

# the thirty-a REVIEW™

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

## Holiday Issue

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1. Take a photo of yourself and/or your family shopping, eating or working out in South Walton on Black Friday.
2. Tag your photo & location to the 30A10K Facebook page.

Winners will be awarded that evening.

Info: [30A10K.com](http://30A10K.com)

Facebook: [30A10K](https://www.facebook.com/30A10K)



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## A TESTIMONIAL

Dear Alan:

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

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

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

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

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

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

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

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

Sincerely,  
Sonnie and Jerry Heffel

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## BE SUPPORTED

86% of owners who have rented both ways feel it's less challenging to go through a professional manager, because a manager is more effective at:

**61%** filling their home during slow seasons

**71%** attracting renters

**66%** marketing their homes across the appropriate channels

## GET MORE BOOKINGS

67% of owners who have rented their property both ways claim they would get more bookings using a management company.

**67%**

54% of those who have used a professional manager to rent out their home have done so in order to get as many bookings as possible.

**54%**

## RECLAIM YOUR TIME

Owners who work with a professional manager save 4 hours with every booking, on average, given they don't have to personally prepare their home for guests.



These factors explain why 2.5x as many owners feel supported when renting out their vacation homes using a professional manager vs. doing it alone.



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# letter from the publisher

## WHITE CHRISTMAS



The holidays are here again.

The beach is the perfect place for the holidays.

And if you're looking for a "White Christmas", the sugary sands of the emerald coast will guarantee to give you one, regardless of the temperature outside.

The sand is pristine and you can look down the beach for as far as the eye can see without seeing any crowds, umbrellas, or other distractions.

It's a time to come together with family in a relaxing atmosphere where you can focus on what really matters at the beach: family, food, and fun.

And with several great options for worship, you can also enjoy your holiday services while you are here.

As always this issue is packed full of the people, places, and things that make 30-A and the surrounding areas so wonderful. We encourage you to use this magazine as a resource and guide for your fun, dining,

and adventures at the beach. The advertisements and articles within these pages depict the best of the best that 30-A has to offer.

Make sure to check out the feature article inside on preserving our beaches. It is an important topic and one that encompasses many ideas and possibilities for maintaining and preserving the beaches of 30-A. After all, the beaches are the centerpieces of 30-A and it's important for us to maintain a proper sense of stewardship. What better time than the holidays to think about this topic and create a dialogue. Nature is a gift; and like all gifts we need to enjoy it with gratitude and balance.

Until next time, enjoy the beach and all its treasures.

Sincerely,

Miles K. Neiman

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



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Send inquiries to 227 Sandy Springs Place, Suite D-297, Sandy Springs, GA 30328. Or call (404) 560-3677. Send press releases and e-mails to [miles@thirtyareview.com](mailto:miles@thirtyareview.com)

### about the cover

**Photographer**  
Vera Hogenson  
[www.verahogenson.me](http://www.verahogenson.me)

**Model**  
Kimber Lee Battista

**Dress**  
Designed by Alice Andrews  
[www.aliceandrewsdesigns.com](http://www.aliceandrewsdesigns.com)

**Jewelry**  
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**Publisher/Editor-in-Chief**

Miles K. Neiman

**Managing Editor**

Jennifer Thompson

**Graphic Design**

Brenda J. Oliver - Cover Design

& Magazine Layout

Sharon Jollay - Ads

**Cover Photography**

Vera Hogenson

**Photography**

Jacqueline Ward

**Contributing Writers**

Jessica Badour

Dr. Nitin Bawa

Susan Benton

Susan Cannizzaro

Julie Herron Carson

Tom Fitzpatrick

Anna Ferguson Hall

Christina Homer

Anne Hunter

Whitney Lee

Alden Mahler Levine

Erin Oden

Chris Ogle

Amelia Pavlik

Bart Precourt

Sarah Murphy Robertson

Amanda Sanders

Liesel Schmidt

Anne Schultz

Kimberly Watson Sewell

Ridgeley Standard

Kempton Taylor

Mary Welch

**Ad Sales:**

[miles@thirtyareview.com](mailto:miles@thirtyareview.com)

**Distribution Manager:**

Warren Butler

# contents



## 21 local theatre, dance, music, etc.

Showbiz and Events in November and December

## 22 dining

Plates of Plenty at Café Thirty-A  
Grayton Corner Cafe

## 26 chef profile

Camille Withhall of George's at Alys Beach

## 28 farmer talk

Register Family Farm

## 30 culture

Green By Design – Part I

## 32 local business

Pedego: Just Like Riding a Bike... But Better

## 34 wellness

Ten Misconceptions about Hormones  
FLU Season: Three Natural Remedies

## 38 local artist

Michael Bridges: The Crunch, The Twang,  
The Brushstroke

## 42 local business

Shore Thing Cigars: Smoke on the Water

## 44 local musician

Huck & Lily: Making a Splash in Seaside

## 46 local interiors

Magnolia House: What You Give

## 48 home

Details that Matter

## 50 feature

Sand Solution

## 52 local thoughts

Comfort Food

## 54 real estate

Nikki Nickerson and 30A Coastal Life  
Walking the Dunes

## 58 finance

Help Avoid Tax-Related Identity Theft

## 60 legal eagles

Blended Family Basics

## 62 turf talk

Feel Good Tips for the Holidays



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# Showbiz and Events in November and December

## ALYS BEACH

### European Cellars Wine Tasting

Friday, November 11, 6 to 8 pm  
NEAT BOTTLE SHOP AND TASTING ROOM

### Alys in Winter Wonderland

Friday, November 25, 2016, 10am to 12pm  
ALYS BEACH AMPHITHEATRE

### Every Christmas Story Ever Told

Saturday, November 26, 2016 at 10am  
ALYS BEACH AMPHITHEATRE

### Holiday Champagne Tasting

Wednesday, December 28, 2016, 5 to 7pm  
NEAT BOTTLE SHOP & TASTING ROOM

### Holiday Movie featuring

#### *The Santa Clause*

Thursday, December 29, 2016 at 5:15  
ALYS BEACH AMPHITHEATRE

### Salute 2016

Saturday, December 31, 2016, 11am to 2pm  
NEAT BOTTLE SHOP & TASTING ROOM



Alys Beach

## ROSEMARY BEACH

### Flutterby Festival

Saturday & Sunday, November 12 & 13, 10am to 4pm

#### EAST LONG GREEN

Flutterby is two fun filled days of arts and entertainment for kids of all ages! Enjoy dance performances, live music, arts & crafts, a Butterfly Garden Exhibit, games, activities and more! Presented by the Cultural Arts Alliance and the Merchants of Rosemary Beach\* Don't forget to decorate your very own butterfly wings and join in the butterfly parade!

### OLD TOWN HOLIDAY:

(Thanksgiving week)

#### Wacky Holiday Hair

Monday, November 21, 1pm to 4pm  
WESTERN GREEN

In this artistic hair raising event, our stylists build a super cool work of art directly on your head. Think "Whoville" hair with wacky art and fun holiday colors. Don't be shy guys...we have dapper designs for you too!

#### Bunny McStiffler's Fantastic Family Flea Circus

Monday, November 21, 2pm, 3pm, 4pm  
WESTERN GREEN

Ladies and gentlemen, boys and girls, children of all ages...don't miss this wonderful interactive show as talented fleas perform spectacular circus acts while ring master and host Bunny McStiffler enchants with her comedy and well-trained performers.

#### Fancy Face Painting

Tuesday, November 22, 12:00pm to 2pm  
NORTH BARRETT SQUARE

Fancy Face Painting is the perfect way to get into the holiday spirit! Bring the kiddos and watch as they are transformed into creative creatures!

#### "Every Christmas Story Ever Told"

##### Live Theatre

Tuesday, November 22, 2pm  
NORTH BARRETT SQUARE (The Pearl Ballroom if raining)

Don't miss the REP's smash hit, "Every Christmas Story Ever Told" showcasing all your favorite beloved holiday classics crammed into a performance full of high-energy jolly, frivolity and hilarity. Fun for the whole family! Chairs and blankets welcome.

#### Fall Festival and Pre-Race Expo

November 23, Noon to 7pm

FREE and open to the public at 30 Avenue. Live music, lawn games, carriage rides, silent auction and more.

#### Twisted Treats

Wednesday, November 23, 3pm to 5pm  
TOWN CENTER

Look for Miss Rosemary\*, strolling the streets on stilts creating festive balloon objects and animals.

#### Moonlight & Movies -

##### How The Grinch Stole Christmas

Wednesday, November 23, 6pm to 8pm  
WESTERN GREEN

Bring the family for a wholesome, fun night under the stars. Chairs and blankets welcome!

#### 30A 10K & 1 Mile Fun Run

Thursday, November 24, 7:30am  
NORTH BARRETT SQUARE

Tour scenic Highway 30A and give yourself an excuse to go for that second slice of pumpkin pie. 10K race starts at 7:30am, 1 Mile Fun run starts at 7:35am. To register or learn more about this event visit [www.30A10K.com](http://www.30A10K.com)

#### The Inaugural 30A 10K Black Friday Shopping Spree Contest

November 25  
Enter to win thousands of dollars worth of prizes from local sponsors. For more information: 30A10K.com

#### St. Augustine GreenFall Bocce Tournament

Friday, November 25, Registration begins at 9am  
ST. AUGUSTINE GREEN

Registration Fee: \$60 per team (2 players)

Please bring bocce ball set. The 2016 Fall Bocce Tournament benefits Rosemary Beach Foundation and our charitable partner, Emerald Coast Children's Advocacy Center

#### Winter Spectacular Showcase

Friday, November 25, 5pm to 8pm  
TOWN CENTER

Don't miss the most spectacular event of the season as we transform the town into a winter wonderland of amazing sights and live entertainment!

#### Tree Lighting Ceremony

Friday, November 25, 6pm  
SOUTH BARRETT SQUARE

Don't miss the excitement as we "turn on the town!" Enjoy musical performances by the Charles Dickens Carolers, see Santa's big arrival and take a carriage ride through town.

#### Merchant Holiday Open House

Friday, November 25, after the tree lighting  
Visit the Town Center Merchants after the tree lighting for a very special evening of holiday shopping and refreshments!

#### Breakfast with Santa

Saturday, November 26, 8am to 10am  
TOWN HALL

Bring the kids to Santa's Workshop for a magical morning filled with delight! Included are a boxed breakfast, a professional color photo with Santa and a special goodie bag from Gigi's! Tickets are \$15 and available at the door.

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Saturday, November 26, 10am to 4pm  
WEST & EAST LONG GREENS & NORTH BARRETT SQUARE

Forget the hustle and bustle of the mall. Browse through booths filled with unique gifts you can't find anywhere else including hand-crafted jewelry, pottery, paintings and more.

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Saturday, November 26, 5 to 7pm  
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## SEASIDE

### 26th Annual Seeing Red Wine Festival

Thursday - Sunday, November 3-6  
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### Seaside Farmers Market

Saturdays, November 12, 19, & 26\*, 9am to 1pm

\*There is no market in Seaside on November 5 due to the Seeing Red Wine Festival.  
AMPHITHEATER

### The Nutcracker Ballet feat.

#### Ballet Pensacola

Saturday, November 19, 5pm  
AMPHITHEATER

### Central Square Cinema - Holiday

#### Movie Night

Friday, November 25, 7pm  
Elf

AMPHITHEATER

### Turn on the Town - Town Decoration

#### Lighting, Holiday Parade, & Santa's Arrival

Saturday, November 26, 4pm  
AMPHITHEATER

### Seaside Farmers Market

Saturday, Dec 3, 10, 17, 24, & 31, 9am to 1pm  
AMPHITHEATER

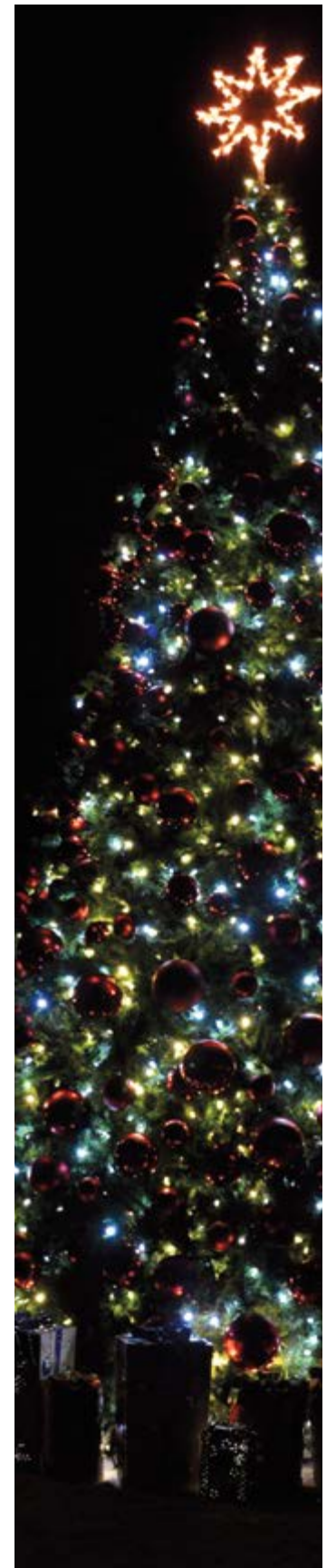
### Holiday Pops Concert feat. Pensacola

#### Symphony Orchestra

Saturday, Dec 17, 5:30pm  
AMPHITHEATER

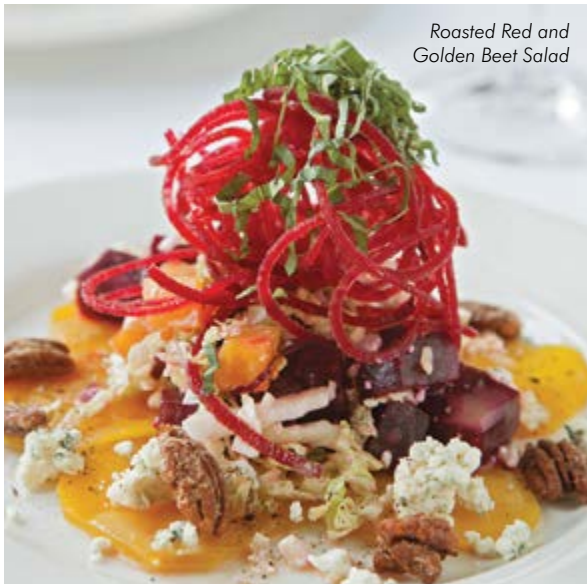
### Countdown Seaside!

