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# letter from the publisher

## HOLIDAYS IN THE AFTERMATH



Usually I write about all the things to do in our community and the memories we make on 30-A, etc. It's a fluff piece. But the truth of the matter is that we have some truly exceptional individuals that make up this community.

In the aftermath of Hurricane Michael, as the communities east of 30-A struggle to rebuild and regain their identity and infrastructure, I would be remiss not to take this space to acknowledge the beautiful humanitarian efforts put forth by our communities. It has been truly inspirational to witness the goodness alive and well in the human heart and spirit.

I have witnessed moms setting up laundry duty for anyone who needed clean clothes in the days after the hurricane hit. Picking up strangers' clothes and washing and folding them in their home washing machines and returning them every day until the need was no longer there.

I have seen businessmen, realtors, artists, etc make daily supply runs in pick up trucks and trailers every day until the need was no longer there.

I have seen business owners donate 100% of the proceeds of their merchandise to the relief efforts for the displaced, the homeless, the broken.

It's hard not to shed tears as I write this in fact. It's truly a touching display of humanity and unification. And while it is not uncommon for these displays of charity in the aftermath of such devastation, I've never before seen the individualized grassroots efforts and creativity that I witnessed on 30-A. The way people simply packed their trucks full of whatever they could get their hands on and headed east each day with nothing but love in their hearts and chainsaws, food, and water in their hands.

I am proud to be a part of this community and proud of every one of my brothers and sisters who sacrificed their own comforts to help those hit the hardest. You will find these maverick heroes in the pages that follow. They are advertisers, artists, chefs, farmers, and entrepreneurs. They are my people. And when you come here, they are yours too.

May your holidays be filled with love, charity, and joy. Don't forget to love one another.

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. Send press releases and e-mails to [miles@thirtyareview.com](mailto:miles@thirtyareview.com)

### about the cover

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Maleena Pruitt with MP Model Management and Rachel Binder with [www.msbmodels.com](http://www.msbmodels.com)

#### Photography

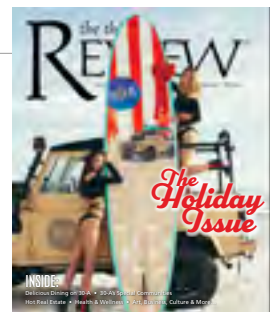
Vera Simmon, [www.Photographer30A.com](http://www.Photographer30A.com), [verahogenson.com](http://verahogenson.com)

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Stacy Alderson on Instagram: @StacyAlderson, (469) 867-0852

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#### Publisher/Editor-in-Chief

Miles K. Neiman

#### Managing Editor

Jennifer Thompson

#### Graphic Design

Brenda J. Oliver -

Cover Design

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#### Cover Photography

Vera Simmon

#### Photography

Jacqueline Ward

#### Contributing Writers

Jessica Badour

Susan Benton

Susan Cannizzaro

Julie Herron Carson

Tom Fitzpatrick

Anna Ferguson Hall

Christina Homer

Anne Hunter

Whitney Lee

Alden Mahler Levine

Erin Oden

Kerri Parker

Amelia Pavlik

Bart Precourt

Sarah Murphy Robertson

Maddie Rowley

Amanda Sanders

Liesel Schmidt

Anne Schultz

Kimberly Watson Sewell

Ridgeley Standard

Kempton Taylor

Mary Welch

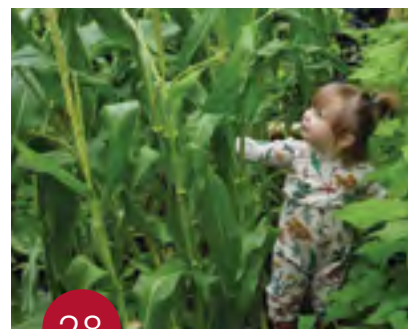
#### Ad Sales:

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

#### Distribution Manager:

Warren Butler





**22 dining**

Roux 30A: A Rich Roux  
FOOW

**26 chef profile**

Zachary Keaton of Pizza Bar + Trattoria

**28 farmer talk**

Blake Hunter: Farming the Land and Surf

**30 local business**

One Powerful Pair

**34 local artist**

The Enchanting Dawn Chapman Whitty  
Gerry Whitney

**38 local culture**

Marie Boularand - The Biodecoder

**40 local style**

V. Jaffe a.a. higgins trading company

**42 local wellness**

Weight Loss Resistance... Do You Have It?

**44 real estate**

30-A Homes Sales Volume Has More Than Doubled  
ERA American Realty on New Construction  
Thirty-One: Prime Paradise

**50 legal eagles**

No Federal Estate Tax, No Problem?

**52 turf talk**

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# Roux 30a: A Rich Roux

BY LIESEL SCHMIDT

My idea for the restaurant was always to offer an experience not unlike being at the chef's table, where we create an incredible meal directly in front of you, using the best ingredients.

In this tech society where people's eyes are glued to their screens and their brains are over-stimulated with distractions that take their attention away from the people around them and moments happening right in front of them, it's not everyone who has the guts to open a restaurant where screens are unwelcome and where interaction is required. But such was the concept behind Roux 30a, a farm-to-table; family-style dining destination, where no one leaves a stranger and every flavor is experienced in real time.

Born of the visionary mind—and undeniable gutsiness—of Nikhil Abuvala, Roux 30a focuses on fresh, locally sourced ingredients that culminate into dishes inspired by countless culinary experiences: gained both through personal travel and through time spent under the tutelage of trained masters, whose pedigrees and knowledge of world cuisine can be tasted in every bite. And while his extensive repertoire of international flavor, flawless technical execution, and impressive presentation could easily translate into a menu and an ambience requiring a certain highbrow attitude and dress code to appreciate, it is Abuvala's deepest desire to open the minds and attitudes of the community he calls home. To invite community members to an experience, both of the flavors on the plate and the time spent with the people sharing their table.

"My idea for the restaurant was always to offer an experience not unlike being at the chef's table, where we create an incredible meal directly in front of you, using the best ingredients," explains Abuvala, whose role as owner extends also into that of Executive Chef. "The only seats we have for our guests are at either one of two large community style tables or at the chef's counter, so you have no choice but to sit with strangers. It creates an amazing feeling of intimacy that reminds people of being welcomed into someone's home, and the person next to you could become your next best friend. You just can't find that anywhere else."

A local boy whose roots lie in India, his time spent in the kitchen began too far back to recall: learning to love food as he worked with his grandmother to prepare heritage foods native to their family's culture as he learned the nuances of spice and watched the magic

created with a few simple ingredients and an endless supply of passion and love. After officially beginning his kitchen career in 2002, Abuvala has honed his sixteen years of experience by diving deep to master the cooking styles of Japan, low-country Creole, Indian, and the Mediterranean, as well as what is often referred to as "Modern American" cuisine. Consequently he achieved a kaleidoscopic understanding of each, to create a well-versed and extremely diverse bag of tricks from which to draw the dishes that grace the ever-changing menu for which Roux 30a has become so well-known since opening in 2012.

And while most chefs rely on their guests to determine what suits their particular mood for the meal, Abuvala has created a pre-fixe array of dishes that follows a particular theme and obeys the dictates of the season. "Our menu changes constantly, and the style of menu itself evolves," explains the chef. "Our signature is not necessarily a specific item, but more of the experience itself and people have certainly come to appreciate that."

Making every item from scratch and sourcing only the best ingredients doesn't hurt either. This allows Abuvala to showcase the quality of the meats, fish, seafood, and produce he uses to create his masterpieces. From starter to dessert, each plate is perfection, truly embodying the spirit of the country to which it pays homage. It is this careful study; this love and appreciation of diversity as well as the mastery of the technique required to achieve it; that gives Roux 30a such an edge in an industry where even the "unique" restaurants seem to lack a readily identifiable difference.

True, Abuvala and his team could stop and satisfy themselves with the pride of knowing that they are breaking new ground on the local food scene. But for



Chef Nikhil prepping in the kitchen



The Roux experience



Dining kitchen side

Roux 30a it's not just a matter of lifting your fork to enjoy the food on the plate; it's about lifting your eyes to the people around you and savoring the entire experience, from first bite to last word.

**Roux 30a is located at 114 Logan Lane, Santa Rosa Beach, Florida 32459. Open Tuesdays from 6:00 p.m. to 9:30 p.m.; Fridays from 6:00 p.m. to 9:30 p.m.; and Sundays from 10:00 a.m. to 2:00 p.m. For more information, call (850) 213-0899 or visit [www.roux30a.com](http://www.roux30a.com)**







# FOOW

BY LIESEL SCHMIDT

There's a casual coolness literally breezing through the spaces at FOOW, spilling onto the floors from the massive windows that run along every exterior wall of the expansive, open-plan dining room. And whether you take a seat at one of their outdoor decking tables or stay inside, this is one restaurant where fantastic views are as much a part of the menu as any of the dishes created in the kitchen.

