



the thirty-a REVIEW™

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

Spring Break ISSUE

INSIDE:

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

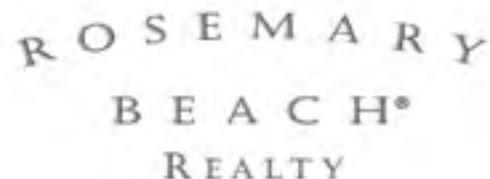


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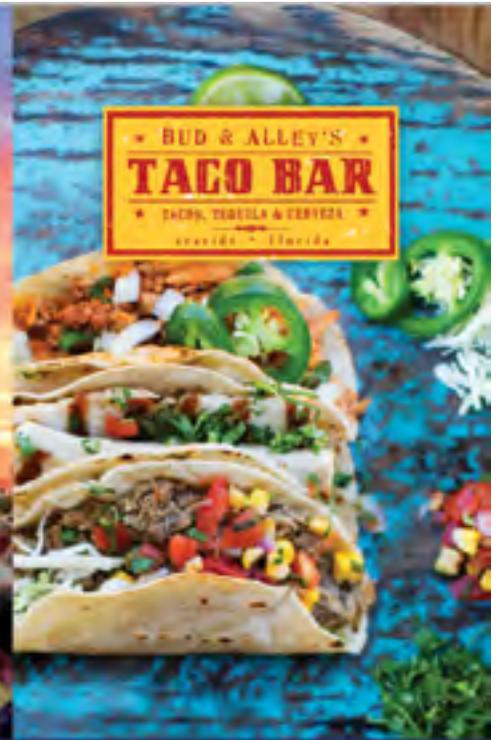
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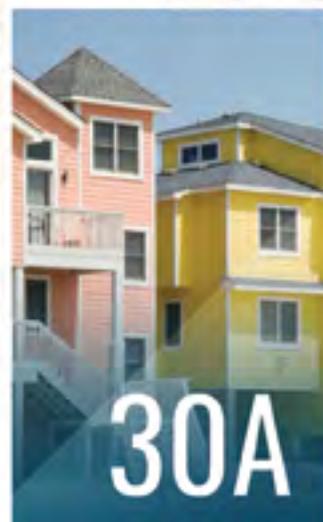
Spring Break Fun!



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SPRING BREAK



Spring break at the beach. I've been writing about it for 15 years now. Wow. Time is a funny thing. It sure does fly. And I know I'm not the only business owner on 30-A who has this feeling.

In fact, one of the things that makes 30-A so incredible is that most of the businesses and locals have been here for decades. They've seen 30-A grow, for better or worse. And they've got so much heart invested here that they fight to keep our community solid and beautiful.

So, remember this fact when you're enjoying your family and friends on 30-A this season. Treat our beach like your home, with love and care. And treat our roads like your own cul-de-

sacs. Drive slowly and move carefully. Keep our kids and families safe.

We hope you enjoy all the beautiful, delicious, and exciting things that 30-A has to offer. We invite you to make memories and peruse the pages of this magazine for ideas and recommendations. As always, we profile 30-A's finest people, places, and things. We are proud of our community and we hope you leave proud of it too.

Sincerely,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



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Send inquiries to 227 Sandy Springs Place, Suite D-288, Sandy Springs, GA 30328. Send press releases and e-mails to miles@thirtyareview.com

about the cover

Photography

Dawn Whitty Photography, DawnCWhitty.com

Model

Kayla Rel, [@esther.rel](https://www.instagram.com/esther.rel)

Wardrobe/Designer

Nicole Paloma, NicolePaloma.com



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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

Photography

Jacqueline Ward

Contributing Writers

Jessica Badour

Susan Benton

Andy Butcher

Susan Cannizzaro

Julie Herron Carson

Tess Farmer

Tom Fitzpatrick

Tracey M. Hawkins

Ellen Howle

Anne Hunter

Alden Mahler Levine

Ryan Loftis

Courtney Murray

Erin Oden

Bart Precourt

Liesel Schmidt

Kimberly Watson Sewell

Ridgeley Standard

Mary Welch

Mary Kathryn Woods

Ad Sales:

miles@thirtyareview.com

Distribution Manager:

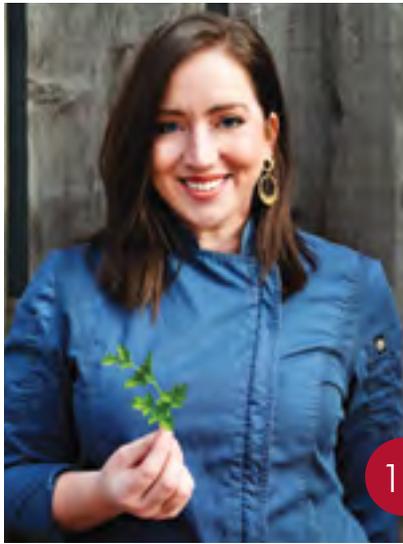
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Theatre and Events in March and April

ROSEMARY BEACH

MONDAYS

March 9, 16, 23, 30 April 6

Spring It On! Concert Series EAST LONG GREEN

6:30pm - 8:30pm

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

March 9..... **Fais Do-Do**
(Cajun & Zydeco)

March 16..... **Like Totally
Awesome 80s!**

March 23..... **"Flying High"**
(Byrds to the Eagles)

March 30..... **British Invasion**
April 6..... **Oceans 9** (Boat Pop)

TUESDAYS

March 10, 17, 24, 31, April 7

Magic in the Air NORTH BARRETT SQUARE

6:00pm - 7:00pm

Take a breath of fresh air and let your dreams take flight at "Magic in the Air!" The show is sure to bring joy to your heart, wonder to your mind, and a smile to your face, no matter your age. Come join the magic and excitement with Pittman Productions, as they present an evening of stunning stage magic and mesmerizing grand illusions based on an "in the air" theme, and leave with your spirits feeling lighter than air!

WEDNESDAYS

March 7, 14, 21, 28 & April

Children's Theatre: NORTH BARRETT SQUARE

6:00pm

The Princess and the Pea

Enjoy a performance from our friends at The REP Theatre!
Blankets and lawn chairs are welcome.

THURSDAYS

March 12, 19, 26, April 2, 9

Moonlight Movies WESTERN GREEN

Face painting starts at 5:00pm, movie at 7:30pm

Bring the family for a wholesome and fun movie night under the stars! Blankets and lawn chairs are welcome! Come early and get your face painted by one of our talented artists! Enjoy

popcorn and the best hot dogs on the beach from DogManDu!

March 10..... **Cinderella**
March 17..... **Hotel Transylvania 2**
March 24..... **Maleficent**
March 31..... **Minions**
April 7..... **Inside Out**
April 14..... **Aladdin**

FRIDAYS

March 13, 20, 27, April 3, 10

Tie Dye, Wacky Hair & Kids' Karaoke

WESTERN GREEN

9:00am - 12:00pm,

Join us for some crafty fun on the green! Create your very own tie-dye t-shirt, get your hair done by one of our talented artists and sing your favorite karaoke song!

SEASIDE

28th Annual Seaside Prize Weekend (Seaside Institute)

LYCEUM & DOWNTOWN SEASIDE

March 6 - March 8

Seaside Farmers Market AMPHITHEATER

Saturdays: March 7, 14, 21 & 28 and
April 4, 11, 18, & 25, 9:00am - 1:00pm

Stories by the Sea AMPHITHEATER

Mondays-Fridays, March 9 - March
and April 1 - April 17, 3:30pm

Kids Improv Boot Camp THE REP

Tuesdays & Thursdays, March 10-31,
1:00 - 3:00pm

Central Square Cinema, 7:30pm

AMPHITHEATER

Fridays

March 13..... **Frozen II**
March 20..... **Abominable**
March 27..... **Toy Story 4**
April 3..... **Secret Life of Pets 2**
April 10..... **Missing Link**
April 17..... **Wonder Park**

Children's Theatre Perfor- mance "Go, Dog. Go!" – Seaside Repertory Theatre AMPHITHEATER

Mondays, March 9, 16, 23, & 30
and April 6 & 13, 6:00pm

Huck & Lilly Kids Music Performance

AMPHITHEATER

Tuesdays, March 10, 17, 24, 31 and
April 7 & 14, 6:00pm

Improv Boot Camp THE REP/MEETING HALL

Tuesdays & Thursdays, April 2 - April
9, 1:00 - 3:00pm

Seaside's Easter Celebration AMPHITHEATER

Sunday, April 12, 11:00 - 2:00pm

WATERCOLOR INN

St. Patrick's Day Rooftop Celebration

HAVANA BEACH ROOFTOP
LOUNGE

Sunday, March 17, 11:00am to close
(weather-permitting)

Today, we're all Irish! Wear your best green accessory and join Havana Beach Rooftop Lounge for a special St. Patrick's Day celebration and menu—complete with themed cocktails and Havana Beach's twist on classic Irish food.

Open to the public (must be 21+). In order to seat our guests more efficiently, reservations are not accepted; walk-ins always welcomed.

Easter Brunch at Havana Beach Bar & Grill

HAVANA BEACH BAR & GRILL

Sunday, April 12, 9:00am - 1:00pm

Join Havana Beach Bar & Grill for a delectable Easter Sunday Brunch with the whole family. The restaurant will be offering a specially curated brunch buffet, featuring items for both children and adults.

