriptions**

July 31..... **Sam Mooney**

August 7..... **Forrest Williams Band**

### South Walton 4th of July Parade

Thursday, July 4, 8am

Seagrove to Downtown Seaside

### Independence Day Concert & Fireworks Spectacular: A July 4th Celebration

AMPHITHEATER

Featuring **Sister Hazel** at 7pm

*Thursday, July 4; Fireworks at 8:30pm*

### Seaside Farmers Market

AMPHITHEATER

*Saturdays & Tuesdays, 9am-1pm*

### Huck & Lilly Kids Music Performance

AMPHITHEATER

*Tuesdays, 6:30pm, July 2, 9, 16, 23, 30, August 6, 13, 20, & 27*

### Central Square Cinema

Fridays, 8pm

July 5..... **The Princess & The Frog**

July 12..... **WALL-E**

July 19..... **Sing**

July 26..... **Despicable Me 3**

August 2..... **Brave**

August 9..... **The Brave Little Toaster**

August 16.... **The Little Mermaid**

August 23.... **A Goofy Movie**

August 30.... **The Secret Life of Pets**

### Labor Day Weekend Celebration

**Movie: The Secret Life of Pets**

Friday, 8pm, August 30

CENTRAL SQUARE CINEMA

**Concert: The Vegabonds**

Saturday, 7pm, August 31

AMPHITHEATER



# Black Bear Bread Company is Expanding

BY MARY WELCH

There's a saying that if something is working; make it bigger and better! That's exactly what the owners of the super popular Grayton Beach Black Bear Bread Co. bakery are doing: opening Bar Room, adding another dimension with additional seating, an expanded menu, and wine and craft beer.

Bar Room, located next door to the Black Bear Bread Co., features an enhanced menu, including sustainably harvested farm-raised Gulf Coast oysters, wine-driven snacks & sharables, cheese, shrimp cocktail, beef tartare, charcuterie, and a wine bar showcasing natural and biodynamic wines. The two eateries work side-by-side as patrons can get Black Bear's menu all day, while the Bar Room's menu and bar opens at 11 a.m. Both close at 5 p.m.

The Bar Room is the natural extension of Black Bear Bread Co's success and the ambitions of Chef/Proprietor Phillip McDonald and Proprietor Dave Rauschkolb. Rauschkolb relates, "We've known each other a couple of decades; we're surfing buddies. I've always wanted to collaborate on a restaurant with Phil because I was always impressed with his talent, leadership, and creativity. It was a natural progression to move forward with a restaurant venture and I already had this building."

The stars aligned. McDonald moved back to his hometown and decided to open a cafe/bakery. "The bakery niche hadn't been filled... well... not with the type of bread we wanted and liked, such as sourdough bread that you get on the west coast."

They opened 1½ years ago (the day of the eclipse) and the cafe was quickly embraced. The goal was to make freshly-baked naturally leavened bread, with seasonal produce that was sensibly sourced. The cafe is perfect for a quick breakfast, lunch on-the-go, or lingering to have a lively conversation or do some work. Of course, a huge part of its success is the outstanding food and baked goods. There's a good reason for that! Debbie Swenerton, head baker of the Black Bear Bread Co., was named a semifinalist in the 29th annual James Beard Restaurant and Chefs Awards in the Outstanding Baker category.



Dave Rauschkolb and Phillip McDonald

While the pair is grateful for the community's support, they are quick to point out the "amazing creative team" working to make it all happen. McDonald's wife, Madra, handles PR and social networking, Jake Meyer helps with logos and branding, while Rauschkolb's wife Carol and Libby Baker collaborated on the interior designs. "You never can do it all by yourselves and we had a really great team. I think that's one of the reasons why we were so busy straight out of the gate. In fact, Black Bear Bread Co. is so popular it will open a restaurant at the new Hyatt Place Sandestin at Grand Boulevard in Miramar Beach.

Black Bear's all-day menu includes steel cut oatmeal, alai bowl, egg and cheese biscuit, tartines, soups and sandwiches. Accompanying these culinary delights is Stumptown Coffee Roasters, a cult favorite for coffee aficionados.

"We're expanding," says McDonald. "We're operating a nice bar and will offer natural and biodynamic wines. We'll have a variety of wine types, as well as wines from Slovenia, Germany, Italy, the U.S. and Canary Islands. It'll be a fun and educational bar."

McDonald is proud that they will offer wines with fewer added ingredients and minimal intervention from winemakers. "Many of our wines will not even be filtered and will have no sugars, no additives or minimal sulphates. "I really believe that wines should come with an ingredient label. Sometimes wines have a lot of things in them that aren't good for you. It's good to have clarity



Oysters on the Half Shell



Wine & Champagne Offerings

about what you're drinking." Price points for wines will range from \$10 to \$17 a glass and \$25 to \$150 for a bottle.

The menus for both sides of the eatery change with the seasons and McDonald is always integrating new things. In the upcoming weeks, patrons should expect tomatoes. "Tomatoes are getting ready to come in and we'll be swimming in tomatoes," McDonald laughs. "It's the produce and ingredients that inspires and motivates us."

While it may seem that the 5 p.m. closing is a bit early, don't worry. The Bar Room will be available for private parties and catered events. The combined rooms will seat about 100 for an event; the Bar Room about 40 to 50.

"It's so beautiful at night and perfect for an event space," Rauschkolb says.

**Black Bear Bread Co. is located at Logan Lane, Unit G, Santa Rosa Beach, FL, 32459. Phone is (850) 213-4528. Hours are Monday- Saturday: 7 a.m. - 3 p.m.; Sunday, 8 a.m. - 3 p.m.; The Bar Room: 11 a.m. - 5 p.m. The website is [www.blackbearbreadco.com](http://www.blackbearbreadco.com).**





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# Shaka Sushi and Noodle Bar

BY MARY WELCH

There's one more place to celebrate a last call. Yes, Last Call Restaurant Group, which includes Shades Bar and Grill, Pescado Rooftop Bar, and Southside Slice, has brought Shaka Sushi and Noodle Bar under their umbrella of excellent restaurants, with outstanding, creative food, and atmosphere. Shaka Sushi, located in the Shoppes @ Inlet, is quickly becoming the place to hang loose and feel the positive vibes.

"We've been working day and night to perfect the recipes, sharpen services, and make Shaka extra beautiful inside and out," says Partner Steven Sapp. "Chef James Sargent, Chef Ken Duenas, and Shaka's culinary team have created a menu that boasts righteous sushi rolls, sashimi and nigiri, small plates and entrees, and of course sake, wine and beer."

The sushi bar is the highlight and focus of the restaurant, whose interior was designed by Nina Freer, exudes a very clean, natural design with beautiful earthy elements. "It's a cool design and Nina did a great job. It's earthy tones with a lively energetic vibe. It's more of a fun occasion place than a date night place. It's sophisticated but doesn't scream I'm at the beach."

Right now, the eatery is only open for dinner, but eventually will host the lunch crowd. They will also slowly roll out other menu items, but currently noodles and sushi rolls are the star. On the menu are such featured rolls as the Pipeline (inside: tuna, Shaka sauce, tempura, green onions; outside: tuna, avocado, samba and soy reduction); or Bonzai (inside: eel, avocado, Shaka sauce; outside: fish salmon, soy reduction). Classic rolls include California Dreamin', Crunchy Shrimp and Not so Philly (smoked salmon, cream cheese).

Right off the bat, the most popular roll is the Maverick, which features tuna, bacon, Shaka sauce, cream cheese, green onions on the inside and avocado, jalapeño, samba and soy reduction on the outside.

When asked what makes a roll work, Sapp offers an unexpected answer. "For me, what makes the roll is the rice. Everyone talks about the ingredients — tuna, crab,

avocado — but to me, if the rice isn't perfect, no matter what the ingredients are, it's not the best."

Other menu items include noodle dishes, "featured bowls", and nigiri and sashimi. "We haven't released the rest of the menu, only a few items," says Sapp. "It'll be a few weeks and then we'll have more traditional Asian-inspired cuisine — or more worldly — cuisine, like beef short ribs, poke dishes, and steak appetizer. We love different cuisines and we're always changing our menus. We change them every few months to offer seasonal products or just to freshen things up."

Shaka also has an extensive sake menu and sake cocktails. Prices for a 10-ounce Tokkuri bottle range from \$9 all the way up to \$103. "We have all types of sake. We even have a blueberry and sparkling sake. It's similar to

Below: Teriyaki Chicken Bento Box with Pipeline Sushi Roll



wine and beer. Some people know a lot about it and some don't, but they want to learn. People come in and want to give it a try. So far, they've enjoyed the experience."

Currently the restaurant seats 70 people inside and out. The courtyard patio's roof actually opens, "and you can see the stars, which is so cool," Sapp says. The sides also come down to protect against wind and rain.

Another bonus is that Shaka Sushi is part of Last Call Restaurant Group's new app (found in App Store and Google Play Store) where guests earn a five percent credit to their loyalty account with each purchase

and can use at any of the eateries.

With an expanded menu, seating and hours on the horizon, it's still not exactly a last call for this esteemed restaurant group. Fluke Oyster Bar in Inlet Beach should open in 2020 right next door.

