

the thirty-a REVIEW™

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

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& More...

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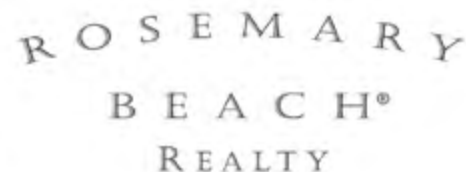
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letter from the publisher

FALL ON 30-A



It's fall at the beach on 30-A. The waves are mellow. The sun is bright. And there's a cool breeze making its way toward land. The crowds are gone and it's the perfect time to get your Zen on.

This issue is dedicated to excitement. Excitement for the next day. The next season. The next chapter. We hope you enjoy reading it as much as we've enjoyed putting it together.

On our cover we have a young man giving his all at last year's 30-A 10k. We invite and encourage you to join the race this year. It will be a blast and will help you justify that extra helping of turkey and yams.

Until next issue, keep living your best life. And don't let the turkeys get you down.

Yours truly,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



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about the cover

Photograph by Shelly Swanger Photography,
www.shellyswanger.com

The 30-A 10K will be held on Thanksgiving Day, Nov. 28, 2019. The race is held in Rosemary Beach. The start time for the 10K is 7:30am, the 1 mile fun run is at 7:35am and the 5K is at 9:30am. More information and registration can be found at <http://30a10k.com>.



Go to www.ThirtyAReview.com to view the entire publication online.

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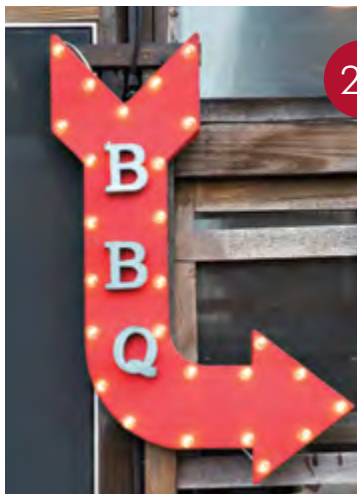
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Theatre and Events in September and October

ROSEMARY BEACH

The 30A 10K Thanksgiving Day Races

Thursday, Nov. 28 – Thanksgiving Day
10K, 5K, and 1 mile fun run
Race starts and finishes in downtown Rosemary Beach. Race starts at 7:30am. Highway 30A will be closed to traffic from 7-10am. Packet pick up will be at the Hub on 30A on Wednesday, Nov. 27 from noon-7pm.

Registration and more information:
www.30a10k.com

Rosemary Beach Sculpture Exhibition

Present - February 14, 2020
The Rosemary Beach Sculpture Exhibition (RBSE), a biennial juried art show of 16 contemporary outdoor sculptures created by artists from across the country is on display throughout the Town of Rosemary Beach through February 14, 2020. Pick up a free Catalogue of the Exhibition at the Post Office, or other locations in town, and follow the Sculpture Trail Map at your own pace. Download the free 'Otocast' app to your smartphone and hear the artists talk about the sculptures as you view them. For details, photos, and to watch a short video, visit rosemarybeachsculpture.com.

SEASIDE

Seaside Farmers Market

AMPHITHEATER
Saturdays, 9am - 1pm

Central Square Cinema – Classics on the Big Screen

AMPHITHEATER
Fridays, 8pm
September 6 – The Truman Show
September 13 – Wonder
September 20 – The Mighty Ducks
September 27 – The Muppets Movie (1979)

Central Square Cinema – Halloween Movie Night, 7pm

AMPHITHEATER
Friday, October 25 – Hocus Pocus

10th Annual Halloweener Derby

AMPHITHEATER
Saturday, October 26, 10am - 2pm

Trick or Treat Seaside

AMPHITHEATER
Halloween, Thursday, October 31, 4 - 6pm

WATERCOLOR INN

Labor Day Weekend Oyster Bake

THE GATHERING SPOT
Sunday, September 1, 11am - 1pm
In collaboration with 30A Oyster, guests will learn to prepare, shuck, season and grill oysters in an adults-only atmosphere, right on the Adult Pool deck at WaterColor Inn. Open to the public; \$35 per person.* Alcoholic beverages will be available for purchase. Limited availability; reservations are preferred by calling 850-534-5050.
**Service charge and sales tax not included.*

Around the World with FOOW: Indian

FOOW
Thursday, September 19, 6:30 - 9pm
September's monthly themed dinner takes us on a journey to bustling, exotic India. Dine on authentic Indian food, using recipes from the kitchen of our very own Executive Sous Chef Preetam Pardeshi's mother. Experience Indian comfort food unlike any you have had before. Open to the public; \$75 per person*; tasting option includes 4-5 course meal and one alcoholic beverage.* Call 850-534-5050 for more information.
**Service charge and sales tax not included.*

Mixology Series: Rum Around the World

FOOW
Saturday, October 12, 3:30 - 5pm
Play like a pirate and bring your booty to FOOW to sail away with us! Sample rum from around the world and learn to make rum-based cocktails from our very own FOOW bartender. Light bar snacks provided. Open to the public; \$30 per person* includes tastings, cocktails and bar snacks. Reservations are required by calling 850-534-5050.
**Service charge and sales tax not included.*

DCWAF Harvest Wine Festival

WATERCOLOR INN & RESORT
Thursday, October 24 – Saturday, October 26
WaterColor Inn & Resort is proud to be the official lodging provider for the 3rd Annual Harvest Wine & Food Festival hosted by the Destin Charity Wine Auction Foundation! The resort is offering a special overnight package* that includes: beachfront accommodations at Watercolor Inn, two (2) tickets to HWF grand tasting on Saturday (10/26), access to Camp Watercolor, access to Watercolor Inn's adult only pool, use of bike, kayak and canoe rentals, and access to private St. Joe hospitality amenities, including championship golf courses. Book online, or by calling 850-534-5000.
**Valid on newly booked reservations made for stays Oct. 24-28, 2019; two-night minimum stay required; rates are based on availability and do not include resort fees; event tickets will be provided upon check-in; other restrictions and blackout dates may apply. Visit watercolorresort.com for more information.*

Cook the Book: "Green Eggs & Ham" (In Partnership with Sundog Books)

THE GATHERING SPOT
Saturday, October 26, 11am
Gather the kids for a literary eating event. Kids will get to play with



"Empress" by Nathan Pierce

Photo courtesy of Brandon Babineaux Photography

their food – inspired by the theme of the book – as they listen to it live. Cost is \$15 per person* (regardless of age) and includes meal, non-alcoholic beverage and recipe card. The book will be available for purchase, thanks to Sundog Books. Reservations are preferred by calling 850-534-5050.
**Service charge and sales tax not included.*

FOOW Dinner Series: Monster Mash & Costume Party

FOOW
Thursday, October 31, 6:30pm
This spooky dinner will feature deliciously ghoulish-inspired food,

such as bone marrow and other mouthwatering delights. An adults-only costume party will provide guests with the chance to play pretend as they spook about sipping Halloween-inspired cocktails and munching on frightening fare. Cost is \$75 per person* and includes fun fare and a bone-chilling cocktail. Reservations are preferred by calling 850-534-5050.
**Service charge and sales tax not included.*

Do You Want to Behave or Misbehave? George's Menu Offers Both

BY MARY WELCH

Do you want to “behave” or “misbehave”? Or do you want to be a little bit of both? At George's at Alys Beach, you can choose.

George's is an upscale, casual restaurant that brings regional coastal flair to Alys Beach. What makes their menu truly unique is that it is divided: Behave and Misbehave. The Behave section features organic, spa-inspired dishes such as jerk crusted Gulf snapper, seared sea scallops and angel hair with kale arugula pesto, while the Misbehave side offers stuffed sea bass, certified angus ribeye and pistachio crusted rack of lamb if decadent is your preference.

“George's is a quaint place where you walk in and feel cozy, like you're coming into someone's home,” says Christy Spell Terry, managing partner of the Spell Restaurant Group. “Our menu is centered around the flavors and ingredients available on the Gulf Coast; everything is fresh, organic, and locally sourced.”

The chef is Camille Withall, who was born and reared in the Philippines and joined George's in 2014 as a sous chef and advanced to Executive Chef in 2015.

Some of the most popular menu items are the lobster quesadilla, grouper sandwich, spicy salt & pepper shrimp, the catch of the day, and the sesame crab & avocado salad. There is seating for about 100 with two side porches and a two-story upper deck, which offers a great view of the Gulf perfect while waiting for a table.

Twice a year the menu is altered a bit with the fall/winter menu being a little heavier in substance. As many ingredients as possible are from local merchants like WaterStreet Seafood, Buddy Gandy's Seafood, Southern Craft Creamery, and City Produce. “We try to get the most out of what's fresh, seasonal, and of high quality. We are very lucky that we have a great abundance of seafood locally and fresh produce that we get weekly not only here but from Louisiana and Alabama as well,” she says.

George's is one of the Spell Group's seven restaurants: six of which are along the Panhandle, the other in Memphis, TN. Locally, the restaurants are: George's at Alys Beach; La Cocina in Seacrest; Saltwater Grill in Panama City Beach; La Crema Tapas & Chocolate, and Edward's Fine Food & Wine, both in Rosemary Beach, and Grits & Grind in Seacrest Beach.