A New Year's Celebration  
Saturday, Dec 31, 6pm to 12:30am



# Café Thirty-A: Plates of Plenty

BY LIESEL SCHMIDT



Roasted Red and Golden Beef Salad



Jumbo Lump Crabcake



Sesame-Crusted Rare Yellowfin Tuna

Upon arrival at Café Thirty-A, you realize you are in for a treat. Not only is the restaurant wonderfully appointed but the aromas from the kitchen create an anticipation of a truly fine dining experience. The whites and grays that wash the interior spaces are clean and crisp, providing the perfect backdrop for the colorful dishes and drinks offered. Both the ambience and the menu are designed to welcome each guest. Rather than demanding attention, Café Thirty-A lets the food take center stage as each plate is crafted with care and precision, using ingredients freshly picked and locally sourced.

These are the things that diners at Café Thirty-A have come to expect from the kitchen of this coastally inspired restaurant. Much like the white sands of the world-famous beaches it overlooks, the café exudes a sense of calm and relaxation while managing an air of respect for those million dollar views. “The ambience is open and casual—‘islandy’—yet sophisticated,” explains owner Harriet Crommelin. “Our patrons often say, ‘It just makes you feel good to walk in here!’ It’s a fun, happening place to dine—with impeccable, yet unpretentious, service.”

The menu at Café Thirty-A has been developed to include food that is unique, sumptuous, and beautiful. The artist at work in the kitchen is Teofilo “T” Tundidor, a graduate of Johnson & Wales, who has been at Café Thirty-A more than a decade. Under his masterful hand, fine plates are constructed, and guests are given delicious reminders of just what makes this region such a fine place to visit.

Among the most popular dishes is Maine Lobster in Paradise—a delightful decadence of macaroni noodles in a three-cheese sauce blended with truffle shavings, topped with crawfish tails, plump sweet peas, and smoky roasted red peppers. Meat lovers frequently choose the Beef Carpaccio: perfectly sliced raw beef drizzled with house made horseradish aioli, served on a bed of roquette greens topped with caper berries and dressed in an earthy truffle vinaigrette.

Each course, from first to last, is a testament to Café Thirty-A’s attention to detail. From the hand-blended sauces to the pasta dough, which is kneaded and rolled daily, to the churned in-house ice creams, the food is carefully prepared and lovingly served.



Double Chocolate Cake

Daily, the menu is ambitious but on Thanksgiving, it is a celebratory feast like no other. Thanksgiving guests partake in a prix-fixe meal of four courses, each with its own nod to the harvest season. Rich soups begin the festivities, featuring potatoes and leeks in a silky blend, with hearty mushrooms heightened by cream. The salad course uses seasonal field greens to create an autumnal plate of glazed pears, topped with sweet candied walnuts, spicy breakfast radishes, and salty shavings of Mahon cheese dressed in a warm bacon-sherry vinaigrette.

Game birds are expertly targeted in the third course, offering succulent roast duck breast or deep-fried turkey, each paired with sides that perfectly complement their individualities. For thankful diners with a love of the sea, oven roasted king salmon is a delight, while those with a hunger for beef can slice into the charred perfection of grilled filet mignon. To finish the meal, guests can savor candied bites of chocolate pecan pie or rich pumpkin pie, each served with a creamy scoop of house churned ice cream.

For Thanksgiving Day or any other on the calendar, dinner is truly an occasion at Café Thirty-A; an opportunity to take a moment to be thankful for the many things in life that make it so very worth savoring.

**Café Thirty-A is located at 3899 East Scenic Highway 30A, Seagrove Beach, Florida, 32549. Open daily at 5:00 p.m. For more information on the restaurant or to enquire about Thanksgiving**

**Day dinner reservations and take-out options, call (850) 231-2166 or visit [www.cafethirtya.com](http://www.cafethirtya.com).**

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# Grayton Corner Cafe: Making Throwdown Food at Throwback Prices

BY SARAH MURPHY ROBERTSON



Kitchen fresh ingredients



Housemade chicken salad sandwich



Gumbo

Photos by Jacqueline Ward Images



Key lime pie



Soup of the day



Grayton Corner Cafe

**H**ungry folks enter Grayton Corner Cafe with wide grins and great expectations. They've definitely been here before and they are excited to be back. Some don't even specify their order. "Surprise me," they say with full confidence. Now that's a ringing endorsement for a restaurant.

It's all in the approach. When you know, you know; and Grayton Corner Cafe's chef, Shank, simply knows good food. There is as much care put into the dishes he makes for Grayton Corner as you'd expect from plates composed in a fine dining establishment. What is not reflected in the astute attention to detail is the price. This Grayton Beach eatery always prioritizes honest prices for tasty food. It's really just that simple.

Owner Paul DiGiacomo and Chef Shank are joined in the kitchen by Mario and Valerie; and this team of four hum along like a well-oiled machine. Everyone knows his or her part, and the result is a natural rhythm. From bar stools circling the open kitchen, happy diners chat the crew up. Eating here has a community feel and that's just the way DiGiacomo and Shank like it.

With a Specials board driving the bulk of their menu each day, creativity isn't just a buzzword; it's a vital part of their process at Grayton Corner Cafe. Shank and DiGiacomo find inspiration from road trips to other cities and access to unique produce and products from regional

farms and ethnic markets. This keeps the work they do new and inspiring, and their guests savor the results.

The Grayton Corner Cafe crew is all about making food they themselves would want to eat. You're going to want to try their home-style favorites like the savory, tender chicken and dumplings; or their wicked-tasty meatloaf. Every day they feature a new special as well as a handful of rotating seasonal sides. Think red beans and rice, glazed carrots, butternut squash casserole, field peas, mashed potatoes, braised kale, and so on. Let me tell you, these sides make for one terrific veggie plate, too. A happy bonus is gluten free and vegetarian options are often available.

But along with this comfort food nirvana, you'll see jicama, daikon, lentils, and lychee fruit among others on their menu. Shank enjoys bringing unusual products to 30-A customers and expanding palates along the way. He does this by taking care to make these ingredients approachable, accessible, and downright delicious.

Along with daily specials, the Grayton Corner Cafe's menu has some seriously solid staple items. The house-made chicken salad is generously scooped onto a buttery toasted croissant and topped with spring greens, tomato,

creamy avocado, and crunchy sprouts. Each component enhances this filling and flavorful sandwich. I devoured mine in no time flat.

A "Prix Fixe" is a complete meal offered at a set price. Every Thursday the Grayton Corner Cafe's version is offered for less than eleven dollars and is a reverent nod to different global cuisines. Whether it is Latin, Indian, Thai, Jamaican, or Turkish, you'll find profiles and flavors you weren't expecting for such a deal.

In keeping with a thrifty mindset, conservation is always an important aspect to the Grayton Corner Cafe team. They use fruit and vegetable peelings and bones to craft their own stocks. Ends of bread loaves become crumbs for binding the meatloaf. The team grows their own herbs; and everything that can be, is put to good use. It's how the best kitchens are run.

Follow Grayton Corner Cafe on Facebook to learn what they're serving daily. They are open for lunch from 11-3 Monday through Friday. Oh, and be sure to get there early because sometimes fan favorites sell out. Starting fall 2016, they will weekly introduce a dinner service with a family-style menu. This will be a fun way to introduce even more folks to what so many already know: this place isn't cutting any corners and the food is really something special.

**Located at 14 Clayton Lane Suite 16, Santa Rosa Beach, FL 32459. Phone in takeout orders to (850) 213-0401 and visit their Facebook page for daily specials at [www.facebook.com/graytoncornercafe](http://www.facebook.com/graytoncornercafe).**





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# Camille Withhall of George's at Alys Beach

BY SUSAN BENTON

I was on assignment and sitting at a street facing window table at Restaurant Fire located in Gulf Place when I first met Camille Withhall, a line cook from the restaurant's original location in Grayton Beach, who worked her way up the ladder to become the executive chef. Upon tasting her spice forward food, and within the first few minutes of our exchanging dialogue, I knew we had a connection: the Philippines.

My father was stationed at Subic Bay when I was a young girl of nine. That experience taught me about different cultures and cuisines. The officers quarters that we lived in also provided a Filipino house manager, Lourdes, who not only kept my family in order, but also became my friend and mentor in the kitchen. The exotic flavors I had grown to adore as a young girl rushed over my taste buds, flooding my mind with fond food memories, as I savored each bite from Chef Camille's presentations.

Growing up in Manila, Philippines, Withhall cherished watching her mother prepare Filipino meals for their family of six. She spent a great deal of time in the kitchen shadowing her mother and enjoying cooking. However, Withhall decided she would be better suited in a corporate setting and went on to graduate with a degree in Commerce Advertising Management from De La Salle University in Manila.

After working for her father's agrichemical company handling human resources, administration, and marketing, Camille quickly discovered that the corporate world wasn't for her. Right away she decided to enroll in the culinary arts program at the American Hospitality Academy in Manila to pursue her passion for cooking. The Academy was also a place where she could condense the fast-paced four-year course into one. "I've always had an enthusiasm for food so it was a natural fit for me to develop my skills professionally. I'm meant to be on this path and haven't looked back since," says Withhall.

Chef Camille has worked with private clubs, resorts, and independent fine dining establishments in the U.S.



Chef Camille Withhall

Photo by Jacqueline Ward Images

and the Philippines, including a stint in 2008 at Sandestin Golf & Beach Resort. There she gained invaluable kitchen experience, including pastry, banquets, casual club fare, and fine dining.

Now a seasoned chef staring into a decade of cooking as an occupation, Withhall still draws on those early lessons taught at home. She says, "My mom remains the best cook. She uses her hands, instincts, and her senses. For me, it's about tasting everything as I go along. I'm not afraid to experiment with unfamiliar ingredients. That is how I learn to use them in different applications and to create new dishes."

Chef Camille draws from Filipino cuisine that has strong Asian and Spanish prominence, Napa-style, and farm-to-table cuisine with a heavy Southern influence;

For me, it's about tasting everything as I go along. I'm not afraid to experiment with unfamiliar ingredients. That is how I learn to use them in different applications and to create new dishes.

but she also pulls from French techniques that she has acquired. She enjoys the methods used in braising and caramelizing, saying, "I love garlic and rarely go without incorporating it into my dishes. Garlic just makes everything taste better!"

Her talent in the kitchen is undeniable, as are her creations that make their way onto the "behave" and "misbehave" menu selections at George's at Alys Beach, where Withhall became sous chef in 2014 and executive chef just one year later.

The "Old Florida" cracker style cottage is cozy and intimate, and has become known as one of the best restaurants in South Walton. Though the menu changes seasonally, staple items that customers have grown to expect are the Spicy Salt & Pepper Shrimp and the Jerk Crusted Gulf Snapper. New for this season will be an Alligator Arancini appetizer with tamarind coulis; and a French pie filled with sweet potato pastry cream and topped with a brown butter anglaise, candied pecans, and a dollop of toasted meringue.

*To meet Chef Camille Withhall and get a taste of George's at Alys Beach, visit 30 Castle Harbour Drive on Scenic Highway 30A. For more information visit [www.georgesatallysbeach.com](http://www.georgesatallysbeach.com) or call (850) 641-0017.*

*Susan Benton is a food and travel writer and the owner of 30AEATS.com, where she shares her passion for cooking and her commitment to promoting farmers, fishermen, chefs, artisans, and restaurants along the Florida Panhandle.*

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# Register Family Farm

BY SUSAN BENTON



Walton County is flourishing with an abundance of farmers and producers supplying the highest quality products to locals and visitors. Their bounty is often celebrated in many restaurant presentations along the Gulf Coast as well.

One of those farmers is Register Family Farm, an aviary (honeybee farm) operated solely by members of the Register family and located in Freeport, not far north from the beaches of South Walton.