**Shaka Sushi and Noodle Bar, 13625 US HWY 98, Suite 5, Inlet Beach, GA. 32461. Monday through Sunday: 5 p.m. - 10 p.m. Call (850) 909-0030 or go to [shaka30a.com](http://shaka30a.com)**





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# Christopher Mayhue at FOOW

BY TRACEY M. HAWKINS

I like simple, clean flavors and letting the ingredients speak for themselves, whether that be a delicate piece of fish or produce from the farm.

Located at the AAA Four Diamond and Forbes Four-Star rated WaterColor Inn, FOOW serves seasonal, regional cuisine with a Southern Coastal approach in Santa Rosa Beach. FOOW opened in June 2018 after extensive renovations and menu updates of the previous award-winning iteration of Fish Out of Water, becoming one of the 30-A area's only large casual family-style restaurants and bars directly overlooking the Gulf. We interviewed their Executive Chef Christopher Mayhue about his experiences.

*Who are you? Tell us a bit about from where/whom your interest in cooking first emerged?*

I am the 34-year-old Chef De Cuisine for FOOW at WaterColor Resort. I grew up in the Myrtle Beach area before moving to Santa Rosa Beach, FL when I was a teenager. My interest in cooking comes from my grandfather. One of my fondest memory of him was watching him grow his own vegetables and raise chickens/ducks/geese, and then use those same ingredients to make lunch and dinners for us. My grandfather was also the one who helped to instill my strong work ethic and to never settle for good enough.

*What inspired you to become a professional chef?*

When I was 14 I got a summer job washing dishes and prepping food at a local steak house in Santa Rosa Beach to save up money for my first car. It was my first glimpse of the fast-paced kitchen environment and knew I would want to pursue culinary arts one day. However, it wasn't until a few years later, while working for a professional chef, where I was exposed to new techniques, ingredients, and flavors that I knew this was more than just a job for me; it became a passion, and I wanted to learn as much as possible.

*What are your favorite dishes/meals to prepare and eat?*

I like simple, clean flavors and letting the ingredients speak for themselves, whether that be a delicate piece of fish or produce from the farm.

Besides Southern Food, my favorite two cuisines to eat would have to be Thai or Indian. I had the opportunity two years ago to travel through Thailand with the family of one of my co-workers, as well as through India with friend and fellow Chef Preetam Pardeshi. The flavors, sights, and smells I experienced was amazing, and one that opened my eyes to other cultures and their cuisines.

*What is the funniest thing that has ever happened to you in the kitchen?*

Having very little professional culinary experience directly out of high school, the first chef I worked for sent me to a former area restaurant and had me ask the chef for a parsley curler (it doesn't exist). Needless to say, I left red in the face and without the parsley curler.

*Are there any other chefs in particular who inspire you?*

The chefs who currently inspire me are the southern regional chefs who continue to push the boundaries on what southern food is and what it can be; getting back to the literal roots and exploring where our food comes from (past and present); and bringing the farmers to the forefront. Passion, time, and dedication are instilled in their craft.

*What do you like most about cooking for FOOW?*

I like the comradery between the chefs and line cooks, and the feeling of accomplishment among the staff after a well-executed service. Also taking fresh ingredients and adding very little to them to create something that not only looks good but is full of flavor



Executive Chef  
Christopher Mayhue

*What is the greatest compliment you have ever received from a customer?*

One of the greatest compliments I have received was when a guest told me that one of our dishes we served them "Took them back and reminded them of home." For me, that's a good feeling.

*What are your other interests/hobbies, and how do they relate to your work as a chef?*

I like to grow my own vegetables. It's amazing to see something start as a sprout and be able to cook with what the plant has yielded. I also like to go to Jiu Jitsu class; it balances me out, teaches me to focus, think quickly, and to not give up.

**FOOW is located in the beautiful WaterColor community at 34 Goldenrod Circle, Santa Rosa Beach, FL, 32459. Visit [www.FOOW30A.com](http://www.FOOW30A.com) or call (850) 534-5050. Open daily for lunch and dinner 11:30 a.m. - 9 p.m.; bar open until 10 p.m.**



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# An Interview with Artist Susan Gunn

BY ANNE HUNTER

*The Milky Way and Jupiter  
over Dune Allen Beach*



**B**orn and raised in Atlanta, Georgia, Susan Gunn took art classes in private school, which helped cultivate her desire to pursue photography. “With the help of my parents, I saved enough for my first real camera, a Pentax Asahi,” the artist says.

Several more cameras followed: a Pentax, Nikon, and Canon; as she developed her craft. After serving as a paramedic on the streets of Atlanta for many years, Gunn believes that the experience caused her to see life through different eyes. “It gave me a deeper appreciation of just how small we are in comparison to some of the natural things around us that others might take for granted or not notice. I have saved many lives, but I’ve lost some too, and it has put me in tune with the universe in a powerful way.” When she focuses on the night sky, which is where her lens is led, she reflects on how precious life is and translates that glory through to the image.

## *When did you first develop an eye for photography?*

When I was small, very early on in life as a young girl, I noticed things others did not. Or so I was told by my parents. They explained it as a “unique and special” quality. Sometimes, when all the other kids in my Atlanta neighborhood had gone home for the evening, I could be found in my front yard with my father’s biggest, heaviest pair of binoculars pointed toward the twilight sky, trying to get my fill of that starry summer sky. They eventually gave me a small telescope.

## *What was your first camera?*

I was given an instamatic camera and a Polaroid to play with as a child. The cameras virtually became my eyes, and through them I not only discovered my passion for photography, but my utter love of our natural world.

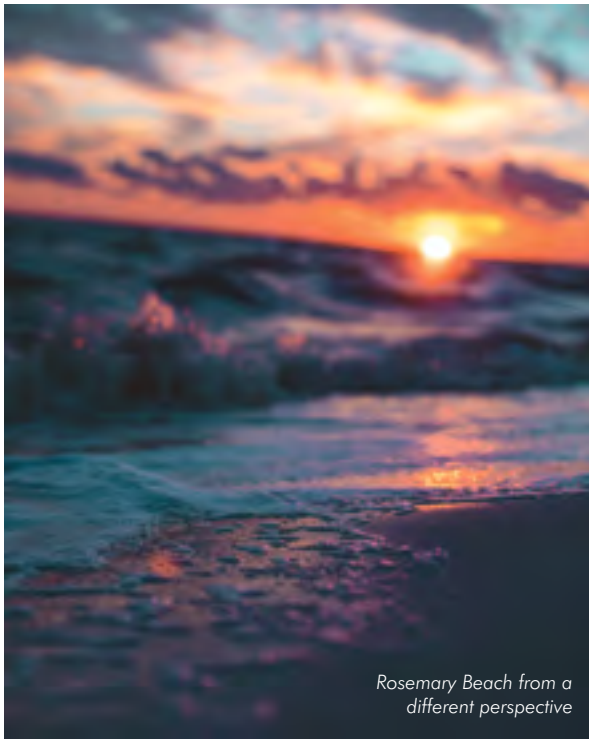
If I couldn’t take a photo of it, I would try to draw or sketch it. I did a watercolor of Shamu the Killer Whale when I was six that was entered in an art show. It won the big blue ribbon! Remembering how that made me feel told me then that I was a lover of art, that maybe I could be an artist one day.

## *What are your goals as an artist?*

My goal is share with others the beauty of otherwise mundane or unnoticed things in this world.

The way a wave moves using long exposure; the Milky Way, which surprisingly a lot of people don’t even notice on a starry night, some not even knowing what it is! I want people to see the colorful images that using a camera to pan across water can create, the art of it! The “loftiest” goal I would say I have is to eventually have my own standalone gallery here in South Walton.





Rosemary Beach from a different perspective



Reflections of the Milky Way Galaxy over iconic Western Lake



Lightning bolts on our pristine coast



Emerald Coast Sunset



Artist Susan Gunn

### *What genres do you photograph?*

A theme of elements started to appear in my work: animals, nature, sky, sun, atmosphere, and lightning as I am actually a storm chaser; fire (steel wool photography); and water. I also developed a love of any kind of macro life. I pushed each camera to the limits of manual settings, rarely, if ever, shooting in “automatic”. After a long career as a paramedic, and putting photography on the back burner to save lives in Atlanta and in Florida, I’m now back to shooting much more, using mainly a Canon 5D Mark IV and prime lenses.

### *When did you move to Walton County?*

I came to South Walton to live permanently a little over five years ago, after many years of vacationing here with family. My mother passed away of breast cancer in 2011, but before she died, she encouraged me to relocate to this beautiful place once she was gone. The diverse

ecology of 30-A has always been a draw for me as a nature lover and artist.

### *Who are your inspirations?*

My big inspirations were my grandfather, he was a photographer; and my childhood friend American artist Todd Murphy. I am a fan of Peter Lik as well. Also, one of my art professors J. Hyde was a huge influence so many years ago. I’d have to say my mother was my biggest encourager to pursue that “art” side of me that she saw.