The Spell Restaurant Group was formed when Christy, an accountant, and her father, Rick, a director at Raymond James in Memphis, bought a sports bar, Brookhaven Pub and Grill, as a side business. The two corporate types found they enjoyed the restaurant business

We don't just take orders or cook food, we want our guests to have a whole experience.



Rabbit Rillettes

and in 2015 they were approached to purchase George's and La Cocina. She eventually realized she couldn't keep her corporate job and handle the restaurants.

“I was really drawn to the restaurant side, so I quit my day job,” she says. “I liked the challenges and dealing with people. It wasn't boring and there was something new every day.” For about a year she traveled between Memphis and the Gulf Coast; (acquiring two more restaurants in the process); until she and her boyfriend

Drew Terry went to 30-A for the summer and decided not to leave. “From a business standpoint, it made sense. But, honestly, we really love it here and we looked at each other and asked why we would want to leave. The answer was, we didn't want to.”

By 2017 the group had six Florida restaurants and one in Memphis. Christy married Terry, who now works for the company handling facility management and the administrative side.

Her husband is the only one with restaurant experience, but Christy says they run the restaurants like a business and everyone does their job. “We're always looking to enhance things to make them better. We're putting money into the business and give our team the best tools they need to do their jobs. Our staff knows there are a lot of eating choices, so we make sure everyone feels like a member of the family. We take care of our guests above and beyond.”

Walk into George's — or any of their restaurants — and the experience will be the same, she says. “We don't just take orders or cook food, we want our guests to have a whole experience. An experience of having the freshest, best ingredients that are locally sourced. We want them to feel the love and attention and always remember George's. We want them to come back and back.”



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Pescado: Against the Current

BY LIESEL SCHMIDT



Cheese Board

Unparalleled views of the Gulf; elegantly executed plates of freshly-caught seafood and premium steaks; handcrafted cocktails that show skill and panache; and an atmosphere that is both casual and refined, the soothing sounds of waves crashing over the shore, the soft strains of music playing in the background; makes this getaway seem even more of an escape from the world below.

Looking around the space, you'll notice the clientele is all over the age of 18, which ensures the ambiance Pescado wishes to create and maintain: uninterrupted elegance that allows each diner to focus on the food, the views, and the company. "We really wanted it to be adults-only, so that our guests would have the opportunity to have time to themselves and be in an environment that's both casual and upscale at the same time," says Joseph Freer, one of the four partners of Last Call Restaurant Group, the team behind such area restaurants as Southside Slice; Shades Bar and Grill; Shaka Sushi and Noodle Bar.

Building on the childhood experiences of Executive Chef Ken Duenas, a 20-plus-year veteran of the



Chef's Ceviche



Chef Ken Duenas

kitchen and former Executive Chef at Cafe Thirty-A, as well as one of Freer's partners, Pescado offers a menu of sharable plates and seafood-centric items that are eclectic and sophisticated, taking a completely different approach to their food than anyone else in the area. Appropriate to a restaurant whose name means "fish" in Spanish, there are inspirations of Latin cuisine, though Chef Ken also offers a great deal of reference in his dishes to his time growing up in Guam, as well as plates reflective of Asian, Italian, and French fare.

It's a recipe that has served them well; and since opening in spring 2018, the men of Last Call Restaurant Group—Freer, along with Greg Wakeham, Steven Sapp, and, of course, Chef Ken—have seen a steady stream of success, creating a following of clients who have great appreciation for that minimum age requirement as well as for the food.

It seems natural, as Pescado strays from the unexpected to explore dishes that are not only unique, but bold in flavor. Featuring a raw bar that offers not the

slightest whiff of the standard offering of oysters, the menu starts with dishes such as Pepper-Seared Tuna & Blue Crab served with guajillo aioli and avocado mash; Seafood Salad filled with fresh tuna, shrimp, and lobster in a sesame soy sauce; and Steak Tartare livened up with shallots and caperberries, topped off with a quail egg and a finish of jalapeno aioli and truffle oil.

Clearly this is not the run-of-the-mill seaside seafood restaurant, but one that views each ingredient and each plate as medium and art. This is most apparent in bestsellers like the Paella Valenciana: a beautiful Spanish-inspired dish of mussels, clams, shrimp, chicken thighs, and Spanish sausage all brought together

in harmony in a flavorfully scented sauce with Calaspara rice. It's a sharable worthy of being selfish with, though with so many other options on the menu to sample, you'll want to save room for another of their signatures. Jetting off to provinces of China, the Cantonese Whole Lobster pairs the sweet succulence of lobster with Yakisoba noodles stir-fried in a piquant garlic-onion sauce, a clear departure from the ever-present plates of lobster linguini that so often claim a place on menus. For those craving meat, the Tomahawk Ribeye is a guest favorite, offering 48 ounces of choice, premium quality steak crusted in rosemary, garlic, and thyme serves with a veal demi-glace. Ideal for sampling a little of this and a little of that, Pescado also offers small plates such as Spiced Lollipop Lamb Chops, Pan-Roasted Pork Belly, Wagyu Sirloin, and Korean BBQ Short Ribs.

Theirs is a restaurant that certainly achieves the vision of what Freer says they had in mind played it safe, it's their determination to swim against the current that has put them at the top.

Pescado Seafood Grill & Rooftop Bar is located at 74 Town Hall Road, Suite 4B, Rosemary Beach, Florida 32413. The restaurant is open Monday- Saturday 4:00 p.m. - 10:30 p.m.; Sundays, 10:00 a.m.- 2:00 p.m., 5:00 p.m.- 10:30 p.m. Bar hours are 4:00 p.m. - 11:00 p.m. (Monday- Saturday); 10:00 a.m. - 11:00 p.m. (Sundays). For more information, call (850) 213-4600 or visit www.rooftop30a.com.

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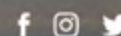
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Satisfy Every Palate and Craving at The HUB

BY TRACEY M. HAWKINS



The HUB is the greatest backyard party of all time. Designed by DAG Architects and Lew Oliver, and unveiled on May 1, 2014, The HUB is a truly unique, festival-style entertainment destination and gathering-place; offering a delicious variety of restaurants, shopping opportunities, and events like outdoor concerts and movies on the lawn and in the central Pavilion. Situated on three acres of beautiful property along the 30-A bike path and located in front of WaterSound Beach and Prominence, The HUB is easily accessible by foot, bike, or golf cart. Here, parents can enjoy adult time with great food, cocktails, conversation, and live music, while children can have fun and freely explore the property and kids' activities.

At The HUB, you'll find food at the center of the daily festival celebrating friends and family, and the array of options will entice and please every palate:

Mile Marker Fifteen offers delicious burgers and sandwiches, dogs, and fresh salads.

Super Freeze will satisfy every craving for sweet, frozen treats with their hard- and soft-serve ice cream and shakes.

Local Smoke is the resident BBQ joint where you will find slow-smoked turkey, sausage, pork, and brisket delights accompanied by classic mac 'n cheese, potato salad, slaw, baked beans, and southern cucumber salad sides.

At **Buddy's Seafood Market**, the 30-A's seafood lovers will find fresh-caught grouper, shrimp, crab cakes, and gumbo.

Macho Taco brings the 30-A a unique, Mexican-inspired, soul food menu with crave-worthy options

like crispy mole wings, pork-belly taquitos, cauliflower taquitos, and frito pie.

CRUST Pizza Oven brings crispy-crust, traditional wood-fired pizzas to the party.

CRUST Po'Boy Shop serves fresh-baked pastries, breakfast sandwiches, and Amavida coffee in the morning, and New Orleans-style po'boys for lunch and dinner.

Dion's Bar and the **MM15 Bar** provide all of the signature cocktails, domestic and craft beers, and wines by the glass or bottle for your nightly entertainment.

Pineapple at The HUB will quench your thirst with fresh pineapple drinks and fruit smoothies.

No day in 30-A would be complete without one, or a few, of **Jack & Diane's New Orleans Style Snowballs**: traditional New Orleans icy treats of finely-shaved ice and cane sugar available in a dazzling assortment of fruity, sweet, and tart flavors.

All of the food and beverage vendors at The HUB are locally-owned and operated businesses and are an integral part of The HUB family and the 30-A culture.

For your entertainment throughout the fall, The HUB will present live music by local artists every Thursday, a DJ Dance Party every Friday, and college and NFL football on the Jumbotron and Pavilion TVs throughout the week. Thursday, September 5 will launch the fall season of live music and "Locals Night" where local patrons can sign up and receive a discount card. The card will secure 20% off, until March 1, 2020 at HUB bars and HUB-operated restaurants every Thursday, one free draft beer, and double-stack burgers with fries for only \$8!

The HUB can also provide space for and cater your own next event or party. A beautiful, screened-in porch adjacent to the main stage is the perfect spot to book private parties throughout the

fall and winter; it even has its own bar and gas fireplace. The porch seats up to 50 comfortably and is ideal for casual gatherings, birthdays, anniversaries, and bridal and baby showers.

The Pavilion, on the other hand, is ideal for larger gatherings. It is screened and heated for cooler weather during the fall and winter.

The HUB can also cater and host your tailgate football game parties.

Although The HUB is closed for regular business on Thanksgiving Day, each year they offer Thanksgiving Dinner pick-up services with convenient pick-up the day before Thanksgiving and Thanksgiving morning after 10am. The Thanksgiving menu features in-house smoked turkey, traditional sides, pies, and more.