Joseph and Jeremiah, who are both former Airborne Rangers and combat veterans, are managing partners of Register Family Farm. The concept sprouted from Jeremiah's passion for cultivating fruit trees. Initially, the idea was to have a few hives to pollinate these trees and the family garden.

The enthusiasm for beekeeping swept over them all; and now with 500 colonies, Register Family Farm is a sweetly successful business.

Currently, Joseph and Jeremiah handle the day-to-day operations of the aviary and colony management, while their father, Gerry, is the constant innovator who is always seeking optimal ways to move the bees, and improve the process. He also hand crafts the needed pallets and wooden ware. Joseph says, "The last four years have been a whirlwind of bee stings, heavy lifting, and long days and nights, but we would not have it any other way."

Spending countless hours behind the scenes, as mothers typically do, is Shelley. She supports all facets

of Register Family Farm operations and ensures that everyone has what they need to be prepared and to succeed, including feeding her hard working family members when the lunch bell rings.

World wide there is great concern about the plight of honeybees. There is also a growing concern about the purity of honey being offered to consumers. Producers and packers of honey around the world have been accused of feeding hives sugar and high fructose corn syrup in order to boost production quantities and even mixing corn syrup with the finished product. Joseph explains that their honey is absolutely natural and pure. Feeding bees at Register Family Farm is the last option to save a colony that would otherwise starve, and does not occur during periods of honey production.

"The goal is to place our honeybees on properties around the county with specific blooms so the bees can get the best natural nutrients to survive, and hopefully mother nature cooperates. During periods that honey is not being produced, and the hives are not able to get the nutrients they need, we selectively give them a boost in order to ensure their survival through the winter," Joseph says.

Together, Joseph and his wife Elisabeth, who is also a combat veteran, handle most of the product development, production, packaging, and selling. They transitioned into the retail market slowly, because as a family they are very particular about doing things well.

Each product spends a considerable amount of time in testing before being approved for sale. The raw, natural, unfiltered, unpasteurized, and never heated wildflower and Tupelo honey, beeswax candles, soaps, and lip balms are among the most popular items offered, but the superfood, bee pollen, is garnering a lot of attention.

Bee pollen is the food of the young and it is approximately 40% protein. It is considered one of nature's most nourishing foods, containing nearly all nutrients required by humans. The pollen is collected when the bees enter the hive by causing them to squeeze through a couple layers of mesh that scrape roughly half of the pollen off of their legs. It then falls into a tray for collection.

Wanting to keep the buzz about beekeeping at the forefront of young minds, the Register family often visits elementary schools and Boy & Girl Scout troops to share their knowledge, bringing along bee observation hives for the children to view.

"It's a cool thing for our family to come together, be at our best, and produce a quality product. It has been an adventure and a blessing," says Joseph.

**For more information about Register Family Farm or to purchase products, please visit their website at [www.registerfamilyfarm.com](http://www.registerfamilyfarm.com) or call (850) 603-0215.**



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# Green By Design – Part I

BY ANNE HUNTER

The Seaside amphitheater has been a subject of myth and folklore for 30-A residents for years: Was it intentionally designed to hold the excess rainwater to take the shape of a swimming pool during heavy storms? I asked DPZ (Duany Plater-Zyberk), the town master planner.

“I think that it would surprise most people that the beautiful, sociable amphitheater at Seaside was actually designed to also be the principal storm retention pond for the downtown,” explains DPZ partner Andrés Duany. “That kind of facility is usually designed by engineers in such an ugly utilitarian way that it has to be placed in some back lot, out of sight and surrounded by chain-link fence. We’ve all seen that kind of place.”

Duany, an architect, urban designer, planner, and author, has dedicated over three decades to pioneering a vision for sustainable urban development and its implementation. *Green by Design: The Communities of Florida’s EcoCoast* is a book in the works by Duany, Senen M. A. Antonio, and Christian Wagley. The book will focus on a series of planned environmental components that are common to the four new urbanist towns along Scenic Highway 30A, referred to as EcoTowns. Three of these components will be introduced in this three-part series.

*Here Antonio shares an excerpt about the towns’ hydrology that answers what was becoming an age-old question for our community:*

Seaside, Rosemary Beach, Alys Beach, and WaterColor are known for being compact, walkable, and diverse communities, but few people realize that they also are among the best inherently environmentally-designed new towns, incorporating and implementing green development/building practices long before it was required by law. In the broadest terms, such traditional resorts are utopian communities, often embodying an idealized environment incorporating urbanism with nature. As society looks to build better communities, many strategies for sustainable development are tested, refined, and developed along Florida’s EcoCoast.



The Seaside amphitheatre after heavy rain



Alys Beach



Alys Beach

## HYDROLOGY

It is important that the rainwater be cleansed before it re-enters the underground aquifer or flows into the system of streams and waterways. Since buildings and roads typically render a large percentage of the land impervious, conventional developments handle the rainwater via big underground pipes. The water must then be processed elsewhere in unattractive, engineered settlement ponds, or processed mechanically at a remote sewage plant. It is more ecologically sound, as well as less expensive, to allow the stormwater to enter the soil where it falls. This of course can only happen with soil that drains well, such as the sand of the 30A corridor.

In order for this natural percolation to occur, much of the ground surface – even after development – must be porous. The houses at Seaside and WaterColor are raised on piers so that the drainage pattern would remain uninterrupted and unconstrained beneath the buildings. The slightly raised boardwalks at Rosemary permit this as well. The brick pavers at Seaside and WaterColor, and the concrete paver blocks at Rosemary and Alys, laid on sand with slight filtration interstices separating the pavers from each other, create porous street pavements for the stormwater to pass directly into the aquifer instead of running through lengthy spans of pipes to

rivers and streams. There are no underground storm drainage systems at the three communities sending the tainted water to the creeks and watersheds. The pavers at Seaside and WaterColor have a beveled edge profile which provides some water detention capacity, while the concrete blocks at Alys have a permeability factor of 35% – that is, over a third of the rain falling on streets paved with these blocks filters directly into the ground.

Each community’s actual road area itself is reduced to further minimize impervious surfaces. Seaside, Rosemary, Alys, and WaterColor are designed to have the narrowest

roads possible, which also helps reduce driving speeds and thus increases pedestrian/biker safety and walkability/bikeability. Moreover, Seaside provides on-street parking on gravel swales that extend the permeable land surface. As noted earlier, the design of Rosemary Beach replaces every other street with a pervious wooden boardwalk. Ribbon curbs and swales at Alys Beach and at WaterColor allow stormwater to be treated roadside as well. Finally, the generous provision of on-street parking throughout the four communities minimizes the need for large tracts

of parking lots, and further reduces the impervious surface area.

When the rainfall is so strong that it becomes a “storm event”, the sand may not be able to absorb the stormwater quickly enough and water temporarily remains on the surface. This is not a problem as long as the water does not reach and enter the buildings; for this reason, all the houses in the three towns are elevated a few feet from the ground. However, commercial uses such as shops cannot be raised, and requires a different solution in response to such storm events. Thus, Seaside’s bowl-shaped Green at the Central Square, and Alys Beach’s sunken Amphitheater double as natural stormwater retention ponds. This approach is much more economical, attractive, and sustainable than conventional, typically over-engineered facilities made with concrete and surrounded with chain link fencing commonly found in the suburbs.

“Seaside pioneered an environmental engineering which is also economical and beautiful,” Duany tells me with excitement. “The amphitheater is one of the most visible examples of that idea. It is also looks very cool when it fills up like a pond in a big storm.”

**Look for part 2 of this series in *Thirty-A-Review’s* spring issue.**



LIFE DEFINED



**U2 · 79 NONESUCH WAY**

*This stunning 3,145 square-foot home, designed by Eric Watson, features 4 bedrooms plus a double-bunk room and 4.5 baths. Chelsea Frazer Interior Design created a masterpiece with the interior furnishings, fixtures and finishes. The home is just steps to the Caliza Pool & Restaurant, Town Center, Fitness Center, and Nature Preserve.*



**U8 · 52 SPICE BERRY ALLEY**

*Framing Arboleda Park, this 3,297 square-foot home is designed by renowned Khoury-Vogt Architects. The home features two master suites, two guest bedrooms, bunk area, 4.5 baths, media room, park side loggia, two-car garage, courtyard loggia, and pool. Buyers have the opportunity to make many of the interior finish selections for the home.*



**E6 · 57 GOVERNORS COURT**

*This 4-bedroom, 4.5-bath courtyard home features a courtyard with dipping pool, detached master suite, junior master suite, living and dining rooms, and gourmet kitchen. The master suite has 25-foot vaulted cypress ceilings, a jetted tub, sunken shower, and private poolside seating. Two guest bedrooms, are located on the 2nd floor.*



**J12 · 31 NORTH CHARLES STREET**

*Located just north of Fonville Press, this Somerset Home, designed by Architect Gary Justiss, features 4-bedrooms, 4.5-baths, a generous courtyard with a pool, open loggias, and second floor flex space and den. Buyers can make personal interior finish selections for the home.*



**U29 · 45 SUGARLOAF ALLEY**

*Located just north of Town Center near Caliza Pool & Restaurant, this Somerset Home, designed by Gary Justiss, features 3 bedrooms, 3.5 baths, bunkroom, with a spacious center courtyard and pool and two-car garage. Buyers can make personal interior finish selections for the home.*



**A6 · 50 SEVEN WELLS COURT**

*This 2,672-square-foot courtyard home is designed by renowned architect Robert Orr. A generous dipping pool, built-in seating and an outdoor fireplace ensure the courtyard, encompassed with greenery, will be used every season. On the second floor, two spacious guest suites open into a louvered gallery and a spacious rooftop terrace.*

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# Just Like Riding a Bike...But Better

BY SARAH MURPHY ROBERTSON

Few feelings are as freeing as picking up speed while soaring down a hill on a bike. The breeze cools your face and at once you're transported back to being a kid. Remember when bikes were our only rides and a whole winding day of adventures lay ahead?

Destin native Jason Medina wants to bring folks back to that sense of freedom and is primed and geared to do so. His new venture, Pedego 30A is the Emerald Coast's first all electric bicycle shop. After spending 22 years on the water with the United States Coast Guard, Medina recently retired from military life and found himself interested in promoting another aspect of 30-A: the beautiful landscape and charming beach towns dotting our scenic highway.

"I've always been drawn to transportation modes using natural power," he says. For a long time this meant recreational sports like sailing, kite surfing, and electric motorcycles. "Then I started to research Pedego's company and their electric bicycles. I knew this would be a perfect fit for 30-A."

30-A's eighteen-mile bike path is the ideal thoroughfare for electric bikes. No need to sit in traffic burning up gas in the family SUV. In high season you'll be able to get to your destination faster while also parking with ease. Fierce head winds or distance deterring you from taking a longer trek? No sweat. Pedego bikes will always have your back.

So what exactly is an electric bicycle? Imagine the sweetest beach cruiser meets an electric scooter. Probably the biggest misconception is you can't use them like a regular bike. You can. Pedal away my friends, and get your exercise on. When a big hill looks a tad daunting, just use the throttle or pedal boost to effortlessly accelerate.

These bikes really zoom! They reach speeds up to 20 miles per hour and are great for any number of activities, from a leisurely day spent shopping and exploring to



Photo by Jason Medina



Pedego 30A owner Jason Medina

Photos by Romona Robbins

will come with each rental. Several styles of bike are available too. One option is mountain bikes with fatter tires outfitted for trail riding.

Pedego 30A will also soon begin offering guided tours on their electric bikes. These tours will include rides through the picturesque pines of the state forest, jaunts highlighting the history of each town in our unique area, or even spirited group pub-crawls!

In addition to rentals and tours, Pedego 30A peddles these amazing bikes, serving as the exclusive dealer for our area. The company seeks longtime locals for partners, and Medina and his ties into this community are a great fit. These exceptional electric bikes will be for sale starting around \$2200. When picking out your new ride, the sky is the limit as all are completely customizable with virtually hundreds of color options and upgrades possible.

The fact is, it's simply impossible to contain your smile when you ride a Pedego Electric Bike. They are super user friendly and within moments of your maiden voyage, you'll be hooked. Get yourself over to WaterColor to try them out today! Once you take one for a spin, your Christmas wish list may get a whole lot shorter.

a romantic sunset ride to dinner. On average, Pedego's batteries last about 60 miles per charge and conveniently, an LCD monitor tracks your battery's life. Running out of juice will not be an issue.

Pedego 30A is centrally located in WaterColor Crossing and therefore a mere half mile away from the beach and multiple trail heads. They offer hourly, daily, and weekly rentals for ages 16 and up. The bikes can include child seats and foot pegs to accommodate younger riders on the back. So don't fret – everyone in the family can be a part of the fun. All gear, from helmets to locks,

***Pedego 30A is located at 174 WaterColor Way, Suite 106. Open Tuesday - Saturday from 10 am to 6 pm and Sundays 12 pm to 6 pm. For more information, call (850) 598-6380, email [info@pedego30a.com](mailto:info@pedego30a.com), or follow them on Facebook at [facebook.com/Pedego30A](https://facebook.com/Pedego30A).***





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# Ten Misconceptions about Hormones

BY DR. NITIN BAWA, MD



Dr. Nitin Bawa, MD

**W**hen it comes to hormones, there are several misconceptions out there. Here are a few that I see routinely.

**I am not around pesticides.** We are all exposed to pesticides and these days they are colorless, odorless and on our food. It is difficult to wash off pesticide residue that is buried deep in the crevices of food. Different cities and states with many mosquitoes do aerial spraying and other methods that disperse the pesticides widely. These pesticides look a lot like estrogens and so can cause weight gain.