Open to the public; \$75* per adult, \$40* per child (12 and under). Reservations preferred (call (850) 588-2882). *A service charge of twenty percent will be added to all guest checks.

Fitness Field Day MARINA PARK, 238 WATERCOLOR BLVD. W., SANTA ROSA BEACH

First Wednesday of each month
(March - May), 8:00am
Get a workout for mind and body at WaterColor Inn's Fitness Field Day, led by certified trainers and coaches. This two-hour program offers a High Intensity Training (HIIT) workout, followed by a cooldown with Yoga. Each camper will receive a healthy

snack at the end of the workout for an energy boost.

Open to the public for ages 9 and up. \$50+ per person.

Wine Down Wednesdays

FOOW, 34
GOLDENROD
CIRCLE, SANTA
ROSA BEACH

Every Wednesday
(March - May),
5:00pm - close

Enjoy 30% off all wines by the bottle from 5pm until close every Wednesday.

Cocktails & Canvases

THE GATHERING SPOT (LOCATED
WITHIN WATERCOLOR INN)

Friday, March 27, 7:00 - 9:00pm
Grab your apron, invite your friends and join The Gathering Spot for a fun night of painting and sipping. Hone your artistic skills with an instructor-led class and your very own masterpiece on canvas.

Open to the public. \$65+ per person; includes art instruction and supplies, one complimentary welcome champagne and one additional alcoholic beverage, plus light fare. Reservations required; call (850) 534-5028.

Brewmaste FOOW

Sunday, April 5 & April 19, 10:30am
- 11:30am

Start your Sunday Funday off right with a little detox! Grab your yoga mat and join us for yoga on the Inn Green, immediately following class head to the FOOW patio for a little retox!

Open to the public, reservations are preferred as space is limited. Please call (850) 534-5000 to reserve your spot. \$25+ per person. A glass of wine or a cocktail may be substituted in place of beer at an upcharge with the full menu available for purchase. Admission includes yoga instruction and one (1) beer per person at FOOW. Must be 21+ with valid identification to consume alcohol.

Easter Brunch at WaterColor LakeHouse

WATERCOLOR LAKEHOUSE

Sunday, April 12, 9:00am - 1:30pm
Celebrate Easter Sunday with a special family-friendly brunch—complete



Huck & Lilly at Seaside

with delicious house-made delights, beautifully set tables and even pictures with the Easter Bunny!

Open to the public. \$65+ per adult, \$30+ per child (12 and under). Reservations required; call (850) 534-5050.

Earth Day/Craft the Book: "One Plastic Bag" by

Miranda Paul
THE GATHERING SPOT (LOCATED
WITHIN WATERCOLOR INN)

Wednesday, April 22, 11:00am
Gather the kids for a literary inspired crafting event in partnership with 30A's own Sundog Books! Guests will get to hear a live reading of *One Plastic Bag* by Miranda Paul, as they craft an artistic creation inspired by the book and made of recycled options (an earth painting made of old newspapers and brown paper bags).

Open to the public. \$15+ per person (all ages welcomed). Books will be available for purchase. Reservations preferred; call (850) 534-5028; walk-ins welcomed.

Proof Brewing Co. Beer Dinner FOOW

Tuesday, April 28, 6:30 - 8:30pm
The Proof is in the cans! In partnership with Tallahassee's Proof Brewing Co., please join us for FOOW's first-ever beer dinner hosted in our private dining room. Guests will enjoy a four-course tasting menu with beer pairings.

\$75+ per person. Reservations are required as space is limited, please call (850) 534-5050. Must be 21+ with valid identification to consume alcohol.

**Service charge and sales tax not included.

Kitchen Takeover

Private Chef Service Plate to Plate Brings Fine Dining to You

BY TESS FARMER

Plate to Plate not only curates an incredibly impressive custom menu for you, but they also give you more time for conversation and laughter with your friends, which is really what this is all about.

We've all been there. Overcrowded restaurant. Kids melting down. Grandpa's still circling the block for a parking spot... Rather than going out to dinner after a long day at the beach, a service called Plate to Plate invites you to enlist one of their private chefs to prepare a personalized meal right in the comfort of your home (or home away from home). Whether it's a twilight dinner for two or a gathering of friends, special occasion, family meal or grand party, Plate to Plate steps in to take care of it all.

"You do the relaxing while we create a memorable experience for you and your family," says Kali Davis, Plate to Plate executive chef and CEO. "The 30-A area, all the way to Destin, is the perfect place to offer our in-home personal chef experiences and we are here to help make our clients' stays at the beach even more enjoyable."

Even as a young girl, Destin native Kali Davis would create elaborate dinner parties for her friends and family, using her mom's credit card to buy the best cuts of meat and planning multiple courses. Davis worked as a personal chef after attending Johnson and Wales University's culinary program in Miami. Then, after earning her culinary arts degree and working for One Bal Harbour Resort and Spa in Miami (now the Ritz Carlton Bal Harbour), and Bloom in Wynwood, Florida, she returned to the Panhandle to create Plate to Plate and is now expanding the services to other Florida cities.



Executive Chef and CEO Kali Davis

"My experience cooking for a wide variety of cultures and cuisines led me to want to discover what other local communities have to offer," says Davis. From culinary student to culinary expert, she has truly immersed herself in perfecting her craft and is training a group of up-and-coming chefs to bring her unique personal dining experience to more and more people across the state.

Davis and her team have prepared in-home meals for celebrity clientele as well as professional athletes and coaches who visit the beaches along the Emerald Coast. "The best part of my job is connecting with our clients and having the opportunity to play a small yet memorable role during their vacation."

FRESH AND SIMPLE

Using locally-sourced ingredients and seasonal produce, Plate to Plate prides itself on the freshness of ingredients to bring a high quality product to the table. Whether their clients are planning a seafood boil in Santa Rosa Beach or stone crab dinner in Miami, Plate to Plate chefs take the local environment into consideration, in addition to any special dietary restrictions or tastes to prepare a delicious meal and memorable experience.

"We love hosting dinner parties, but it's too easy to get stuck in the kitchen, when we'd much rather spend time with our guests," says Mike Ragsdale of The 30A Company. "Plate to Plate not only curates an incredibly impressive custom menu for you, but they also give you more time for conversation and laughter with your friends, which is really what this is all about."

"We consider ourselves a partner with our clients to accommodate their needs—whether it's creating a Keto-friendly menu, prepping and cooking the red snapper you caught on a fishing charter that morning, or baking mom's favorite chocolate cake for a surprise birthday celebration, we've done it all," adds Davis. "We thrive on that person to person experience."

"Meals for my family are sacred, it's a time for people to come together, to reconnect, to laugh and to love," says Richard Olivarez, chief marketing officer for Ocean Reef Rentals. "Chef Kali treated us like family and curated a beautiful experience and exquisite meal. Facilitating remarkable experiences through food is not only her business, clearly it's her passion."

Plate to Plate offers a catalog of services including: private dinners, seafood boils, cooking demonstrations, tea and coffee tastings, table design, hor d'oeuvres for cocktail parties, brunch menus, wine tastings and pairings, cookie baking for kids (or grown-ups), as well as grocery stocking.

For more details please visit www.platetoplate.us, call (850) 974-2665 or follow @chefkali on Instagram.

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Fly the Friendly Skies at 723 Whiskey Bravo

BY TESS FARMER

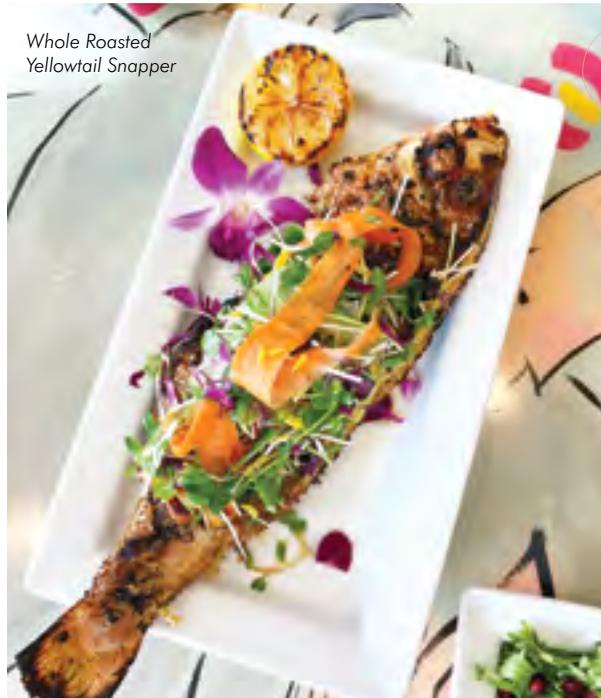
A staple on 30-A for over eight years now, 723 Whiskey Bravo has been serving up perfect sunset views along with classic coastal cuisine to visitors and locals alike. Atlanta natives and entrepreneurs Skip and Victoria Moore opened Whiskey Bravo in the spring of 2012 after deciding they would venture into the restaurant business in the beach community that had become such a big part of their lives.