***More of Gunn’s work can be followed on her FaceBook business page and on Instagram @ susangunnphotography. Her art is currently available for purchase from her online gallery at [www.susangunnphotography.com](http://www.susangunnphotography.com).***



# The Seaside Seven

BY ANNE HUNTER

Artists Nancy Hirsch Lassen and Crutcher have been friends since they were three years old. As children, Lassen enjoyed being a ‘girlie’ girl and Crutcher was a tomboy. They had little in common except for their love of making art. The two friends worked together on small art projects, selling their painted jewelry and accessories throughout their school years. After college, they both settled in New Orleans and worked as designers for the same company in their first jobs. Lassen continued as a designer and owned her own design and gift shop in New Orleans for many years, while Crutcher pursued a career as a psychotherapist and managing owner of The Dante Clinic.

It was 2004 when Lassen began instruction with Nell Tilton at The Academy. There the artist befriended the other abstract painters who would become part of an artist collective, dubbed The Seaside Seven, that travels to Seaside to paint each year, starting in 2016. “It took years of Nancy’s urging before I finally signed up to join this group of painters,” says Crutcher. “I can’t believe I even waited a minute! It has been a circuitous route for me getting back to painting in earnest and I now cannot imagine not painting or being without this group of amazing women in my life.”

New Orleans native and abstract artist Nell Tilton’s passion for the arts began in high school in the 1960s. In 1988, after studying art in college, she joined many distinguished local artists by becoming a student at the New Orleans Academy of Fine Arts (The Academy), an institution that offers an array of art courses and welcomes anyone who is interested in the arts. She continued her schooling there, off and on, for the next 10 years. “I believe (The Academy) is a very special place, in which one is immersed in art and surrounded by creative people who love learning about art,” she says. There Tilton was enlightened to the basics of classical art: studying watercolor, drawing, figure drawing, and photography. “I loved it all. Later, I became interested in being freer, experimenting, and seeing what the other possibilities were in expressing myself further in my art. This is when I began painting abstractly.”

Crutcher hopes to expand the painting trip to Seaside, creating opportunities to have more artist participation in the future. For the past three years, The Seaside Institute hosted the abstract painters from New Orleans. “After painting for years at The New Orleans Academy of Fine Arts and traveling all over for abstract painting workshops, Nancy Hirsch Lassen and I hatched a plan to find a place along 30-A to create our own self-directed workshop,” says Crutcher. After a few false starts,



Robin Benton Crutcher,  
Nancy Hirsch Lassen,  
Aria Gaffrey and Anne Hunter

Crutcher was lucky enough to find Janie Henderson, and more recently Beth Carr, of The Seaside Institute, who liked the idea of hosting artists as part of the Institute’s cultural programming. With the help of Henderson, the artists coordinated a space, a tent and movable walls on which to paint and in March of 2016, the seven artists drove in from New Orleans and set up shop at the Academic Village in Seaside for their first fabulous week of painting together.

“In my teaching, both in the research and the actual teaching, I have learned so much that I never would have discovered otherwise, and I continue to learn from that exploration as well as from my students,” says Tilton. Several of her advanced students have taken part in the class with her for quite a few years. They are very skilled, talented, and experienced and she considers them fellow artists rather than students. Many are extremely

accomplished in their own right. “I merely serve as one to hopefully challenge them further,” says the abstract art teacher.

Through the years, these seven artists have been and continue to be amazingly supportive of each other. Not only in their art, but also in their lives. “We have all shared times of illnesses, new grandchildren, deaths in the families, marriages, divorces, dealing with elderly parents, disappointments, and successes. We are truly fortunate and so grateful for that friendship and encouragement.”

**For more information visit Hunter Galleries, 25 Central Square, Seaside, FL, go to [www.annehuntergalleries.com](http://www.annehuntergalleries.com), email [info@annehuntergalleries.com](mailto:info@annehuntergalleries.com), or call (214) 641-1048.**



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# Welcome to the East End

BY LIESEL SCHMIDT

If you think about it, there's no better showcase for art than a home; where people who truly love the piece can gaze upon it every day, where its lines and colors and feel can be studied and appreciated, where it can be given the space to live and breathe and help create a mood. Walls become gallery spaces, shelves and tables become pedestals for display. And while the artists behind the masterpieces might not yet have international acclaim, they become famous in the eyes of the people who have chosen to give them pride of place in their homes.

It stands to reason that the perfect point of introduction for talented artists and their ultimate buyers would be in a setting where homes are also on show,

both walk-in traffic as well as from clients involved in transactions with Blue Title," explains Beason, who, before establishing Blue Title, worked as an attorney and now uses his expertise as an entrepreneur and investor to seize opportunity when he sees it. "For Blue Title, it also provides our clients with a unique environment in which to do business. There's truly nothing else like it in the area, and we've gotten great response from clients and artists alike."

Showing 20-30 works during each

partnership at East End. An award-winning artist in her own right, Drew's work as a closing assistant at Blue Title has given her extensive experience in working with clients and wrapping up a deal, and she brings both her artistic and real estate strengths to bear in her work with the gallery. Gibbs, while not an artist, has spent years working in customer service as well as marketing and design, which allows her to present the gallery's collections with style and a keen understanding of people's varied needs and preferences.

To make the concept of the gallery an even greater success, the East End partners often enlist the expertise of other artists and interior designers to assist them in curating the quarterly selections based on a theme—which, considering the fact that they receive hundreds of submissions each quarter, is a wise move that helps them find the artists whose works show the most promise.

"What we focus on at East End is showing a blend of both local and regional artists working in a variety of mediums that show great talent in those forms of art. We serve our artists by showcasing their work, and the pieces we select are perfect for primary homes, vacation homes, and offices," Beason says. "We love the uniqueness of what we're doing, and it's a great

way to provide potential buyers with direct access to some of the Southeast's best artists in a variety of price points."

The perfect home deserves the perfect piece of art, much like the perfect piece of art deserves the perfect home. At East End Gallery, the two come together in natural harmony like paint to canvas; and that's definitely a masterpiece in the making.



Lori Drew, Warren Beason and Natalie Gibbs



Sculpture by local artist, Laurel Sivicki



Art adorned conference room

where real estate investments can inspire art investments. Building on that natural union of two worlds, it was truly an inspired idea and unique vision that led owner and president of Blue Title Warren Beason to partner with Lori Drew and Natalie Gibbs to create East End Gallery in the summer of 2018, using Blue Title as the perfect gallery space to host in-demand local and regional artists.

"The vision in opening East End within the space here at Blue Title was to create a unique, collaborative gallery featuring amazing artists in an environment that would provide our artists on show with exposure from

of their quarterly rotations, the pieces on show are kept fresh and new, giving people reason to come in and see what's being put on display. It's cross marketing of the best kind, as anyone buying a piece of real estate will naturally be looking for a piece of artwork to fill their blank walls—and the more unique it is, the better.

Much like Beason, Drew and Gibbs each boast backgrounds that make them ideal players in the

**East End Gallery is located at 10952 East County Highway 30A, Suite B, Inlet Beach, Florida 32461. Open Monday-Friday 10:00 a.m. - 4:00 p.m. For more information, call (850) 252-5150 or visit [www.eastend30a.com](http://www.eastend30a.com).**





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# Peter Millar

BY TRACEY HAWKINS

**F**ounded in 2001 with a single cashmere sweater, Peter Millar has grown into a premium American lifestyle brand featuring a wide range of casual sportswear, tailored menswear, and luxury and performance golf apparel. The name Peter Millar was inspired by an inscription on an antique lawn ball. While the origin of the name behind the artifact is a mystery, the founders of the company felt the name and antique represented an era when people cared deeply at all times about the impression they were creating. Best known for product integrity that reflects the highest level of quality in menswear, Peter Millar's reputation is built on value and innovation.

30-A Review spoke with Jennifer Johnson, Marketing Director.

## *What is the inspiration behind the Spring/Summer 19 collection:*

The main inspiration behind our spring collection was the importance of leisure time and its relationship to our customer. As the concept of leisure time has evolved and become increasingly important, our goal was to develop innovative pieces that our customer could wear on the golf course, but that were also perfectly versed for travel and other leisure activities. From a design perspective, we wanted to integrate signature performance attributes, including four-way stretch and moisture-wicking benefits, as well as wind and water resistance and multi-pocket functions in lightweight concepts across all categories.

## *How do you continually evolve your designs when you are launching two collections a year?*

Our focus each and every season is innovation. Our team is constantly researching and developing new proprietary fabrics that will provide customers with optimal performance benefits—such as shape retention, comfort stretch, breathability, and weather resistance. In addition, our attention has turned to elevating the style quotient through new details, new silhouettes, new hardware, new linings, and an approach to building total lifestyle looks for the Peter Millar gentleman.

## *What are three pieces every golfer should have in their wardrobe?*

The Ace Crown Crafted Polo within Crown Crafted: A hybrid-knit construction made from cotton-polyester-spandex fabric with a trimmer, tapered fit through the

torso and sleeve and finished with a button-down collar. This polo feels incredibly natural while behaving like a performance fabric, making it a staple for every man's closet.

The Kirk Stretch Double-Weave Five-Pocket Pants: Constructed from premium performance fabric, which includes four-way stretch for ease of movement, water resistance, moisture-wicking, quick-dry and easy-care benefits. When designing these pants, we considered aspects of performance as well as travel—you could easily wear them on the course or on a flight from Los Angeles to London—either occasion they are going to feel amazing.