A reincarnation—or reimagining, perhaps—of the restaurant previously known as Fish Out of Water, FOOW officially opened in June 2018 with a new look, a new menu, and a newly refreshed dedication to providing guests with something unique and an atmosphere unlike any other. Quality is their hallmark: an unremitting dedication to the best of the best for every component on the plate, from the fish and seafood of their “Off Shore” offerings and the steaks whose presence grace their “On the Ranch” menu, to the harissa-spiced ketchup served with their duck fat fries. Their intent is to present edible art, creating dishes that celebrate the abundance of fish, seafood, and produce caught in local waters and grown at local farms. The focus is naturally fresh fare from the sea, but there is equal respect given to land-based cuisine, offering beautiful plates whose spotlight shines brightly regardless of its origin from turf or surf.

“The new FOOW was redesigned to create an inviting, relaxed, quality destination for the WaterColor community. We're delighted to offer a setting where visitors and locals alike can enjoy a midday break with family, a fun evening with friends, or a romantic date night over gourmet coastal cuisine and cocktails, alongside excellent service,” says Andrew Czarnecki, Managing Director of Resort Operations for St. Joe Club & Resorts. Czarnecki is not offering false promises of what one might expect to see gracing FOOW's plates. The expertise, creativity, and awareness of the importance of presentation, flavor profiles, and technique are clear in every aspect of the menu.

Chosen for their absolute dedication to their craft, Executive Sous Chef Preetam Pardeshi oversees the culinary programming at FOOW, creating locally sourced Southern cuisine alongside menu-mastermind Chef de Cuisine Christopher Mayhue. A world traveller with quite the pedigree, Mayhue brings his Southern heritage to bear on the plate, marrying his travels with his roots in



Togarashi Seared Tuna Taco



Duckfat Fries



Chef Chris Mayhue

a way that reinterprets the classics and draws greatly on the coastal influences of the Gulf Coast. Playing their own parts in creating the dynamic team at FOOW are WaterColor Inn Executive Chef Brenden Davey and Corporate Executive Chef Todd Rogers; and it has been each of their roles that have driven the re-launch of Fish Out of Water as FOOW to be a major splash well worth the wait and the fanfare.

For a casual lunch, FOOW serves up a selection of salads, sandwiches, buckets, and tacos that put an undeniably unique spin on things. They bait the hook with such options as Togarashi Seared Tacos: an imaginative creation whose duo of white corn tortillas



Buried Treasure & NOLA Beignet Dessert Bowls



play the understated vessel for strips of tuna barely kissed on a flattop and served rare, nestled in a bed of crisp red and green cabbage, topped with zesty avocado-tomato salsa, cilantro crema, a crumble of creamy queso fresco, and a drizzle of fresh-made wasabi-ginger aioli. Paying homage to the south, the Santa Rosa Sweet Tea Fried Chicken features hand-battered chicken breast fried to crispy golden perfection, topped with arugula, tomato, and house-made pickles in a buttery brioche bun slathered with Sweet Tea Bourbon Glaze and Garlic Aioli.

As the sun begins to set, dinner options dive into deeper waters and run further afield, offering entrees for every predilection, be it land or sea. For a true taste of local beauty, Day Boat Line-Caught Grouper offers a freshly caught grilled filet of tender grouper served with sautéed field peas and kale in a brown butter citrus sauce and garnished with green tomato and corn chow-chow.

From the first bite of dinner to that last sweet kiss of one of their decadent, imaginative desserts, FOOW is everything one would wish for in a restaurant so beautifully situated—and diners are diving right in.

Their intent is to present edible art, creating dishes that celebrate the abundance of fish, seafood, and produce caught in local waters and grown at local farms.

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# Chef Zachary Keaton of Pizza Bar + Trattoria

BY SUSAN BENTON



Chef Zachary Keaton

As a food writer, one of the most exciting things to come across is a hidden gem or talent in the kitchen. That is what I found with Chef Zachary Keaton at Pizza Bar + Trattoria in Seaside. I've been around the South Walton block a few times on the restaurant scene, being a local for over two decades, and watched chefs come and go; but Keaton has been hard at work in the background and has now stepped out of the shadows to shine.

I met with Keaton to try a couple of the new menu items and to pick his brain about how he comes up with his unique take on recipes and specials showcased on the menu that changes seasonally. Placed before me was a bowl of the wood-fired delicate squash with chicory, currants, and pecans; nestled in a bed of whipped ricotta and finished with apple cider vinegar. Unexpected ingredients in a pizza joint, and each bite more flavorful than the last.

And speaking of pizza, the pies are true to Napoli in style and creatively topped. Keaton shared a wood-fired pie with sweet potato, Tuscan kale, fresh mozzarella, and chili that was finished with a drizzle of honey. The farm egg pizza, clam pie, meatballs from grass fed cattle, and house-made pasta dishes that are served in the fall and winter are also noteworthy. As I express my contentment, Keaton states, "We utilize whatever the farmers bring us for the week. The dishes are never planned in advance. It's very organic, what we do here."

At 27 years, Keaton and his kitchen team create drool worthy photos that have become a hit on their Instagram account @PizzaBar\_Buds. It has made even the staunchest of food critics take notice. As a result, Chef Keaton will be headlining the 2018 Seeing Red Wine Festival with other noteworthy chefs.

Keaton found his calling in his youth when he worked at the Butterbean Café: a meat and three his grandmother owned in Carrollton, Georgia, where he grew up. "She instilled in me a great work ethic. I prepped food and washed dishes. I knew I wanted to go farther in this industry," Keaton explains.

When time, he departed for Panama City, where he worked as a porter for a local steak house prior to being

hired as a line cook at WaterColor Inn. Here he came under the tutelage of the late Chef Lawrence Klang and Derek Langford, currently the Executive Chef of Firefly, Panama City. Klang, Langford, and Keaton all made the transition to the Bud & Alley's family of restaurants around the same time. Keaton led the wood-fired, handcrafted Neapolitan pizza station while also managing the daily dough and cheese production.

In 2015, Chef Phil McDonald, a local who was well known for his catering business, had gone to New York to stage (be exposed to new techniques and cuisines), and returned to take the reins of Pizza Bar. Keaton says, "Chef McDonald became my mentor and I became his sous chef. He taught me a new style of cooking that I carry with me today. I take really fresh and ingredients in season and elevate them. The idea is not to box yourself in!"

Using purveyors within a 200-mile radius, most closer, Keaton says, "We try to do it all ourselves. We break down the meats, stretch the mozzarella, make 700 + dough rolls a day, our own ice cream, desserts, dressings, you name it!"

For the last two years as Chef de cuisine, Keaton has cooked for and with many James Beard awarded chefs. He is well versed in hosting the finest of wine dinners and is on his way to making his own mark, not only in South Walton, but also on the national stage with his culinary excellence.

***Bud & Alley's Pizza Bar + Trattoria is located at 2236 East County Road 30A in Seaside, Florida. They can be reached by phone at (850) 231-3113 or you can visit their website at [www.budandalleypizzabar.com](http://www.budandalleypizzabar.com). Pizza Bar does offer gluten free and vegan menu options.***

***Susan Benton is a food and lifestyle writer with published articles, recipes, and photography in many local, regional and national publications. Her website is [30AEATS.com](http://30AEATS.com) where she writes about the secrets of Gulf Coast food.***

We utilize whatever the farmers bring us for the week. The dishes are never planned in advance.



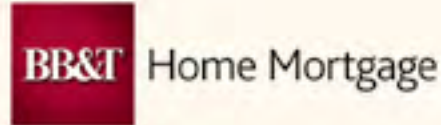


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# Blake Hunter: Farming the Land and Surf

BY SUSAN BENTON

I try to get people involved in learning how to grow what they need to eat, the organic principals, especially the younger generation, it's important.

It's tough to move away from the Gulf Coast when you have grown up along the water's edge, and then try to settle into a new job and life in another city. This is what happened to Blake Hunter and his wife Paige when he took a job in Valdosta, Georgia.

After time, he realized his job in medical sales was not matching up with the couple's life goals, and the lure (pun intended) to come back to the coast was just too strong. In 2014, they put down roots and built their home in Santa Rosa Beach.

Blake and Paige wanted to create a life for themselves living off of the land: growing and farming organic produce in their backyard and on a neighbor's parcel offered nearby. The itch began when Paige's uncle gifted a small homemade planting trellis for two large pots to Blake. It flourished into a sort of therapy for Blake, who now grows for the health benefits and also to teach and show others how to grow their own food. "I try to get people involved in learning how to grow what they need to eat, the organic principals, especially the younger generation, it's important," Blake says, who is currently in horticulture sales working with growers in Florida and in the southeast.