During the January and February winter months, The HUB offers fully private parties or buyouts for large rehearsal dinners, annual business employee parties, and the likes. Guests may hire their own bands (The HUB will provide recommendations), and slideshows can be projected on the Jumbotron.

The HUB is also a noted venue for the 30A's Songwriters Festival each year in the winter.

The HUB is located at 24 Hub Lane, WaterSound Beach, Florida, 32461. For more information regarding hours, catering, and special events, call (850) 866-2016, or find The HUB 30A online at www.hub30a.com.

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2 Birds Adds to its Nest

BY MARY WELCH

When Taylor and Jenifer Rohrberger opened 2 Birds Coffee + Cafe in Miramar Beach three years ago, they decided any future restaurant openings would be based on “when it felt right. We didn’t know if that meant three months or three years,” says Taylor. “We were open to doing more as long as it fit into our overall brand and mission. It just had to be the right time and the right location.”

Luckily for residents in the 30-A area, the time and location were right, and 2 Birds Coffee + Cafe opened at WaterSound Origins in Inlet Beach.

Taylor says, “We always had the intention of opening a place further east and closer to 30-A but we really wanted to ensure that the place served full-time residents who would enjoy the restaurant, come often and just make it a part of their life. We had conversations with St. Joe and they had the perfect spot.”

The WaterSound Origins location features some lighter, poolside fare, including the honey-sriracha chicken tacos and the grilled shrimp tacos with tzatziki and pickled veggies. “Who doesn’t want tacos while laying around the beach or pool?” he asks. “And if you are into cool, craft beer and natural wine, we have you covered with some great all-day sippers.”

2 Birds is also serious about coffee and espresso drinks quality. “We serve espresso drinks the way they were intended,” he says, “and we are lucky to partner with French Truck Coffee out of New Orleans to get the freshest beans around.”

No matter what you order you’ll notice the small finishing details. “Our goal was to have a restaurant that was simple, yet elegant. In Washington, D.C. we were fortunate to frequent restaurants that served the most delicious dishes we’ve ever tasted. Not because they were whipped up with foams or topped with caviar, but because each dish was sprinkled with delicate, flaky sea salt or finished off with a few drops of really good olive oil or topped with the perfect amount of fresh herbs.”

2 Birds strives to serve tasty dishes in a fun and inviting atmosphere. Flavors are mixed and matched in unexpected ways. Everything from the syrups for coffee drinks to the baked goods are made from scratch.

The team also enjoys putting on monthly dinners that Taylor says are a “bit funky, a bit fancy.” The five-course meal is served at three large communal tables where the cafe presents internationally inspired dishes served with wine, beer, vermouth, and mead. “It’s a great



Cured Salmon Fancy Toast



Chorizo Fancy Toast



Taylor Rohrberger



Chocolate Chip Cookies and Coconut Lemon Cookies

The team also enjoys putting on monthly dinners [...] where the cafe presents internationally inspired dishes served with wine, beer, vermouth, and mead.

evening mood and a lot of fun.” It costs \$80 for dinner; \$45 for drink pairings.

With two locations, Taylor is still able to oversee both kitchens, but says he is lucky to have the assistance of Chef Shane Rexroad, who is a long-time resident and worked for a large number of St. Joe properties. “He is the epitome of a true partner...we are lucky to have him.”

When they aren’t at the cafes, Taylor and Jenifer, who grew up five houses down from each other in Lafayette, Louisiana, enjoy playing with their girls Ellis (5) and Mae (19 months).

“We didn’t date until substantially later, but we ended up in Washington, D.C. I had a corporate job and she was a kindergarten teacher. She had family in this area and my family always vacationed around 30-A. We always thought about moving to the beach and then we just decided to do it,” he says. “Now, we’re just trying to find the time to enjoy it!”

And how did the name come about? Well, it’s so cute it would warm even the coldest of hearts. It seems Jenifer’s family called her J-bird; Taylor’s nickname when playing sports was T-bird. “When we discovered that, everyone started making fun of us, but we kind of liked it. So that’s how we got the name. Cheesy, I know.”

The couple is enjoying the overwhelming, positive response to their second cafe and are happy they are living their dream and sharing it with people.

“We want our place to feel like you are part of our extended family where you can come and be comfortable, cozy and eat great food and have amazing drinks,” he says. “If we don’t do that, we’re missing the mark.”

2 Birds Coffee: 573 Pathways Dr. Panama City Beach, FL 32413. (850) 919-1002

2 Birds Coffee: 80 Seascapes Dr., Unit 103, Miramar Beach, FL 32550. (850) 279-3375

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Lisa Malchow

BY TESS FARMER

Lisa Malchow combines her love for painting with the joy she has found in creating pet portraits for pet lovers all over the country.

Malchow, a Virginia native who received a Bachelor of Fine Arts degree from Virginia Commonwealth University in Richmond, moved to Los Angeles to work as a graphic designer in the advertising industry. She renewed her art career after 18 years of traveling the world working as a private flight attendant. Malchow recently moved to the Emerald Coast with her husband after living on the island of Grenada teaching art to local school children.

“To see their eyes light up and the happiness that came from art being introduced into their lives was the most wonderful feeling,” says Malchow. “It truly reminded me of my passion and love for being creative and eventually brought me back to my craft.”

Malchow’s first pet portrait was her own cat fashioned as the famous Johannes Vermeer’s Girl with a Pearl Earring. It was a humorous endeavor to portray her pet as the iconic “Girl”. However, her next project she took on as a personal challenge to get as close to the original painting as possible, with her kitty cat as the subject.

Malchow took her time and immersed herself in the endeavor, ensuring she matched all the colors and strokes as close to the original portrait as possible. Friends admired her talent and wanted their pets to become her next subjects which led to: Edward Hopper as a Cat, Luvie and Cleo as Frida Kahlo, and Bonk and Holden the dogs as Vincent van Gogh.

“These furry faces as cultural icons just made me chuckle and others started to share that same joy,” says Malchow. More friends and acquaintances began asking her to paint their pets, which led to changing the medium; and she began creating custom hand-painted pet pillows. This allowed her to decrease the turnaround time for the portraits and meet the new demand. The pillows are painted on fabric canvas using black fabric paint and is personalized with the pet’s name. They can be hand-washed and come in a variety of sizes. She has created 160 pillows in the last three years for people from all over the world.



Her portrait work is as infectious as her personality – and makes people smile from the heart.

The pillows often become a lasting memorial to a lost furry family member. Experiencing the owner seeing their pet’s portrait made a lasting impression on Malchow. “Sometimes they start smiling, then a tear will well up in their eye and I’ll think perhaps I have captured the spirit of that fuzzy creature who makes such a lasting impact on our lives.”

While living in Grenada, Malchow left her artistic mark on the island through her work with a non-profit her husband founded along with the company he worked for. Clear Harbor Cares, whose work still continues today, focuses on providing island children education opportunities. She was also commissioned to paint a poolside wall mural at the infamous Mount Cinnamon Hotel.

After returning to the U.S. last year, Malchow and her husband were searching for a place to call home and settled on Panama City Beach. “We really missed the beautiful water in Grenada and this area reminds us of that special place and the spirit of the people there,” she added.

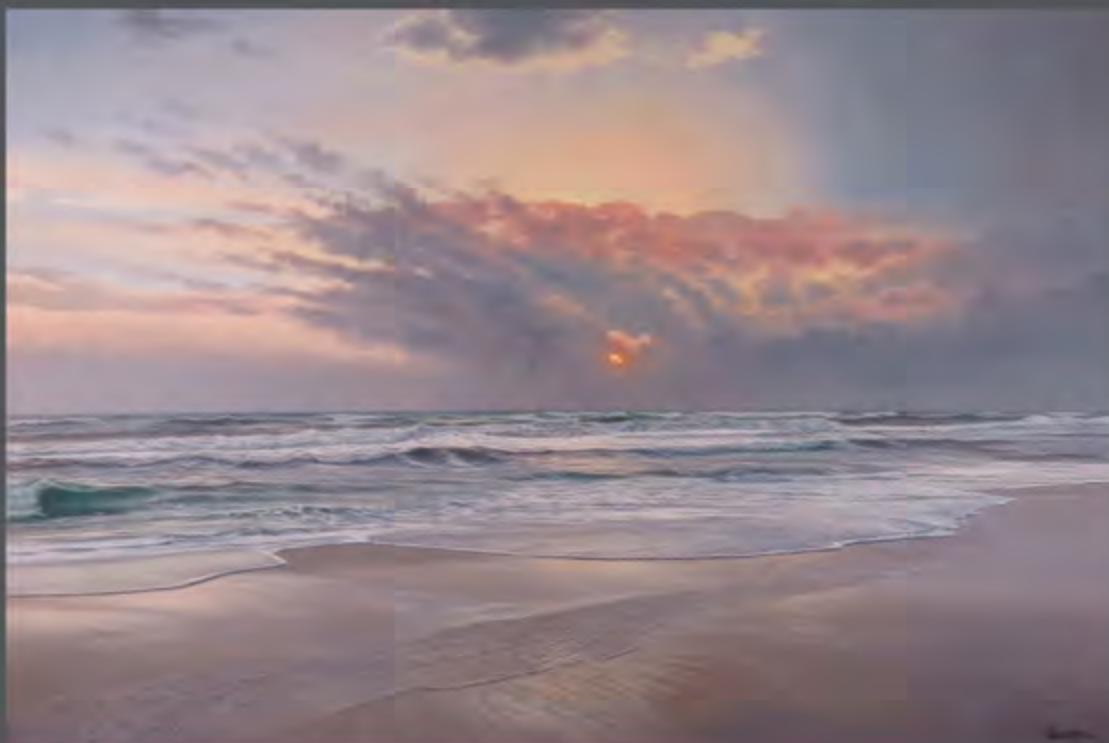
Malchow works at Curate30A art gallery in Rosemary Beach and teaches painting classes at My Paint Party, an art studio in Panama City Beach.