Wellington Stretch Peached Quarter-Zip: If you are looking for a truly innovative layer, this will be your go-to for spring. This style offers high spandex content that in turn means enhanced stretch and maximum comfort within a slightly brushed interior for subtle warmth without the weight.

## *What new trends are you seeing in the golf apparel market?*

There is a movement into what we consider “natural touch”. These are new products that are comprised of natural fibers blended with performance materials. The fusion of these two materials creates an entirely new tactile experience, while providing some incredible performance features.

## *Who does the Peter Millar brand aspire to dress?*

Being a lifestyle brand, we are inspired by a certain “spirit” of man—someone who is interested in performance and attention to detail, someone who expects the finest quality and craftsmanship. We embrace this gentleman's spirit by providing him with a range of apparel—from casual to formal and from club to course.

## *What's next for the Peter Millar brand?*

The expansion of our Crown Crafted capsule. Crown Crafted is unlike anything Peter Millar has ever done before. The line features the finest luxury Italian yarns



blended with cutting-edge technology and is offered in more tailored silhouettes that appeal to gentlemen seeking performance sportswear with a renewed and heightened sense of style. This is a turning point for golf apparel—a true blend of high-performance features and an emphasis on a new sophisticated and elegant aesthetic.

## **FOR RESORT WEAR WHILE IN 30-A:**

*Peter Millar Seaside* features casual weekend silhouettes designed with an exclusive Seaside wash. This is a year-round capsule that offers brightly colored swimwear and resort apparel for vacation escapes to warmer climates.

*Peter Millar Collection* swimwear is made from an exclusive printed fabric that is lightweight, soft, and dries quickly. Detailed with a front hook to secure your sunglasses and back pocket lining crafted from chambray cloth. Jean tack front closure, drawstring eyelets, and aglet tips are all personalized with a laser-etched Peter Millar logo.

***Peter Millar is located at Grand Boulevard at Sandestin, 440 Grand Boulevard, Miramar Beach, FL 32550. Store hours: Mon.-Sat. 10 a.m. - 9 p.m., Sundays 11 a.m. - 6 p.m. Store phone number: (850) 837-2004.***



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# Is Organic Important... or Just a Fad?

BY DR. BART PRECOURT

**M**ore than ever before you see advertising for organic foods. From coffee and creamers to spinach and meats. It has become a big business. Yet is it really better for us? Or is there some hype behind it?

## WHAT IS ORGANIC?

In 100% Certified USDA Organic food, there are zero antibiotics or growth hormones. This certification also means your food is free of synthetic additives like pesticides, chemical fertilizers, and dyes, and must not be processed using industrial solvents, irradiation, or genetic engineering, according to the USDA.

Another way of saying it: It's real food.

USDA Organic certification also ensures that we are not consuming Genetically Modified Organism (GMO) foods. GMOs have been proven to present a true health risk for us all. I recommend that we avoid all GMO foods as best we can.

Consuming organic foods is not only good for YOUR health, but also the planet's health. The fewer chemicals we use, the better off mother earth is.

## BENEFITS OF ORGANIC:

- Fewer pesticides and heavy metals
- Free from GMOs
- They taste great
- More antioxidants
- Better for environment and animals

## WHAT ABOUT NON-ORGANIC FOODS?

About 80 percent of antibiotics sold in America are used not to treat sick people, but to raise meat and poultry! This is causing massive amounts of antibiotic-resistant bacteria that are very harmful to us all.

Beyond the pesticides and chemicals are residues of artificial hormones that are widely used to promote growth in beef cattle and dairy cows. These artificial hormones are now found in common foods like milk and burgers, which can increase the risk of ill health in humans and lead to higher rates of infection in animals.

## TOP REASONS TO GO ORGANIC:

**Nutrient Deficiencies:** because of poor farming practices, our soils have become depleted of their natural vitamins and minerals. Many of today's commercially grown vegetables have less than 50% of the nutrients they had under 100 years ago. This is why I often recommend using specific whole food supplements to balance out deficiencies.

**Toxicities:** It's one thing to be missing out on our vital nutrients, yet it's even worse when those important vitamins and minerals are replaced by harmful chemicals, pesticides, and herbicides. The worst offender of the toxins is a chemical called Glyphosate—which can be found in nearly every GMO food. This may turn out to be one of the biggest health concerns for generations to come. Glyphosate is the same chemical found in “Round Up” the poplar chemical sprayed on lawns to kill bugs and weeds.

Unfortunately, the more toxins we consume, the more deficient in nutrients we become. This is where the biggest health challenges lie. When you go out and eat a meal that's not organic and is filled with pesticides and unknown chemicals, you don't always feel bad right away. However, you will feel the effect over TIME... when your body is being polluted daily, your immune system weakens, hormones are altered, and overall function starts to decline.

## WHERE TO START:

Ideally all the food we put into our bodies should be free of chemicals. Sometimes the conversations about organic are centered around size or cost of the foods, when they should focus on how humans were NOT designed to eat chemicals.

## PRIORITY LIST:

**Fats:** be sure that all of your healthy fats (eggs, butter, coconut oils, olive oils, etc.) are organic. Avoid trans fats! Fats hold onto the greatest amount of toxins. Good fats are really good for us and... bad fats are really bad for us.

**Proteins:** Do your best to stay away from commercially grown non-organic proteins. Non-organic animal proteins are pro-inflammatory and should be avoided. I could argue that organic grass-fed beef is as good as or better than kale. Yet, beef that has been fed antibiotics, hormones, and a grain-based diet is very bad for us.

**Produce:** Oddly enough, this is where most of us focus our “organic” efforts and dollars. We tend to make sure our spinach, kale, and fruits are organic. Yes—it's still very beneficial and important; yet as mentioned above, organic Fats and Proteins are actually more important.

## CONCLUSION:

Each time you buy organic you are helping our environment and you are honoring your own body. Organic food is NOT expensive... cheap toxic food just costs less. If we want more organic options at our local

Dr. Bart M. Precourt



The worst offender of the toxins is a chemical called Glyphosate—which can be found in nearly every GMO food.

restaurants and grocery stores, we need to ask for it and support those who provide it.

Organic food sales continue to grow by double digits each year...it's not just a fad.

*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](http://www.balance30a.com). For a consultation contact Balance Health Studio at (850) 231-9288.*



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# ResortQuest Wyndham Vacation Rentals

BY LIESEL SCHMIDT

Vacation rentals are a hot commodity in any heavily traveled area, but for communities like 30-A, those properties are even more in demand—for all sides of the equation. Whether buying, selling, or renting, it all takes a well-orchestrated dance to do and do well. And while it might seem simple enough to enter into the vacation rental game without the need for any professional guidance, there's a reason that so many properties bear the signs of ResortQuest Wyndham Vacation Rentals: They know how to play the game and they play to win.

Originally established in 1977 by the Abbott family; well-known locally for their expertise in the real estate market; ResortQuest has grown from its humble beginnings to 32 check-in locations throughout the area, supporting about 100 properties and offering nearly 3,000 private home, townhomes, villas, and condominium vacation rental properties. It's a reach that certainly extends their coverage and gives them more of a foothold in things, working with a greater pool of buyers, sellers, and renters—all of whom have seen firsthand the degree of expertise ResortQuest holds, especially now that they have the backing of a larger, global parent brand in Wyndham Destinations.

This is an advantage that uniquely positions ResortQuest to serve the market to a greater capacity than other vacation rental property management companies—but they hardly rely on the simple weight of the name to carry them. Instead, they rely on the dedication of their agents to make ResortQuest the brand that it is: a company of locals who care about their communities and do their utmost to work with their clients so that their experience is unforgettable – for all the right reasons.

“Being locally-based and bolstered with a knowledgeable professional team over four decades has enabled ResortQuest to become a trusted vacation rental brand within the community it serves,” says Lino Maldonado, Vice President of Growth and Innovation for Wyndham Vacation Rentals of North America. “We are fortunate to attract the best in the industry, and they work with us because they are passionate about travel and are inspired to deliver great hospitality service every day. This is easy when you live and work in a remarkable destination like Northwest Florida. We're in the business of serving others, and forming relationships is key. When you get to work with owners and guests whom you care about, and you have a hand in making bucket list vacations come to fruition, it's both exciting and rewarding to come to work each day.”

The level of ResortQuest's commitment to being client-focused is clearly proven when it's tested, as it



Photo provided by ResortQuest by Wyndham Vacation Rentals

**A company of locals who care about their communities and do their utmost to work with their clients so that their experience is unforgettable – for all the right reasons.**

was when Hurricane Michael ravaged Panama City Beach and surrounding 3-A areas last year. “When part of our gorgeous coastline was devastated by Hurricane Michael, some owners and guests were unable to reach their property management companies, but ResortQuest owners benefitted from being a part of a local company with a national brand,” Maldonado goes on.

Unlike many other vacation management companies, ResortQuest specializes in all aspects of the vacation rental experience, including real estate, business development, and the vacation rentals. They take the reins in a way that ensures the entire process will be seamless, working one-on-one with clients to buy or sell a home and put it on the company's highly-acclaimed vacation rental program, with access to ResortQuest's full-service team and resources to generate income on their investment.