Blake's bountiful garden



Blake at work in the soil

Photos courtesy of Blake Hunter

For his own farming, Blake builds all of the soil from scratch so it's not just potting soil, and he has it down to a science. He tests the soil to make sure it has the right amount of nitrogen and magnesium, for example; not an easy thing to do in our given climate.

With that soil, the Hunters plant heirloom seeds in the spring and fall and receive a bounty of seasonal goodness that includes peppers, kale, spinach, collard and turnip greens, arugula; and in summer some of the finest varietal tomatoes in town, like the Solar Flair and Dark Galaxy. Blake grew fifteen varieties in 2018. Local restaurants, such as Emeril's Coastal Italian, have purchased Blake's tomatoes to showcase on their menu. Others have found him by way of social media and sought out his produce.

With a passion for working the land and for fishing, Blake launched Reel 30A in 2017, a play on words for the lifestyle brand he is creating. "I saw a need for surf fishing

in our community. We eat what we grow and catch. My favorites are Scamp, Pompano and Snowy Grouper. I offer surf fishing rod and reel rentals, and fishing lessons. I have worked with corporations like

The Henderson Beach Resort & Spa, individuals, and families. The rentals include bait, tackle and weights. The client does not need to bring anything. I drop it off and pick it up," Blake explains.

Since their move to South Walton, the couple's family has grown to include two-year old Sloane and a new arrival will soon be making this family a four some. Holding a fashion retail degree from The University of Alabama, in 2018 Paige began working with Erika Powell as a buyer for Urban

Grace Interiors. She is also the founder of the mom blog Momosas, where she shares health tips and recipes.

Blake prepares the family meals using the produce from the garden. He says, "My grandmother was one of the best cooks in Mississippi. I learned how to make her 5-hour Greek style spaghetti. It is simply amazing and she is also what inspired me to grow our own food again!"

**For more information follow "The Hunter Home Garden" handle on Instagram to keep up with what's happening in Paige and Blake's backyard, the blog, and to direct message Blake if you're interested in learning about growing or to purchase produce. For surf fishing you can reach out by email at [reel30a@gmail.com](mailto:reel30a@gmail.com), or by going to [www.Reel30A.com](http://www.Reel30A.com).**





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# One Powerful Pair

BY LIESEL SCHMIDT

Collaboration is a powerful thing, especially when it combines two already dynamic forces and creates a symbiosis between them: a merger of their strengths to achieve something that elevates them both even further. And in the case of the decade-old collaboration between The 30A Company and YOLO, the very strengths that propelled them each to their own successes are the building blocks that have produced greatness that can only come of vision, teamwork, and dedication.

For The 30A Company, known by the identifiable logo emblazoned simply with “30A”, whose zero is replaced by the childlike outline of a sun, there could seemingly hardly be any other platforms to pursue; so diverse is the brand in its offerings that every avenue seems to have been explored. And while they’ve built themselves up over the years to take the market by storm and occupy spaces in categories; including craft beer, artisanal coffee, radio stations, retail stores, apparel lines, and websites; the opportunity to explore something new was a tempting prospect that couldn’t be passed up. “30A’s mission is to make people happy,” says founder Mike Ragsdale, who launched the company in 2007.

“We do that by sharing uplifting stories about the beach every day and by helping to create and provide high-quality, environmentally-friendly products that celebrate our coastal way of life. Whenever we do these things, everyone wins.”

Judging by the sheer number of bright blue circular stickers bearing the 30A logo that grace the cars, boats, and every other imaginable surface, they’re indeed winning, and they’re toasting it in style each time someone takes a sip from their 30A Beach Blonde Ale and 30A Rose Gose craft beers, a successful collaborative effort with Grayton Beer Company, whose labels are now a popular presence in thousands of restaurants, bars, and grocery stores across six states. From their branded recycled apparel and accessories to their consumer products and digital media, 30A is a name that has pushed far beyond the confines of



Mike Ragsdale  
and Jeff Archer

It’s a shared concept and a shared passion for life and community that has created the strength of their collaboration.

the enclave community where it was born to reach people everywhere and remind them of their favorite stretch of sand, regardless of where it might be.

It was a logical move, then, for 30A to pair up with YOLO, a brand whose motto has been shouted out and adopted as a mantra by countless people all over the world: You Only Live Once. Placing their focus on the concept of encouraging everyone to live that life adventurously by exploring the outdoors and getting in touch with nature, YOLO’s sustained popularity for their stand-up paddle boards, bikes, and electric bikes; as well as a highly successful expansion into producing lifestyle apparel, accessories, and fair-trade organic coffee; made them the ideal partner for 30A to produce products, including 30A-branded YOLO Boards and 30A YOLO E-Cruiser Bikes in addition to working together on special events, photo shoots, and community activities. “30A and YOLO Board were created about

the same time, and over the years, we’ve mentored and supported each other,” says Ragsdale. “While our brands operate in similar arenas, we reach very different audiences, so collaborations have almost been effortless among our teams.”

Much like 30A, YOLO took their initial product launch to expand into a fully realized brand of multiple products after their success proved that they had something, and thus they created a YOLO-inspired lifestyle product line, including YOLO bikes and fair trade, organic coffee.

“YOLO was created on a foundation of core values that include building community, encouraging discovery and fostering well-being. Our customers connect with the brand in deeper ways than we ever even imagined. Everything we do serves as reminder to our Tribe to live the mantra that is our brand. You only live once, so make it count... enjoy the ride... make a difference... have new adventures... be your best self,” says founder Jeff Archer, who officially launched the first boards in 2007. “We want people to do that and to see all the good it inspires in each of us.”

It’s a shared concept, to be sure, and a shared passion for life and community that has created the strength of their collaboration. And much like the ways that each of their products encourage living to your full potential, their partnership is shouting out the message that life is meant to be lived and enjoyed with each breath. So paddle out, pedal on—and celebrate the world around you.

***YOLO Board L.L.C. is located at 820 County Highway 393 North, Santa Rosa Beach, Florida 32459. For more information, call (850) 424-6852 or visit [www.yoloboard.com](http://www.yoloboard.com). For more information on The 30A Company, visit [www.30a.com](http://www.30a.com) and [www.30Agear.com](http://www.30Agear.com).***



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# The Enchanting Dawn Chapman Whitty

BY ANNE HUNTER



To know Dawn Whitty is to be enchanted. The Latin root of the word enchanted is *incantare*, which means “to charm.” When one is so enraptured by something, like Dawn Whitty’s captivating photographs, others might say that you are enchanted, a word that has evolved over time from the mid-16th century. Like the word, her photography embodies a history and a future in its contemporary mesmerizing charm.

Whitty was one of the first photographers to live on Scenic Highway 30A. “I came here in 1997 on my way back home to Nashville. I had been living in Naples as an apprentice to Maria Von Matthiessen, a society and country music star photographer.” When the young and up-and-coming photographer stopped off in Seaside, it happened to be during one of the first annual ArtsQuest festivals hosted by the Cultural Arts Association. “I set up my portraits in front of Tom & Penny Dragonette’s Cafe called Studio 210 back in Ruskin Place.” Coincidentally,

**Her photography embodies  
a history and a future  
in its contemporary  
mesmerizing charm.**

Jean and Wendy Mignot’s first venture, La Petite Café, would one day occupy Studio 210. The cafe would incubate a special lifelong bond between the Mignots and Whitty. “I made enough money that weekend from scheduling children and family photos to stay and rent a home on 30-A. I have been here ever since!” she exclaims, exuding a confidence and ease not possessed by the new generation of photographers.

Whitty quickly made friends with the local artists, woodworkers and musicians who also became her muses. “I have been here shooting the local characters, merchants and tourists for twenty-two years now.” She plans to publish a book next spring that narrates life in South Walton and on Scenic Highway 30-A from her two decades of photographing subjects in the region.

The talented photographer has notably chronicled the lives of Jean-Noel and Wendy Mignot and their two children for a decade. “They have been a big influence for me to showcase my work, supporting a more natural and free style that was always closest to my own aesthetic.” Her first photography book, *Heart & Soul*, showcases Whitty’s unique style through a lens that peers into the lives of the iconic cosmopolitan Mignot family that planted roots in Seaside.

The images that Whitty brings to life on screen, in magazines, in advertisements, and coffee table books,





Photo courtesy  
of Mike Whitty



embody her unique and innate sense of style – an aesthetic that identifies her works of art as its own genre, her signature style instantly recognizable and set apart as the Dawn Chapman Whitty.