“From her immense creative talent to her willingness to give back through teaching, we are fortunate to have Lisa here in our local community,” says Gary Handler, owner of Curate30A. “Her portrait work is as infectious as her personality – and makes people smile from the heart. We all have special relationships with our pets and Lisa captures that in each of her portraits. Using masterpieces from the world of art as her inspiration and dogs and cats as her muses, she presents a unique opportunity for the art collector.”

Malchow’s work is also featured at local art events including Watercolor’s Art in the Park. More images of her portraits can be found at www.lisamalchowstudios.com, or through Facebook and Instagram @lisamalchowstudios. For more information about Curate30A go to www.curate30A.com.

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The Eternal Moment, Simon Kenevan

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The Colorful Classrooms of Montessori

BY ANNE HUNTER

Now in her sixteenth year of teaching Montessori Education, Catherine D. Beall, M.Ed. is the Head of School and the Lower Elementary Teacher for South Walton Montessori Academy. Beall co-founded the school in 2004 with a group of parents in Rosemary Beach who were seeking to start a Montessori School in their community. The non-profit school is designed to nurture the development of the whole child, utilizing the principles established by Maria Montessori, to encourage creative discovery and interaction with teachers, peers, and materials. Currently, the school has an enrollment of approximately 80 children from ages 18 months to 15 years. Beall shares her insights on the school and the Montessori method.

Why did you choose to become a Montessori teacher?

My degree is actually in IT and I worked for a consulting firm in Houston for two years right after college. During that time, I enjoyed my work, but wanted something more fulfilling. A friend of mine answered an ad in the paper for a Montessori assistant teaching position. She fell in love with the philosophy and encouraged me to observe at her school. I observed the very next week and fell in love! Over the course of the next two months I got engaged, left my position at the consulting firm, and moved to Florida to be with my soon-to-be husband. I continued to learn about Montessori and knew that would be my next career.

Share the history of how and why you started a Montessori school in Rosemary Beach.

My husband and I moved to Panama City for his job and I decided that I wanted to start a Montessori school. At the time, the only Montessori schools in the area were Fort Walton and Niceville. My family is from New Orleans, and when I was a child, we always vacationed near 30-A, so I drove out that way thinking what a beautiful place that would be for a Montessori school. Little did I know how much 30-A had grown and changed since my childhood vacations! The first 30-A stop on my drive was Rosemary Beach, so I pulled into the real estate office to ask for a map. The person at the desk asked if I was visiting. When I told her that I had recently moved to Panama City and was hoping to start a Montessori school in the area, she informed me that there was a group of parents in Rosemary Beach trying to do the same thing! She put me in touch with the group and the rest is history. Talk about serendipity.

How, why, and when did the school move to Point Washington?

When we were first established in Rosemary Beach in 2004, we were in temporary modular buildings while working on the fundraising to build our permanent structure. As we went through the process and realized the challenges and costs of building in Rosemary, we began to explore other options. One of our families knew of a beautiful house for sale right at the gates of Eden Gardens State Park that could be a great fit for our school. When I toured the house, I knew it was perfect. We opened our doors in Point Washington in 2008.

What is your personal daily inspiration for working with young people?

I love my kiddos! It is so inspiring to see how our students grow, not just academically, but as socially-adept, globally-aware little humans. It's a job that requires an intense amount of both energy and patience, but it's so worth it to have a front row seat to see our students develop and progress into the people they're going to be for the rest of their lives.

Please share your perspective on what is unique about South Walton Montessori school versus other Montessori schools.

I think our culture really sets us apart. Our staff is a group of like-minded hard-working educators. We love what we do, and we work well together. Communication is so important, and it is constantly flowing between teachers, parents, and students.

For more information: South Walton Montessori Academy, 101 Eden Gardens Road in Point Washington, FL, (850) 231-5955, or go to www.southwaltonmontessori.com.



Students working on a colorful project

It is so inspiring to see how our students grow, not just academically, but as socially-adept, globally-aware little humans.

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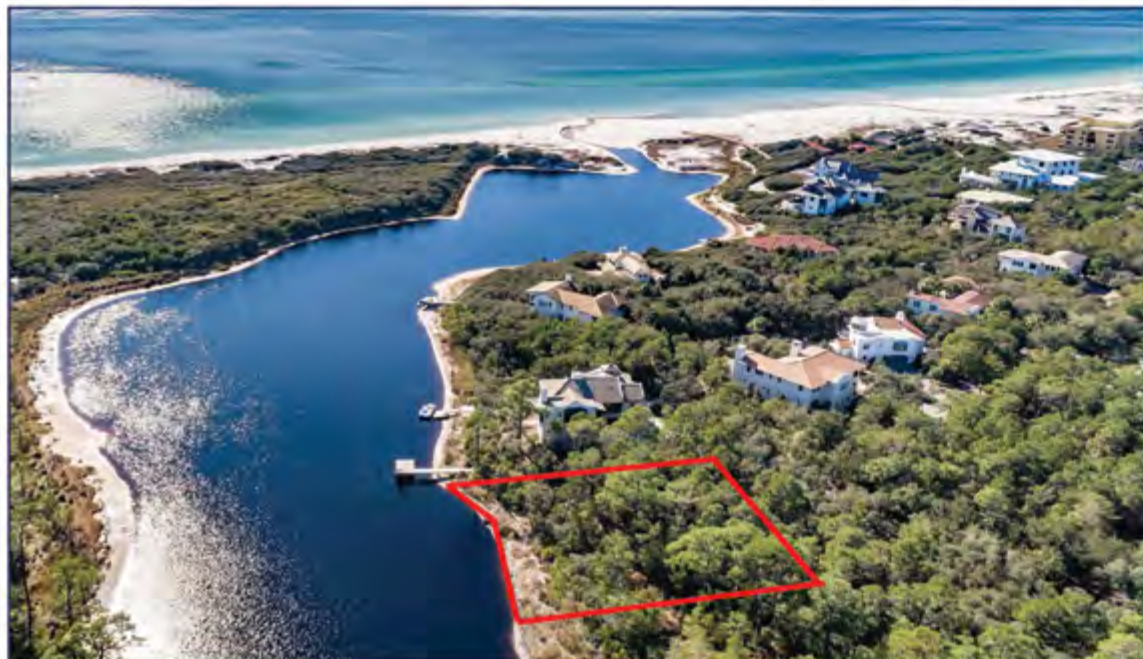
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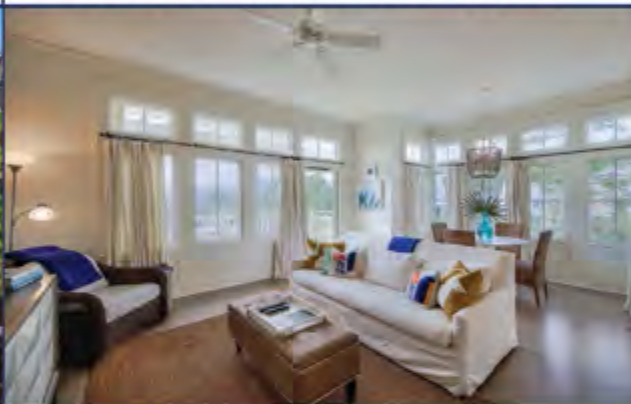
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A Man Called Smith

BY LIESEL SCHMIDT

I'm inspired by the people who work their socks off and get little recognition, the people behind the scenes in real life. They keep going, no matter what, and they need entertainment, a break from harsh reality—which I hope to give them.

Not everyone with the childhood dream of being in the film industry actually gets to see that come to fruition, but for Nick Smith, it's a dream that has literally played out before his very eyes—and the eyes of everyone who has seen his movies on the big screen. Granted, his work may not have made it to Hollywood blockbuster status; but for the 47-year-old writer, producer, director, and cinematographer whose boyhood in Bristol, England, was spent inventing stories and entertaining his family with his creatively constructed characters, they might as well be at the top of the box office.

Diverse would be a word appropriate for Smith's body of work, ranging from documentaries to comedies to music videos and even horror films. His career has taken him all over the world—to Scotland, where he helped revolutionize filmmaking; to Charleston, South Carolina, where he directed scenes and worked as cinematographer on an award-winning movie and later received encouragement to develop his passion for writing; to Miami; and, of course, to New York. And while he could have decided to cool his heels in one of the high-energy big cities of concrete and flash, he came to Panama City and found a place that inspired his creative spirit and made him feel right at home.



To hear Smith tell it, his career happened almost organically—anyone who had known him as a child might easily have guessed the path that he would ultimately follow. “Movies were a way for me to connect with my family—we would watch them together and escape from the grey tedium of school and work. When I saw *E.T.* on the big screen, I noticed a big biker guy in the audience reduced to ugly tears when the alien was dying, and I began to understand the effect films could have. They’re a powerful way to connect with people. Later, some of my stories were made into films, and I learned the process, graduating to producing and directing. Now it’s a great way to balance solitary writing with the ultra-collaborative world of film.”