“Our vision for Whiskey Bravo was to be a tribute to neighborhood gathering places everywhere and we couldn’t be more excited about the direction it’s taken,” says Victoria Moore. “Friends and memories have been made here. Our community has rallied for important causes, gathered for celebrations, and have made a difference in the success of numerous local charities, which has made the experience so wonderful for us.”

The hot spot offers comfortable lounge seating on a rooftop deck as well as a diverse, new menu featuring such items as the whole roasted yellowtail snapper, seafood nachos, and classics like shrimp and grits and specialty burgers. It’s the type of unique restaurant experience that offers something for everyone: from memory-making family gatherings to cozy romantic evenings spent by the warm glow of fire pit tables.

Whiskey Bravo’s thoughtful beginnings have grown to become a locals’ favorite and a must-dine for visiting tourists. It has lived up to that ideal as the traditional neighborhood gathering place, welcoming all their guests to relax, enjoy, and live by the restaurant’s motto of ‘Cool. Casual. Coastal.’

“Good food feeds the soul, and it was important to us to pour our hearts and souls into the restaurant, even with the name holding a special meaning for our family,” says Moore. 723 Whiskey Bravo is a nod to their wedding anniversary, July 23, and the tail number on the couple’s Cirrus SR22 airplane, with Whiskey Bravo being their favorite letters from the aviation alphabet. Skip has his pilot license and they travel between Atlanta and 30-A on their plane, making the trip in just over an hour which keeps them closely connected. There are also several touches throughout the restaurant that represent their love of aviation, like the vibrant plane on a wall on the rooftop painted by local artist Andy Saczynski. It’s these gestures in and around Whiskey Bravo that lend the idea that, for the Moores, it’s not just business, it’s personal.



Whole Roasted Yellowtail Snapper



Victoria and Skip Moore with Hilda McDonald

Photos courtesy of 723 Whiskey Bravo

Skip and Victoria also recognize the importance of evolution and variety in the guest experience. “You’re either growing or you’re crashing, and you have to keep it fresh, vibrant, and creative to keep climbing,” says Skip Moore. The couple have listened to what guests value in their experience, as well as customer favorites, like the return of the popular ‘5 for 15,’ which offers five favorite menu items for \$15 each from 5 to 6 p.m. each day.

In fact, the restaurant has gained such a following and is so well-loved by its patrons, it even has earned lifelong fans who have their own dish on the menu. “The Hilda,” a mouth-watering chicken pot pie with golden pastry puff, is a new addition and honors long-time guest

Good food feeds the soul,
and it was important to
us to pour our hearts and
souls into the restaurant.

and Rosemary Beach resident Hilda McDonald. It’s these personal gestures that make Whiskey Bravo feel familiar to first-time guests while also adding a newness for those returning for the hundredth time.

Cool drinks and ocean breezes, casual attire and friendly conversation, and a classic coastal menu make Whiskey Bravo a favorite for everyone, with many out-of-towners returning year after year to claim their favorite seat on the roof, (one of the few rooftop decks on 30-A), that offers spectacular sunset views from the bar and comfortable lounge seating. Whiskey Bravo is also a popular spot to watch sporting events, with two separate bars and seventeen televisions throughout so guests never miss a moment.

Customer favorite menu items include the fresh local grouper (with truffled corn, spinach, and quinoa), the popular fried mac and cheese bites, a twist on the traditional hamburger, and the classic “Victoria” salad: fresh greens with Fuji apples, cranberry, goat cheese, spiced almonds, and champagne vinaigrette topped with a sirloin beef patty. The menu also includes several gluten-free and vegetarian options, and sources only the freshest local seafood and produce.

“It’s important to us to offer a full experience for our guests: great atmosphere, great service, and great food,” adds Victoria. “We look forward to bringing that to our friends on 30-A for many years to come.”

723 Whiskey Bravo is located at 3031 East County Highway 30A and is open seven days a week from 5 to 10 p.m. Same day reservations can be made by calling (850) 213-0015. The restaurant also offers a complimentary ride service via the Bravo Bus, which can be reached by calling or texting (850) 687-7560. www.723whiskeybravo.com

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Chef Kyle Swift

BY COURTNEY MURRAY

Some people like their job. Some people are passionate about what they do. For Chef Kyle Swift, cooking runs deep within his veins. “If I had to pin-point my single greatest passion for cooking it would be feeding people. The whole process and journey that food and culinary products take to reach the end consumer is amazing,” describes Swift. “Being the last person to assemble those items for someone to consume is fulfilling. Having a person or group of people there to enjoy something I’ve created brings me joy.”

His love of the culinary arts goes all the way back to childhood. They didn’t have any chefs in the family, but his mother cooked delicious healthy meals for them every day. It wasn’t anything elaborate, but it was comforting and taught him the foundations for basic cooking techniques that would set him up for life. By 6-7 years old he was scrambling eggs and fully immersing himself into learning the process of cooking. While most 8-12 years old boys are watching *Ninja Turtles* and *Spiderman*, Swift was watching *Emeril* and other cooking shows.

His first few restaurant jobs were washing dishes at a buffet restaurant and working in fast food; learning every position in the kitchen. After moving back to Florida, Swift continued to expand his knowledge by gaining experience working in numerous restaurants from Destin to Rosemary Beach. He made the switch to food sales and worked at many beloved establishments along the Emerald Coast, including Christiano’s and Summer Kitchen.

After multiple requests from friends, family, and prior customers to come cook for their events or prepare a meal in their home he began making meals in December 2014. By spring 2015 Swiftly Catered was born. The focus was primarily on Four Course Casual Fine Dining: a delightful combination of French, Gulf Coast, Central American, Asian, Creole, and the flavors that people travel to 30-A to enjoy. “We strived to make everything as ‘swift’ as possible. From booking to our cooking process in their homes. We basically set up a casual fine dining restaurant for a few hours in our guest’s home or rental property,” he says. Swiftly Catered has doubled their sales each year since 2015 and now offers private chef services and all culinary needs stretching from Panama City Beach to Destin.

Swift and Dallin Harris crossed paths in 2015 when Dallin and his wife Jessie moved here from Utah to begin spreading the Barbacoa Mexican Grill franchise in Inlet Beach, FL. Swift became Harris’s primary vendor as his US Foods Sales Rep and the pair quickly became great friends. Harris began helping with catering events and when he got an offer from a buyer to purchase his



Emerald Coast Grouper



Chef Kyle Swift

Photo courtesy of Snapshot 30A Photography



Chocolate Key Lime Pie

We basically set up a casual fine dining restaurant for a few hours in our guest’s home or rental property.

restaurant Harris took it, and then decided to buy into Swiftly Catered.

The duo planned to build a catering kitchen in the unique Blue Mountain Beach area. In the process of designing and discussing kitchen ideas, the sale of La Lobas Bakery fell into their laps. The history of the bakery goes back 25 years, and with 13 years in this location came great products, employees, and an established customer base. Swift and Harris are now in the process of rebranding to Blue Mountain Bakery. By keeping the La Lobas brand on their granola and featuring the stories of the three owners the bakery has had, they will pay homage to its roots. Plans include a kitchen/dining room/patio expansion, as well as a dinner and dessert menu, opening on Sundays in season, and delivery options.

One of the most exciting plans is to become one of the first 100% organic bakeries and cafes on the Panhandle. Swift is an avid fisherman and is able to catch and prepare fresh seafood right from our local bays and the Gulf of Mexico.

Swift’s advice to a novice chef would be practice. Practice. Practice. “Cooking is all about repetition, once you get an item or dish figured out, set yourself up the same way each time to prepare it again,” says Swift. Repetition has certainly paid off for him. Swiftly Catered & Blue Mountain Bakery look forward to continuing to feed our community and those that come here to enjoy our beautiful beaches.

For additional information visit www.swiftlycatered.com or call (850) 972-0850. Go check out Blue Mountain Bakery Monday-Saturday: 7 a.m. - 3 p.m. at 2217 W County Hwy 30A, Santa Rosa Beach, FL 32459. For more information call (850) 267-0400 or visit www.bluemountainbakery.com.



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Merry Beth Myrick

BY LIESEL SCHMIDT

There's an old saying about idle hands and for Merry Beth Myrick, that saying might hold some truth. It wasn't until she put her "idle" hands to use making clothes and jewelry from old pieces she found lying around when she was sent to her room for punishment after bad behavior that she learned how to stay out of trouble. Little did that mischievous little girl know that her penchant for making things—jewelry especially—would eventually lead her to creating her very own jewelry lines.

A former wardrobe stylist and boutique owner in Nashville, Myrick worked with a great deal of celebrities, dressing them for commercials, photo shoots, and album covers. And while her talents for putting together great looks kept her at the fore of her field, it was the added little extras that really made her stand out—and eventually gave her the inspiration she needed to find what she really wanted to do with her talent. "When I was styling celebrities in Nashville, I had access to all of the clothes I could ever want or need to create the perfect look; but finding the right jewelry was difficult, so I started making the ideas that were in my head," Myrick recalls. "I would make pieces for myself and my clients started buying it right off of me. I loved the way their joy made me feel, and that's when I realized I had a passion and a gift from God for designing jewelry. I haven't looked back since."