### *How would you describe your distinctive style of photography?*

I would say that my style is a product of my greatest influences. I find that I relate most with photographers that keep their portraits very natural, which helps when you shoot people on islands and beaches when they are relaxed and in their “happy place”. Early on in my career, before I moved here to 30-A, I worked in South Florida and many times my work was mistaken for Bruce Weber. I started following his work in Vogue and Vanity Fair, bought his books, and well, felt a very close connection

with his loose way of shooting and almost spontaneous, iconic black and white images. We both also raise Golden Retrievers, I have had about five in my life and Bruce has 5 at a time! Jock Sturges, Diane Arbus, Sally Mann, and Dorothea Lange are a few other influences that might come across in my work.

### *Tell us about your family. You have photographed hundreds maybe thousands of families since 1993, and now you have your own.*

I always wondered when or if I would ever have kids. I photographed kids and families for over fifteen years before I met my husband, Mike Whitty, and we had our son, Chap. I gave birth to Chap when I was 43, so he is definitely my greatest gift. My husband, Mike is

a songwriter and musician. He hosts a Sunday show at The Bay Restaurant called The Sand Ole Opry. My son, Chap is growing up with music and art in his life daily. We are blessed to be able to live our lives here using our gifts that God gave us. Of course, it can be challenging to have two working artists under one roof. Life can get a bit cluttered and disorganized, but we are both really supportive of each other’s creativity and I can’t imagine it any other way.

***For more information on Dawn Chapman Whitty, email her at [dawn@dawncwhitty.com](mailto:dawn@dawncwhitty.com) or go to [www.DawnCWhitty.com](http://www.DawnCWhitty.com)***



# Gerry Whitney

BY JESSICA HOLTHAUS BADOUR

**G**erry Whitney is not a 30A'er. In fact, she doesn't live here. But the New Orleans native is more than familiar with the Gulf Coast, having spent the first 30 years of her life in the Crescent City. After two decades in Dallas, TX, she recently returned closer to her roots and now rents a beach cottage in Bay St. Louis, Miss., where she is a locally known artist who specializes in children's portraits.

A Bachelor's Degree in Interior Design helped shape her artistic eye. In her thirties she skipped across the pond to Scotland UK, where she started her family of three daughters. A London paper she received at her doorstep published beautiful photos. Whitney found herself clipping out ones that caught her eye, saving them in a box and telling herself, "Someday I'll paint."

She left that box on a shelf (literally and figuratively) as she raised her family. Once her girls were in elementary school, Whitney began painting oil portraits, with a few rare watercolors. Some of these early works can be seen on her website today: Large format, bold, and colorful children's portraits.

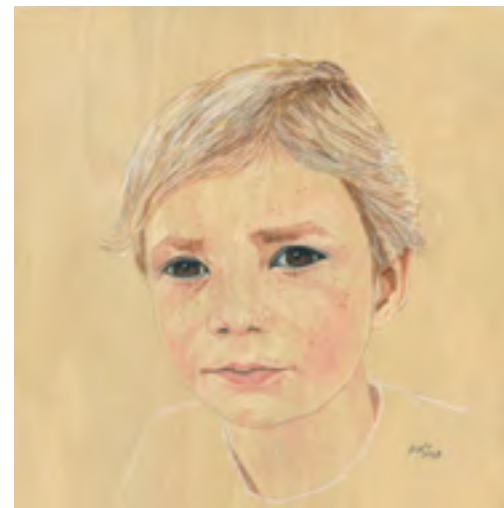
Her art career started as she displayed those portraits at local auctions and fairs, where word began to spread. She received word-of-mouth commissions, one after another. After her daughters flew the nest to begin their own lives (now in Oregon, California, and Colorado), Whitney returned closer to her roots on the Gulf Coast.

"The coast loves art and artists, so it's been a lot of fun to spend my time here," she says. "Oils seem a bit too serious for the laid-back coastal communities, so I began doing smaller pencil portraits, still mostly of children."

The colored pencils on wood panel offer up a natural style of artwork. While Whitney still works with oils, her pencil portraits have been a hit in what she refers to as "today's casual lifestyle."

"A painting, drawing, or picture is like a song in a way; it celebrates the moment, a child's beauty captured, and it then lasts forever," she describes. "I can never fully capture the God-given beauty in someone – especially a child – but it is fun and challenging to try to pick up as much of that beauty and character as I can. It's amazing

A painting, drawing, or picture is like a song in a way; it celebrates the moment, a child's beauty captured, and it then lasts forever.



how a line or a shadow defines an expression or character in a child's smile, or twinkle in an eye."

Networking throughout Dallas at schools and church auctions, Whitney has also had a few shows in Bay St. Louis. You might find her work in a local Mississippi coffeehouse or a smattering of boutique gift shops along the Gulf Coast.

"My work is primarily commissioned; people come to me for what they want – it's not the typical art you see in a gallery that gets purchased off a wall. A commission involves conversation and contact – often making a new friend – and I love that about this work," she says. "My clients and I talk about the pictures that might make a good pencil portrait; a charming photo makes a charming portrait, and I get to know a little about each of my subjects. I work only from photographs, so a client can be long distance or nearby."

The evolution of Gerry Whitney's work has transformed from those original large-scale bold portraits to today's smaller, more precise pencil portraits. The result? "More casual and fun, a minimalist touch with an organic feel," she says.

And the smaller size allows versatility – several can be displayed together. The original colored pencil portraits come finished on a 13-inch square wood panel, framed: making it light, portable, and easy to showcase

on a wall, bookcase, or shelf. With smart phones making photographs so easy, these unique pieces are affordable and accessible pieces.

"Everyone loves a favorite image of a favorite child, an image that makes your heart smile," she says. "It's a beloved photograph transformed into an intimate decoration for your home. And it becomes a cherished-forever gift."

For the 30-A community, Whitney looks forward to continuing to plant her artwork's seeds, so to speak, and watching them grow among residents and visitors interested in commissioning a piece from a local Gulf Coast artist.

"Being in the art world is fascinating," she says. "You meet new and interesting people all the time. It's a very happy occupation; everyone is delighted when the finished product is an art piece highlighting their kids or grandkids."

**Learn more about Gerry Whitney Fine Art, including snapshots of her work and latest projects at <http://gerrywhitney.com>, or follow her on Instagram @gerrywhitneyart. She can be contacted directly through her website or via text at (469) 438-2065.**



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# Marie Boularand - The Biodecoder

BY ANNE HUNTER



Photo courtesy of  
Fletcher Isacks

Marie Boularand

The hypothesis is that once the emotional distress is resolved then the body can resume spontaneously normal functioning again.

A certified Naturopath, Psycho-bio Therapist, Biodecoding® practitioner, Marie A. Boularand has been practicing, teaching, and writing about alternative medicines for the past 23 years in France and North America. I first met her in 2015 while staying at East of Eden Spa, where she was practicing a method of therapy called Biodecoding. “We all want to feel whole and complete, but how is it possible when we constantly fear our life-time partner the body?” She explains when I inquire about the therapy. “It’s a process that leads the person to reconnect with their true self and change the course of their destiny.”

I am ever open to avenues of healing. I quickly became interested in the techniques Boularand was using for her clients. It seemed to be working for them. “Like in any couple’s relationship, the split always happens because of misunderstanding and miscommunication. My job is to reestablish understanding and communication with the body for the mind to work in trust and harmony with it,” she says.

In 2003, Boularand brought the Biodecoding® method in the US and founded The Biodecoding® Institute. Today, beyond helping people heal their physical and emotional ailments, she focuses on educating to trust in their amazing bodies again in order to experiencing their self-healing power, and recover their health independence.

The following is Thirty-A Review’s question and answer session with this remarkable person.

## 30-A Where did you grow up?

MB: I was born in the suburb of Paris and grew up mostly on the outskirts of the Versailles Palace until I moved to Paris to study at the Sorbonne University.

## Why did you move to 30-A?

I fell in love with Grayton Beach in 1999, the year I first came in the US. I was vacationing on Okaloosa Isle and I wanted to visit Seaside, the town known for hosting the movie *The Truman Show*. Reaching Highway 30A, instead of turning left to Seaside, I asked my friend to drive straight despite his insistence that there was nothing special there. He was wrong. The vision I discovered that day was surreal and is still very vivid in my mind to these days. The sugar sand beach at the end of the road was just mesmerizing. It was at the time where there were barely any constructions on the dunes. Since that day I’ve always thought that I would come back and live here, which I did in December 2012.