Clearly, there are distinct advantages to working with ResortQuest, and those advantages have served them well over the years, winning them awards that set them head and shoulders above their competitors not only for their work as a company, but also for the quality of the

properties they operate. Among their awards are Perfect in South Walton Best Rental Management Company; Perfect in South Walton Best Wedding Venue; Perfect in South Walton Best Event Venue; and Perfect in South Walton Best Tennis Facility. In addition, Maldonado won the prestigious Van Ness Butler award in 2018.

Renters, especially, feel the ResortQuest difference—and it's something that keeps them coming back, knowing that their accommodations are specifically the ones they've chosen, right down to the room. They also have the assurance of a 24-hour local reservation support team to find the perfect rental and that the staff will always be able to offer them a local's knowledge about the best dining, entertainment, and area attractions. There is no remotely based, faceless voice answering the phone looking up the answers from a database about a place they've never visited. These are agents who work and live here, and they're on a quest to offer excellence.

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# Danny Margagliano Inducted into the New Jersey Surfing Hall of Fame

BY JULIE HERRON CARSON



Photo courtesy of Danny Margagliano

*Over two thousand years ago, Roman author Phaedrus wrote these words:*

*“Things are not always what they seem; the first appearance deceives many; the intelligence of a few perceives what has been carefully hidden.”*

This simple but profound observation is the perfect description of Danny Margagliano, founder and owner of Web Tech SEO, and Realtor with 30A Local Properties. While he is a well-known local businessman, it may come as a surprise to learn that the wheelchair-bound Margagliano is a former professional surfer – so good, in fact, that he has recently been named to the New Jersey Surfing Hall of Fame.

“It was a big surprise to be nominated,” says Margagliano, “and such a thrill to get the call saying I would be inducted later this year.”

Margagliano first rode the waves near Ocean City, New Jersey, where he grew up. He received his first surfboard for his 10th birthday, and he and a friend would go to the beach nearly every day after school to practice. “Back then you didn’t have surf camps or classes. You had to figure it out by yourself. I just couldn’t get it and was so frustrated, I considered quitting. I was actually paddling back to shore when a wave scooped me up and I was able to briefly get to my feet on the board. That was it for me. I was hooked and improved quickly after that.”

By age 12, Margagliano was competing nationally in the U.S. Surf Championships. He competed on the national surfing team and traveled all over competing and training. He won a number of titles, including

East Coast Champion in 1990. Once he was an adult, he competed professionally and “lived the dream” for a number of years.

In his mid-twenties, Margagliano decided to prepare for the next phase of his life. “I loved surfing, but with all the traveling, it’s hard to raise a family. I was ready to transition to a different lifestyle, so I went back to school to study web design and internet marketing. Then I became certified as a paramedic and also went to Fire College in Ocala, Florida. I was offered a job as a Firefighter in South Walton, which is how this New Jersey surfer ended up here.”

Seven years ago, Margagliano was severely injured in a freak diving accident. Close to death, he was hospitalized for three months. Once he was transferred to Shepherd Spinal Center in Atlanta, his began to make progress. It’s not surprising that the 10-year-old boy who worked so hard to learn to surf grew into the man who fought so hard to rebuild his life following the accident.

“It was such a blessing that I had obtained my Realtor’s license just a year before the accident,” says Margagliano. “It gave me hope that I could still succeed professionally and take care of my daughter, Summer, even if I couldn’t walk. I had so much support from the community and from my colleagues at 30A Local Properties.”

Today, Margagliano calls on the same focus and determination that won surfing championships to help his clients purchase and sell homes along 30-A. “Obviously, I no longer surf, so it was a complete surprise when one of my former surfing teammates nominated me for the New Jersey Hall of Fame. It’s so nice to be remembered, and this honor feels like it’s bringing my life full circle. I am especially proud to share it with Summer, and my girlfriend, Michelle.”

30A Local Properties’s owner Bobby Johnson knows Danny well. “Danny is the type of guy that after an hour hanging with him you forget he is paralyzed from the neck down. How is this? Because he drives a car, sells real estate, he has an SEO company and is a single father. I hear anyone griping about something they can’t achieve, I tell them the story about my buddy Danny,” says Johnson. “He doesn’t have ‘can’t’ in his vocabulary! Knowing him before his injury was a treat because he was such a legend of a surfer. Knowing him after the injury is a blessing that has helped improve my life and my attitude. Danny is my hero.”





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## Inside the Lines

### Ch-ch-ch-changes....

In the David Bowie song "Changes", he reminds us that "time may change me". How true; time changes everything. You don't have to look very far these days to see rapid change all around. Heraclitus correctly stated that "the only thing static is change".

Consider for instance my maternal grandmother. Born in 1900, she was a toddler when the Wright brothers first took to the sky, yet upon her death in 1990 she had witnessed several Space Shuttle missions.



Tennis, being one of the oldest known sports, has seen its changes over the last several years too. In the modern era it wasn't that long ago that a young Swede, Bjorn Borg, was tearing up the tour with his wooden racquets. Compared to today's tennis it looked like they were moving in Slo-mo. The equipment has changed to the point that John Isner holds the record for the fastest serve in an ATP match- and eye-popping 157 mph! Imagine trying to get a racquet on that.

Today's tennis elite have personal trainers, physical therapists, and nutritionists on staff and some are among the worlds most elite athletes. Now look back at the 70s, when at one time the women's tour was sponsored by a cigarette company. Yes- nine female players played on the Virginia Slims tour. Oxymoron incarnate! I can just see Billie Jean King and Rosie Casals passing a cig back and forth like sneaky teenagers at each changeover. Waving to dissipate the smoke. To quote Emily Bronte vis-à-vis Wuthering Heights, that's "as different as a moonbeam from lightning, or frost from a fire". I'm quite certain that never happened but still it is an unimaginable collaboration.

On the court, things are constantly changing as well. Your opponent finds their second serve out wide and then uses it against you ad infinitum, suddenly they make an adjustment or two and start ripping their backhand down the line for winners, or in an act of force majeure- the wind kicks up. You either adapt or collapse in defeat.

In life, as in tennis, we must adapt to change. In order to thrive it is a prerequisite lest we matriculate to a place we do not want to arrive. That is less than our best. I would proffer that all of the successful icons of our time have not only adapted to change but have actually reveled in it.

Enjoy some great tennis this summer and remember...*Watch the ball, bend your knees, next opponent please!*



**MARTY SHOEMAKER**, who is an avid tennis player, teaches tennis to underprivileged kids, is a member of Rosemary Beach Racquet Club and is also a licensed Realtor with Berkshire Hathaway Real Estate.

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# Scenic Sotheby's Nina McCaslin-Horn

BY LIESEL SCHMIDT



Nina McCaslin-Horn

I take my knowledge of all inventory available in the housing market and combine it with what I learn about my customers' needs and dreams.

Mississippi before moving to the 30-A beaches. Throughout, she brings the same level of passion and dedication to accomplishing exactly what her clients need. That degree of commitment began at a young age, and it's one she credits to her upbringing. "My father was a builder and an entrepreneur, and I really think that I gained an early appreciation of how happy you can make people by helping them buy or build the house of their dreams because of what I saw him doing for his own clients," she explains. "I still carry that with me, and it's one of the things that keeps me passionate in my work now."

Another thing that keeps her passionate is the area itself. "I sell real estate of all kinds, from condos and homes to undeveloped lots; but of all of them, waterfront properties are my favorite, and I think that the word 'Scenic' in our company name probably best describes what I'm most passionate about." The "Scenic" to which she refers is Scenic Sotheby's, an arm of renowned Sotheby's International Realty. Now known as a luxury market leader,

Sotheby's International Realty was founded in 1976 by the Sotheby's Auction House in New York City to operate as a franchise focusing on the brokering and marketing of residential luxury real estate; and Scenic Sotheby's embodies that perfectly here along the Emerald Coast.

Open since 2014, McCaslin-Horn's agency is part of a three-location company whose areas of focus lie throughout the areas of South Walton, Destin, Fort Walton Beach, Santa Rosa Beach, Point Washington, Inlet Beach, Panama City, and along the 30-A corridor, representing properties and clients within all price ranges. A true testimony to the caliber of both their agents and the level of clientele they work with, Scenic Sotheby's has multi-million-dollar marketing and boasts great

accolades for their world-class service, which also opens them to a worldwide market and draws buyers looking for exactly what our particular piece of paradise has to offer.

A self-proclaimed local, McCaslin-Horn lives with her husband on Eastern Lake, a location that is, in her estimation, "One of the most beautiful Coastal Dune Lakes." It's a place that has instilled in her a deep love for the area that translates into her everyday life but also the enthusiasm she shows in her work and the message she conveys to her clients. It's a personal history that she brings to the bargaining table; and when that's such a natural part of your brand, natural success is sure to follow.

"I married a guy that has been enjoying Seagrave Beach since he was a young boy," she says. "We met at the original Seagrave Village Market on 395, and he proposed to me at Eden State Park, so I have a great appreciation for the heritage of this area; and I've made so many deep ties here over the years," she says, going on to cite her active participation in her church, her membership at Seagrave Beach Garden Club, her position as president of the Emerald Coast Association of Realtors, and—something a little unexpected—her active involvement with the Beach Babes Book Club. "I guess I try to be involved in everything in my community," she says with a broad smile.