Not looking back and going all in has proven to be the right move, as Myrick now runs a successful jewelry company comprised of two lines: Hardwear Merry and Merry Beth Myrick Designs. "Merry Beth Myrick Designs is my metal work. Each piece starts as wire, metal sheet, or metal clay; and is hand-forged using a torch, many different hammers, files, and an array of other tools. I get an idea in my head and run with it," she says. "Hardwear Merry is a timeless collection of fun-loving, bohemian pieces made of mixed metals and repurposed materials. I put things together that I find unique, beautiful, and expressive."

Unique is the keyword in all of the things she creates, the very thing that makes her pieces so loved by her customers and the clients for whom she makes custom designs. "Each design tells a story of strength, life, growth, love, and self-reflection. I put my heart, sweat, and soul into every piece; and each line, fold, solder joint, hammer mark, scratch, and imperfection is created by my hands," she says.



Each design tells a story of strength, life, growth, love, and self-reflection. I put my heart, sweat, and soul into every piece.



Artist Merry Beth Myrick

There's a beauty in this that people respond to, something that is lost in the mass-produced pieces that flood the market. "Because my pieces are handmade, they're personal. They tell a story and are a conversational piece because they're so unique. My clients appreciate the distinctiveness of the pieces, the quality of my craftsmanship, and the aesthetic of my work," Myrick explains. "They tell me they feel empowered, sexy, and secure when they wear it, and I believe that is because each piece is infused with strength and positive intention."

Finding positivity is inspiring to Myrick. That's something she's experienced a great deal of in 30-A, where she now finds connection in the community that so embraces artists. "After vacationing on 30-A for about nine years, I felt drawn to this community and the thriving artist scene. I moved down here to expand my business and relax at the same time without knowing it

was the perfect place for both. An artist's role is to inspire, connect, and collaborate. I love this community as a whole and especially love how much the artists support and collaborate with one another as well as with local businesses and non-profits," she says.

Clearly, living in a place that brings out even more of her creativity is taking her business to greater success; and the beauty, strength, and positivity she feels is taking shape in her designs. Every fold and solder line, every imperfection, is a perfect representation of Merry Beth—and that's a magical thing.

For more information and to purchase Merry Beth's designs, visit www.wearmerry.com.



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The Language Studio: Teaching Kids to Celebrate Diversity

BY ANDY BUTCHER

The young students will face no big end-of-semester test, but Val Wallace will consider her new language program for kids a success if they offer these four words at the end of their time: “Me gusta el español!” (“I like Spanish!”).

She is not just looking to encourage a new generation of Hispanic speakers but foster an appreciation for other voices. “We need to teach our children there are different countries, different languages, different looks; and they are okay, and we accept and celebrate them,” says the Bolivian-born founder of The Language Studio, opening its Emerald Coast doors in the first quarter of 2020.

Children aged three through six are being introduced to Spanish and Latino culture through a new, play-based after-school program in Santa Rosa Beach. The 45-minute sessions are deliberately technology-free, relying on hands-on activities and music to stimulate interest.

Practically speaking—no pun intended—there’s good reason for starting Spanish classes young. The Hispanic-speaking population of the United States, currently around 18 percent, continues to grow, making fluency an advantage in personal and business life. And then there are the other benefits of learning another language while still young. It has been found to improve academic results in other areas, in addition to encouraging individual openness and curiosity.

That inquisitiveness is what brought Wallace to the United States in the first place. She arrived as a 17-year-old exchange student, only to discover that the classroom English she had learned back in Bolivia was a far cry from that of her host community in Central Florida.

Undeterred, she pressed on, learning to speak like a local, and graduated high school here, going on to earn a degree in marketing from the University of West Florida in Pensacola. From there she went to Vanderbilt University in Nashville, Tenn., for a master’s in international education. Since then she has worked as a college counselor, helping hundreds of Bolivian students pursue further education in the United States as she did.



The Language Studio is born out of her personal and family experience. She and husband Trent—they met when Val was in Pensacola—have focused on providing a bilingual and multicultural environment for their two daughters, Alex (5) and Anna (3).

“After Alex was born, I felt the need to really connect to my world, my culture, to immerse her in who I am as a person, so we had a couple of years in Bolivia,” Val says. Anna was born while they were there, in Val’s home city of La Paz. Now back in the United States, Val and her daughters speak Spanish at home, switching to English when needed.

While Florida has the fourth-largest Hispanic population in the country—around a quarter of its people, behind California, Texas, and New York—the Emerald Coast doesn’t reflect that statewide mix. The Latino or Hispanic populations of Bay, Gulf, and Walton counties are each around just 5-6 percent, while Okaloosa hits 8 percent.

Still, Wallace has found an interest among parents wanting their children to explore Spanish language and culture that is encouraging to her. “I love living here, it’s a wonderful community,” she says, “but I think we are missing a little of that cultural diversity piece we all need; that’s part of what I want the studio to provide.”

As The Language Studio grows, she is considering adding sessions for older students and even adults. For now, the emphasis is on kids and fun. “It needs to be organic,” says Wallace, who has given her bi-lingual skills as a volunteer translator at the Point Washington Medical Clinic in Santa Rosa Beach, which offers free primary care. “They need to take it in a very natural way, like my girls have done.” Hence the hands-on, no-tech emphasis—games, songs, activities, art, repetition.

Classes are small, just a handful of students, to ensure plenty of one-on-one attention. “I don’t expect them to come out speaking a lot of Spanish, but I feel I will have accomplished something if we have created this multicultural awareness and appreciation,” Wallace says. Something as simple as, “Me gusta el español!”

The Language Studio is located at 827 E. Mack Bayou Drive, Santa Rosa Beach, FL. Call (850) 428-0206 or go to www.thelanguagestudiofl.com to find out more. Open: Tuesdays and Thursdays: 3-4 years, 3:30-4:15 p.m.; 5-6 years, 4:30-5:15 p.m.



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Artist Joan Vienot Returns to Seaside

From Card Table to Gallery Exhibition

BY ANNE HUNTER



After growing up in a farming community north of Denver, earning her Bachelor of Arts Degree in Fine Art from the University of Northern Colorado, and teaching art in the Denver area public school system, a young woman named Joan Vienot charted a new adventure and set out for the Forgotten Coast on the panhandle of Florida to become an artist. The year was 1980, and Walton County was not yet established as one of North America's burgeoning last frontiers. In the silence that once filled our now bustling towns, the pioneering painter would dedicate her creative passion to transforming blank canvas into the chic and effortless style for which she is now known. "I met Joan at a figure drawing class in Alys Beach in 2010 and wondered who she was because she was clearly one of the most talented artists I had seen in the area. She has stellar use of light and dedication to improving her craft," artist Allison Wickey says, when she learned that Vienot would be presenting a collection of her works in Seaside at Anne Hunter Galleries this March and April.

Vienot's two-month solo exhibition introduces a collection of works inspired by the artist's interpretation of the iconic waters of the Gulf of Mexico. The collection brings her full circle with the community of Seaside that was still a young man's dream when Vienot set foot on the shores of Walton County.

Soon after her arrival, the aspiring artist was visiting the real estate office of the late Van Ness Butler in Grayton Beach. "A young man came in for a short conversation with Van Ness," she recalls. "When he left, Van Ness said to me, 'Keep an eye on that young man. He just inherited 80-acres from his grandfather, and he has an idea to develop a whole community.' Of course, 'that young man' was Robert Davis and he would go on to do just that!"

As 80-acres of scrub oak and sand transformed into the world's first new urbanist town, founders Robert and Daryl Davis opened doors for the arts community. "Daryl invited artists to sell their creations. I would set up a table in the beach-shrub clearing where Perspicacity was planned to be built." From her card table, Vienot sold ink drawings of beach scenes for \$5 each. Now, forty years later, the artist returns to Seaside, this time with a series of large oil paintings from her collection *Sea and Sky* that will hang inside the gallery at 25 Central Square this spring.

In the 40 years that would pass between Vienot's Seaside exhibitions, her large oil painting of a Caribbean scene hung behind the bar at Criolla's Restaurant in Grayton Beach. Susan Foster opened one of the first art galleries in Walton County at Van Ness Butler's old office in Grayton, where Vienot first encountered Robert Davis and where the name "Joan Vienot" was inscribed on the gallery sign as the featured watercolorist.

The big boom of development was yet to come. Having met with only moderate artistic success in the then-sparsely populated secret of the south, Vienot started a pool service business called Pool Pal, which grew exponentially with Scenic Highway 30A. She sold the business in late 2015 to focus solely on supporting the arts while resuming the life of a full-time artist, the career path she intended from her studies at the University of Northern Colorado.

An avid stand-up paddle boarder and nature enthusiast, the artist often returns with a palette in hand to the magnificent local scenes or landmarks that she scouts on her adventures. "My paintings and drawings reflect my love of the natural world as I strive for effective expression of the truth and beauty I experience. My goal is to express my truth and to share with others in a way that helps them to see beauty and to think about my imagery in relation to themselves. By sharing my perceptions filtered through my worldview, I try to convey my understanding that we are one with each other and with nature."