## What is biodecoding?

Biodecoding is a unique method of decoding the language of the body, in order to identify and resolve the emotional and ancestral root cause of symptoms. It has been mainly developed by Christian Flèche in France in the mid 90s. It starts with the premise that every disease is triggered by an emotional shock and that symptoms are reactions of adaptation when facing an unmanageable situation. In other words, a symptom comes as a biological solution to an emotional distress that could not find resolution. The hypothesis is that once the emotional distress is resolved then the body can resume spontaneously normal functioning again. The determination of the location of the symptom, the organ and the tissues that are affected at the time of the emotional shock, is extremely precise and not random as we are led to think. This precision is what allows the Biodecoding practitioner to target quickly and efficiently the root cause of the disease. Biodecoding is also used successfully to resolve emotional issues and restore inner balance; it’s also a powerful preventive technique.

## How did you first learn about biodecoding?

It was in 2000 when I was studying a similar healing approach with a teacher who knew Christian Flèche.

## How have you seen it transform the lives of your clients?

Every day I witness amazing transformation in my clients. They are not the same person at the end of each session emotionally and physically. I’ve seen a woman’s 6-cm breast tumor totally disappear in one month after just one session, before she started chemotherapy; a man paralyzed with an 11-cm brain tumor, given only three months to live, walk again and live a normal life in less than a year. I’ve seen a man stand up straight without painkillers after 8 years of excruciating pain on his lower back that no surgery or manual manipulation could relieve. I’ve seen a woman in a wheelchair with Multiple Sclerosis walk again and live a normal life.

Not everybody experiences such results but Biodecoding definitely unlocks the inherent self-healing process of the cells.

**For more information: The Biodecoding® Institute Marie Boularand, [Info@biodecoding.com](mailto:Info@biodecoding.com), [www.biodecoding.com](http://www.biodecoding.com) (321) 332-1828**



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## V. Jaffe a.a. higgins trading company

BY SUSAN L. CANNIZZARO



What started as a curiosity about history and vintage clothing from the 1920s-1940s has become a unique business for Velynda Jaffe, who goes by “V”. She is the purveyor of found finery for her business, a.a. higgins trading company. You can find her vintage treasures at the A Wickey Gallery located in Shops at The Hub in WaterSound, festivals along 30-A, and her Etsy site.

V always had a strong interest in history and previously had successful careers as a retail buyer and a project manager for a design firm back in Cincinnati, where she and her family lived for many years. They connected to the 30-A area for decades and moved here in 2016. A self-proclaimed “shifting-nerster”, V re-evaluated what she wanted to do once she and her husband Richard retired. “I have always been surrounded by creatives and had wanted to do something in that realm. I also have a clothing background and people would always comment on pieces I made,” says Jaffe. She created a blog, where fictional characters come to life. “I have always loved vintage names and when I hear a name I like, I look it up and do research on the background,” she adds.

These fictional characters carried over into her vintage clothing line. The pieces, which consist of mostly jackets, coats, and hats, are all vintage or “found” and carefully curated from auctions, estate sales, and antique stores. “Some of the items I have found were bought from dead stock, meaning they were never used, such as old tuxedo jackets. They are very old, but had never

furs, lace, tassels, crystals, beads, metals, and antique buttons. Each coat is a one-of-a-kind item. “It is more than a fashion line- it is a creative blog and merchandise plus a journey into another time,” Jaffe adds. Each coat is named after the fictional characters inspired by her blog.

Her clients include residents as well as tourists. “People may think I am nuts to sell coats in Florida, but it does get cold here in the winter. We also have a lot of locals who travel quite a bit and they are often from colder climates,” she adds. “I like to think of it as a narrative piece of art they can wear. If someone is tired of their little black dress, they can add a satin smoking jacket with fur at the collar to give it a different vibe. People should have fun with what they wear and they can definitely do that with these statement pieces.”

She loves creating at her home studio. She is surrounded by antique drawers filled with vintage buttons, jewelry, brooches, patinated hardware and racks of repurposed jackets and gently loved scarves and furs. Items featured in her collection include a violet velveteen waist coat with ivory fur collar and vintage buttons with a starburst pin. Another item is a military field jacket with vintage rhinestone buttons, bullion style epaulettes, rhinestone bar pin and a faux fur collar. “I can make an item in a day or it may take me several months to find the right embellishments for a particular piece,” she says.

Jennifer Smith, Event Director of Cultural Arts Alliance, admires V’s abilities and how her pieces tell a story. “She is a true artist, and by putting a story behind every piece she makes it even more interesting. When you wear her piece, you are also wearing a story, it is so creative,” she adds. Dusa Gyllensvard has been a supporter for the past 20 years. “V does what the French do with fashion: you take a fine frock and add something to make it elegant and full of memories. They are exquisitely beautiful and can be worn to a brunch, cocktail party, or if you want to catch someone’s eye,” she says. “She understands nostalgia in the truest sense.”

V loves creating tasteful yet edgy pieces. “Getting my business off the ground has been the best way to integrate into the arts community here. I feel like I have found my peeps and someday I would love to invite people to my studio and play dress up,” adds Jaffe.

**For more detailed information about V Jaffe and her works: her Etsy site is [aahiggins.etsy.com](http://aahiggins.etsy.com), her blog is [buttonbroadmemoirs.blogspot.com](http://buttonbroadmemoirs.blogspot.com) and A Wickey Gallery is located at 27 Hub Lane, WaterSound. Her email is [vjaffe.aahiggins@gmail.com](mailto:vjaffe.aahiggins@gmail.com).**



Photos (directly above) courtesy of Velynda Jaffe

been sold before,” she says. She makes sure each coat is cleaned properly and she will fix the inside linings or repair any other issues. Each of the coats is unique in that it is embellished with items such as faux diamonds,





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Featured 30A Local Golf Columnist



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# Weight Loss Resistance... Do You Have It?

BY DR. BART M. PRECOURT

**H**ave you ever said, “I used to drop a couple pounds easily, now I can’t lose an ounce!”? There may be a real reason for this frustrating problem and it’s called weight loss resistance.

There are three main causes of weight loss resistance that keep you from shedding those extra pounds. But before we go into them, let’s set the stage. Most often this is experienced by people who are eating good. Not just pretty good, but eating an actual healthy diet and exercising. And even though you are doing what seems to be the right thing or it’s what you have done in the past to lose weight... you still can’t lose a pound.

If this is you, the cause is mostly likely one or more of the following reasons. Take aim at solving these and you will likely find the weight start coming off without changing up your diet or spending hours doing cardio.

## *The Hidden Insulin Dilemma*

I call this hidden because this isn’t as straight forward as just counting calories. When digested, simple carbohydrates and sugars are converted into glucose, which is sent into your blood stream to use as energy. If you have too much or do not need fuel in that moment you release the hormone insulin.

Insulin is a fat storage hormone. It functions by taking sugar out of your blood and storing it in your fat cells to be used at a later date. This is a very intelligent and self-protective mechanism. Sugar and carbs are a poor burning fuel source that also cause inflammation. Insulin is used to protect you; the downside is that it increases your fat cells.

Although this seems straight forward, the causes of fat storage due to insulin are hidden in some very common daily habits. For example, have a glass of wine at night, increase blood glucose, release insulin... then store fat. Repeat. This also shows up for people who often snack or “graze.” Grazing keeps your blood sugar high, therefore you are releasing insulin on a regular basis.

What can you do? Take nights off from alcohol or that sweet snack before bed. Stick to your main meals during the day and cut out the snacking. This will give your metabolism a chance to burn fat for fuel instead of always providing sources of glucose.



Dr. Bart M. Precourt

**Take aim at solving these and you will likely find the weight start coming off without changing up your diet or spending hours doing cardio.**

## *Stress and Cortisol*

When talking about health, stress is an “x” factor. It can be the root cause of almost everything. During stressful situations your body releases a fight or flight hormone called Cortisol. Cortisol gives you energy by releasing glucose from your liver, often causing inflammation and weight gain. Weight gain around the mid-section is often indicative of constant stress and cortisol secretion. Often people are unaware that they

are under stress--odd, I know. The challenge is that it doesn’t have to be emotional stress. That’s the obvious one, yet the busy-body, busy-minded person who is always on the go is using the same stress hormones as energy. This state is called being stuck in Sympathetic Dominance. It’s not uncommon for these people to experience sleep challenges, anxiousness and on/off constipation. Regardless of the type of stress you have, if it is constant, the response is the same: Increased cortisol.

What can you do? If you think that stress could be contributing to your weight gain, go right to the source and see if you have abnormal cortisol levels. This can be tested by doing a simple at home saliva test called an ASI test (adrenal stress index). If your adrenal glands are dysfunctional, or worse, fatigued from prolonged stress, they will need to be addressed. There are many good supplements that can help support your adrenal glands, like ashwaganda and rheumania. Yet my best advice would be to work with a Healthcare Practitioner familiar with restoring adrenal health.