It’s interesting to dig into his brain, to find out who has inspired him most as a writer. The best has

been through Dickens, Hardy, and Keats, though he does admit that Stephen King’s ability to “write about universal life experiences and combine them with crazy stuff” resonates with him as well.

A student of great film and great books, Smith wants all that he puts his hand, heart, and mind to be great in their own right. “I’m inspired by the people who work their socks off and get little recognition, the people behind the scenes in real life. They keep going, no matter what, and they need entertainment, a break from harsh reality—which I hope to give them.”

Currently, Smith is getting ready for the release of a horror film as well as a new novel called *The Windmill Factory* that showcases his creativity and his love for the fantastic, no matter how far-fetched it might seem. “It’s about a man who’s lost his son but sees the boy in his dreams. He decides it’s a good idea to bring dreams into the real world, so he can be closer to this ghost child. He sets out to remove all obstacles in his path—psychics or mediums that might have the supernatural power to stop him. That’s where the hero, Paul Humber, comes in,” Smith says. “He’s a man who can read pieces of your soul and the only one who can stop those dreams from visiting our world.” Smith goes on with a smile that proves he knows just how unbelievable the plotline is, but also how much he’s enjoying creating the tale and bringing it from his mind’s eye to the page. “I hope people will appreciate the mix of everyday and escapism. Paul has a day job, he works in a music store, he falls in love, he drinks too much—he’s got a relatively normal life. But he’s also solving a mystery and fighting to survive. Hopefully, the real-life moments make Paul’s epic adventures seem more immediate and relatable.”

On this epic adventure of his own that Smith calls life, he has much to be proud of; and be it in his books or in his films, he’s creating a legacy that will one day inspire others to follow their own dreams.

Nick Smith’s books can be purchased at *The Hidden Lantern* in Rosemary Beach and [Amazon.com](https://www.amazon.com). For his movies, go to the [nicksmithfilms](https://www.youtube.com/channel/UC...) channel on YouTube and [Amazon.com](https://www.amazon.com).



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Panhandle Lacrosse Club

BY RYAN LOFTIS



Player Mac Williams works on his stick skills.

Parents and coaches are concerned about brain injuries, so players are starting to put their pads down and pick up a lacrosse stick.

Two facts about lacrosse any sports trivia buff will love: 1.) Created by Native Americans almost a millennium ago, it's North America's oldest team sport; and 2.) It was Canada's first official national sport. Lacrosse eventually made its way to the United States, and by the early 20th century it was being played at high schools and colleges in the Mid-Atlantic as well as northeastern elite prep schools. But then and now, players in those locales have faced a challenge: when winter comes, those who can't play indoors have no place to play.

Until recently, it wasn't weather preventing South Walton teenage boys from playing year-round; it was simply not having the opportunity. That inspired Joshua Schmidt to found the Panhandle Lacrosse Club in spring 2019.

"It's really an opportunity for these kids to keep the stick in their hands," Schmidt says. "The best lacrosse player in the world is just the one who puts the stick in their hand 365 days a year. Golf and lacrosse are the last two sports where you don't have to be a ridiculous athlete



above: The Panhandle Pelicans summer team before their first game at the Alabama Shootout



Player Zac Mignot fights to gain possession of the ball.

Photos courtesy of Free Agent Marketing Company

to put yourself at the collegiate or professional level. You have to put a lot of time in with that stick in your hand - practicing wall ball by yourself and practicing with a team to understand team concepts."

Schmidt, who has been playing lacrosse since he was 11, also coaches the club's travel team, the Panhandle Pelicans. He has a player-forward coaching philosophy: "I try and make sure they know their strengths and weaknesses as well as I do. Just getting them out of their comfort zone and excelling at things they're not necessarily good at. Lacrosse is one of the sports that you can easily gear toward your strengths and not really work on your weaknesses." One such weakness: Many players are only skilled at using their right hand, something opposing teams can exploit.

Whatever weaknesses an aspiring player has won't keep him off the Pelicans, as Schmidt doesn't cut anybody who tried out. "My goal isn't to win tournaments; my goal is to give kids who've never played the opportunity to play." He also hopes the team gives teenagers hoping to play in college needed exposure to recruiters. While he wasn't looking to exclude anybody, Schmidt did have a 25-player limit for his summer team, a limit that wasn't met, since not that many tried out. Summer players were required to have finished eighth grade but could not yet

have started 12th grade. Practices were held at the South Walton Boys & Girls Club.

The Pelicans' nine-game summer season took them to the Tampa Summer Jam in Tampa, and the Alabama Shootout Lacrosse Tournament in Birmingham, AL, where they played teams from throughout the Southeast. The games were learning experiences for the players. "Lacrosse is very new to the South Walton area," Schmidt says. "That makes it very challenging for kids who are new to the sport to play against kids who have played much longer." The team's fall season is expected to begin in late September 2019 and will also consist of at least nine games. The 25-player limit will again be in effect, and teenagers in ninth through 12th grade will be eligible.

Lacrosse may be new to South Walton, but in the rest of the country it's a different story. Lacrosse has been America's fastest-growing team sport over the last two decades, seeing total participation increase by more than 225 percent since 2001. It's the only high school sport to have seen double-digit growth in the last 5 years, and youth participation has grown from 250,000 in 2001 to more than 1 million today. If lacrosse has earned a "reputation as something rich white kids play," as a recent *Fast Company* article put it, recent trends suggest that reputation is no longer entirely accurate: The past 10 years have seen the number of non-white collegiate players more than triple. Those players also have many more schools to choose from now, as NCAA lacrosse programs have been added to more than 200 colleges since 2012. Schmidt thinks lacrosse's growing popularity is directly attributable to worries about football safety. "Parents and coaches are concerned about brain injuries, so players are starting to put their pads down and pick up a lacrosse stick. It's a tough game, it's very physical...but there's contact and they satisfy their competitive drive."

What does it take to be a successful lacrosse player? "It's really just somebody with tenacity, with hearty, who's going to do the extra work it requires to be special," he says. "People who take themselves seriously in their athletics and their studies usually do well in this sport."

For more information, visit www.panhandlelax.com or e-mail Schmidt at panhandlelaxclub@gmail.com.

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MH Salon – Sun, Sand, and Style

BY TESS FARMER

Casually reclining in a light grey Italian leather barber chair flown in from Italy and with a warm smile greeting me like a longtime friend, Maria Heckscher has just opened the gorgeous new salon MH Salon 30A.

Bright, airy, and with elegant minimalism, reflective of her Italian heritage and training as a Framesi Italian Styling team member, you feel as if you are at a salon and barbershop in Milan, sipping espresso and listening to a violin play in the piazza outside.

But you aren't in Italy. You're at the shops at The HUB by WaterSound. Strategically located next to Shore Thing Cigars, where you can enjoy a cold beer and Davidoff cigar or glass of Prosecco while you wait; and by Polished 30A Nail Bar, which offers equally beautiful nail services to complement your new style and color.

Originally from California, Heckscher is as comfortable behind the scenes at Fashion Week in New York and Paris working with her A-list celebrity clients as she is at Cowgirl Kitchen sipping a mimosa (one of her favorite brunch spots). Heckscher and her team love to make everyone feel as if they are the most important person in the room. "Our motto we live by here is, 'life is too short to have boring hair!'" And I noticed a perfect selfie spot, a sign highlighting this slogan on the wall outside.

This is the second MH Salon location; her first salon in Atlanta has served clients in the Buckhead neighborhood for 31 years.

Lazily stirring my espresso, I ask, "What's different with this location from the one in Buckhead?" She explains, "Staying certified carbon neutral: using natural and organic products, never tested on animals; and using ionic and low EMF styling tools which dry, curl and straighten hair quickly, safely, using minimal energy; is still at the heart of what we do here.

"But this shop is special in a unique way. I've teamed up with Framesi to launch the first flagship Framesi Salon: A concept they will be launching globally to promote a more boutique Italian salon, true to the history and culture of Italy. These will have a more delicate footprint that lends itself to the feel and charm of a small villaggio."

The salon features the innovative beauty line of hair care products Framesi Milan, which contain the least amount of chemicals required for superior coverage and longevity while leaving the hair looking shiny, vibrant rich, and conditioned. All Framesi products are 100 percent vegan and cruelty free.

When asked what services she will offer, that warm smile returns to her neatly colored lips, "Of course we will offer the most-up-to-date cuts, color palettes, and styles; including brow and lash services, men's straight razor shaves, express mini facials while your color is processing, polish changes also, provided by Polished 30A Nail Bar. We want you to feel like you could walk the runway of Milan after leaving!"

Heckscher has brought together an experienced team, including a wedding specialist, color specialist, hair stylists, barbers, and NYC-based makeup artists to help with weddings. Even though she spends equal time in both locations, flying from Atlanta to 30-A and back, she always finds time to work



Photos courtesy of Will Easter

I truly am happy to be a part of the 30-A community and bring in better beauty.

in the salon on select days of the week styling former and new clients and training her team in the trends and techniques she's created for Framesi academies across the world.