For more information: Anne Hunter Galleries, 25 Central Square, Seaside, FL, info@annehuntergalleries.com; www.annehuntergalleries.com; www.annehuntergalleries.com/joanvienot

“My goal is to express my truth and to share with others in a way that helps them to see beauty and to think about my imagery in relation to themselves.”

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Coastal Chic, Custom Made

BY LIESEL SCHMIDT



Photos courtesy of Maison30A

Industrial and mid-century modern have long been en vogue in interior design, showing up in everything from light fixtures to couches and end tables, so when Birmingham AL native Christopher Bailey opened his first store in 1996, he couldn't have chosen a better focus for his San Francisco-based boutique. From there, he went on to create Industrial Chic Loft, selling his designs at antique shows in chic design hotspots, including Atlanta; Round Top, Texas; Manhattan; and Brimfield, Massachusetts; as well as showrooms in Atlanta and High Point, North Carolina.

It was moving to the Emerald Coast, however, that truly opened up even greater possibilities for Bailey's talents for designing and making custom furniture pieces and his skill for interior design. The decision to relocate the production of Industrial Chic Loft to Panama City Beach proved to be a wise move that would eventually lead him down a familiar road. "We use raw materials such as steel, cast iron, reclaimed aged wood, concrete, rivets, and mechanical elements to create our custom furniture pieces and handcraft each piece into functional and stunning furniture that suits coastal design for the home, loft space, or office," Bailey says of his popular Industrial Chic Loft line. Meeting success at the market



in which he now found himself as a resident of the beach community, Bailey was soon inspired to set up shop along the beaches of 30-A; and in July 2019, he opened Maison30A.

"Maison30A is a home and garden store unlike any other store in the area," Bailey contends. "We have a large selection of pots and planters in all shapes and sizes, with a focus on neutral, natural colors and materials. We also offer custom designed furniture built to our clients' specifications, which is an ability that certainly sets us apart; and I work with designers to supply them with unique pieces and custom-built designs for both residential and commercial projects. We also have a

unique collection of modern concrete and teak wood furniture that can be used both indoors and outdoors," he goes on. "We specialize in unique coastal chic furniture and art, but our clients also love our custom industrial farmhouse furniture and custom reclaimed wood furniture."

"Custom" seems to be the underlying theme, the very thing that makes Maison30A such a destination for clients in search of the perfect piece to finish off a space or an entire collection to create their dream home. Building relationships with their customers to assess their needs and truly capture their vision, Bailey and his team offer something that can't be found at just any furniture store and a level of expertise that has taken years to cultivate. As anyone meeting with Bailey can easily sense, the man knows design and understands how to layer a look, how to use colors to complement a space and make a focal point stand out even more, how and where to use different textures. Bailey is a wealth of knowledge, a fact which his clients clearly appreciate and rely on. And while he could easily have stayed in one of the larger markets to set up shop, it was following his heart and moving to the beach that made him truly

love where he lives. "My parents owned one of the first homes built in Seaside, and after many years of living in California and Atlanta, I decided it was time to move to the beach and be closer to my parents, who currently live in Dune Allen Beach on 30-A," Bailey says of his decision for the move. "My career has been a whirlwind journey that has taken me

all over the world to finally land at the world's most beautiful beaches, and I am excited to bring all of my experience from the past two decades in the design industry to Maison30A."

Maison30A is located at 16810 Panama City Beach Parkway, Panama City Beach, Florida 32413. Open Tuesday - Saturday 10:00 a.m. - 6:00 p.m. or by appointment. For more information, visit www.maison30a.com or call (850) 775-1227. For more information on Industrial Chic Loft, visit www.industrial-chic.com.

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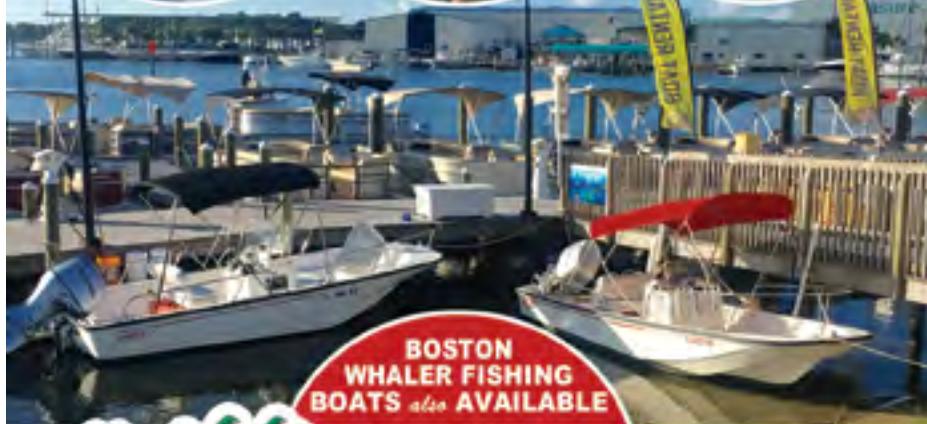


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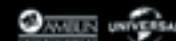
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Anti-Aging: 3 Gs to Avoid!

BY DR. BART PRECOURT

Want to look great? Think clearly? Feel good?... of course you do! And this is why the idea of incorporating strategies to “anti-age” have become more and more popular. Is it vain to want to feel great, look great, and think clearly? If it is... I’m guilty and will encourage you to be also.

Instead of thinking about just procedures that we have done to us, let’s switch our mindset to the actions we can take. The goal is to truly slow down and even reverse the actual causes of aging.

First, let me be clear that there is nothing wrong with aging, it’s a part of life. This bio-hack of avoiding the 3 Gs is simply way to develop a solid strategy so you can slow down the process and avoid the “unnecessary” and detrimental effects of aging too fast.

Understanding and avoiding the 3 Gs will be your greatest weapon in the war against the aging process.

THE 3 GS TO AVOID!

Glucose:

AKA and better known as SUGAR or anything that converts into sugar. A good question is why? What’s wrong with sugar? It tastes good, gives us energy, changes our mood. So, what’s so bad about it? It comes down to a simple formula.

Sugar causes an increase in oxidation. This oxidation is at the root cause of our bodies breaking down and aging. When you see wrinkling skin, think a lack of oxygen to the tissue. This is the effect of oxidation. Sugar causes oxidation and an increase in free radicals.

This is why we hear the importance of eating foods that are high in antioxidants like vegetables and plants or using supplements like Co-Q10 or the full complex vitamin C. These antioxidants help rid our bodies of these cell-destroying free radicals.

Gluten:

I’m going to make a bold statement: We would ALL be better off without gluten. You don’t have to have a gluten allergy to be adversely affected by it.

Gluten is found in foods like bread, cereals, pizza, muffins, crackers etc. It’s not that humans can’t handle a little gluten here and there. It’s that we have consumed too much gluten over time. The side effects from gluten

The goal is to truly slow down and even reverse the actual causes of aging.

are numerous: weight gain, bloating, brain fog, acne, auto-immune issues, hormone imbalances, and thyroid dysfunction, to name a few. Maybe the biggest concern with gluten is the impact it has on our digestive system leading to conditions such as leaky gut and SIBO.

What all this leads to is INFLAMMATION on a cellular level. (Actually, all 3 of these Gs increase inflammation.) This is what speeds up the aging process. Inflammation has long been considered the root of all evil. Inflammation on a cellular level inhibits the ability for our cells to get nutrients in and toxins out. This causes premature aging and death of our cells. A.k.a.: look and feel older than we should.

Glyphosate (what is this??)

There is a chance you have never heard about this. Yet my guess is that you may unknowingly eat it daily. You may also be using it to kill weeds in your lawn with a product called Roundup™.

Glyphosate is used as a chemical compound to kill weeds. It is also in GMO seeds that are considered Roundup ready. These are shockingly common in everyday foods we consume. These seeds are used to grow the majority of crops in our country. The most common are corn, soy, canola oil, and potatoes. So yes, all that talk about eating organic and non-GMO foods is right on!

When you eat foods born by seeds that are Roundup ready, you are consuming glyphosate.

What’s the problem with that you ask? Only that it directly shortens your telomeres and down regulates your DNA function. Ultimately it is one of the worst toxins that we can put into our bodies.

Dr. Bart M. Precourt



These toxins are not only destructive to our cells, they cause increased inflammation, both of which lead to speeding up cellular death and the aging process.

MORE ANTI-AGING BIO-HACKS

Avoiding the bad stuff is part of the strategy. The other part is to add the good! Here are some time-tested easy strategies for some true anti-aging.