**Our food does not expose us to hormones:** Hormones are everywhere. Animals make hormones and when we eat meat we get some animal hormones. Sometimes, cows and other animals might have hormones injected and those could pass on to us. Women take birth control pills and these hormones are excreted in urine which makes its way to streams, rivers and oceans and fish ingest them which come back on our plate!

**Estrogens are not harmful:** Hormones are very potent substances and function very well when present in a few ppb (parts per billion). Plastics, pesticides and even thermal paper give off chemicals that work like estrogens. Estrogens tell the brain of men that there is no need for testosterone, and so testosterone production is reduced. Several animals, such as frogs, are exposed to such pesticides and they can have a neutering effect on the male gender.

**Plastics are safe:** Plastics give off a chemical called BPA (Bisphenol-A) that is a Xenoestrogen or serves like an estrogen molecule. These Xenoestrogens might lower testosterone for men and cause weight gain for men and women.

**Canned foods do not have hormones:** Aluminum cans are lined with a thin layer of plastic and this contains

BPA. This BPA can get into the foods especially since the cans sit around for years. Acidic foods such as tomato sauces might cause more BPA to leach into the food. This BPA serves as an estrogen and can cause weight gain and breast cancer.

**Paper is safe:** Thermal receipt paper gives off BPA which is easily absorbed in the skin. There have been studies showing that cashiers have higher levels of BPA in their system because they handle receipt paper. The alcohol that is in hand sanitizers allows this BPA to be absorbed better. Since we trust chemicals so much, we often handle receipt paper and then use hand sanitizers which would be an ideal way to make BPA penetrate better.

**Hormones do not cause breast cancer:** Hormones such as estrogen make breast cells, uterine cells, and fat cells divide. Estrogens increase the risk of breast cancer and we are around many chemicals that have this estrogen-like quality.

**Progesterone does not counter the risks of estrogen:** there are several studies that show that estrogen makes cells divide but progesterone makes them mature and stop dividing. However, synthetic progesterone or FDA approved progesterones do not have this effect. Progesterone is even over-the-counter so most physicians are not aware of this beneficial effect of this natural supplement.

**What does this mean?** You have to go to a physician who understands bio-identical hormones.

*Dr. Bawa is a board certified Internal Medicine Physician with a special interest in bio-identical hormones, weight loss, holistic medicine, and lasers. You can reach him at (850) 424-7320.*



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# FLU Season: Three Natural Remedies

BY DR. BART M. PRECOURT

It's that time of year again for the dreadful "flu season". Or at least that is what the media will try to sell us. Once again we will see the media and news sources do their best to scare us about the dreadful woes of the flu, and of course provide seemingly the only remedy... the flu shot. With this comes controversy. Will it work? Is it safe? Is it dangerous? Statistics tell us that if you get the flu shot you might still get the flu, and the shot could possibly give you all the symptoms of the flu. The debate will continue on.

This article is not designed to be a forum of discussing the validity of the flu shot; rather it will provide tried and true effective "health" steps you can take to defend yourself of possibility getting the flu. Guaranteed? No, yet guaranteed to do no harm. Not as much can be said of the flu shot.

## ULTIMATELY IT WILL COME DOWN TO YOU HAVING THREE CHOICES.

**One.** Do nothing. Cross your fingers and hope things work out. **Two.** Get a flu shot. Statistics show your results are 50-50 whether or not you get the flu, and undeniably you would put something foreign and toxic into your body. **And three.** Take action to be healthier. Make your best defense your offense.

Choosing option three means your willing to take action for your own health. Here's what to do when you choose go on the offensive.

### 1. Manage STRESS! (and sugar)

Is it really flu season or STRESS season? Stress comes in different forms. It can be physical, chemical, or emotional. Usually the chemical abuse starts around Halloween when we start consuming more candy and sugar than usual. Sugar is the destroyer of health! **Research shows us that eating any kind of sugar has the potential to reduce your body's defense by 75% or more for 4-6 hours!** Then comes Thanksgiving and Christmas... Yikes! Food coma here we come. Another significant blow to our immune system by eating all of our childhood favorites. Mashed potatoes (same as sugar), apple pie (ditto), cornbread stuffing (ditto). You get the point. Keep in mind that getting full is also a form of stress.

If the food stressors weren't enough, how about the emotional roller coaster we go on. Travel, family members who are missed or passed. The pressure of the holidays coming up. The added stress of expenses. These add to our stress and make us increasingly vulnerable to get sick.

**What to do?** Choose in advance to eat foods that are healthy. In order for things to change, you must change. Introduce some new organic vegetables. Be willing to know your boundaries with commitments.

Dr. Bart M. Precourt



### 2. Get some SLEEP!

You heal when you sleep. Most of us get less sleep through the holiday season due to more parties, office events, and social gatherings. Ironically this is when you need the most sleep. The less you sleep the less time your body has to detox, recover and rebuild. All are functions of your parasympathetic nervous system, the part of your nervous system that keeps you from getting sick.

**What to do?** Catch an extra nap whenever you can. Sleep in when possible and know when to stay home and catch up on rest.

### 3. Use SUPPLEMENTS

If there ever was a time to use supplements this is it! If you are going to ask more from your body and put greater demands on your health, then SUPPLY more. Sometimes we aren't going to avoid the extra stress or loss of sleep. Yet you can be pro-active! Give your body everything it needs to be healthy and defend itself.

To keep up with the demands of the holidays these are my favorite whole food supplements to use.

**Cataplex C:** This is a whole food source of vitamin c. The vitamin c enzyme is what your body uses to fight infection and feeds your adrenal glands. Avoid cheap versions of ascorbic acid, they often don't provide the bioflavonoids to build blood and fight infection.

**Echinacea root:** Research has shown that this herb helps to fend off and kill viruses! This is a well known booster and defender of your immune system. Quality is crucial. Look for echinacea that comes from the root of the plant.

To get a flu shot or not is a conversation to have with your doctor, to take action to be healthy is a conversation you have with yourself. Take action... you got this!

*Dr. Bart M. Precourt 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 Seagrove 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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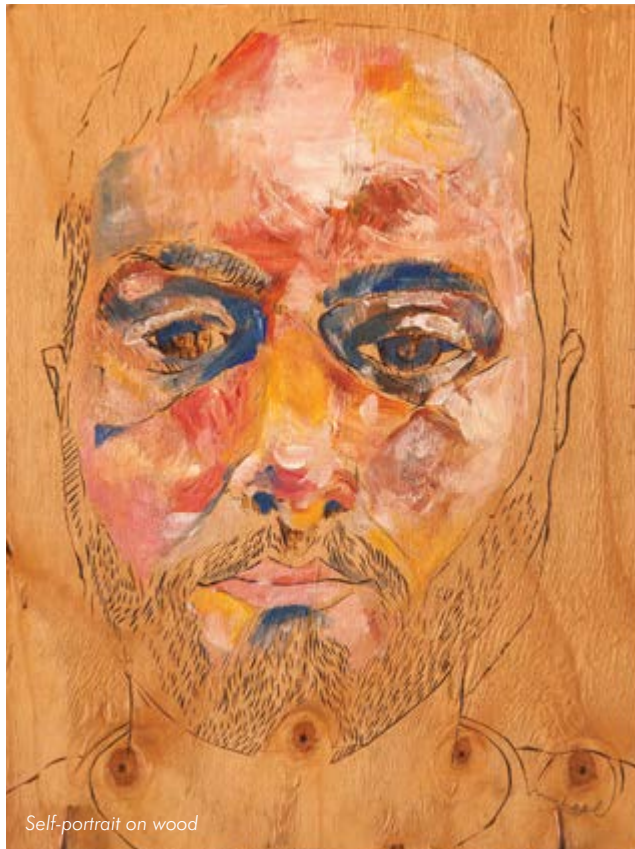
# Local Artist Michael Bridges: The Crunch, The Twang, The Brushstroke

BY ANNE HUNTER

Michael Fraser Bridges, the besotted bread maker at Modica Market in Seaside, always drew. “I remember drawing as a social skill,” says Bridges. “I would sit down with one of my friends in kindergarten and we would create things on paper together.” Scuba divers with samurai swords dueling on an erupting volcano filled the pages from the world of his imaginings. Bridges found that drawing was always something that made him happy, “...more so than playing outside or watching TV, or reading books; drawing became my default activity. I would draw all day at school...at home, on weekends...pretty much anywhere my pencil could reach.”

He would go on to take his first art lessons from Alon Wingard, whom he would later work with at Adams Antiques, refinishing vintage European furniture and restoring paintings. Wingard introduced Bridges to the concept and practice of light and shadow, which at the time were foreign concepts to him. “A lot of my work is sculptural, even if it is a drawing. I treat drawings as a surface for two physical objects to interact on: a pen and paper. I don’t want you to look at a painting or sculpture and suspend your disbelief. I want it to show you what it is, to show you that it is a flat object, to show you lines, and paint whatever is on or under it. Humor is important to me in this aspect. I make little jokes to myself on canvas, crossing lines, dotting lines, painting over the wrong part, lines coming out of places they shouldn’t be, borders that don’t matter, etc.” Bridges learned and grew from other masters in art. “To this day, Bill Watterson, creator of Calvin and Hobbes, is one of the most important artists that I draw inspiration from.”

Painting isn’t Michael Bridges’s only forte. He is also an accomplished bread maker and woodworker. Bridges has found an additional path to fulfillment as the bread maker at Modica Market. In college, he worked in the wood and metal shop helping students with their welding and blacksmithing projects. “During this time, one of my childhood friends was re-diagnosed with cancer and died very quickly. His mother sent an email out the morning



Self-portrait on wood



Sour dough pizza



Playing mandolin in Seaside, FL



Michael and his famous sour dough loaves

Photos by Jack Gardner

he passed, which was very beautifully written and seemed to be important because she was accepting this great loss while truly admiring the person who was gone. I immediately began working on a piece for him. I took two very large sheets of steel and hand hammered the entire letter his mother wrote into the surface of the sheets of steel. I laid them on the floor in the gallery and next to them I placed a loaf of bread that I baked for him.”

For the duration of the show, the loaf stayed on the ground until it almost completely rotted away. Bridges explains that in a way the loaf of bread was his final gift to his friend. “It is one of the first times that I remember baking bread and it was important to me for three reasons:”

1. Giving a piece of bread is an offering of companionship and love.
2. There is a parallel between the bread being consumed by rot, and the way the friend passed away.
3. The symbolism as the body of Christ in the Christian tradition.

To complete his artistic repertoire, Bridges is a classically trained violinist. “When I was a kid, I hated the structure of classical training and I began to play bluegrass as I got older, which is still very structured. But as a musician it allowed me a lot more freedom.” From there he discovered older country and the blues, which became his passion for the recent chapters of his musical life. He is an avid record collector and living next to Central Square Records keeps his collection growing. “Honestly, I really just love playing music. It lets me use my hands to create different things. I have to use my hands, I’m a very tactile learner. I like to think that I’m always learning and I try to

learn as much as I can.” Bridges loves listening to music nearly as much as he enjoys playing it. “I think about the textures that music has in the same way I think about the surface of a painting, or wood burning, or the crust of a bread - the crunch, the twang, the brush stroke,” says the painter, musician, and bread maker.

**For more information on Bridges, follow him on Instagram at @michaels\_bread, stop by to hear his music every Friday from 5PM-7PM at Modica Market and view his art at Anne Hunter Galleries in Seaside.**



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# Smoke on the Water

BY LIESEL SCHMIDT



Paul Copeland



Located at The Hub



Photos by Jacqueline Ward Images



Walk in humidor

While premium cigars may seem a bit high-end for beer drinking, country music loving, southern boys, a taste for those handcrafted rolls of quality tobacco leaves is hardly exclusive to members of the high society set. In fact, as country crooner Luke Bryan would likely argue, cigars make the perfect accompaniment to a fine bottle of ale—and now he’s got the place to prove it.

For Bryan, a cigar bar was a new business territory. So he partnered with his fishing buddy Paul Copeland to open Shore Thing Cigars in late summer 2016. In fact, with its impressive list of craft beers as well as more than 25 labels of carefully curated wines and true French champagnes, Shore Thing is the ideal place to enjoy the good life, offering a chic yet relaxing getaway literally built for savoring the flavor of a local varietal or a refreshing beer and letting the full-bodied fug of an excellent cigar escape slowly into the air.