Excitedly, she explains MH Salon 30A is dedicated to giving back to the community it serves. This is evident in Heckscher's commitment to the environment as well as supporting local philanthropic causes. She is in the midst of planning a fall benefit for a local charity and has many ideas for incorporating green business practices here on 30-A. "30-A has been home for me now for over 10 years and I look forward to working with the local business community as well as continuing to meet the demand for clean beauty products. I truly am happy to be a part of the 30-A community and bring in better beauty."



Maria Heckscher at the salon's grand opening in June

After spending not nearly enough time as I wish I could have, I say goodbye to the friendly staff who welcomed me like family into their "home". I walk out of the doors to a warm breeze and beautiful sunset dancing together. Truly, Italian charm and hospitality is a culture at MH Salon 30A.

MH Salon 30A is located at 25 Hub Lane in WaterSound. Follow salon happenings at [mhsalon30A](#) on Instagram and Facebook. Book online at [www.mhsalon30a.com](#) or call (850) 387-7907.



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Dune Vacation Rentals: Maintaining a Standard of Excellence

BY LIESEL SCHMIDT

When buying a home, most people look at one thing: the home's price tag. They don't factor in the cost of upkeep and the time they'll invest in their investment, whether in making repairs or hiring someone else to handle the problem and making sure that everything operates in top form. Likewise, this is often overlooked when people invest in rental properties. They make the initial purchase and hire a company to handle putting it on the rental market, entrusting that the firm will stay on top of bookings and bring in as much money as possible throughout the calendar year. What they don't consider is the maintenance of the property; everything from minor headaches like a few missing shingles to major issues like failed appliances or broken steps.

Unfortunately, most rental management companies also overlook that, focusing their energy instead on the booking of the properties and doing only the necessary repairs once a renter has gone.

Realizing the importance of focusing on property maintenance, former Atlanta native Bob Dickhaus set his company apart by focusing on maintenance; and since opening Dune Vacation Rentals, Dickhaus and team have made a name for themselves by offering premier property management services for their clientele of investment property owners, as well as serving the needs of vacationers to connect them with their ideal rental homes in addition to providing maintenance services that no other company on 30-A can match.

Thirty-A Review: Why is maintenance important to the vacation rental market?

Bob Dickhaus: Response to guest requests in vacation rental homes is only half of an effective maintenance capability, yet few vacation rental companies offer more than that; and many homeowners don't realize the need for that competency when they select a vacation rental provider. While the rental income is certainly important, it can quickly be reduced by repair costs and inadequate response to guest damage. At Dune, we provide



The Dune Realty Team

customers options for proactive preventive maintenance and work hard to continuously keep homes at a “non-rental” quality standard. Not maintaining a property to that standard can decrease a property's appreciation potential and leave investors with reduced returns in addition to increasing the cost of repairs later on.

30-A: What was your background before moving to 30-A ten years ago, and why was maintenance such a focus when you started Dune?

BD: I've been involved in maintenance and property management my whole career. In the 1990s, I worked for Johnson Controls at Cape Canaveral and was responsible for the maintenance and launch operations for the US Air Forces Delta, Titan, and Atlas rocket programs. That gave me a great deal of insight into the need for proper maintenance in any successful operation—no matter what that operation might be—and I took that into my life as a business owner. When I started Dune Vacation Rentals, I was surprised to learn that none of the major providers offered preventive maintenance as a service, so I began building a maintenance team from inception.

30-A: What is Dune's maintenance capability?

BD: Our maintenance team is led by an experienced manager with a general contracting background. We currently maintain over 100 homes on 30-A with a staff of seven technicians, and can perform most services, including general repairs, plumbing, electrical, HVAC, and landscaping. In addition to maintenance, we help our customers with tasks and renovations, including power washing, house painting, roofing, construction of decks and porches, installation of fire pits, and AV upgrades.

30-A: How does this differentiate you from other vacation rental companies?

BD: Most of our competitors just provide an internal staff that responds to guest issues and repairs

damages caused by guests, and they rely heavily on vendors for other services—which, of course, is more expensive. At Dune, we focus on preventive maintenance and asset management, including HVAC, tankless water heaters, appliances, ice makers, and any equipment requiring scheduled services. We also continuously maintain the cosmetic aspects of the home at a high-quality level, so that when owners return in the off-season to use the property themselves, they don't ever walk into a post-season maintenance disaster.

30-A: Do you provide maintenance services solely to vacation rental customers?

BD: We actually provide services to both vacation rental customers as well as property owners that don't rent their homes. Our standard offerings include home watch, monthly scheduled services, preventative maintenance, and storm prep. We can also customize programs to meet specific owner needs.

Dune Vacation Rentals is located at 1394 County Highway 283 South, Building 4, Santa Rosa Beach, Florida 32459. For more information, call (855) 813-3783 or visit www.dunerec.com

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A Look at 30-A Home Market's Performance for First Half of 2019

BY ERIN ODEN

Keeping informed of accurate market data provides an edge in assessing the opportunity in the local marketplace.

After 2019's lackluster first quarter, one may have concluded that the 30-A market for home and condo sales had softened. However, the second quarter rebounded with a 4% increase versus 2018's Q2. Even though 2019's first half sales were down versus the prior year, what's notable is that:

- Average sale price and dollar per square foot were flat and
- Properties that sold were on the market for a shorter period

As planned, non-stop flights to Panama City Beach airport (ECP) were augmented in 2019. We are now seeing 11 major cities with non-stop flight to this airport. This enhanced accessibility certainly contributes to the success of our area and the 30-A corridor real estate market.

Take a look at the trends within each of the most popular planned communities and the Gulf-front and high-end segments.

Rosemary

First half home and condo 2019 sales were well below last year. Q1 2019 was particularly down, as it cycled a very robust 2018. Q2 2019 did rebound with 14 transactions, the same as prior year's Q2. Most important, even with fewer sales, the average sale price and price per square foot increased for the first half versus prior.

Construction on the new Providence building, the last vacant spot of town center, has progressed nicely. Completion is estimated in spring 2020. It will encompass 6 to 7 thousand square-foot luxury condos with commercial space on the ground floor.

WaterSound Beach

WaterSound Beach sales were very vibrant in the first half of 2019. Transactions and average sale prices posted healthy gains versus the prior year.

WaterColor

WaterColor community sales were soft in the first half of 2019. That said, average sale price and price per square foot were higher than last year. Clearly, some of the softness in sales related to fewer properties on the market: specifically, there were 26% less properties on the market at the beginning of 2019 versus the beginning of 2018.

30-A Gulf-Front

After a record setting 2018, the first half 2019 sales of 30-A gulf front homes cooled a bit. In all likelihood, having 20% less homes and condos on the market at the beginning of the year contributed to the lower sales volume. Fewer sales did not affect the average sale price, as we saw increases of 10% and 6% respectively in Q1 and Q2 versus same quarters a year back.

30-A High-End Luxury \$3M+

High-end luxury home and condo transactions continue to be on the rise. Even after a record setting 2018, we saw a slight increase in transactions for the first half of 2019. Average sale price dipped below the \$4.5 million level we have seen for a number of years, but the average dollar per square foot of sold properties remained above \$1,000. This points to the size of average home sold in this category being somewhat smaller in the first half of 2019.

Alys Beach

With the increase of construction activity in Alys Beach, there been an increase in sales during the first half of 2019. In fact, at the current rate, home and condo sales project to reach a record for Alys in 2019.

Seaside

Seaside's home and condo sales transactions were flat during the first half of 2019. Average sale price per square foot continues to be around \$1,000, the highest for 30-A planned communities. Properties on the market continue to be relatively low.

For a copy of the full market report and detailed graphs, simply give me a call or send an email. I am delighted to continue to be a resource for you for accurate market knowledge.

FIRST HALF 2019 SALES SNAPSHOT FOR THE 30-A HOME MARKET

VOLUME OF SALES	AVERAGE SALES PRICE	AVERAGE PRICE PER SQUARE FOOT
OVERALL SCENIC HIGHWAY 30A CORRIDOR		
\$770,794,466	\$1,024,993	\$440
ROSEMARY		
\$44,067,000	\$1,915,957	\$841
ALYS BEACH		
\$47,988,199	\$2,399,410	\$903
WATERSOUND BEACH		
\$61,310,000	\$2,554,583	\$735
WATERCOLOR		
\$67,118,050	\$1,814,001	\$558
SEASIDE		
\$32,173,000	\$2,010,813	\$999
GULF FRONT		
\$115,392,250	\$1,989,522	\$779
30A HIGH END LUXURY \$3M+		
\$156,756,783	\$3,918,920	\$1,025

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.



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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<p>October 11th</p>  <p>CHARLIE MARS</p>	<p>October 19th</p>  <p>PETER BRADLEY</p>	<p>October 26th</p>  <p>JEFF BLACK</p>

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Inside the Lines

Never Let Up

Do you have those moments in life when you feel like "I've got this"; and then suddenly things change, and you feel: "Oh no, what happened?"

I think we've all been there: those situations where we are oh so close and then here comes the curve ball. I have learned in life to keep the pedal down and not let up for a moment. I find that it is usually complacency that invites the curve balls. Often on the court I have been up 4-2 in a set and gotten overly confident; only to be left wondering at the end how I lost 6-4 when things were looking so good. I've seen it happen on the other side of the net too: my opponent has a comfortable lead and becomes bored or complacent and lets it slip away.