## *Cellular Toxicity*

Being at your ideal weight is important for optimal human function. Toxic fat cells are some of the hardest to cleanse. Cells become toxic for many reasons, including consuming GMOs and processed foods, bad fats (i.e. canola oil, vegetable oils). These are found in French fries, donuts, salad dressings, etc. Fat cells also function as part of our immune system, so anything that is toxic or foreign can be stored in fat cells. This includes medications; so be mindful of what you put into your one body.

If it is made by nature, eat it. Made by man, leave it.

For a more on Weight Loss Resistance go to: [drbartprecourt.com](http://drbartprecourt.com) and tune into my podcast.

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





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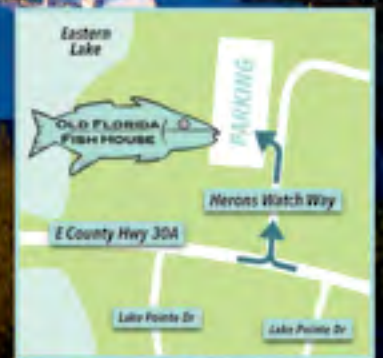
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# 30-A Homes Sales Volume Has More Than Doubled in the Past Five Years

BY ERIN ODEN

Home and condo sales continued to tick upward for the scenic 30-A corridor during the first half of 2018. The number of sales, at 768, was slightly over the prior year and the average sale price and price per square foot were up 4% and 5%, respectively. We anticipate the 30-A corridor real estate industry to exceed \$1.6 billion in 2018 and we have seen the industry more than double in the last 5 years.

Regarding sale prices for the first half of the year:

- Average sale price = \$1 million +, a 42% increase over the last 5 years
- Average price per square foot = \$443, a 41% increase over the last 5 years

Investors must be thrilled with these statistics.

Additionally,

- Sold properties in 2018's first half were on the market for a shorter time than in 2017's first half and
- Properties for sale (i.e., inventory of offerings) at 6/30/18 are 11% below 6/30/17

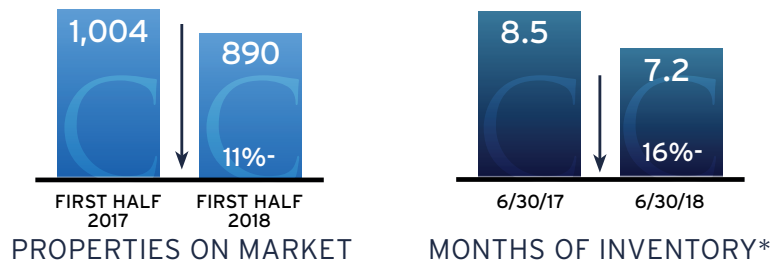
These statistics point to a stable and increasing pricing environment.



*Erin Oden is the principal broker and owner of Coastal Luxury, a real estate firm that maintains a strong emphasis on intimate market knowledge and expertise in the luxury and Gulf-front market. Erin can be reached at 850.502.1220 or erin@coastalluxury.com. Or, stop by Coastal Luxury, located directly on 30A, the first office east of Alys Beach. Search all available properties at coastalluxury.com/SEARCH.*

Erin Oden

## CURRENT AVAILABILITY & SUPPLY

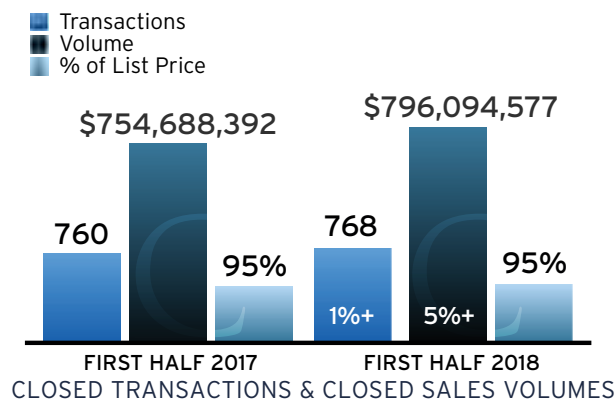


Statistics for detached residences, attached units, and condos only; EXCLUDES vacant land.

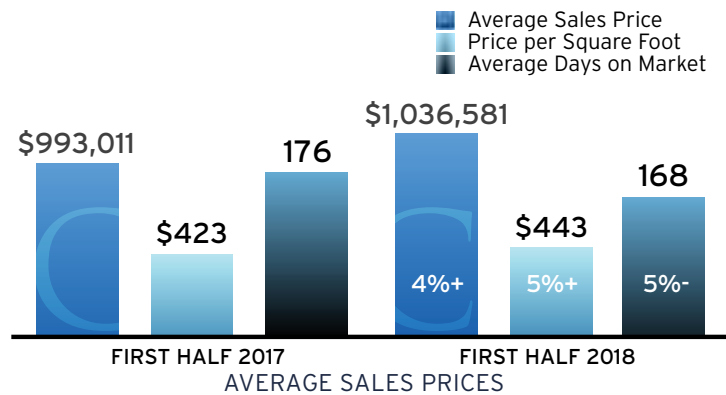
*\*What does this mean?*

*This represents the year-end number of properties available for sale divided by the monthly average of the last 12 months' sales, reflecting how many months it would take to sell out the current inventory at the current rate of sales if no additional homes entered the market.*

## Sales & Average Sales Prices



CLOSED TRANSACTIONS & CLOSED SALES VOLUMES



AVERAGE SALES PRICES

Statistics according to data gathered from FLEX MLS for combined residential properties (detached homes, attached units and condos). Deemed reliable but not guaranteed.



## Inside the Lines

And so it begins: that long empty period between the U S Open and the Australian Open in mid- January, which ushers in a new tennis season. Players, fans and aficionados of this great game are left with a certain longing that comes with this lull in an otherwise year-round sport. Yes, there is the Davis Cup and a smattering of small tournaments that allows us to lightly indulge ourselves in the trials and tribulations of such greats as Federer, Nadal, and Stephens; but this is the quiet time for tennis.

There is a small gift that comes to us this time of year- at least here in the sunny south. If you are lucky enough to break away from the bonds of responsibility and the constraints of modern day life on a bright sunny day, chances are there will be lots of open courts. What better time to get your kids out on the courts.

There are many reasons that tennis is a wonderful sport to teach your children (not to mention that time on the courts is true quality time for the whole family).

Tennis is a brain game. Yes, its true. Tennis is said to require 70% brain energy and 30% physical energy. To put it another way, an old timer told me one time that he sees tennis as a chess match- at 90 miles per hour. I couldn't agree more with that statement. More than almost any other sport sans golf, tennis takes lots and lots of repetitious instruction. And after you've learned to keep the ball in play and perhaps put a little topspin on the ball, it takes a heavy dose of concentration to play. You have to be a quick thinker on your toes. Get to the ball, decide how you want to hit it, decide how much and what kind of spin to put on the ball, figure out where you want to place the ball, quickly plan what you'll do after the shot..... all within a matter of seconds, and sometimes in a volley situation mere milliseconds. If you want your child to learn to solve problems quickly, expand brain, and learn to concentrate better get them into tennis.

Tennis teaches sportsmanship. You won't hear trash talking on a tennis court. Most players, and I say that with emphasis, are polite, considerate, and demonstrate good sportsmanship when both winning and losing. Okay, don't look back to the Ladies Championship match at this year's US Open. That was a big news item because it was so, well, just strange. Most recreational and club players will go out of their way to be respectful to their opponents. For instance, if I'm playing with an injury or some other impediment I'll never mention it to my opponent even after losing a match. No loser's limp for this and most other players.

Honesty is a virtue of this sport. Tennis is the only sport in which your opponent calls your balls in or out and vice versa. This requires a high level of honesty and a good sense of fairness. I try to always call my opponents ball in unless I know for certain that it was out. This is the norm. Kids learn early on that making bad calls will severely limit their opportunity to play. If a player gets a reputation of making bad calls they at some point have a tough time finding people to play with. They end up having to change their personal constitution or find another sport. Perhaps they would find underwater basket weaving more to their liking!

So there you go, a few good reasons to get your kids into tennis; other than the pure joy of being outside in this beautiful world experiencing the exhilarating feeling you get from muscle movement, brain stimulation, and good ole mano a mano competition.



**MARTY SHOEMAKER**, who is an avid tennis player, teaches tennis to underprivileged kids, is a member of Rosemary Beach Racquet Club and is also a licensed Realtor with **Beachy Beach Real Estate**.  
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# ERA American Realty on New Construction

BY LIESEL SCHMIDT

Signs of expansion and growth are appearing all throughout 30-A, and with new innovations in home design, local real estate experts Karla Del Monaco and David Del Donie of ERA American Realty have some sage advice about the benefits of new construction.