For beer, there are the old-standbys on tap—both Bryan and Copeland consider Miller Light to be a welcome friend to any evening—but the eight taps behind the bar feature brews from some of the local houses, as well, with handles from Grayton Beer and Oyster City Brewing Company in the mix. Bottles offer an even wider variety of flavors, hopping the line from lighter blondes to smokier ales. “There are subtle tones and flavors in beer that really complement the subtleties of cigars,” explains Copeland. “The underlying tones are one of the things that make beer such a natural pairing for cigars, much the way that the undertones of wines pair so perfectly with

cigars. Neither is overwhelming to the other, so you can really appreciate the inherent flavors in the wine or the beer at the same time as you can recognize and fully appreciate all of the flavors in the cigar,” he continues. Only the finest labels of wines made the cut, varietals so smooth and luxurious that they seem to caress the palate.

To say that Bryan and Copeland have put a great deal of thought into their selections would be an understatement. Each of the exquisite cigars in their massive walk-in humidor is imported from companies located largely in Honduras, Nicaragua, and the Dominican Republic, sourced from tobacco empires whose cigars are all handmade and aged for a minimum of two years. Among the most revered names in their collection: Davidoff, whose hand-rolled masterpieces grace the treasuries of fewer than 200 cigar stores worldwide. “They’re the Maserati of cigars,” Copeland says proudly. Another is Jericho Hill, blended in Nicaragua and produced by Nashville company Crowned Heads. “The name was inspired by a Johnny Cash song called Cocaine Blues, so it ties in well with the Nashville music scene,” Copeland says. A Nashville native, Copeland shares Bryan’s appreciation for the music industry that runs deep in the veins of the city and it was actually there that the two first met. “I helped Luke gain a greater knowledge of cigars, guided him through the process of creating his own humidor at his home in Nashville and worked with him to find the best, smoothest cigars.” No small thing for someone whose vocal chords are his claim to fame, though, unlike cigarettes, cigars are less damaging to the voice.

Bonding over beers, cigars, and fishing, the pair quickly set a plan into motion to open up

Shore Thing, targeting South Walton as their destination site. Bryan has long been in love with the area and even has a home on 30-A, but for Copeland, opening and running the store meant pulling up his Nashville roots and planting new ones.

Their venture has been a success, drawing in crowds who love a good drink and the smell of a fine cigar. Not everyone who comes in wants to sniff in the strong scent, however. So the luxuriously leather-appointed lounge is equipped with a state of the art air purification system that filters in sea-scented air. “It’s clean, fresh air that smells like the ocean, and it really complements the atmosphere—the cool grays and whites of our coastally-inspired décor, the high-end luxury feel,” Copeland says. “The name Shore Thing was inspired by a song off of one of Luke’s Spring Break albums. It’s all about going to the beach, escaping reality, and having a great time; and that’s what we’re focused on—having people come in, kick their feet up, and appreciate a good cigar, a great place, and a great beer.”

*Shore Thing Cigars is located at 37 Hub Lane, Watersound Beach, Florida, 32413. Open Tuesday-Saturday 11:00 a.m.-10:00 p.m., Sunday 3:00 p.m.- 10:00 p.m. For more information, call (850) 502-4050 or visit [www.shorethingcigars.com](http://www.shorethingcigars.com)*



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# Huck & Lilly: Making A Splash in Seaside

BY ANNE HUNTER

Ken Johnson and  
Andi Zack-Johnson



After scouting Ken and Andi last year, Boyle; a comedic talent in his own right; would go on to book Huck & Lilly to perform for the summer in Seaside. “We sat down at 45 Central and had a great conversation about their passion for music and performing. Their vision for Huck & Lilly was inspiring and it was a no-brainer to have them as part of the events in Seaside.”

British Columbia, Canada native, Andi Zack-Johnson studied with the Company of Rouges acting studio in Calgary, Alberta before becoming a sought-after voice-over actress for Canadian film group. In 2001, she moved from Calgary to Nashville, Tennessee, to pursue a career in music. Fast forward to 2016, Zack-Johnson is now an accomplished songwriter, writing songs for Josh Thompson; Etta Britt; and, most recently, two songs on Jenny Gill’s album released in September, produced by Gill’s country superstar father Vince Gill and Brothers Osborne.

Singer-songwriter Ken Johnson has written songs that have been recorded by many country music and rock artists, including Craig Morgan, Harry Connick Jr., Uncle Kracker, Josh Thompson, Tyler Farr, Joey and Rory, The Farm, Chris Janson, Josh Grider, Walt Wilkins, Wayne Newton, and many more. Johnson has penned multiple Billboard top 40 hits as well as three #1 songs on the famed Texas music charts.

Andi and Ken met while writing on Music Row in Nashville, became friends, and fell in love.

When the inspiring celebrity singing duo isn’t busy taking their talents to the children with their new album *There’s A Tree Growing In My Room* (co-produced with multi-Grammy and Dove award winner Skidd Mills) the two are cast members of the hit television show and Ryan Seacrest production, *I Love Kellie Pickler* on Country Music Television (CMT).

Andi and Ken are making a difference in the lives of children. “Ryan Seacrest, the producer of *I Love Kellie Pickler*, has several studios in children’s hospitals across the country,” explains Andi. “We performed as Huck and Lilly at Vanderbilt Children’s Hospital for the episode of the show aired October 20th (2016) on CMT.” The Johnsons sang as Huck and Lilly alongside Kellie Pickler and her husband Kyle Jacobs. “It was a bittersweet experience because we got to make the kids smile even though they were in the hospital with life threatening illnesses. We were so honored to play for them and take them away from their difficult situations even if it was just for a little while.

“What Ryan has going on with the children’s hospitals across the country is a great thing and we hope to do more of it. He has radio stations in the hospital that broadcast to rooms and they have added our album to their playlist.”

The couple’s soulful sounds enrapture parents, grandparents, and even older siblings. “Our music is a family affair. We write melodies that kids will love but that won’t drive their parents crazy. Moms and dads tell us that they listen to our songs as they drive the kids to school and keep them playing on their way to work,” laughs Ken. “It’s a win-win for the family.” A fact that Seaside residents and visitors can now attest to.

“It didn’t take long for their show to catch on at the Seaside Amphitheater,” muses Boyle. “Kids would gather close and dance and sing along while parents inched closer and started singing along too. The show is fun, innovative, and positive. Coincidentally, that also describes Ken and Andi to a T.”

**For more information on Andi and Ken, read their blogs at [www.hillbilysupperclub.com](http://www.hillbilysupperclub.com) and [www.thechampagnegarden.com](http://www.thechampagnegarden.com). Their children’s album “*There’s A Tree Growing In My Room*” is available on iTunes and on the Huck and Lilly website, [www.huckandlilly.com](http://www.huckandlilly.com).**

Seaside Events Director Kevin Boyle has a discriminating eye for talent. “The first thing that you notice about Ken Johnson (aka Huck) and Andi Zack-Johnson (aka Lilly) is that they’re just nice people. Meeting them was really refreshing and their sound was perfect.” As a fan of *They Might Be Giants*, Boyle knows that children’s music done right can be really entertaining. “Huck & Lilly is equal parts songwriter, kids, and just plain good music.”



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# What You Give

BY SARAH MURPHY ROBERTSON

When you enter Magnolia House Lifestyle Store in Grand Boulevard, each of your senses will be gently awakened. The pleasing, melodious music is instantly calming; soft, wafting aromas from luxury candles and scented soaps draw you in; and every display is eye-catching and lovingly arranged. Small bowls of complementary gourmet chocolates can be found peppered throughout the store and you are always greeted warmly. Here you are invited to take your time, relax, and browse.

You see, Magnolia House's welcoming atmosphere attracts visitors from all over the world to experience their elegant inventory. You'll find accessories like silk scarves and spa robes, bath and body products for pampering, and home décor such as candles, serving pieces, small furniture and artwork. But the real "find" is the space itself – this is a true gathering place for peaceful reflection and relaxation.

Another unique aspect to Magnolia House is its interior library space. Here customers are encouraged to spend time in this cozy corner of the store: reading and soaking in the quiet. The store carries both nonfiction and fiction works and a great variety of styles suited for both men and women.

To fully understand Magnolia House, you need to know a bit about its owner, Nancy Veldman. She is a pianist, author, and watercolor artist; and her vision for the store was never that it be just a typical shopping experience. Her remarkable life story has helped shaped the pathway for her business and it impacts the way she approaches every day.

Veldman is a self-taught musician who has written over 100 original songs on her piano, available in her store on 10 different CDs. The music itself became a ministry for her – attracting people looking for serenity and hope, and touching their hearts along the way. Veldman's artistic side is also expressed through writing with her eighth novel currently underway. Her books are page-turners and character-driven and she immensely enjoys the process of being a storyteller. These novels are available for sale at Magnolia House, as are prints of her watercolor paintings. Fans of her music, books, and artwork delight in meeting



Photos by Jacqueline Ward Images

the musician, author, and artist in person when they visit the store.

Nancy and her husband Richard moved to the 30-A area from Memphis 26 years ago. The store's first location was off of Magnolia Street in Grayton Beach, inspiring the shop's name. Seven years ago they moved to Grand Boulevard. Here, she helps her guests find items that will make their home feel comfortable, elegant and in its own gathering place.

Stop into Magnolia House Lifestyle Store and meet Nancy Veldman. While hearing her story and enjoying her beautiful collection, you'll quickly realize grace and hospitality are two more gifts she offers. Veldman takes great joy in handpicking her store's inventory – being mindful to bring in one of a kind pieces as well as luxurious, popular lines and labels. Some of her favorites



include: Fragonard, Lollia, and Lafco bath lines; LUX candles, and Joia de Majorca pearl jewelry. The home décor pieces created by Aiden Gray, Annie Glass, and Michael Aram are showstoppers too. These fabulous products and respected designers are all known for their quality, creativity, and craftsmanship.

While everything Magnolia House carries is high end, they offer items with many varying price points. Whether you are looking for a modest gift or a more grand gesture, Magnolia House has something perfect for every occasion. The next time you need a thank you, a present for your child's teacher, a token of appreciation for a hostess, or perhaps an extra special wedding gift, visit Magnolia House. They provide beautiful, complementary gift-wrapping, and can ship as well. Don't forget you can always shop in their online store at [www.magnoliahouse.com](http://www.magnoliahouse.com) if you missed getting a keepsake while here in town. Or find a precious little treat for yourself – you're worth it!

**Magnolia House is located at 600 Grand Boulevard, Suite M101 Miramar Beach, FL 32550 within the Shops of Grand Boulevard. Phone them at (850) 460-2005.**

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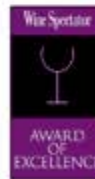
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# Details that Matter: An Insight into the Importance of Home Staging and *Pre-listing* Preparations

BY ERIN ODEN



Photos of 95 South Founder Lane, WaterSound Beach. Interiors by Urban Grace Interiors.

The 30-A real estate market has experienced a vibrant year. At this writing, we are in the third week of September, 2016 and nearing the end of the third quarter. Homes along the Scenic 30-A corridor are selling in less than six months on market and at an average of 96% of their list prices; positive and encouraging statistics for sellers.

When preparing to sell a property, it is critical to be aware of the current demands and trends among buyers. Positioning a home with the prospective buyer in mind lends great opportunity. Nearly 1200 homes have sold along 30-A this year. Of these sales, 77% were newer homes; no older than fifteen years old; and 42% were homes just five years old or newer. This market data shows the buyer preference for a newer construction home, with the most up-to-date features, finishes, and interiors.

If a home is older, or even simply outdated, remodeling and staging both the exteriors and interiors in advance of introducing the residence to the market brings the residence into level market competition.

Barb Schwarz, who is credited with inventing staging in the early 1970s, focuses on three key components in preparing a property for “market-ready” condition. To lend the greatest appeal and future selling success, Schwarz urges sellers to address the “three Cs” (cleanliness, clutter reduction, and color).

## 1. SPARKLING CLEAN

- **A professional deep clean is essential prior to listing a home** and is also the lowest cost preparation you can invest in. Don't overlook the necessity for regular cleanings throughout your time on market.
- **Be sensitive to the power of smell.** Make sure your home is physically clean and also free of any strong odors.

## 2. CLEAR THE CLUTTER

- **Less is more!** Think sparse and open. Even if removing most of your personal items, decor items, and family frames gives your home a very impersonal and perhaps boring feel, remember that this allow buyers to visualize the space and floor plan, and picture themselves in the home.
- **Clean out all closets, storage rooms, shelves, bookshelves and nooks, and the garage.** Just pack the knickknacks up! You are getting a head start on the moving process.

## 3. GO LIGHT, BRIGHT AND NEUTRAL IN COLOR

- **Painting the interior walls a decorator's white or a neutral shade lends a crisp, clean, and new look;** and also opens up the spaces. Now is not the time to consider the fun lime green or hot pink. Interestingly, the colors of the year for 2016, selected by the four top painting companies, were all shades of white.
- **Lightening countertops in the kitchens and bathrooms makes a huge impact.** Features of kitchens and bathrooms are often at the top of buyers' wish lists. Dark granites are no longer popular and buyers are in love with bright, white kitchens and bathrooms. This trend is especially strong in coastal markets.

*Erin Oden is the principal broker and owner of Coastal Luxury, maintaining 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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# SAND SOLUTION

What is the Stand-up Answer for Beach Access?