Looking back, I remember thinking, look at that blank stare and that demeanor that screams: "I'm bored, this is too easy!" That's when to pounce; and vice versa when I've seen my opponents pounce. It's only natural to let off the gas when we feel our competition is safely in the rear-view mirror; but resist the urge we must.

Nothing will bring your feet firmly back down to terra firma quicker than that sinking feeling that comes from watching a victory slip through your fingers. Maybe that's the reason; maybe it's a hubris control mechanism divinely designed to keep us all humble and functioning as real humans.

Beware of complacency and the commensurate cost that goes along with it. Always assume your competitor has the pedal firmly pressed and never lets up- not even for a second. At least in some cases that is actually the case. I know people who work indefatigably for hours upon grueling hours, but that's not healthy either. Those people wonder how we languish in leisure. But tennis is my guarantee to some semblance of balance in my life. Let your passion fuel your drive and never let up but try to do it with some modicum of balance if you can and you'll give the competition screamin' fits and still enjoy life.

Get out and enjoy the exhilaration of good tennis and friendly competition 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 Home Services Beach Properties of Florida.



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Meet the Local Employees of ResortQuest by Wyndham Vacation Rentals

BY TRACEY M. HAWKINS

Specializing in all aspects of the vacation rental experience: including real estate, business development, and vacation rentals; ResortQuest takes pride in ensuring that clients who wish to sell a home, rent a home, buy a home, or put a home on the company's award-winning vacation rental service, find the entire process to be smooth, pleasurable, and financially rewarding.

ResortQuest's greatest asset is its employees. Many of the agents and staff members have lived in the area for years—some, decades—and they are passionate about their love of 30-A's beaches, fishing, restaurants, nightlife, and area attractions. They are proud of their unique, local communities and love sharing their enthusiasm for this beautiful area with all of their clients.

ResortQuest was established in 1977 by the Abbott family, well-known throughout the local area for their expertise in the real estate market; and the company has maintained its firm devotion to and satisfaction in serving the local 30-A area of Florida.

Several of ResortQuest's local employees shared their own stories and experiences with us.

JENNIFER FROST, EXECUTIVE GENERAL MANAGER

I have the privilege of being the Executive General Manager for ResortQuest-managed properties on 30-A and Panama City Beach. This role means that I get to lead a local team, who strive to "Deliver a Great Experience" every day to our owners, guests, and fellow employees.

I joined ResortQuest six years ago, after starting in hospitality in 1989 and spending most of my career in central Florida. I've worked in all aspects of hospitality, including vacation ownership, large-scale resorts, food & beverage, condo management, real estate, and vacation rentals; and can truly say this is my passion.

30-A is part of my home, and I love giving back to it. I stay involved in the community by serving on the TDC (Tourist Development Council) of South Walton, as the Vice President of FRLA (Florida Restaurant and Lodging Association), serving as a board member of the Walton Area Chamber of Commerce, and working with many other organizations. I love sharing this passion with so many of my co-workers



Jennifer Frost

who also volunteer at "RESTORE" for Habitat, Food for Thought, United Way, Local Churches, and Cram the Van for school supplies. When Hurricane Michael hit our family to the east, it was incredibly heart-warming to see everyone step up to help them out, and still doing so today.

I love everything about South Walton and the local lifestyle: From the beautiful beaches, local culture and food, pristine nature and trails, and so much more. I get to vacation where I live! Our beaches are the most beautiful in the world; I want to grow old here.

JERAMIE BATES, BUSINESS DEVELOPMENT REP.

I moved to the area in 1985, when there were bumper stickers that truthfully stated, "I lost my parts on Chat Holly Road," and the 331 Bridge was a drawbridge. We had to be bussed over to Freeport School; I remember being a bit frightened to cross that bridge daily. After a year or so, we moved over to "the brickyard" in Blue Mountain Beach, surrounded by sand dunes, with the beach easily accessed through vacant lots. I tried surfing for the first (and last) time and knew we were unquestionably in paradise. I loved and still love all things 30-A!

I have nearly 30 years of local vacation rental experience: starting in housekeeping and working my way up; holding positions such as Director of Operations, Director of Sales and Revenue Management, and Business Development Manager. Joining ResortQuest



Jeramie Bates

almost 8 years ago, with experience in both operations and business development, I understand the full scope of the vacation rental industry. I take pride in providing realistic and professional rental management information for all of our clients.

There are endless things to love about the 30-A, especially its beautiful beaches. Whether you want live entertainment, fine dining, a slice of pizza, rooftop sunset cocktails, or to take in a movie on the lawn, you can find it here. Every day is truly a blessing full of adventure!

JOHN POTPAN, MAINTENANCE MANAGER FOR THE 30-A

I have lived in Florida since 1979. I was working part-time at the Call Center doing maintenance when Lino [Maldonado, Vice President of Growth and Innovation for Wyndham Vacation Rentals of North America] asked me if I would like to work on 30-A. I worked for the City of Fort Walton Beach for 13 years as a carpenter. Then I left the city to purchase a commercial cleaning company, which I had for six years before selling it. However, I did stay on to run it for the new owners, part-time, for another six years.

Without question, my favorite thing about living and working in 30-A is the beach! Fishing and boating are my hobbies. Additionally, I love meeting so many different people from all over the place. Clients and visitors to the 30-A area are relaxed and kind. It makes me happy when our clients tell us that they are so thankful they chose and dealt with ResortQuest.



John Potpan



The ResortQuest Team

ROY KING, HOUSEKEEPING MANAGER FOR 30A WEST PROPERTIES

I was born and raised in Miami, FL. Right out of high school, I joined the Air Force and spent the next 20+ years serving our country. While on active duty, I was in the Services Career Field, which includes food service, fitness and recreation, and lodging. So basically, the Air Force trained me for the hospitality industry! After finishing my Air Force career at Pope AFB, NC, I decided to relocate back to my home state. My military career had brought me to the area before, so I was aware of the Emerald Coast's natural beauty and pristine beaches. I met a guy at the gym who was working for ResortQuest; he convinced me to apply for a Guest

Services position at the Miramar Beach Office, and I've been with the company ever since.

The thing that most attracts me to the area is the same that attracts our guests...the beach! I've been fortunate to have the opportunity to travel quite a bit and have seen many of beaches; there aren't any as beautiful as ours. Some beaches have sugar white sand, some have crystal clear waters—we're blessed to have both, right outside our back doors!

Additionally, I've been an avid runner for years, having completed 10 marathons and over 50 half-marathons, so when our guests are looking to combine a little fitness with their vacation, I'm happy to give them tips on running trails, the best time to run, and any fitness events happening during their visit.



Roy King



Maria Dudley

MARIA DUDLEY, TEAM LEADER FOR THE 30-A REAL ESTATE TEAM

From 1979 on, I grew up in the area and attended our local schools. I have been with ResortQuest since 1991; I started in reservations and moved to the front desk at Sundestin, where I moved up to Front Desk Manager. I earned my marketing degree from the University of West Florida

in 1998 and moved to our real estate team as an assistant for Ann Hammonds, became her partner in 2001, transitioned to Team Leader in 2012 at Okaloosa Island/Navarre, and moved here in 2017.

I love that the people living in, working in, and visiting, 30-A are so friendly. We also have so many delicious restaurants to choose from. Thirty-A is a lower-density area with beautiful homes and condos, and I enjoy working with our operations team to grow our market in this paradise location.

My family also loves to fish in the Gulf on our boat. We never tire of the beach, and there are many fun activities to do with our 13-year-old, such as Big Kahuna's, arcades, shopping, etc. Many of us who grew up here have fun memories of going to Seaside to see all the sets for the movie The Truman Show, and it's a popular, nostalgic area attraction even today. Like my ResortQuest team members, I enjoy sharing the special qualities of our home with clients; we love being able to recommend great area restaurants, attractions, and events.

The greatest compliment I have ever received from a 30-A client is that I am very thorough and made the buying process easy. At ResortQuest, we take pride in making our clients happy.

ResortQuest has 5 check-in offices along 30A (On-site check-in locations: Santa Rosa Beach, Seagrove Beach, Seacrest Beach, Dunes of Seagrove, and The Pointe). Please contact them at RQ30AReview.com and (844) 783-5285.

Post-Marital Estate Planning

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON

Marriage is a contract that has more potential financial consequences than anything else most people experience in a lifetime. You do not have to accept the standard default provisions the law offers for inheritances, contracts, medical decisions, property, and divorce. Through the savvy use of post-marital estate planning, you can craft a different roadmap for yourself and your family.

Post-nuptial Agreements

Many people think you can only enter into a marital agreement before marriage, a pre-nuptial agreement. In reality, you and your spouse can create a post-nuptial agreement, regardless of whether you have a pre-nuptial agreement. Some of the reasons people decide to get a post-nuptial agreement include:

- **Birth of a baby.** After you have a child together, you might want to sit down and talk about how you will raise the child, if the marriage breaks down. The stakes are obviously higher when you have a child, and it is usually better to talk about these issues when you are not yet facing the specter of divorce.
- **Marital misconduct.** What if one spouse commits marital misconduct, like infidelity or abuse? You might decide to continue living together but under agreed-upon conditions, stay married but live separately, or divorce. You should cover all the essential terms for any arrangement you choose. Sometimes people choose one of the first two options, but eventually divorce, so your agreement should anticipate that possibility.
- **Financial changes.** If either of you experiences significant financial changes for the better or worse, you might want to enter into a post-nuptial agreement. If you discover after the wedding that your spouse has financial skeletons in the closet, you should also consider a post-nuptial agreement to protect your financial future. In this situation, you should both pull your respective credit reports and review them together before agreeing on terms.