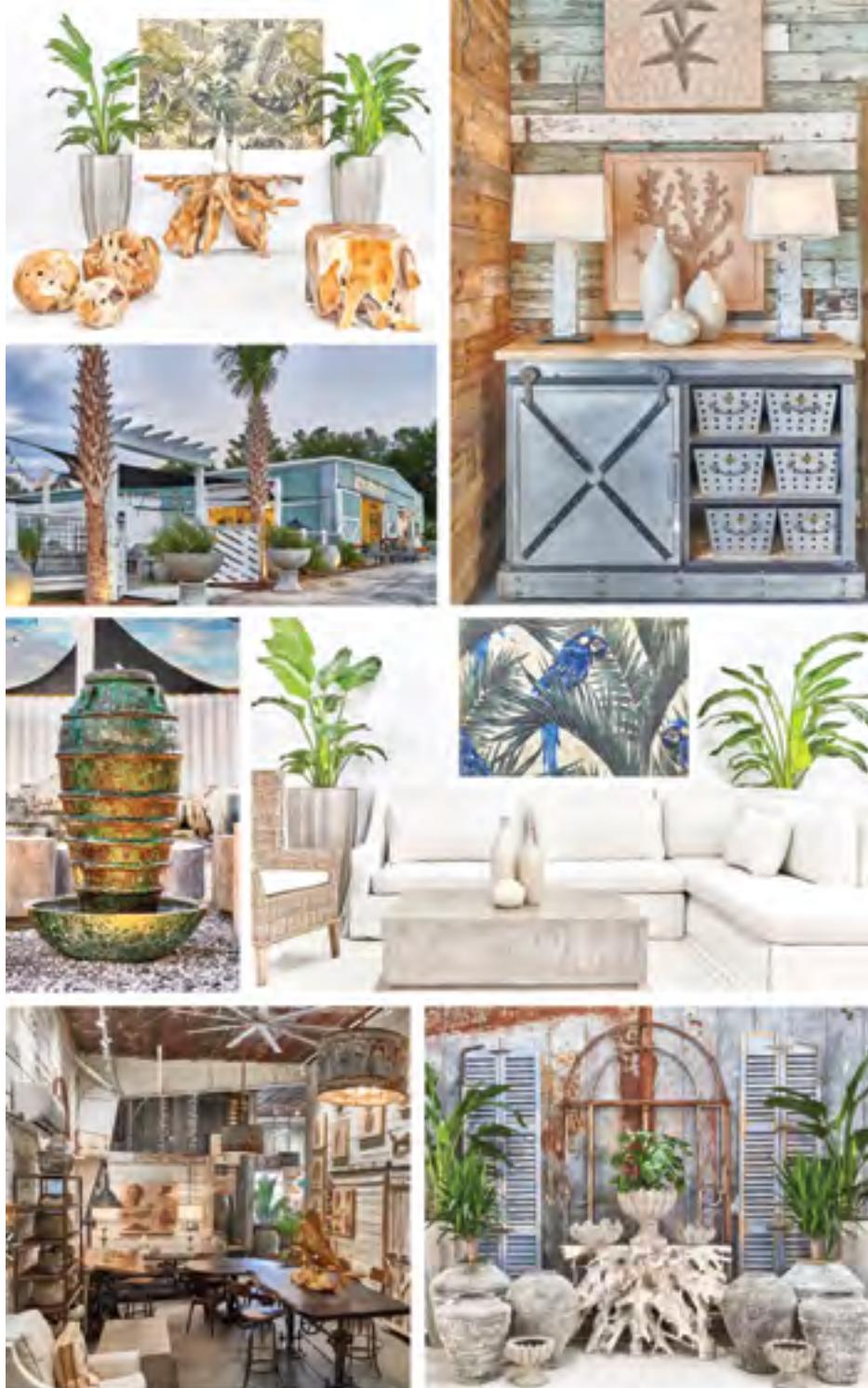
Top of the list: SLEEP! Get and stay well rested.

Increase your essential fatty acids: fish oils! These help brain function and reduce inflammation.

And one more... eat less often. Give your motor a chance to rest and recover.

Be healthy, act healthy!

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



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Nikki Nickerson Discovers New Frontiers

BY TESS FARMER

Born in Texas and raised in the South, Nickerson's enterprising spirit led her away from corporate America that she conquered in the '90s toward new, sun-drenched opportunities at the beach. Founder and owner of Cowgirl Kitchen in Rosemary Beach and Cowgirl Kitchen Market in Seagrove, she and her team have recently opened their newest venture, Blue Mabel Restaurant and Bar in Blue Mountain Beach, on the west end of 30-A.

What was your original idea for opening a restaurant on 30-A?

"I started thinking about the restaurant business in 2004/2005, mostly stemming from my passion for collecting wine. I always enjoyed cooking and entertaining and felt it would provide a good synergy with my real estate clients to have a place to wine and dine while they looked for property. I love the hospitality world, bringing people together to break bread and enjoy each other's time together. Eating and drinking together is one of the greatest joys we can experience in our day-to-day rituals."

How has doing business changed and evolved since then?

"The first ten years were pretty nose to the grindstone. I was working at our flagship location 80-90 hours a week for the first seven years, then my time started to split into the new locations as they were getting off the ground. My focus now is on training my senior leaders to lead with a good amount of autonomy to make smart decisions. I am focused now on culture and innovation—how can we improve everything we do always, for both staff and our customer dining experiences."

Can you describe your vision for the future of your businesses?

"I strongly believe in putting money back into the businesses to make improvements. I recently was awarded a James Beard Foundation Fellowship, which is a truly rewarding experience to be surrounded by other female culinary chefs and owners with the opportunity to collaborate on our work worlds. The experience has provided great feedback and support for continuing to cultivate my businesses and train new young leaders in my company and in the community."

What is your vision for building a successful team?

"Having a great team working along with me has everything to do with our success and growth. A great team for me is not only managers, it is everyone from servers to assistants to dishwashers. How we treat each other and how everyone feels about the company and working together is essential. I have always made it a point to hire based on mindset first. I feel people can learn skills and become more competent with training and development. It's most important to have a mindset of thinking positively, taking responsibility, and having a good work ethic to become an integral part of our team. When you love what you are doing, you can have challenging days and look forward to easier days again. There will always be a mix of both."

"Growing more locations has enabled us to offer more upward mobility with the company long term, as well as better benefits for everyone. Our goal is to continue to provide opportunities for ownership and equity roles for all staff. I really love my team, they have big hearts and make life really fun."

Now let's get to the food! What's your favorite dish at each restaurant?

Cowgirl Kitchen Restaurant and Bar: "Hoo Ha Pizza and our house salad. One of our most popular pizzas is the Drunken Cowgirl, we've had it on the menu since 2007. It sounds strange but it has a special red vodka cream sauce, garlic, tomato, sliced green olives, bacon, mozzarella and fresh parmesan... the Hoo Ha version was created by Rosemary Beach resident Bret Azzarelli and we add jalapeños to it. (Inside tip: It's not on the menu, but the staff know what it is when ordered!)"

Cowgirl Kitchen Market: "Veggie Tacos. We take black bean patties and top them with roasted corn salsa, hatch green chile crema, queso fresco, and avocado. It's a terrific combo and makes for the perfect lunch on a beach day."

Blue Mabel Restaurant and Bar: "Peel and Eat Shrimp Bowl. Executive Chef Steven Sandy makes a smoked kimchi butter which has a nice spice level to it, and adds



Peel & Eat Shrimp



Lump Crab Cake

Brussels sprouts, fingerling potatoes, house sausage, and gulf shrimp. Then we serve it with sage biscuits to mop up the sauce... it's pretty delicious and unique, just right for the patio and paired with margaritas."

Do you have the only drive thru on 30-A? What other conveniences do you offer vacationers?

"We are the only drive thru on 30-A but it's not yet open at Blue Mabel. What we do provide on the convenience end that most people don't know about is catering drop-off service through our catering company, Southern Belle Catering. We do casual offerings that are perfect for visitors staying for the week and also have a full-scale catering department with a great director overseeing the production of all of our dips, spreads, casseroles, which are for sale at each location."



Tuna Poke

“Our goal is to continue to provide opportunities for ownership and equity roles for all staff. I really love my team, they have big hearts and make life really fun.”



Nikki Nickerson and Chef Steven Sandy

you’re going to a nice place for lunch or dinner but you don’t have to get fully dressed up because after all, it’s the beach! We wanted a menu that encouraged sharing and to be a place for friends to gather. Our space is big enough to have large groups of friends and family and we take reservations, which we think is really important during peak times of the year.”

What is your favorite menu item currently?

“I am a big fan of our lamb chops. The chops are marinated in a Bulgogi Barbecue Sauce which then become caramelized on our wood-fired grill. I make a Korean pesto and green tomato relish for the chops and layer them with grilled bok choy and shiitakes on top of a potato cake. It is a flavorful, great bite!”

What are customer favorites at Blue Mabel?

“People are crazy about the brisket. We smoke it in our smokehouse for 24 hours and it is something I am proud of serving here at the beach. We have some tough critics and people love it. We also have a big fan base for our Chicken Confit and Dumplings, it has pulled roasted chicken and housemade gnocchi – a pretty satisfying and hearty dish. And for appetizers our Corn Elote Dip with Tortilla Chips, and our Shishito Pimento Cheese with Housemade Old Bay Crackers, Smoked Red Snapper Dip are our top sellers.

Blue Mabel Restaurant & Bar: Upscale casual with a full service bar. Open Wed thru Mon. Lunch and dinner, with a daily happy hour at the bar from 3 p.m. - 6 p.m. Open 11 a.m. - 9 p.m. daily. www.bluemabel.com. (850) 744-0040

Southern Belle Catering: Casual catering pick-up or drop off for all of 30-A. www.southernbellecatering.co.

Feed and Supply Retail Store: Provisions and Gift Store featuring wine, beer, specialty food items, kitchen supplies, prepared foods, unique gifts, and souvenirs for 30-A. 31 Main Street, Rosemary Beach, Florida. (850) 588-0908. www.cowgirlkitchen.com. Open 10 a.m. to sunset.