That community involvement has undoubtedly fed into her success, but so, too, has her own particular way of presenting—and representing—the brand. She talks the talk, walks the walk, and lives the life right where she works. She loves what she does, and that makes all the difference in creating a perfect match.

**For more information on Nina McCaslin-Horn, call Scenic Sotheby's International Realty, 12805 US Highway 98 East, Suite D201, Inlet Beach, Florida 32416, at (850) 685-0198.**

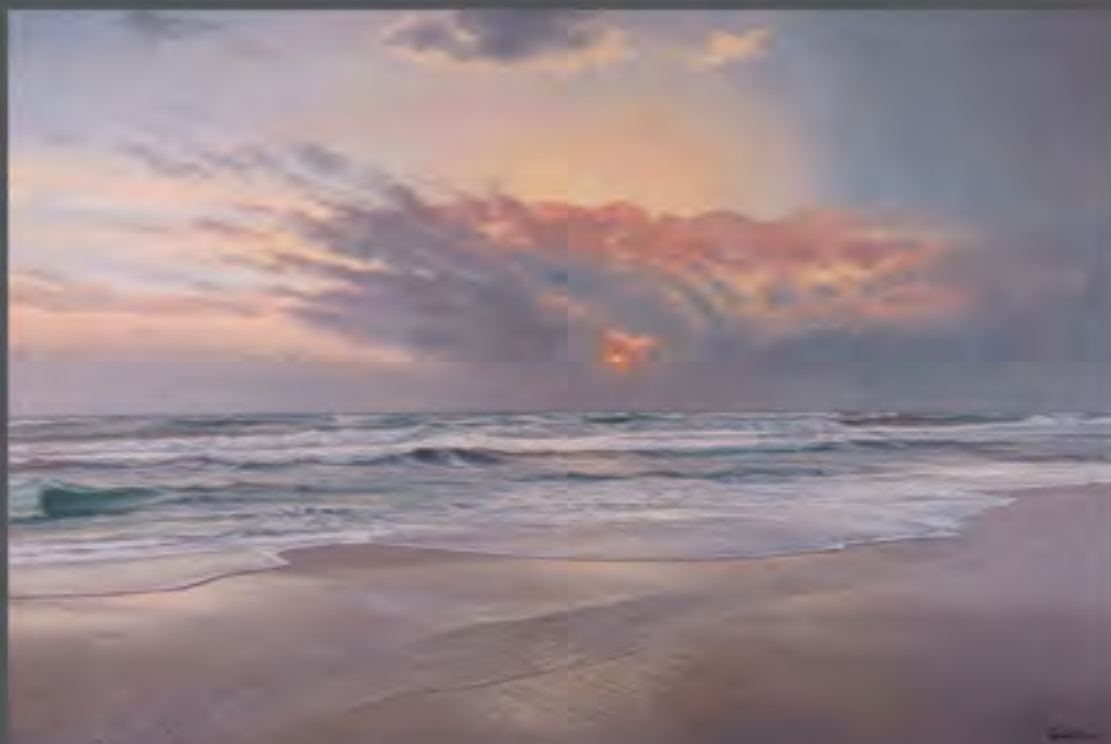
It's not every Realtor who would describe themselves as a matchmaker; but that's exactly the word Scenic Sotheby's agent Nina McCaslin-Horn uses. "I see my work as being a matchmaker and I love that," she says smiling. "Essentially, it's the same process, in the way that I take my knowledge of all inventory available in the housing market and combine it with what I learn about my customers' needs and dreams. When it all comes together, it can be magical—and they have a home that they've absolutely fallen in love with."

In addition to more than thirteen years of experience as a Realtor in Florida, McCaslin-Horn's ties to the industry are actually multi-fold, as she spent twelve years in the home building industry in her native



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Where the Sky Meets the Sea, Joset Kote



Shade of Pale, Stephen Harlan



# How's the Market?

BY ERIN ODEN

When the topic of real estate here at the beach comes up, the first question is always “How’s the market?” It is also the most common question we hear and one you have likely asked many times as well. Of course, it is a great question! It is important to know the answer, and specifically the answer relevant to the local market that relates to you.

So often, what we feel the market is doing is not in line with the recorded statistics. We may be at a disadvantage in attempting to predict future trends, but the good news is that we have the advantage of the accurate data to show us where the market is today. Strong market knowledge lends an edge of assessing your opportunity. Enjoy a look below at the average home prices for 30-A’s planned communities and the gulf-front and high-end market segments. We are always available to be your resource for providing more in-depth insights. Stay tuned for upcoming market trends on 2019’s first half in the next issue!



*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](mailto: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](http://coastalluxury.com/SEARCH).*

## 2018 SALES SNAPSHOT FOR THE 30-A HOME MARKET

VOLUME OF SALES	AVERAGE SALES PRICE	AVERAGE PRICE PER SQUARE FOOT
OVERALL SCENIC HIGHWAY 30A CORRIDOR		
\$1,550,431,063	\$1,064,856	\$434
ROSEMARY		
\$128,613,588	\$1,978,671	\$755
ALYS BEACH		
\$90,350,055	\$3,011,669	\$1,000
WATERSOUND BEACH		
\$75,842,000	\$2,106,722	\$738
WATERCOLOR		
\$177,979,800	\$1,663,363	\$532
SEASIDE		
\$39,668,400	\$1,586,736	\$942
GULF FRONT		
\$330,916,185	\$2,162,851	\$848
30A HIGH END LUXURY \$3M+		
\$348,132,674	\$4,521,204	\$1,059

Statistics according to data gathered from FLEX MLS for combined residential properties (detached homes, attached units and condos only, EXCLUDES vacant land). Deemed reliable but not guaranteed. Prepared compliments of Erin Oden, Coastal Luxury.





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# LSI Life: High Stakes, High Success

BY LIESEL SCHMIDT



Candace Easdale

From coast to coast, she's running a high stakes game; and betting on the house brings her the win.

Most real estate professionals have their hands full enough managing one territory, but for Candace Easdale, that would still leave too much room in her hands to keep her fully satisfied. Easdale doesn't believe in idle moments; so between the time she spends managing the rental properties in her Emerald Coast portfolio as well as those overseen by her staff in her Las Vegas offices, the busy wife and mother of three very young children keeps herself moving on high speed all the time to run both her corporation and her family.

An Alabama native, it stands to reason that Easdale would have ties to the Panama City area. It's common stomping grounds for families vacationing at the beach; and for Easdale, the sands under her feet are part of more summer memories than she can count. Her life in property management could be considered a byproduct of that—in part, at least—as it gave her a personal glimpse of what vacation rentals were all about. But even more influential was her father's ownership of By the Sea Resorts and his position as the managing partner of Carr, Riggs and Ingram—both of which played an important role in giving her a clear picture of investing, finances, and of course the hospitality industry.

Having decided on her path, Easdale attended the University of Alabama to pursue her undergrad in Hotel and Restaurant Management and went on to receive her Master's in Advertising and Public Relations. Still not satisfied that she had pushed herself enough, she went on to get an MBA from Harvard University. It all laid a solid foundation for her future; and over the next years, she set out to build a prestigious career, first working for the Ritz Carlton and ultimately moving on to The Venetian Resort Hotel Casino in Las Vegas. In Easdale's estimation, hotel management is much like property management in the ways that it must balance customer service with the needs of owners to maximize occupancy and increase income; and so, when she founded her own company, she knew what needed to be in place for her firm to be a runaway success.

"Property management is just a subset of real estate, and resort management is the same as hotel management—the only difference is logistics," she says. "In a hotel, you have your entire inventory under one roof, or at least generally on the same grounds, whereas

in resort management, all the properties are spread out along the beach. However, the same basics still apply—in both cases, great customer service is essential, but you must always keep sight of the goal of maximizing occupancy for the owner while protecting their investment property."

The history of her company—which operates under the name LSI Life—is a bit hard to follow. She opened her first office in 2006, going on to purchase and absorb other companies over the years. One includes the well-known Panama City Beach-based entity Counts Oakes. "Because Counts has such a strong name and reputation in that area, we did not want to change that, so now we are Counts Resort Management, an LSI Life Corporation. However, before the purchase of Counts Oakes, we had been in business in Panama City Beach for three years under the name LSI Vacation Rentals, people know that name, as well," she explains. "We're slowly trying to transition everything to Counts Resort Management, an LSI Life Corporation."

There is one thing that is crystal clear: her ambition. "I have a drive that never stops, and I love what I do. To me, idle time is a waste, so I maximize every minute. I always want to improve and see growth; so, I set annual goals and have them taped to my computer monitor, where I can see them everyday to know if I'm on track or not," Easdale says. "Year over year, we have seen nothing but growth. We've never had a year that we were behind the previous year—onward and upward is the only way to go!"

Her focus keeps her successful, but so does her client dedication. "Our customer service is bar none," she contends. "Our offices are open seven days a week, and a live person is available 24 hours a day. We have dedicated staff to assist owners and guests with any special needs or requests. We also manage vacation rentals in Las Vegas and Hawaii so we can offer owners discounts on travel to these fabulous places, as well." From coast to coast, she's running a high stakes game; and betting on the house brings her the win.