**Q: What brought you to 30-A and how did you become involved in real estate?**

A: Karla and I have been in Destin a little over 20 years. Karla got her license in 2001 and worked the Destin area until 2014 and I was her assistant. We also owned a business together for 14 years. When we sold it in 2013, I got my real estate license and we joined with ERA American Real Estate, where we began working with builders to get their new construction listings to promote and sell them. We now have four builders and two investors.

**Q: What is your process with new construction?**

A: For new construction in residential and investment properties, Karla and I not only list the property, but also work closely with the builders from the planning to the completion stages. This includes discussing plans with ARB in developments, meeting with architects, obtaining permitting, clearing lots, and even gaining knowledge of the latest building materials and products so that we can educate the buyers. If property doesn't get pre-sold, we also stage the house in order to make it more marketable.

**Q: What are the benefits of building rather than purchasing an existing structure?**

A: These days, everyone wants the latest and greatest, and new construction allows buyers to get the style of home that fits their needs and their specific desires. They have the freedom to choose their interior and exterior design and their location, in addition to affording them the ability to select the newest in building supplies and materials that are more energy efficient, durable, and longer lasting.



Kim Luckie, Karla Del Monaco, Gloria Frazier (Broker), Kevin Loretta (NOLA 30A), Chris Fox (Fox Construction), Dave Del Monaco

**Q: Is there one particular area along 30-A that you think makes great for new construction?**

A: Really the entire area is prime for expansion and growth. (New home) sales are up 22.2 percent year after year, while existing home sales are down 21 percent. Inventory continues to drop for new construction, down by eight percent compared to last year; and median sales prices of new construction homes are also rising faster than existing properties. From what we're seeing, 2018 through 2019 is offering a huge opportunity for new construction investors and second homebuyers all along every area of 30-A.

**Q: In terms of design, what are the advantages of building a new home, rather than renovating an existing home?**

A: Just like anything, new is new, and working with your builder offers you the assurance of knowing the quality of the home. By contrast, renovating an older home can lead you numerous surprises, including bad construction, foundation issues, wood rot, and a host of other complications that all combine to bring the cost of a renovation to that of a new home or, in some cases, even more.

**Q: What are some of the innovations available that makes new home construction better for the environment and more cost- and energy-efficient?**

A: A number of builders have begun using high efficiency HVAC systems that pull humidity out of the home and keep the house a desired temp without overworking the unit. More modern houses are also built with tighter seals and use spray foam insulation to conserve energy and make them more cost-efficient, while tankless water systems or on-demand water heaters immediately produce hot water to conserve water.

**Q: What do you feel sets you apart?**

A: The one thing I think is getting lost in everything is service. We're hands-on, whether in buying or selling. We're even in it as far as dealing with things like inspections, working with title companies and the property appraisers and the mortgage process. Whatever we're taking on, our number one goal is to provide our clients with a pleasant experience instead of a stressful one.

**Q: What are you looking for as an investor in property and new construction?**

A: Kevin Lirette, New Orleans-based investor: "My family has been vacationing in the Seaside and WaterColor area for more than 25 years; and in the past 15 years, I have watched many homes being built and have studied the market, focusing on what makes one property sell quickly while others sit for months, as well as why some are popular rentals. It's amazing to see a property come alive with a well-planned renovation. When I choose a vacant lot for new construction, I'm looking for prime locations in 30-A communities that offer the most amenities, are surrounded by luxury homes, and have private beach access. As an out of town real estate investor, I've found it vitally important to work with an experienced contractor that I communicate well with and trust as well as eager investor friendly architects and real estate agents like David and Karla."

**ERA American Real Estate is located at 32 East County Highway 30A, Santa Rosa Beach, Florida 32459. For more information, call Karla Del Monaco at (850) 240-3354 or Dave Del Donie at (850) 240-3353 or visit [www.karladelmonaco.com](http://www.karladelmonaco.com).**





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*If you are looking for that unique and "must see" experience while visiting 30A, be sure and stop in to visit the Justin Gaffrey Gallery, home to the artworks of Walton County's premier contemporary artist, Justin Gaffrey. The gallery is unlike any other museum or "white cube" gallery experience you have ever had! Take in the various paintings and sculptures inside and speak to a design associate about commissioning a "made just for you" artwork. Roam the scenic grounds in the outdoor sculpture garden and take advantage of the photo ops for that one of a kind selfie alongside Justin's surrealistic creations. See where this artist began his career in his original studio, or find that perfect piece of original artwork for your home. There is no obligation to buy, and the gallery staff is welcoming and knowledgeable of the artist's history, the body of work, and techniques. The Justin Gaffrey Gallery is located along 30A in Blue Mountain Beach at 21 Blue Gulf Drive and is open to the public Monday through Saturday from 10 am to 6 pm during the summer, and 9 am to 5 pm during the winter months. The Justin Gaffrey Gallery has something to offer for all tastes from contemporary abstract painting and sculpture, to modern still life, landscape, and floral painting, limited edition prints and one of a kind studio relics. For the art lover to the serious connoisseur, a trip to the Justin Gaffrey Gallery is a visit you will want to make each time you come to the beach! Be sure to follow Justin on Facebook and Instagram to see all of his latest creations and gallery events.*

*"Sunset Over Western Lake" | 48" Wide by 30" Tall | Acrylic On Wood Panel | Justin Gaffrey 2018*



# Prime Paradise

BY LIESEL SCHMIDT

Offering luxurious finishes, sprawling floor plans, and views well worth the multi-million price tags that they command, Thirty-One is uniquely positioned 31 feet above sea-level – among the highest elevations along Scenic Highway 30A. Set on one of the last remaining undeveloped beachfront properties along this stretch of the coast and encompassing nearly four acres of land, the more than 335 feet of Gulf frontage is shared by only the 27 residences of Thirty-One. And in combining the amenities of a condominium lifestyle with the spaciousness, privacy, and calm atmosphere of single-family residences, Thirty-One achieves a unique dichotomy that delivers the best of both worlds—with white glove service, no less.

That could well be considered the vision behind it all, the thing that drove the project from concept to completion and brought the renderings into living color. And while each of the 27 units of this four-level collection of jaw-dropping residences is unique in its finer details, they do all share certain commonalities: wide-plank white oak hardwood flooring, open-plan kitchens appointed with chef-grade Wolf and SubZero appliances, imported European cabinetry crowned with sleek quartz counters and wet bars, spa-like bathrooms, spacious laundry rooms, and sizeable walk-in closets.

All that luxury warrants privacy, of course. Thirty-One offers that—not to mention the type of security one would naturally expect in such an exclusive building. Accordingly, each of the residences has private elevator access as well as solid-core interior doors, secure underground parking and private owner storage areas; all of which are invaluable in maintaining the ease and comfort of living the beautiful life here along 30-A.

No detail is overlooked. That extends to the common areas as well as the level of service that comes as a standard here. A standard of excellence, to be sure, but a standard no less—and one that Premier Development Group established at the outset of their project nearly two years ago. And now that it's completed, that standard will have the chance to be proven as owners bask in the sunlight spilling onto the balconies of their units as they marvel at the view before them, luxuriate in the sparkl-



Photos are courtesy of Tommy Crow & Land Air Sea Productions



perks afforded to owners, as PDG created unique partnerships with La Dolce Vita and Live Well 30A to provide residents everything imaginable, from beach chair service and fishing trips to other services that make life as stress-free as possible, from grocery shopping and delivery to meal preparation and catering. Naturally, routine maintenance is another appeal of living the good life at Thirty-One, as is the ease and convenience of full-time property management. And due to the fact that the majority of owners are only part-time residents who count the condo as a secondary home, having that “lock and leave” lifestyle is certainly something that gives peace of mind.

ing waters of the resort-style pool, sweat it out in the fully-equipped state-of-the-art fitness center, and entertain guests at gatherings in the club room.

Even concierge services are among the

residences—nor do they fit the expectation that many might have for the place where they hang their hat only part-time. There's nothing to “make do with,” nothing to grin and bear all for the sake of the fact that it's a vacation property. Here, everything is top-of-the-line, from floor to ten-foot ceiling—making ownership a point of pride as well as a reason to come and relax, to enjoy the view, and to savor life lived within these walls.

“Thirty-One presents a great value for those seeking brand-new Gulf-front condominium homes, with fantastic amenities and luxury unlike any other development; and we are proud to bring this extraordinary project to the market,” says Michael McNeil, Chief Marketing Officer at Premier Development Group.

From top to bottom, inside to out, Thirty-One on 30A proves that thirty-one is the perfect number—and that perfection is a prime part of living in paradise.