Cowgirl Kitchen Market: Serving fast casual breakfast and lunch (breakfast all day). 3005 E County HWY 30A Seagrove Beach, Florida. www.cowgirlkitchen.com. Open 7:30 a.m. to 3 p.m. daily.

Cowgirl Kitchen Restaurant & Bar: Serving breakfast, lunch, and dinner seven days a week. Original flagship location in Rosemary Beach. Open 8 a.m. - 10 p.m. daily. www.cowgirlkitchen.com. 54 Main Street, Rosemary Beach, Florida

30A Coastal Life Real Estate Group: 20 years of selling real estate on the Emerald Coast with a team of licensed agents that work with Nickerson. www.30aCoastalLife.com.

What local farms are your meats and produce sourced from? Why is that important to you and your guests?

“It is always important to know where our food is coming from and I think our guests appreciate our attention to sourcing and making sure we have the highest quality and sustainable product we can provide for our volume of business. For our seafood, we work with Waterstreet out of Apalachicola as well as a couple of locally-licensed fisherman. Meats currently are sourced from Winn Farms out of Texas but I’m also working with Sunset Ranch out of Baker, Florida and Whitehall Farms in Alabama. We get the wood for our smokehouse all from local sources. Our fresh produce is supplied by Two Dog Farms near Vicksburg, Mississippi and Covey Rise Farms in Louisiana.”

What new items/trends can your guests expect to find on the menu this season?

“Blue Mabel has an eclectic menu from comfort food to Asian fusion menu items to fresh and delicious salads. The menu is divided into different sections for shared plates, salads and bowls, brisket/burgers/tacos at lunch, and dinner-only entrees like our bone-in ribeye, lamb chops, fresh red snapper, and our signature Chicken Confit and Dumplings. It’s upscale enough to feel like

Merger of Homes on 30A and Engel & Völkers

BY JEFF SCARLATTA



“The wide exposure this partnership offers us is a huge benefit for our clients and our agents—it is a win-win for everyone involved.”



Karen Holder



Marianne Grant



Beau Blankenship

Marianne Grant and Blake Cooper have an exciting new focus. The acquisition/merger of Homes on 30A by Engel & Völkers presents expanded opportunities for them as exclusive real estate advisors.

Homes on 30A was owned by Brokers/Owners Karen Holder and Marianne Grant for the past 5 years. Beau Blankenship of Engel & Völkers approached them with the proposal to join forces and expand their business to include Homes On 30A's office located on 30-A's west end, complementing the Engel & Völkers east end location, to facilitate convenient coverage of the entire 30-A corridor. The largest added bonus is for their clients, since it allows for increased exposure and marketing solutions for their listings.

Marianne Grant and Blake Cooper have been real estate partners for 16 years with 40 years of combined experience in the NW Florida real estate market. Their

expertise in the market spans from Sandestin to Inlet Beach, with a primary focus on the Scenic 30A corridor and its select communities. Properties within the 30-A area continue to realize heavy demand with appreciation steadily on the rise as the number of new people visiting and moving to the area from all over the country and the world increases.

Their passion for real estate is both professional and personal, and they are able to provide unique and comprehensive insight on the area and the industry. “Marianne and I focus mainly on listening to our clients’ needs, while maintaining integrity and delivering exceptional customer service,” says Cooper. This experience is greatly appreciated by their clients.

Another critical member of Grant and Cooper's team is Joan Gough, who is in charge of data management, web updates, open houses and provides support wherever needed. With their team's combined

efforts and resources, they pride themselves on ensuring their clients find their perfect spot or sell their property at the desired price.

A longtime customer, Memphis resident Jon McCreery relies on Grant and Cooper's team as his eyes and ears to find great deals and advise him on areas he wants to explore further. “They are as much friends as business associates. They have helped many do very well in their advised real estate investments,” says McCreery. “No one else on the 17 mile stretch of 30-A has the experience or knows the market as well as this team does.”

Blankenship, a licensed partner of Engel & Völkers, is excited about the new merger. “Marianne, along with her associates, has great experience and expertise and we are honored to have them be part of our growing company,” says Blankenship. “I feel the heart behind this merger is that it will be a benefit to both companies... It will create a bigger presence on the west side of 30-A, it will help get high end listings marketed, and also give sellers the broader exposure that they

could not provide before,” he adds. “We have real estate offices in our feeder markets and in Europe; this is an opportunity in which advisors could not present to sellers before which is a huge advantage. Whether buyers are coming from Denver, London, or Belize, 30-A is a great market and it is changing. We will now be able to reach all types of buyers in this market that has changed so much in a short time, period.”

To discover more about Grant and Cooper at Engel & Völkers 30A Beaches visit MarianneAndBlake.com or go to 3092 West County Hwy 30A, Santa Rosa Beach, FL 32459.

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The Pointe is the Starting Point to 30-A

BY MARY WELCH



Mark and Emily Humphreys



Photos courtesy of Mellow Media

We wanted to create a modern Caribbean, Miami-type resort but it was very important that we were respectful of 30-A and Rosemary Beach.

Sometimes something is just too good—too amazing, too unique—to keep it just for yourself. And that’s exactly how internationally known architect and developer Mark Humphreys feels about 30-A and The Pointe, a 68-unit luxury condo he developed and calls home.

Humphreys, who has been developing properties along 30-A for more than two decades, says he’s never been more excited about a project. He bought the land, which was little more than a pine tree lot and recalls thinking, “That was the last thing I needed and all I could think about was all the approvals I would have to get to develop it. But I knew it was special.”

His wife, Emily, wasn’t so sure. “He develops so much, I thought it was just another property. But once he cleared the lot, it was like an epiphany. It’s the gateway to 30-A. I told Mark that everyone going to 30-A was going to see it. He better not mess it up!”

He didn’t.

Humphreys is selling 24 units with the prices ranging from \$699,000 to \$1 million. “It’s a good price considering we’re a proven rental property,” he says. Rental rates, depending on the season and unit, go anywhere from \$200 a night to around \$600.

The Pointe is at the eastern corner of 30-A and U.S. Highway 98, and has a Caribbean yet modern feel. The Humphreys and his design team visited several elite resorts in the Caribbean and Miami to get the feel he wanted. He left the natural landscaping around the property but once you step into the lobby, the feel is entirely different. In fact, as soon as you enter into the lobby, you’re literally a few steps away from the pool. Instant relaxation. “We wanted to create a modern Caribbean, Miami-type resort but it was very important that we were respectful of 30-A and Rosemary Beach”

The Pointe features 46 two-bedroom units of 1,200 square feet and 22 three-bedroom units of 2000 square feet. Each unit comes fully furnished, including gas cooktops and a washer/dryer. “Everyone wants to cook with gas but few rentals have all gas stoves,” says Humphreys. “We do!”

Emily helped define his vision through her own experience as a single mom who would bring her kids to 30-A but split a rental with another family. Humphreys shares, “The economics of Rosemary Beach is that two or three families come and they rent out a four-bedroom, which is what Emily did, or they just need a one-bedroom unit. There were only a handful of two- to three-room units and they have the highest rent. She was very smart in giving me her opinion—because she was right.”

The Pointe, Rosemary Beach, and 30-A, as Humphreys says, are extra special to him. “We not only live here, we got married here!”

Mark and Emily met at a lunch counter during a layover in Washington D.C. Emily, a single mother who lived in Nashville, saw this guy eating his soup and said hello. They started talking and Emily said she was going to the beach and share a house with a friend and all the kids. Mark asked what beach. Emily shares, “Of course, we were staying 10 miles outside of 30-A, because that’s what we could afford, and Mark said we could rent his Rosemary Beach home.” They started dating and the rest, as they say, is history.

They both have 30-A history: Emily as a visitor, Mark as a developer and part-time resident. Humphreys came to 30-A about 22 years ago and started buying up lots in WaterSound and Rosemary Beach. He recently bought 18 Bourne and transformed it into a beautiful property.

Even though he says the market is “hot”, Humphreys is still looking for opportunities. “I remember when there were dirt roads around here. Rosemary Beach and 30-A are maxed out and you can’t build hi-rises. We love 30-A and The Pointe. It’s my solace.”

Emily agrees with the relaxation vibe. “You don’t even need to be physically at the beach to feel its vibe,” she says. “There are lots of cute towns and lots of places with gorgeous water, but it’s unusual to find that combination. Being on 30A you get a beautiful beach, great towns and an atmosphere where you relax and create real friendships.”

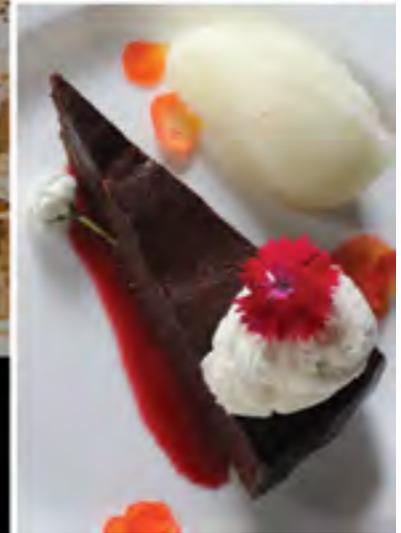
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Executive Chef, Mark Fichten

A large photograph of the restaurant's dining room, featuring tables with white tablecloths, dark chairs, and a chandelier.