**LSI Life is located at 2100 Thomas Drive, Panama City Beach, Florida 32408. For more information, call (850) 363-6700 or visit [www.Corpfla.com](http://www.Corpfla.com).**





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# Estate Planning for Singles

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON



Kimberly Watson Sewell  
and Frank Watson

If you are single, you are in good company. Nearly half of all adult Americans are single. Being single can mean considerable personal and economic freedom. Nevertheless, just like your married counterparts, proper Life and Estate Planning is necessary to keep you in control.

## DISABILITY PLANNING

Every adult American is responsible for making his or her own personal, health care and financial decisions. In fact, you may take many basic decisions for granted. For example, you decide where to live, what medical care is appropriate and how to manage your finances. But what if an illness or injury leaves you unable to make even these basic decisions? Who will make such decisions for you? Who will have your best interests at heart?

Proper Life and Estate Planning is required in advance of your incapacity, if you want to appoint your own decision-maker. Otherwise, by default you may find yourself in the Probate Court in a legal process that typically employs three lawyers and makes your private, personal, health care and financial circumstances a matter of public record.

## CHOOSING GUARDIANS

Do you have minor children (i.e., under age 18 in most states)? If yes, you probably invest considerable time and treasure to provide them with a moral, safe, and secure home environment. What if you die while they are still minors? Who will rear them to adulthood? Who will provide the moral, safe, and secure home environment? Unless you want a Probate Judge to make the selection for you, proper Life and Estate Planning is required.

Who will manage the inheritance you leave for your minor children until they reach adulthood? Again, that decision will be made by a Probate Judge in the absence of proper Life and Estate Planning by you.

What if you have minor children, but are divorced or never married? Absent a showing of unfitness, the Probate Court will appoint the surviving biological parent not only to rear the children to adulthood, but also to manage their inheritance. Additionally, if the surviving biological parent then survives your children, they ultimately may receive your child/children's inheritance, which might not be what you would prefer to take place.

## DISTRIBUTING MEMENTOES

Is family harmony important to you? Whether it is grandma's yellow pie pan, antique furniture, or that Civil War sword, such items should be identified in your Life and Estate Plan along with the designated recipient of your own selection. Otherwise, your valuables could end up in the hands of the wrong loved one or sold to a perfect stranger in your Estate Sale. Either way, relationships between and among your loved ones could be bruised or battered unnecessarily.

## ESTATE AND GIFT TAXES

Benjamin Franklin noted that there are only two certainties in life: Death and Taxes. While there is little we can do to avoid the former, proper estate tax planning can minimize the latter. One of the best kept secrets for reducing Federal Estate Taxes is giving while you are living. Such giving leverages the Annual Gift Exclusion (AGE) that is available to every taxpayer.

Under the AGE, each taxpayer may give \$14,000.00 each year to as many people as they wish. This wealth transfer does not trigger gift taxes to the donor or to the donee. Additionally, any future increase in the value of the gifted asset is not included in the donor's estate for determining Federal Estate Taxes later on. For this reason, gifts of appreciated assets (e.g., stock that is rapidly going up in value) are popular. [Note: legal counsel should be sought before making AGE gifts.]

Are your likely beneficiaries young, inexperienced, or perhaps irresponsible? If so, various Trusts can be created to protect your AGE gifts from their potential divorces, lawsuits, bankruptcies, or good, old-fashioned squandering. Through carefully drafted Trusts you can control how and when the gifted assets are made available to your beneficiaries. As legendary jurist Oliver Wendell Holmes put it: Put not your trust in money, but put your money in trust.

## ASK YOURSELF...

### *These Questions Regarding "Estate Planning for Singles."*

1. Were I incapacitated due to an injury or illness, would I or my assets be subject to the Probate Court?
2. Were I to die leaving minor children, have I legally appointed at least one Guardian (i.e., Back-Up Parent) for them and someone I trust to administer their inheritance?
3. Were I to die, have I legally designated who will receive various valuable (or sentimental) items of tangible personal property from my estate, to avoid conflicts among loved ones?
4. Were I to die, have I made arrangements to protect the inheritance for my children from their potential divorces, lawsuits, bankruptcies or squandering?



*Frank Watson has been conducting real estate closings along 30A since 1997. For more information, please contact: Watson Sewell, PL (850) 231-3465 - [www.watsonsewell.com](http://www.watsonsewell.com)*



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Featured 30A Local Golf Columnist



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# HOPE Panhandle – Coming Together

BY MARY WELCH

It's coming up on a year since Hurricane Michael devastated the Florida Panhandle and it still looks like a war zone. Federal help is mired in politics and hundreds have not been able to return to their homes – if they ever will. But the sense of community is as strong as ever as individuals, schools, businesses, civic organizations, churches, and tourists – all of whom love the Panhandle, and in particular, hard-hit Bay County— work together on recovery efforts.

Slowly but surely the community's efforts are paying off. Hundreds of families were left homeless and scores are still living out of cars, in tents, or with relatives. Despite this, HOPE Panhandle has pledged to rebuild in the area until the job is done — starting with a goal of 40 homes completed and inhabited by the end of 2019.

The effort got a big boost recently when Kyle Jacobs, nationally known songwriter and frequent visitor to the area, offered to do a concert with country music star Lee Brice. More than 1,500 people crowded on St. Augustine Green in Rosemary Beach and more than \$45,000 was raised. Brice, whose hits include *I Drive Your Truck* and *Love Like Crazy* raffled off a signed guitar that went for \$12,000. The money raised will be used for home repair materials.

So far, two homes have been completed and six more will be finished by summer's end. Bobby, who lived in the house with his sister in the home his grandfather built, is safely home again. Miss Gail and her family are the second persons to return home.

"Everyone was so happy. When she moved in, we celebrated with a welcome home party and had a big cake," say Mara Harrison, executive director of HOPE Panhandle. Miss Gail's problems haven't ended with her home. She worked at a local hospital that is no longer open and there is no job available. "She's 60 years old and was afraid she'd have to leave. She grew up here. Sometimes if your whole life from the time you were a child was lived in the same place and something like this happens, well, it's more than some people can take."

Richard Green is a 70-year-old Vietnam veteran and third generation Bay County resident who was living in his truck. He will move into his newly re-constructed home soon.

"It's a lot of work. It's almost rebuilding a house. We've had to take most of these homes down to the studs because of water damage and mold. Roofs have to be repaired, floors stripped. It takes a lot of man hours," says Jessica Standley, president of the Rosemary Beach Cottage Rental Company, who along with Jan and her husband, Steve Stevens, Realtors at Rosemary Beach Realty, have been front and center in support of HOPE Panhandle's rebuilding efforts.

On average it takes 60 days to make a house livable and costs about \$32,000. Most of the labor, except plumbing, roofing, electrical and HVAC, is done by volunteers.

"We used lots of volunteers for labor to rebuild and refurnish the homes," says Standley. "We have lots of donated items, and local interior designers have helped lay out the furniture and give it a professional touch. We've even had some help from the government: people who were issuing the building permits, for example, came out in support of the new houses. It's incredible there's so much community support."

As the community rallies around its neighbors with unselfish compassion, there is some friendly competition as to who is doing the most. Rosemary Beach Cottage Rentals and Holdings Company challenged its employees and other businesses to see who could accumulate the largest number of volunteers and volunteer hours. The battle was a tight one between Standley's company and South Walton High School, which at the last minute, pulled out a win. "It was all for the best, and in the end South Walton also got a new scoreboard, which they needed. We'll give them the win – this time," Standley says with a laugh.

HOPE Panhandle is making progress. With a handful moving into homes this summer, the non-profit doesn't want to overpromise or give false hope. If the federal funding comes through, they will be able to triple their output – but so far, that's not happening.

In the meantime, the community remains strong and committed to their neighbors and rebuilding. "The federal help doesn't take the place of people caring and we have relied on neighbors to support us for physical rebuilds or funding efforts," says Harrison. "It is evident that a lot of people love this area and want to help those that were hurt so much."

**For more information please visit: [www.hopepanhandle.org](http://www.hopepanhandle.org).**



Singer/Songwriters Ben Glover and Lee Brice auction off an autographed Lee Brice Gibson Acoustic/Electric guitar



Band Together Concert at St. Augustine Green in the Rosemary Beach community



Ms. Gayle's Welcome Home party

Top and middle photos courtesy of Sandy Harris Dilbeck with Amazing Grace Photography.