Through the savvy use of post-marital estate planning, you can craft a different roadmap for yourself and your family.



Kimberly Watson Sewell
and Frank Watson

- **Taxes and business ownership.** These are additional reasons to consider a post-nuptial agreement. What if you enter your family's business after getting married? You and your family members want your interest in the company to pass to your children, not to your spouse. Put this provision in a post-nuptial agreement. You can also handle things like filing status for taxes in these agreements.

The Divorce Process

If you are anticipating or going through a divorce, you need to get your ducks in a row for the future. Try to visualize the long-term future without your spouse and what that will mean for the inheritance of your loved ones. Realize that in many states a divorce automatically nullifies existing wills and living trusts, so you should immediately review and update your current estate plan and beneficiary designations. Note: Regardless of what the laws of your state say, if your ex-spouse remains the designated beneficiary of your ERISA retirement plan at your death, then your ex-spouse will inherit your retirement plan.

Wills and Trusts

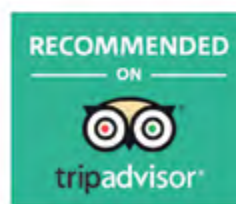
Independent of the stability of your marriage, you and your spouse should have wills and/or living trusts to control the distribution of your assets when you die. If you do not have a valid will or living trust at death, then you could die "intestate" and the laws of your state would decide who inherits your assets. Not only does that delay any inheritance transferring to your loved ones, but you may be leaving an "unintended inheritance" to attorneys and the probate court system.



For more information, please contact:
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30A 10K Thanksgiving Day Races

BY JESSICA HOLTHAUS BADOUR

Fall is here on 30-A, and even if you aren't feeling a chill to the air (yet), the holidays are just around the corner. As November approaches, runners are gearing up for the annual 30A 10K Thanksgiving Day Races, scheduled for Nov. 28 in downtown Rosemary Beach with a 10K, 5K, and 1-mile fun run.

"30A 10k is a nonprofit organization that serves our community by producing a world-class 10K and related events that raise money to benefit local charities, all while promoting health and fitness," says Race Director Karen Meadows. "To date, 30A 10K has donated more than \$350,000 to support local needs."

Amy Stoyles, race co-director with Craig Baranowski, adds that the event's results have been nothing short of amazing: "When we started in 2012, we never dreamed it would grow so big." The 30K 10K event has grown from 800 registrants to an anticipated sell-out of 3,500 runners in 2019.

Every year, nonprofits must apply to partner with the race. This year's partners include Anchorage Children's Home, Girls Inc. of Bay County, The Cultural Arts Alliance, The Choctawhatchee Basin Alliance, and The Foye Belle Foundation.

30A 10K is excited to work with all five charities, including supporting those affected by Hurricane Michael. Girls Inc. is based in Panama City and their main facility suffered massive damages. This October marks the one-year anniversary of the storm and, while things are getting better, people (and nonprofits like this one) are still recovering.

"The mission at Girls Inc. is to inspire all girls to be strong, smart, and bold," says the nonprofit's Executive Director, Niki Kelly. "Our comprehensive, holistic afterschool and out-of-school programs provide girls with hands-on, engaging opportunities to learn new skills and develop their confidence. Our goal is for our girls to grow up healthy, educated and independent."

The charity serves roughly 450 young ladies in Bay County each year. Prior to Hurricane Michael, they were on track to expand the program to more than 600 girls a year, but the main center remains under reconstruction, with hopes to reopen in 2020.

"The setback hasn't deterred us," Kelly says, noting they've been working with Bay County Schools for



30A 10K runners enjoying a great Thanksgiving Day together with the family



Runners celebrating race day with Lucky, the 30A 10K mascot



Photos courtesy of Shelly Swanger Photography

temporary space. "With the help from the 30A 10K proceeds we'll be able to continue our work while we wait for our facility to be repaired."

If you're reading this and still wondering, "Should I sign up?" the easy answer is YES. The race management team isn't shy about touting this race as one awesome way to give back. "Whether you're running to set a new personal record or want to have fun with your family and friends, this is the race for you!" Stoyles says. "We have a wonderful time making great memories. Families coordinate fantastic Thanksgiving-themed outfits and come to enjoy the day together. With the three races, there's a distance for everyone."

This year, there's a new twist – for anyone interested in running BOTH the 5K and the 10K, the times are staggered so you can do just that. You'll even get a special interlocking 5K-10K race medal. "We think it's going to be a pretty hot commodity," Stoyles says. "You can expect some jealous looks from those who only do one race instead of both, so get moving and start putting in those miles!"

Meadows is also putting out a call to join the volunteer staff. With 300 volunteers needed to help the races run smoothly (pun intended), even if running isn't your thing, you can help from the sidelines. "We rely heavily on our local community to come out and give a few hours of their time the day before the race or on Thanksgiving Day – which is what Thanksgiving is all about!" Meadows says. "The best part is you're done by noon and have plenty of time to enjoy Thanksgiving dinner after."

The race management team gives a shout-out to all the local businesses who support the event (many since the beginning): location host Rosemary Beach, race packet pickup host Hub on 30A, Barefoot Princess in WaterColor, Silver Sands Premium Outlets, Zarzaur Law PA, Ocean Reef Resorts, St. Joe Company Foundation, Alys Beach Foundation, Visit South Walton, 30A.com, Emerald Homes, and yours truly, *Thirty-A Review* magazine.

Meadows, Stoyles, and Baranowski make up the race management team; the three share a love for endurance running and plan the 30A 10K event in their "spare" time while raising families and working in the local community. Learn more about each of this year's charitable organizations AND register to run the race or volunteer at <http://30a10k.com>. Support (and tag) the race socially on Facebook, Twitter, and Instagram.

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Sand Play

BY TOM FITZPATRICK



Golfers often lack a clear strategy for getting the ball out of the sand trap. How much sand you excavate determines your success. Most golfers displace too much sand – a sign that the leading edge is digging sharply into the sand. Diggers rarely get the ball close, or even out – because the club gets stuck in the sand!

Phil Rodgers, who revitalized Nicklaus' short game, taught me that a sand shot requires 3x as much energy as a pitch from the same distance. For that to happen, skim the sand: not with the front edge, but with the back edge. The back flange acts as a guide. Slap the sand with it and you'll get more speed.

Try this exercise the next time you are sitting in your 30-A beach chair:

Use your right hand as if it were the club head. Take a divot by digging the thumb edge of your hand into the sand. Now skim the sand with the pinky side of your right hand. The pinky side represents the back flange and won't dig.

A sand shot requires 3x as much energy as a pitch from the same distance.

For short bunker shots, these elements are critical:

SETUP KEYS:

- Widen and open your stance.
- Lower your hands and body. The great Seve Ballesteros would show us low hands back in the day. High hands cause the toe to dig, which you don't want.
- Lay the face open so the heel is closer to the target than the toe, then grip it.

SWING KEYS:

- Keep your chin pointed at the ball in the backswing to avoid swaying.
- Keep the face open in the backswing by cupping (not bowing) your left wrist.
- The heel leads the toe with the back flange entering the sand 2-3 inches behind the ball.
- Take a slice of sand the size of a \$1 paper bill.

You've done it correctly if the face looks skyward just after your divot.

What changes for a short versus long bunker shot? The backswing length and amount of sand taken is the same. What varies is the follow thru. A short shot has a short follow thru. A long shot has a long follow thru.

Remember to lay the face open without touching the sand – that's a one shot penalty. If it has just rained, the sand will be hard and compact. In that case, don't open the face as much.

For those dreaded 90 yard bunker shots, take a 8 or 9 iron and slide the club face under the ball and watch it fly!



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.scenicsir.com

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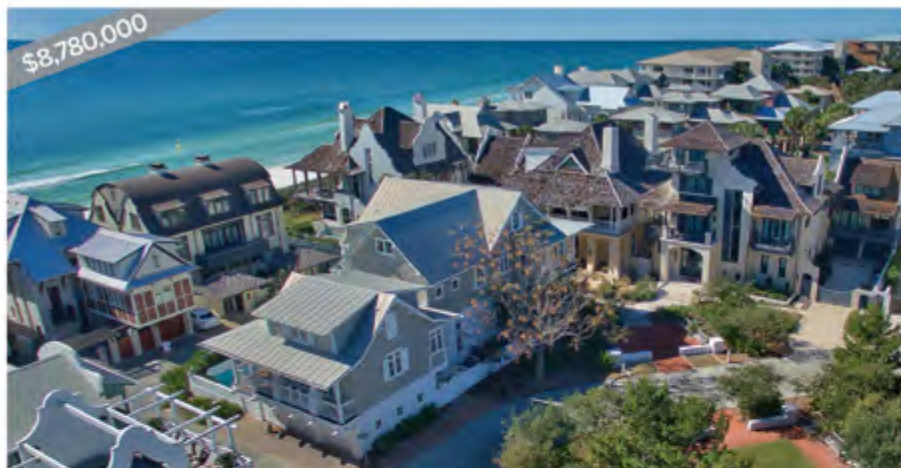
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