***Thirty-One is located at 3770 East County Highway 30A, Seagrave Beach, Florida 32549. For more information, call (850) 296-2366 or visit [www.31on30a.com](http://www.31on30a.com).***



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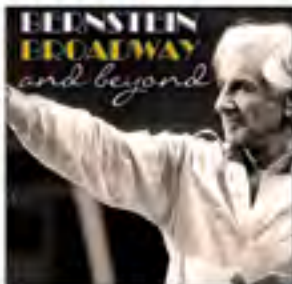
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# No Federal Estate Tax, No Problem?

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON



whether you may or may not incur a federal estate tax liability, issues of *personal dignity*, *family conflict*, and your *life's legacy* are fundamental to proper estate planning.

## Your Personal Dignity

Car crashes, Alzheimer's, and strokes. Injuries and illnesses can strike anyone, leaving them legally incapacitated. And, once you are legally incapacitated, you can no longer manage your own personal, health care or financial affairs. Nevertheless, important decisions affecting you must be made, despite your lack of legal capacity, often on a day-to-day basis. For example, your incapacity would not excuse you from paying your bills or your taxes. While you cannot emotionally prepare for something like incapacity, you can legally prepare to ensure that your wishes are honored should the worst happen.

If you became incapacitated, who would make decisions on your behalf? If you are married, you would probably guess your spouse. If you are at least 18 years of age and living at home, you would likely say your parents. Both answers are incorrect.

On your 18th birthday, in most states, you are considered an adult responsible for your own decisions. Whether married or single, you must appoint agents through proper *Durable Powers of Attorney* to make personal, health care, and financial decisions on your behalf in the event of incapacity. Alternatively, a court process involving at least three lawyers may be required to appoint agents to make such decisions for you under the ongoing supervision of the court.

## Avoiding Family Conflict

Avoiding family conflict is one of the most compelling reasons for estate planning. Sadly, conflicts are rather common these days following the death of a family member. That fact was confirmed in a survey conducted by the AARP/Scudder Investment Program. In the survey of Americans age 50 and over, 20 percent of respondents cited problems among surviving family members due to their inheritance, or lack thereof. The survey made an interesting discovery: Cash is the most prized asset over which family members fight, but tangible personal property (e.g., antiques and heirloom jewelry) came in a close second. In fact, respondents reported that such property accounts for 47 percent of the feuds, followed by personal residences at 43 percent, other real estate at 31 percent, and other investments at 11 percent. Fortunately, the laws of most states provide a flexible solution for the specific distribution of tangible personal property.

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

Perhaps the most important step you can take to minimize family conflict is to communicate your plans ahead of time. Then be sure to commit those plans to legal documents and make updates or changes as necessary to reflect changes in your family dynamics, financial circumstances, and estate planning goals.

## Protecting Your Legacy

Leaving an inheritance to provide for your heirs seems like a positive decision. However, the outcome may be far from what you intended if you have not considered the potential risks. What if that inheritance were squandered by a shortsighted eighteen-year-old on an expensive sports car, leaving the heir broke but fashionable? What about money left to a previously happy couple now engaged in a bitter divorce? What would happen if the heir were involved in a lawsuit or bankruptcy?

If you die without even a basic will, or with one that is outdated and no longer meets your needs, you could leave your loved ones tied up in legal knots at a most vulnerable time in their lives. Proper planning can ensure your family is provided with a thoughtfully prepared, efficiently implemented and effectively administered estate plan that protects your legacy at death and for generations to come.

## About those Taxes...

Oh, and one more thing, do not overlook the potential for state death taxes. As of January 1, 2015, 19 states and the District of Columbia will collect a state death tax. State death taxes, which kick in for estates valued at only \$1 million or less in several states, could take a big bite out of your legacy. Also, be aware that many states impose a nonresident estate tax on real and tangible personal property situated within the state. So even if you reside in a state without a death tax but own property in another state, death taxes could still be an issue.

It's official. The 2015 federal estate tax exemption will rise to \$5.43 million per individual (from \$5.34 million in 2014) due to an inflation adjustment. Married couples can get the benefit of two individual exemptions, for a total exemption per couple of nearly \$11 million this year. As a result, the federal estate tax is no longer the biggest estate planning concern for most Americans. Only about 3,700 estates, or 0.12% of the total, are expected to owe federal estate tax this year.

So... no federal estate tax, no problem, right? Wrong. The non-tax issues of estate planning are, for most of us, even more compelling because they cut to the very heart of our lives, work, and families. Regardless of



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# Short Game Shots

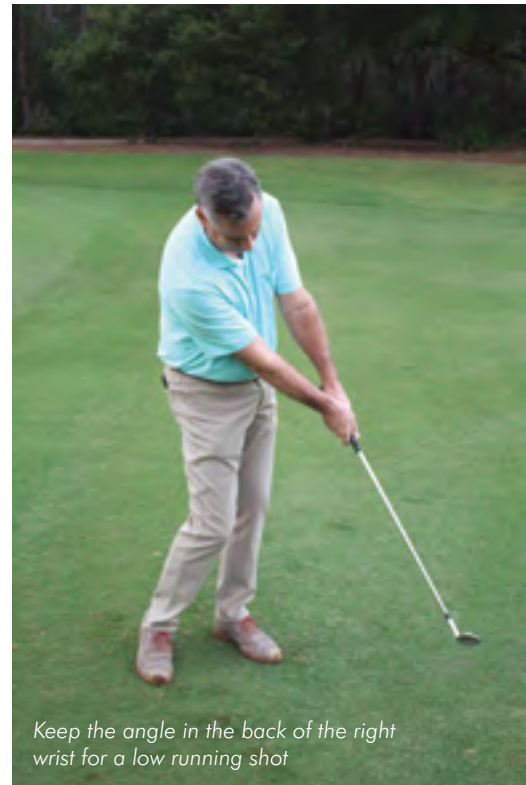
BY TOM FITZPATRICK



A gentle hip turn with good arm extension



Hit a hi lob by pointing the right palm and club face skyward



Keep the angle in the back of the right wrist for a low running shot

Having a natural swing free of technical thoughts that moves with ease in both directions is the best way to play golf. That's easier to do on full swing shots, but becomes challenging inside 50 yards.

**Photo 1:** If you are faced with a half swing shot, focus on a wide arm extension on both sides of the ball while you gently turn the hips back and thru. That gives you the flowing motion of the arms and body working together.

Do you blade short shots over the green? The cure is to get your weight moving forward onto your front foot. Try *kicking your right knee* in gently on the downswing. It gets your body rotating towards the target. You can even preset your weight forward at address to ensure that you catch the ball first and the turf second.

Most importantly, never decelerate thru the ball. Work on striking the ball with speed. Watch the club thump the ground while taking only a narrow, shallow divot. The ball just gets in the way. With

wide arm extension your club face stays square thru impact with no rollover or twisting of the face.

**Photo 2:** If you need to carry the ball high over water or a bunker then maintain lots of loft. Play the ball forward with an open stance. Then picture how Seve would set up – very low hands and low posture. That helped him slide the club under the ball to throw it up in the air.

**Photo 3:** For a pin positioned in the back of the green play a lower trajectory shot. Nick Price liked to run the ball along the ground with some hook spin. Stand closer and taller to the ball, with the ball positioned more off the back foot. Most importantly, turn the toe of the club face in and position the ball out towards the toe. Swing out to the right with that closed club face. Then watch the ball hug the ground rolling towards that back pin location.

Phil Mickelson mixes the two critical variables of ball position and club face angle. Based on what the short shot calls for, Phil says this is his preferred setup from easiest to most difficult:

- Ball back, Square clubface
- Ball back, Open clubface
- Ball forward, Square clubface
- Ball Forward, Open clubface

Each setup produces a different height and spin when it hits the green. Have some fun with these and let your feel guide you towards what works best for you!

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



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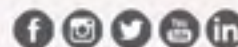
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15 A St Augustine | \$789,000 | 2 BR | 2 BA First floor Flat that has been completely remodeled and offered Fully Furnished.



Lot 8 The Village of White Cliffs | \$359,000  
90' X 50' X 118' X 50' | Corner lot located in the gated community of The Village of White Cliffs.



6206 Village of South Walton | \$349,000 | 1 BR 1 BA | Located in the heart of The Village, this one of a kind condo is offered fully furnished.



1503 Marsh Point Lane | \$189,000 | 0.49 acres  
Located in gated Wild Heron with private golf course, this large lot has views of Lake Powell.

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78C North Barrett Square | P.O. Box 6110/0  
Rosemary Beach, Florida 32461  
RosemaryBeachRealty.com | 850.278.2000



Steve and Jan Stevens



Ashlee Mitchell



TEAM STEVENS  
REAL ESTATE

Steve: 678.777.8805 | Jan: 678.777.8806  
teamstevens@rosemarybeachrealty.com

Ashlee: 850.428.7635  
amitchell@rosemarybeachrealty.com