PHOTOS BY LYNN NESMITH ♦ STORY BY ANNE HUNTER

The rough and rising high tide of beach access has come ashore so fast that it was easy for many to miss the ambition, savvy, and focus of a handful of local homeowners that would carry our beach towns into confronting an age-old issue.

“The ability to walk freely along the beach, and to lay down a towel anywhere along the way, seems so basic and fundamental to life along 30-A. After all, in a place of much natural beauty, the beaches are the natural feature that defines the place more than anything else,” says Christian Wagley, principal of Sustainable Town Concepts.

Beach access is a controversial subject that dates back to the Roman times. According to Erika Kranz in her important 2009 article for the Florida Bar Journal: The public trust doctrine has its roots in Roman laws that required that the seas and tidal land remain open to all for fishing and navigation. As history tells, in A.D. 530, the Roman Emperor Justinian asked his legal scholars to codify the empire’s laws; the resulting Institutes of

This doctrine holds that these parts of the beach that have traditionally been used for travel, hunting, fishing, and more recently recreation are held by the state in trust for the use of its citizens.

Justinian included the provision that: *‘by the law of nature these things are common to all mankind; the air, running water, the sea and consequently the shores of the sea.’* Thus was born the idea of a public trust seashore. The idea has been passed down through the legal systems of many other nations. The United States and Florida inherited it as part of our country’s English common law

legacy. The doctrine was first incorporated into American law during the Revolutionary War, and the Supreme Court’s first assertion of the doctrine to establish federal sovereignty over navigable waters came with *Martin v. Waddell*, 41 U.S. 367 (1842). Today, nearly every state’s laws have incorporated the doctrine, though variation between states exists.”

Kranz explains, “Florida’s public trust ownership began with statehood in 1845, when the state took title to all sovereign lands within its jurisdiction not expressly granted to private interests by the Spanish government prior to the 1819 Treaty of Cession or conveyed by the federal government while Florida remained a territory. With control over public trust lands came the state’s responsibility to ensure that these lands remain free for public use.”

In her comprehensive report, Kranz notes, “It must be noted that the part of the beach under contention is the dry sand beach, that part of the beach falling above the mean high water mark, calculated as an average of

high tides over a number of years. The federal rule for calculating this all-important line is determined by “the average height of all waters over a period of 18.6 years.” The wet sand beach falling seaward of this line is governed by the public trust doctrine. This doctrine holds that these parts of the beach that have traditionally been used for travel, hunting, fishing, and more recently recreation are held by the state in trust for the use of its citizens. Like the beds of navigable rivers, private landowners may not hold this part of the beach to the exclusion of others. Following the federal rule for measuring the mean high water mark, Florida’s constitution asserts state ownership of beaches below these “mean high water lines... in trust for all the people.”

She continues, “At the root of the access issue are two competing values deeply entrenched in American society: The notion that private property may be held to the exclusion of others, and the tradition of allowing the nation’s coastlines to be free for public use. Some property owners who paid high prices to live adjacent to the beach believe that their deeds entitle them to limit access to the sand within their property lines. Yet tourists and locals often feel that Florida’s sand is a public resource belonging to none, open to all. The issue is especially important in a state where beaches are a large part of the coastline and an anchor of the tourism-based economy.”

On South Walton County’s beaches, more than a few recent developments have pushed this issue to the front burner. First, it appeared that South Walton County would be eligible for a massive beach nourishment project that could pump a considerable amount of sand onto the beaches as a protective measure against the eventual hurricanes on the Gulf Coast. The problem is that the added sand would establish a new mean high-tide waterline further into the Gulf, which would effectively nullify private beachfront homeowners claim to a private beach. A US Supreme Court ruling stated that any sand between the new tide line and the old one would become public beach. A large group of beachfront owners organized to fight the nourishment project regardless of any protection the added sand might create. It appeared that the nourishment plan was defeated.

Second, the nourishment opposition along with an invigorated private property push inspired many homeowners to place private property signs on their home fronts, calling on the Walton County Sheriff’s department to enforce their self-imposed trespassing rules. The Sheriff’s department gave them a detailed list of requirements including placing ropes or chains to delineate property boundaries. Soon after the signs and ropes reached saturation, the number of beachfront confrontations between tourists and locals with beachfront owners escalated.

Another tactic of taking of private ownership of the beaches is by “Quiet Title”: a legal maneuver employed by a group of local attorneys and several beachfront owners to take ownership to previously designated public sand.

The Walton County Commission has responded with two measures. Following a community workshop on the issue, they hired an attorney to investigate a Customary Use ordinance that would effectively declare the beaches public from the dune line to the waterline. The measure is expected to go to a vote this fall. The Commissioners also voted to amend the existing Beach Activities ordinance to outlaw signs, chains and ropes on the beaches.

Brittany Barefoot, a Walton County resident, addresses the concern that when a community has more people flooding to areas that were formerly “private,” they ultimately disturb the natural habitat, which can be catastrophic for sensitive species. “The issue is simple,” says Barefoot. “When federal tax dollars are used for beach re-nourishment, it requires that the area be accessible to the public. These projects are paid for by the public and should be accessed as such. The confusion seems to be that the public is not aware of these rights and when walking up to a beach that says “private” most people are more likely

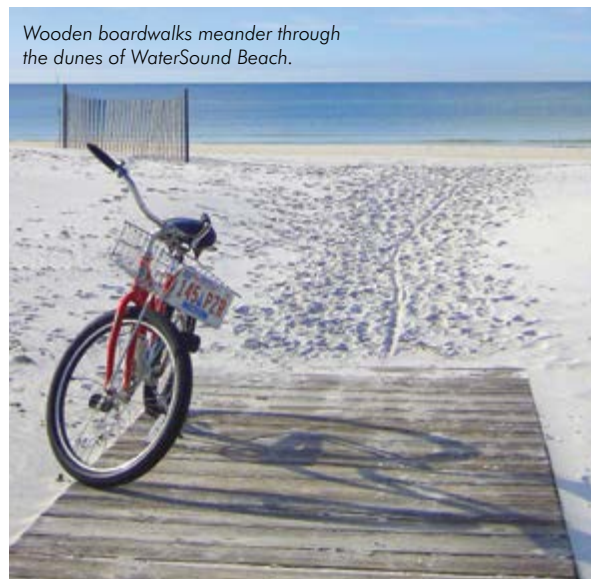
to turn around and leave than to cause an issue. The more complex issue lies between environmental agencies and the public, as decreasing public access to certain beach areas helps nesting shore birds thrive or ensure that sea turtle nests are not disturbed. It’s ultimately a win-lose situation in the eyes of environmental protection.”

It seems that the local debate could continue for Walton County, which according to the annals of history, is nothing new. The critical factor is how we handle it as a community. “Regardless of whether a customary use law is passed, the collective concern among beachfront homeowners and residents is that there must be some way to ensure that the beaches are treated with respect and behavior doesn’t get out of hand. People digging holes on the beaches endanger turtles. Late night rowdy behavior and leaving garbage on the beaches is unacceptable,” says Dave Rauschkolb, 30-year resident of South Walton County, who believes that a trained beach patrol, serving as public relations specialists to advise and educate beachgoers on proper beach etiquette, is the solution. “I’m pleased that my idea for a beach ambassador program is being embraced by the Sheriff’s department, the tourist development Council, and the County commission. I am more than pleased with Laurie Reichenbach’s volunteer beach ambassador program that is catching fire.”

The research and wisdom of Kranz rings true. The subject of beach access is nothing new and Rauschkolb’s simple solution rings both sad and true. With the encroaching daily tide of such a common human contention, we must ask ourselves, how can we turn that tide and join together as a community to protect and preserve our beaches for the generations to come... and most importantly, who among us will stand up for the sand solution?

**Sources: *Sand for the People: The Continuing Controversy Over Public Access to Florida’s Beaches* by Erika Kranz; *Florida Bar Journal*; June, 2009 Volume 83, No. 6.**

**Photos by Lynn Nesmith, from her upcoming book *30A Living*, scheduled for release in the spring of 2017.**



Wooden boardwalks meander through the dunes of WaterSound Beach.



View from the second sandbar looking towards Bud and Alley’s, located in the heart of Seaside, FL.



Rustic fences and native wildflowers define a pathway to the beach in Seaside, Florida.

# Comfort Food

BY SEAN DIETRICH



Sean Dietrich

I wish you could see this woman beside me. She's eating fried chicken like a starvation victim. And using her whole body to do it.

She takes a large bite and then wipes her chin with her sleeve. She pauses only to sip sweet tea. Then it's back to destroying more drumsticks.

She stares at my discarded bones and says, "You like it?"

No. I love it.

Her fried chicken is legendary. Hens everywhere from here to the next county marvel at this woman. That's because you've never seen anyone—not even the Colonel—fry a bird the way she does. Local poultry stand in line, volunteering their lives toward her cause.

It's no exaggeration: she lives for food.

You'd never know it to look at her, but she plans her life around supper, her summers around vegetables. We once postponed a family vacation because tomato season wasn't yet in full swing.

You ought to travel with her. She hauls ten coolers wherever she goes. They're stocked with things like: buttermilk, eight kinds of cheese—nine counting pimento—chicken salad, tuna salad, coleslaw, potato salad, egg salad, pear salad, fruit salad, cucumber salad, Jell-O salad, and ambrosia.

She believes in the gospel according to whole milk and in the healing properties of blackberry cobbler.

The week of her father's death was the only time I've ever saw her quit eating.

And it wasn't for lack of food. In our part of the world, food accompanies grief.

It comes delivered by concerned Baptists and Methodists who stack casserole dishes on porches. We must've had nearly fifty varieties of biscuits that week.

She wouldn't eat. She even lost a few pounds.

Most evenings, she'd lie on the couch without saying much. I'd fix her a plate; it went cold. I brought her ice cream; she didn't want any. I made breakfast; no thanks.

"You think he's in a better place?" she asked.

"Of course he is."

"You think he's at peace?"

"I do."

It's difficult seeing a woman who owns fifty thousand Southern Living cookbooks refuse a plate of barbecue, and go to bed. In fact, it's enough to break your damn heart.

Because women like her help the world keep spinning. Without them, we'd eat things that taste like soggy, lukewarm cardboard. There'd be no gravy to sop, no midnight leftovers, no bread pudding. No fried chicken. No joy.

Speaking of joy. You ought to see this wife of mine clean a chicken bone.

*Sean Dietrich is a journalist, humorist, and novelist known for his commentary on life in the American South. He is a noted connoisseur of small towns, Labradors, and barbecue. Look for more musings and entertaining philosophical thoughts from Sean in each issue of the Thirty-A Review.*



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# Nikki Nickerson and 30A Coastal Life

BY KEMPTEN TAYLOR



Nikki Nickerson

both businesses and it has worked perfectly for me - my real estate clients love to hang out at Cowgirl Kitchen and many Cowgirl Kitchen customers become real estate clients! In both companies, I lead an amazing team of people that love what they do," says Nickerson.

In case Cowgirl Kitchen's genre and motif did not give away clues, Nickerson was born in Texas and raised in the south. She started her career in corporate America, which she conquered in the 90s. She visited the 30-A area in 2001 and knew it was a place she would have to call home and with quickness. "I visited 30-A on a whim in early 2001. I'd never been to the area before, but a friend told me I'd love it and I did. I moved here not long after that first visit," says Nickerson. She soon packed up everything from her Atlanta home and made the move to the 19-mile sandy stretch of paradise known as the Emerald Coast. "I kept only my must-have possessions: a wine collection, a laptop, some beach attire, and two bicycles," says Nickerson. Setting up roots in the sand was a major transition from corporate life, so she did what many wish they could and decided just to have fun and enjoy life for a while.

After first settling in the area, Nickerson took a job at a local wine shop where she met and made many friends right off the bat. She also gained a bit of personal wisdom that helped shape her career on the Emerald Coast. "While working at the wine shop, I learned about the major industries of 30-A: hospitality and real estate. I quickly realized that I could

apply my background in technology, marketing, and lead generation to building a successful real estate company," says Nickerson. A few years later she did just that.

When Nickerson decided to become a realtor, she did extensive research on who to partner with. To her the choice was obvious when she discovered Keller Williams, the largest real estate company in North America. "I was attracted to the company's focus on technology, agent interconnection and philanthropy. My group, 30A Coastal Life, includes agents that are focused on the

We believe this stretch of sand is a special place to live, with neighborhoods & communities that each has a unique personality.

same things I am - providing top-notch customer service for buyers and sellers, creating lasting relationships, and engaging with our community. We are committed to concierge-level service from initial negotiations throughout the transaction to closing," says Nickerson.

Nickerson and the 30A Coastal Life team specialize in luxury properties that are beautifully designed gulf-front and coastal communities. She represents some of the top properties on 30-A, including condominiums and single-family homes. Nickerson's 15+ years in the area give her an edge on the market and allows her to understand which beach community will be the best fit for her clients. "We believe this stretch of sand is a special place to live, with neighborhoods & communities that each has a unique personality. Our clients are not just buying a house at the beach; they are planning their future and it's our job to match them to the perfect community here. That's the first step, and then we seek out the perfect home that meets their lifestyle and the way they want to experience 30-A. We also have proprietary investment analysis tools that help our clients determine their cash flow and expenses on prospective properties. The best part about selling property on 30-A is working with great people who become our neighbors and friends," says Nickerson.