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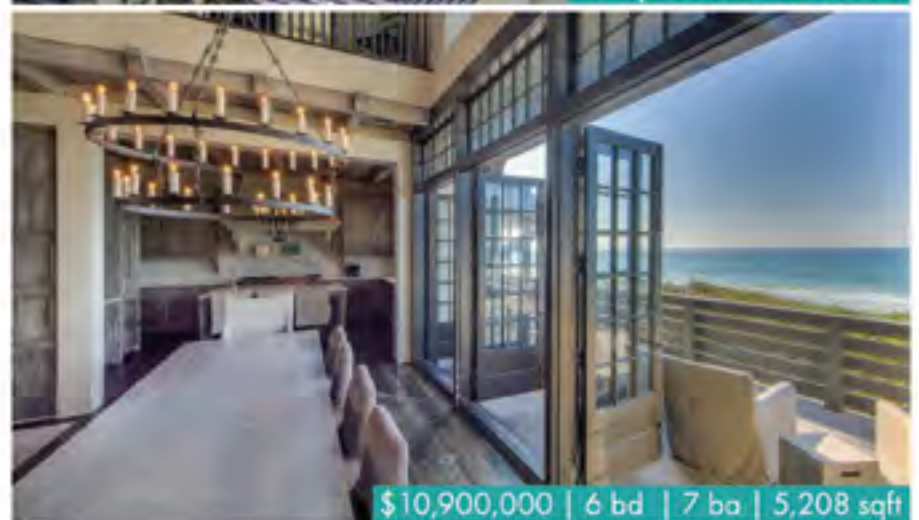
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# The Red Bar's Employees Supported by the 30-A Community

BY JULIE HERRON CARSON

There was a remarkable outpouring of love along Scenic Highway 30A this past Valentine's Day for the owners and employees of Grayton Beach's Picolo Restaurant and Red Bar as word spread that the structure had burned to the ground one day earlier. The 30-A community immediately rallied behind Red Bar co-owners Oliver and Philippe Petit and their nearly 100 employees who suddenly found themselves unemployed.

"Our community is known for taking care of each other, and those of us in the restaurant business are an especially tight-knit group," said Nikki Nickerson, owner of Cowgirl Kitchen, CK's Feed & Supply, and Blue Mabel. "When we feel loss, we extend our arms and try to raise each other up. We come together whether the need is for an individual, hurricane relief, or as it is now, to help the Red Bar employees."

With its brightly painted entrance, great food, live music, memorabilia-filled interior, and funky vibe, the Red Bar was the heart of Grayton Beach for decades. Even as the ruins smoldered, Oli Petit expressed gratitude that no one had been injured in the fire and promised they would rebuild in the same spot. His immediate concern was for his employees, many of whom had worked at the Red Bar since it opened, and some of whom had worked nowhere else.

"The community rallied around us immediately. It was stunning, and also humbling, to receive so much concern and support," says Petit. "Friends and neighbors helped us sift through the wreckage and salvage what we could. Businesses held fundraising events for the employees, and Grayton Beach residents created a GoFundMe page ([www.GoFundMe.com/official-redbar-go-fund-me](http://www.GoFundMe.com/official-redbar-go-fund-me)) to help the staff. I am so grateful to everyone, and especially to the local fire department. Thanks to them, no one was injured, and none of the surrounding buildings burned. This fire could have been so much worse."

Just days after the popular restaurant and bar were destroyed, Grayton Beer Company Taproom hosted a fundraiser for the Red Bar's employees, as did Grafitti and The Funky Blues Shack. Nearby establishments hosted musicians who had booked gigs at the Red Bar, but now had nowhere to play. The team at The 30A Company designed and sold limited edition recycled t-shirts with 100 percent of the profits designated for Red Bar employees.

"Our community was devastated by the loss of this important, historic building and all the memories it held," says Mike Ragsdale, 30A Company founder. "We quickly created a 'ReBuild' design that mimicked the iconic Red Bar logo, and we raised about \$18,000 for Red Bar employees with our first t-shirt run. Because



The community rallied around us immediately. It was stunning, and also humbling, to receive so much concern and support.

people still want them, we are now supplying the t-shirts to the Red Bar to sell as an ongoing fundraiser. The Red Bar will be rebuilt, and in many ways I'm sure it will be even better than the old one. However, it will obviously take some time, so we want to help the employees until the Red Bar is ready to open its doors again."

"Since the morning after the fire, the community has really supported us financially and emotionally, and raised so much money we have been able to give every employee a month's pay," says Petit. "We were fortunate it was the beginning of the busy season, when restaurants staff up. We moved about 20 Red Bar employees to our other restaurant, Louis Louis, and the local restaurant and business community made sure the rest of our employees had work. I am relieved to say that all of our staff is in a 'safe place' now."

The Red Bar was housed in the 100-year-old general store at 70 Hotz Ave. in Grayton Beach. The décor was

as memorable as the menu. Patrons delighted in the mismatched furniture, Broadway posters plastered on the ceiling, musical instruments mounted on the walls, funky art and objects, and whatever else suited the owners' fancy. Somehow it all came together into a lively place that was part beach shack, part family restaurant, and part nightclub.

Petit promises he will rebuild the new Red Bar just like the old one, although there will be improvements in the kitchen and food preparation areas, and bathrooms. Those who loved the unique memorabilia need not fear. Petit says he and his father are avid collectors and have plenty of items available to redecorate the new structure.

"The local government has been extremely helpful as we launch our rebuilding process," says Petit. "I estimate it will take about six months from groundbreaking to re-opening. Then we'll have a big celebration!"





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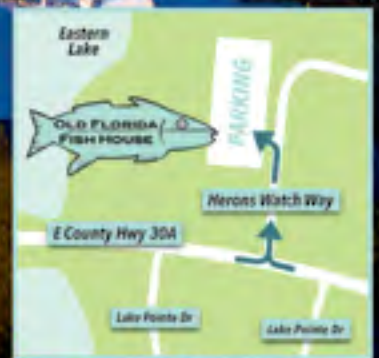
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# Think Your Best to Play Your Best

BY TOM FITZPATRICK

Synchronized, decisive thinking helps to free you up to focus on the right things at the right time.

What should we do when we are not playing and thinking our best? Start by getting your mind into the best space possible so that the body performs. The Pre-Shot Routine puts you into a clear place so that your body works properly under pressure. It creates trust so that you can freely step into the ball with a clear and certain plan.

When we are on the course, there is a time to think and a time to act. One great shot can create upward momentum in your round, or a bad shot can create a downward spiral. There are three physical spaces around your ball: *(see photo)*

- Behind the ball: Thinking area
- The Trust line
- Over the ball: Acting area

Behind the line is your time to be in complete mental control. Get into a green light mode behind the line so you can be in green light mode over the ball. Recall a learned motor skill to rehearse behind the line. Once you know the shot you want to hit in a broad mode, rehearse it behind the line with a specific and narrow focus. Factor in the wind, lie, and your target. Make a specific real time practice swing with purpose and intent.

Now go seamlessly forward from thinking – to crossing the trust line – and into the hitting area. You move from the thinking stage to the acting moment. You are committed to the target, to the shot you want to hit. It's total target awareness over the line. Step in and swing without wavering. Accept the results. Don't become frustrated if the result doesn't match up.

In that one second before the swing starts, I want a green light of commitment, trust, and freedom. This helps you believe that the ball will go to the target.

Pros today examine the role stress and anxiety plays in golf performance. Synchronized, decisive thinking helps to free you up to focus on the right things at the right time. During a tournament round you want to be



mentally and physically aware so that you can understand what you are doing wrong and then self-correct those tendencies. Your best golf is when you are thinking well. We tighten when we don't know what to do. When a player knows what they are doing it gives them the chance to self-correct and adapt during the round.

Have a plan, rehearse the plan, and commit to the plan. Be simple. It's about you, ball, and target.

Ask yourself: Am I climbing and getting better every day? Become dependent upon your own ability to learn. Learn one new thing every day. Focus on one shot at a time and not what did I score.

You may not be comfortable receiving new instruction. That is ok. When learning a new motor skill it will feel awkward. A robotic, non-smooth movement is not uncommon. Take yourself from I don't know what to do, to I have a good idea, to I know what to do.

Create measurable goals for success not failure. Goals are the stepping stones that lead to dream goals. An attitudinal goal might be to accept the shot's result, or "I will give a great effort today". A beginner's practice

goal might be to simply make center clubface contact. Practice goals might be to make 5 putts in a row from 5 feet, or hit 3 sand shots to within 6 feet.

Practice your pre-shot routine by playing the first hole on the range. This helps to transfer training to the course so that you play without technical thoughts. Finally, track your fairways hit, greens in regulation, par saves, and total putts. These tell you where you need to improve!

Be mentally and physically flexible - get instinctive. Golf is best kept simple and specific!

**Tom Fitzpatrick is a Leadbetter certified instructor. He is an active realtor with Scenic Sotheby's Intl Realty. Reach him at (850) 225-4674 or visit [tom.scenicgir.com](http://tom.scenicgir.com)**



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159 Redbud Lane, MLS 817973  
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Kevin Lirette (left) and Chris Fox (right)

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25 N Belize Lane | \$2,748,000 | 6 BR | 5.5 BA



10 Scout Lane | \$1,994,000 | 6 BR | 6.5 BA



25 Johnstown Lane | 5 BR | 5.5 BA



102 Tuckers Lane | \$1,895,000 | 3 BR | 3.5 BA  
plus bunk room



29 Pleasant Street | \$1,199,000 | 5 BR | 5.5 BA



N. Winston Lane | 3 properties #98, #105 and #114  
4 BR | 4.5 BA with a 4bd-Bunk Room | \$1,499,000 ea.



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50 Ashley Lane | \$688,000 | 4 BR | 3.5 BA  
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27-C St. Augustine Street | \$739,000 | 2 BR | 2 BA



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