*To learn more about the exclusive properties on 30-A, call Nikki Nickerson at 30A Coastal Life at (850) 585-1129 or email at [NNickerson@30ACoastalLife.com](mailto:NNickerson@30ACoastalLife.com). Visit 30A Coastal Life online at [30ACoastalLife.com](http://30ACoastalLife.com).*

What do you get when you combine an elevated "Tex Mex" culinary empire, beach real estate, and a passion for life? Nikki Nickerson is the answer! Nickerson, owner of South Walton's Cowgirl Kitchen enterprise and local real estate extraordinaire, combines her passion for good food and good people to feed her entrepreneurial spirit. "I'm incredibly proud of being both a top agent on the Emerald Coast since 2002 and a 30-A restaurant owner. I am very passionate about



  
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# Walking the Dunes

BY LIESEL SCHMIDT



Bob Dickhaus

Using his desire to one day live on the beach with his wife as one of his greatest drives, Bob Dickhaus tapped into his years of experience in real estate, his entrepreneurial spirit, and his love for South Walton to open Dune Real Estate Company in 2012, leaving his home in Atlanta to make his dream destination a permanent home rather than a holiday rental.

When the Dickhauses first came to South Walton more than twelve years ago, it was an escape, a way to spend time with their children in a place known for its beautiful beaches and laid-back living. But as time went on for the Georgia-based couple, the pull of the tide captured their hearts, and a promise they'd made to themselves more than 30 years before became a reality. "My wife and I have always loved the water, and when we lived in Minneapolis, we dreamed of living on the ocean,"

Dickhaus recalls. "We even bought our beach truck, a 1946 Dodge pick-up, and promised each other that one day we would move to the beach. We've made that come true, and we couldn't be happier," he continues. "Our passion is the nature and beauty that 30-A uniquely possesses, and now we have our very own dream home on one of the Dune lakes."

Obviously, Dickhaus realizes the power of a dream and understands the desire that so many have to live on the beach, even if only for a little while. But renting shouldn't feel second-class to owning; and by offering clients a boutique-level of personal care for their vacation rental needs, Dickhaus and his team at Dune Real Estate have mastered the art of making visitors feel right at home. "Our main focus is to provide highly personalized services with an exceptional level of quality, and to do it at

The company oversees both ends of the process, handling the needs of property owners as well as those of the renters. They've built close relationships with other area businesses as well, which enables them to offer concierge services to their clients that includes coordinating everything from bike rentals and restaurant reservations to grocery deliveries. It truly is innovative care, making everything available to customers so that every desire is attended to and every essential requirement is met.

It's a way of doing business that makes relationships last, creating renters who come to them year after year knowing that their vacation will be one to remember, and owners who rely on them for the maintenance of their investments. Dickhaus and his team at Dune appreciate the decision their clients have made in entrusting them

...Renting shouldn't feel second-class to owning; and by offering clients a boutique-level of personal care for their vacation rental needs, Dickhaus and his team at Dune Real Estate have mastered the art of making visitors feel right at home.

a reasonable cost," Dickhaus explains. "Clients who have come to us after having had past experiences with larger firms truly appreciate our boutique vacation rental market approach, and the talented team here at Dune is what makes that level of care possible. Our customer satisfaction reflects our attention to detail and the dedication we show in going above and beyond, and that's really a point of pride for us."

Over the past three years since its founding, Dune Real Estate has grown. It currently provides rental management and maintenance services to more than 50 owners, overseeing the properties in their cache to keep them running in top form and bringing them to the attention of renters in search of their own piece of paradise. "We have a leading edge because we understand the need to maintain personal service, especially in such a highly-advanced, technological market. Our team is skilled in all of those areas, and it keeps us strong and focused."

with their needs and they take that responsibility seriously, using it as a touchstone to keep them on track as they strive to exceed expectation. "Our clients are special to us, so our greatest mission is to provide them with the best experience possible. We have a reputation built on that ability, and we plan to keep that reputation growing."

With no plans of retiring any time soon from the business he loves, Dickhaus is hoping for a great deal of continued success in the future as he lives the dream he first formed so many years ago from the seat of a vintage beach pickup truck: a dream to live each day in paradise, with the warm ocean air blowing at his back and the feel of sandy dunes in between his toes.

***Dune Real Estate Company is located at 1394 County Highway 283 South, Building 13, Santa Rosa Beach, Florida 32459. For more information, call (855) 813-3783 or visit [www.dunerec.com](http://www.dunerec.com)***





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*Beauty, Home & Gifts* The Hidden Lantern Bookstore • SEA Contemporary Art Space • Love and Pictures by Marla and Shane • Pish Posh Patchouli's • Rosemary Beach® Trading Company • Spa Pearl • Tommy Crow Studios • Tracery • Vivo Spa Salon  
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# Help Avoid Tax-Related Identity Theft

BY CHRIS OGLE

## WARNING SIGNS: POTENTIAL FRAUD AND SCAMS

Tax-related identify theft involves someone using a stolen Social Security number to file a tax return and claim a fraudulent refund. This is a small but growing occurrence, and if it happens to you, it can have a major impact on your financial life and delay payment of a tax refund on which you may have been depending.

How do you know if someone has obtained and is using your Social Security number in a tax-related identify theft? Here are some warning signs:

- The IRS or your tax professional notifies you that more than one tax return has been filed for you based on your Social Security number.
- The IRS or your tax professional indicates that you owe additional tax, have a refund offset, or have had collection actions taken against you for a year you did not file a tax return.
- The IRS notifies you that you received more wages than you have indicated on your return and the wages are from an unknown employer. (Someone may have used your Social Security number to obtain a job, and those wages are now reported on your number.)
- Your state or federal benefits are reduced or cancelled because the paying agency received information reporting an income change.

In the past, some unscrupulous tax preparers have directed client tax refunds into the tax preparer's account. To help avoid this situation, beginning in 2015, the IRS is limiting the number of direct deposit refunds to any one financial account or prepaid debit card to three.

For any subsequent valid refunds, the IRS will prepare a paper check and postal mail that check to the taxpayer. This provision may affect larger families where parents and, perhaps, minor children would like to direct tax refunds into the same financial account, so plan accordingly.



## WHAT TO DO ABOUT TAX-RELATED IDENTITY THEFT

If you suspect your personal information has been used fraudulently, take these steps as quickly as possible:

- File a report with your local police department.
- File a complaint with the Federal Trade Commission at [consumer.ftc.gov](http://consumer.ftc.gov). Or call the FTC Identity Theft hotline at (877) 438-4338, TTY: (866) 653-4261.

- Contact one or all three of the major credit bureaus to place a fraud alert on your account:
  - Equifax: [Equifax.com](http://Equifax.com) (800) 525-6285
  - Experian: [Experian.com](http://Experian.com) (888) 397-374
  - TransUnion: [transunion.com](http://transunion.com) (800) 680-7289
- Close any accounts you know have been tampered with, accessed, or opened fraudulently.

Further, if your Social Security number has been compromised and/or you suspect you may be a victim of tax-related identity theft, take these additional steps:

- Respond immediately to any IRS notice you receive; typically there will be a number provided on the notice, which you should call as soon as possible.
- Complete IRS Form 14039, Identity Theft Affidavit. Use the fillable form available on [irs.gov](http://irs.gov) and mail or fax it to either the address or number provided in the instructions.
- Pay any taxes you owe and file your tax return. You may need to file your income tax return by paper rather than electronically.

If you previously contacted the IRS but still have no resolution, contact the Identity Protection Specialized Unit at (800) 908-4490.

Be sure to record the dates on which you made phone calls or sent letters. Keep copies of all correspondence (written or electronic) in a file for your records and protection.

***This article was written by Wells Fargo Advisors and provided courtesy of Chris J. Ogle in Miramar Beach, Fl. He can be reached at (850) 837-5366 or [chris.ogle@wfadvisors.com](mailto:chris.ogle@wfadvisors.com).***

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# Blended Family Basics

BY KIMBERLY WATSON SEWELL AND FRANK WATSON



Kimberly Watson Sewell  
and Frank Watson

## DISINHERIT YOUR EX-SPOUSE

**Problem 1:** If you have minor children, then your ex-spouse will remain the legal guardian over their “person” and their “purse” until they reach the age of majority under state law. While only a legal finding of “unfitness” by court order will keep your ex-spouse from parenting your minor children, your estate plan can provide that someone of your own choosing will manage any inheritance for your children. Without careful planning, your ex-spouse could actually inherit from you through the estates of your children should they die while single and childless.

**Problem 2:** Unless you have “cleaned up” the beneficiary designations to your ERISA retirement plan (e.g., 401k), then your ex-spouse will inherit the proceeds, if he or she is still the designated beneficiary. That was the ruling by the U.S. Supreme Court in *Egelhoff v. Egelhoff*, 532 US 141 (2001). Consequently, one of the first steps post-divorce should be to update the beneficiaries of your life insurance and retirement plans.

## PROVIDE FOR YOUR NEW SPOUSE

Likely you exchanged some solemn vows on your wedding day. For example, you probably promised to take care of your new spouse both physically and financially. Even if you did not exchange such traditional vows, the laws of your state exchanged them for you...absent a premarital agreement defining your mutual rights and responsibilities.

So, how do you honor your new responsibilities to your new spouse, if you pre-decease? Through very careful estate planning, to include careful attention to detail regarding asset titles and beneficiary designations. Many families, blended and original, have been torn apart when the estate planning legal documents were not coordinated with the asset titles and beneficiary designations.

For example, your estate plan may provide for your children, but your assets may be arranged to pass directly to your new spouse. Alternatively, your new spouse could be cut out of the inheritance to a degree you did not intend. Surely you do not want your inheritance to be consumed in a courtroom through legal fees as your new spouse and your own children fight it out.

## PROVIDE FOR YOUR OWN CHILDREN

After a divorce or the death of a parent, children can become bitter, better or just adrift. When a new stepparent enters the picture, let alone stepsiblings, things can get especially interesting. Therefore, it is only prudent to make flexible plans now that will accomplish your objectives regardless of how your children turn out later.

Accordingly, arrange for the inheritance to be protected both for and from your own children as needed. Otherwise your lifetime of work and thrift can disappear through the potential squandering, divorces, lawsuits or bankruptcies of your children.

## PROTECT THE INHERITANCE

Did you know you can make the inheritance you leave to your new spouse and to your own children heir tight? Outright distributions simply transfer the inheritance directly to a beneficiary and provide absolutely no protection. Staggered distributions are the same as outright distributions in terms of no protection when two or more transfers are made directly to a beneficiary upon reaching certain ages.

In contrast, consider creating a long-term discretionary trust to last throughout the lifetime of a beneficiary, providing income and with principal as needed. All along the way, whether a beneficiary is your new spouse or your own children, the inheritance is fully protected for and from them.

The key to a successful discretionary trust is selecting an appropriate trustee with broad discretionary authority. In addition, the non-fiduciary position of “trust protector” can be created to appoint and even remove a trustee if needed to fulfill your objectives. Think of the trust protector as the “guardian angel” over the trust.

## AVOIDING UNINTENDED CONSEQUENCES

There are a lot of moving parts when it comes to proper estate planning. There is no one-size-fits-all strategy to meet the legal challenges identified in this article, but here is a simple formula to consider: Qualified Terminable Interest Property (QTIP) Trust = Life Insurance = Blended Family Harmony.

Upon your death, this formula can provide an inheritance for the life of your new spouse, insurance proceeds for your own children, and ensure that the remainder of the inheritance for your new spouse will then pass to your own children when your new spouse dies.

## REVIEW YOUR ESTATE PLAN

Failing to review your estate plan can result in a train wreck of court processes for your family and loved ones. Be sure to engage appropriate legal counsel before you pursue any financial or legal strategy to overcome blended family challenges.

**A**re you a member of a blended family, either directly or indirectly? If no, then you may be in the future. If yes, then you are in good company. Did you know one of three Americans is a blended family member? In fact, there will always be blended families as long as there are divorces and deaths among married couples. Regardless of the composition of your blended family, this fact of life presents unique social, psychological, economic and legal challenges.

In this article we consider some fundamental legal challenges, so you can address them now to protect everyone you love and everything you have later. Specifically, how will you disinherit your ex-spouse, provide for both your new spouse and your own children, and protect the inheritance from unintended consequences?



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# Feel Good Tips for the Holidays

BY TOM FITZPATRICK



- Don't let life overwhelm you
- Walk 15 minutes every day
- Smiling is an antidepressant
- Reset each day - be silent for 5 minutes.
- Introduce golf to a child.
- Live life consciously
- How much stress do we really need to carry?
- Frame a photo of a famous golf course.
- Don't waste energy on gossip and negativity.
- Well-being starts within
- Bad days aren't really so bad.
- Play golf with friends
- Life isn't always fair, but it's still good.
- No need to win every argument.
- Don't compare your life to others. They're on their own journey.
- Jealousy is a waste of time. We have much.
- Eat more food grown on plants, and less food manufactured in plants.
- Stay healthy with green tea, water, blueberries, broccoli, almonds.



## WHAT WAS THAT PUTTING TIP TIGER ASKED ABOUT?

*I recently ran a story about being approached by Tiger Woods in his prime at Isleworth. Thirty-A Review readers have asked me about the putting drill that intrigued him.*

**Here's the exercise:** Putt 10 golf balls from 12 feet away. For each putt, say aloud the word 'Good' at the precise moment that you feel you've hit a solid putt, regardless of if it went in the cup. Take notice of what happens between the 1st and 10th putt! Try this exercise first so that you have a chance to discover what happens. Send me a note and I'll forward you the simple benefit.

**Take it one step further** by putting with your eyes closed. Taking away your ability to see heightens your sense of feel. After each putt, ask yourself if the putt went short, long, left, or right. Aim for a perfect 5 out of 5 goal.

During Orlando's 'home of golf' reign, many pros were boating enthusiasts, with Ski Nautique the preferred brand. It was a great way to cool off after a round of golf. **Can you match the golfer with their level of adventure?** Answers are below:

- A) Greg Norman
- B) Ernie Els
- C) Nick Price
- D) Payne Stewart

- 1) Content being pulled around sitting in a big tire tube on Lake Nona
- 2) Liked a full out slalom course to build muscle on Lake Mary Jane
- 3) A full cooler with his father in law Norm on the Winter Park chain of lakes
- 4) Front teeth were rebuilt after being knocked out while wakeboarding at Bay Hill

*(Answers: A-4, B-1, C-2, D-3)*


*Tom Fitzpatrick conducted corporate golf events at top resorts nationally and worked for David Leadbetter. Tom is an active realtor with Scenic Sotheby's Intl Realty. (850) 225-4674 or tom.scenicsir.com*



*30-A resident Ron Hart (left) with President George W. Bush at Shinnecock Hills, NY.*



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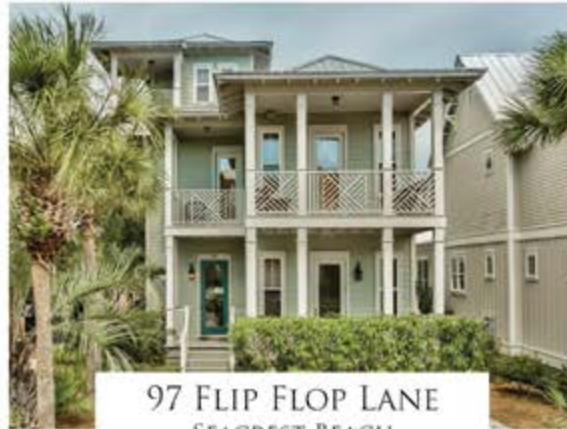
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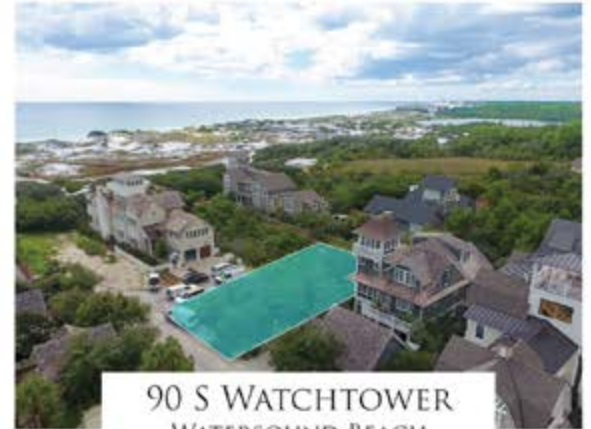




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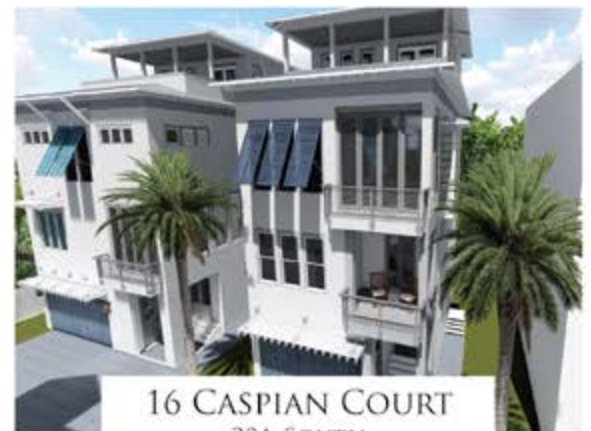
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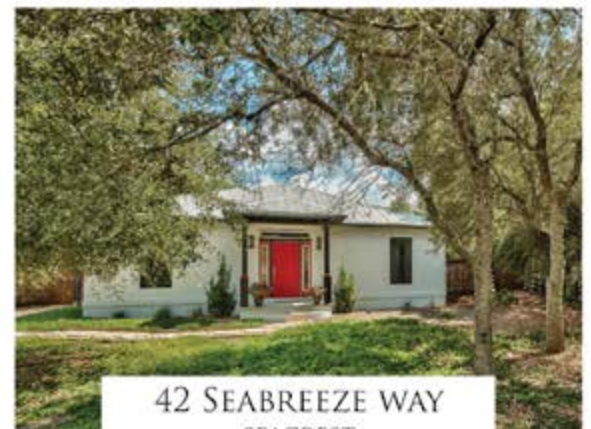
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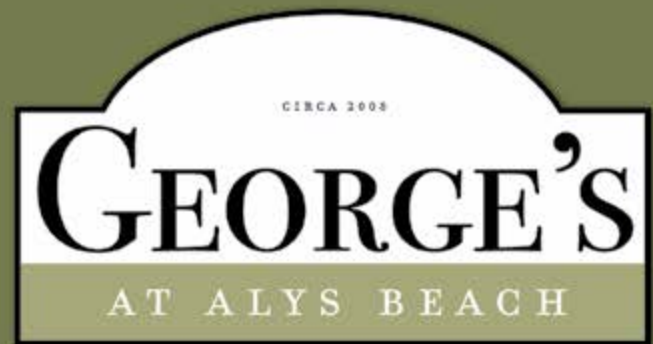
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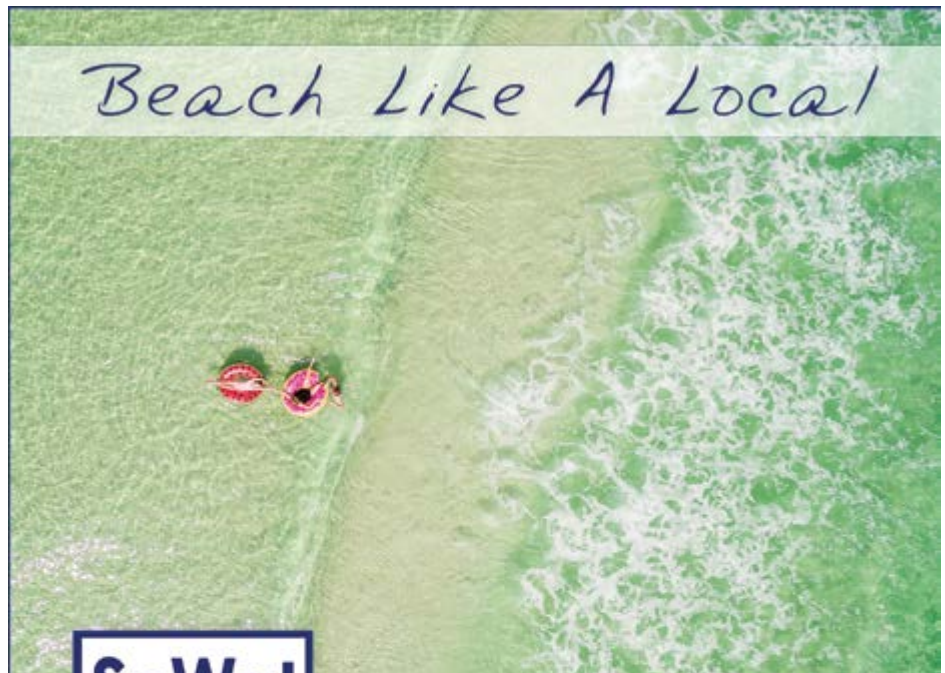
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 2,440SF | \$739,000

Truly, 30A's "Best Kept Secret!" Forest Lakes offers nature trails, fishing, kayaking & paddle boarding in the beautiful lake. Enjoy the pool and pavilion with a summer kitchen. This community has some of the best houses with superb craftsmanship. Old Florida, just minutes to the beach!



TEXT: T40127491 to 81035

**VENTANA DUNES** Great location near the entrance. Close to the beach, this house will have garage, 10 ft. ceilings, wood floors, granite & open floor plan. Live the 30A lifestyle. Buy now & pick out all your finishes. This house will be ready late fall. \$549,900 | MLS749445



TEXT: T40145685 to 81035

**EAST PASS TOWERS, UNIT 725** Yachter's Dream... Fabulous Penthouse in a NON-Rental complex with harbor views! 3BR/3BA. Floors are custom bordered limestone & ceiling is platinum with handmade medallions!! \$835,000 | MLS706478



TEXT: T40127494 to 81035

**GULF PLACE** Beautiful large lot in gated community with beach access & all the amenities at the Gulf Place Town Center are yours to enjoy. \$410,000 | MLS748440



TEXT: T40153780 to 81035

### 45 S. Ryan Street

Beach House with 5BR/5.5 BA with 3,146SF. Sleeps 18 with 3rd floor hosting of bunks, full bed, sleeper sofa, kitchenette & full bath! Furnished with amazing views of the Gulf too! Fabulous getaway or great investment property! MLS 753429 | \$1,550,000

## Summer's Edge on 30A

"Olde Florida" at its best! Strolling through this community by the beach with natural vegetation and lush oaks, you will find privacy and seclusion. Features include two community pools, a two minute stroll to the beach access and quaint sidewalks. Come & experience Emerald Coast's Walton County's Summer's Edge.



TEXT: T40153772 to 81035

### 25 S. Ryan Street

Investment property with a steady flow of vacation rental. 5BR/5.5BA with 2,642SF. Newly painted with salt & sand colors & decorated. Sleeps 18, 3rd floor with its huge deck offers beautiful views of the Gulf & dreamy sunsets! MLS 753425 | \$1,295,000



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**Brad Smith**

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BradinDestin@gmail.com  
(850) 599-6771 Cell  
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*150' Gulf Front - Scenic Highway. 30A*

This incredible home, located on the Gulf in Dune Allen, cannot be beat! The recently refurbished listing sits on a double lot totaling 150' of unique water front property. The one story home boasts an open floor plan and cathedral ceilings. With three bedrooms, each providing access to the wrap around porch and patio overlooking the gulf, it is ideal for guests or families. The home is at approximately 35' in elevation, and the lot has a double ShoreGuard industrial vinyl sheet pile bulkhead built in 2006. Additionally, owners will enjoy a large attached garage and detached work shed.

4691 W. Co Highway 30A  
**\$4,950,000**

**Chris Sause**

Broker Associate  
chris@sausegroup.com  
(850) 225-1591 Cell  
(850) 267-0013 Office



*Vizcaya - Dune Allen*

This beautiful gulf front home, currently under construction, is located in the exclusive gated community of Vizcaya at Dune Allen. Keeping with the classic Mediterranean style that is Vizcaya, this home will be an impressive 4,407 square foot residence with four stories, five bedrooms, a two car garage, elevator, and plenty of open living space. In addition, the home will have six outdoor decks, totaling over 1,200 square feet.

1010 Dune Allen Drive  
**\$3,960,000**



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3112 Sanctuary By The Sea | \$2,299,000 | 4BR | 4.5BA | Incredible Gulf Views



43 E Water Street | \$2,699,000 | 6BR | 5BA | Carriage House Courtyard & Pool



1503 Marsh Point Lane in Wild Heron  
\$379,000



46 N Cartagena Lane  
\$2,149,000 | 6BR | 5.5BA  
Main House, Carriage House, Steps to the Beach



70 Pleasant Street  
\$985,000 | 4BR | 4.5BA  
Close to Town Center



141 Lifeguard Loop  
\$899,000 | 5BR | 4BA  
Seacrest Beach near Town Center



125 Lifeguard Loop  
\$839,000 | 4BR | 4BA  
Seacrest Beach near Town Center



178 Pompano Street in Inlet Beach  
\$839,000 | 5BR | 4BA



Paradise By The Sea - Lot 20 | \$6,900,000  
Gulf Front Lot in Gated Community  
Located between Alys Beach & Rosemary Beach



61 Lands End Drive  
\$3,900,000 | 7BR | 6.5BA  
Gulf front in Gated Community



The Preserve - Lot 101  
\$189,000  
Lot fronting 30-A in Gated Community



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## TEAM STEVENS

Steve: 678.777.8805  
Jan: 678.777.8806  
teamstevens@rosemarybeachrealty.com  
Ashlee: 850.428.7635  
amitchell@rosemarybeachrealty.com