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A photograph of a group of people dining at Havana Beach, sitting at a table with food and drinks, engaged in conversation.

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What Happens When A Loved One Dies?

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON



Kimberly Watson Sewell
and Frank Watson

Whether a loved one's passing is unexpected or not, dealing with the death can be extremely stressful. Aside from the funeral, mortuary services, and hosting a gathering of relatives, an important part of this event is knowing what should be done as far as that person's finances.

Multiple Copies of the Death Certificate

If you happen to be the executor or executrix of the decedent, it is critical that you obtain certified copies of the death certificate as soon as possible. You will need several copies—20 copies are not too many. Banks, the state and federal governments, creditors, insurance companies, and many others will not even give you the time of day to discuss your loved one's financial affairs until you are able to produce a death certificate. Do not underestimate the importance and the necessity of getting these copies right away.

Other Important Documents

Experts say that one of the most arduous tasks in tying up the financial affairs of someone who has passed away is collecting the various pieces of documentation

that should be retained routinely. If the decedent has not done a good job of keeping records, it can be like searching for needles in haystacks—a real frustration. It is best to create a list of all your assets, accounts, and property while still alive, and keep it safe. Let your spouse or other trusted person know where the list is kept. When you pass, the executor of the estate will have an easier time organizing the assets and settling matters more efficiently. Some of these important documents include:

- The ultra-important copies of the death certificate;
- Will and trust documents;
- Life, health and other insurance policies;
- Recent credit card statements;
- Investment accounts and pensions;
- Checking and other financial account statements;
- Recent mortgage statements;
- The past two years' tax returns;
- All relevant marriage and birth certificates; and
- An up-to-date credit reports.

Obtain Letters Testamentary or Letters of Administration

You will need proof that you have authority to deal with the decedent's financial affairs prior to contacting the institutions with which the decedent was doing business: you need letters testamentary or letters of administration. An estate planning attorney can handle obtaining these documents and assist with probate. When probate is opened, the will is validated, and the court gives the authority (via the letters testamentary) to settle the estate and act on behalf of the decedent, as specified in the will. Again, get multiple certified copies.

If there is no will, the court can issue letters of administration to a surviving spouse or next of kin after a death certificate has been produced. This individual likely will be the administrator of the estate.

Make Notifications

Notify these organizations of your loved one's death:

- The Social Security Administration;
- His or her employer;
- Insurance companies;
- Credit bureaus and credit card companies;
- The post office; and
- Creditors.

Cancel subscriptions, memberships, and credit cards right away. You should transfer any utilities, such as the water or cable, to the surviving spouse.

Speak with an Experienced Estate Planning Attorney

One thing that will reduce stress is to seek the advice of a qualified estate planning attorney. He or she can simplify the process of settling an estate and avoid any issues. Retain an attorney who practices in estate planning and trusts—doing so may relieve some of the stress of going through this process. An estate planning attorney will offer guidance and support to help save you time and energy and give you greater piece of mind.

Ask yourself these questions regarding what happens when a loved one dies:

1. Are you or will you be the executor or executrix of a decedent loved one's estate in the event they pass away?
2. Do you know how to obtain critical legal and other documents when the time comes so you can process a decedent loved one's financial affairs?
3. Will you be able to easily access the decedent's will and trust documents, insurance policies, credit card statements, investment accounts/pensions, financial/mortgage statements, the past two years' tax returns, relevant marriage and birth certificates, and an up-to-date credit report?
4. For proof regarding your authority to deal with the decedent's financial affairs, do you know how to obtain letters testamentary or letters of administration?
5. Will you be able to notify the proper organizations upon a loved one's death, such as the Social Security Administration, employer, post office, utilities, creditors, and memberships?
6. Have you consulted with an estate planning attorney to ensure the proper documents are in order for your executor in the event of your own passing?



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A Teacher's Lesson Notes

BY TOM FITZPATRICK

The teachers at the Leadbetter Academy create game improvement plans that focus on fundamentals. Let's take a journey through four lessons of notes from their right-handed student who hits a fade and averages 95. He has back stiffness and plays twice a month. He dislikes pitch shots that scream across the green.

Grip: The club is weakly held high in the left palm. The right hand is loose. Both hands lack wrist angles!

Fix: Place your palms flat against each other to create symmetrical angles at the back of each wrist. The handle runs diagonally from the base of the little finger to the middle of the index finger. (photo 1) Looking down, the player should see two to three left hand knuckles. The left forefinger aligns towards the right eye. The life line of the right palm covers the left thumb. The right forefinger aligns towards the left eye. Feel pressure with the last three left hand fingers and the right thumb/forefinger.

Posture: Upper body is out over the toes. His right side & hip are too high relative to his left side. His left arm is not visible from down the line because the shoulders are open. Ball position is forward with an open face.

Fix: Let the arms hang in a relaxed, balanced fashion then clap your hands to get rid of tension. Push the hips towards the target so that the spine is angled back. Your left hip should be higher than your right.

Drill: Create better body angles by flexing your knees and extending your arms behind you as if you were to dive into a pool. Then rest your upper arms lightly on your chest. Touch your right knee with your right hand to lower the right side (photo 2).

Pivot: Early body turn leads to a flat shoulder plane, resulting in the arms lifting to complete the backswing. On the downswing, the body hangs back on the right foot and doesn't unwind to the front foot, causing the club to not shallow onto the correct plane.

Fix: Synchronize the arms and body by having them complete the backswing at the same time. First, move the left shoulder downward as the right shoulder moves upward to create a more angled shoulder plane. Then,



1. Grip



2. Posture



3. Pivot



4. Swing plane

move forward to the front left foot as you complete the backswing. This creates lateral movement to the front leg so that your shirt buttons are 'covering' the ball. Finally, complete your body rotation to the finish with the knees touching.

Drill: Do the three-step pivot drill above by placing a club behind you, along the top of your shoulders. It's a great stretch! (photo 3)

Swing Plane: The left arm separates from the chest on the takeaway causing the club to move inside. The arms then lift to the top resulting in an overswing—one that lacks any width at the top due to the right arm going behind him. The downswing is steep and over-the-top. At impact the club and arms are one straight line, with the grip above the original plane. Club contacts the ball on the heel with an out-to-in path and open face.

Fix: Start with the 'grip in, club head out', keeping the left tricep pinned across the chest. The left elbow points to the ground, not out (clubface feels closed). The club points skyward with the right wrist fully hinged 1/3 back. Shallow the club on the downswing with the right palm facing skyward briefly as you move to your left toes. The left wrist should cup inward after impact and the right arm extend and hinge upward.

DRILLS:

- Grip the right wrist with the left hand to do the 1/3 move above (photo 4).
- Stand with your back close to a wall then swing without nicking the wall.
- With your feet a foot apart: As you complete your backswing, step towards the target with your front foot. This should shallow the club plane.



Tom Fitzpatrick

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

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March 5th



March 26th



May 8th



March 5th



March 12th



April 5th



May 15th and May 16th



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Dream - Experience - Live 30a



Forest Lakes: The Merrygold
 MLS 818225 | 49 Talquin | 2,450 SF | \$889,900
 2 M BR's 2 BR's | 2 Laundry Rms | Fireplace
 Lewis Jones Construction



Forest Lakes: Lot 75
 3,375 SF | \$1,395,00
 Builder LPKK Investments



Forest Lakes: Lot 9
 3,108 SF | \$1,295,900
 Builder LPKK Investments



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 MLS 787664 | 2,856 SF | \$1,049,900
 Builder Nola Venture



Forest Lakes: Lot 66
 MLS 832074 | \$184,500
 Lake View



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Forest Lakes: Coastal Craftsman
 MLS 791624 | 3,525 SF | \$1,227,900
 Builder Fox Construction



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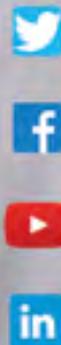
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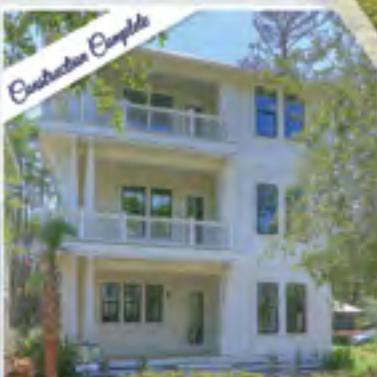


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159 Redbud Lane, MLS 817973
\$1,124,500, 3,234 sq ft, 4BR, 5.5 Baths
Fox Construction | Nola 30a LLC



Lot 26: The Coastal Breeze
26 Redbud Lane, MLS 832551,
\$1,276,900, 3,497 sq ft, 5BR 5.5 Baths
Fox Construction | Nola 30a LLC



Lot 38: Beach Retreat
430 Redbud Lane, MLS 832546,
\$1,345,900, 3,673 sq ft,
5 BR's 5.5 Baths, pool



Lot 59: The Coastal Pearl
196 Redbud Ln, MLS 832490, \$1,148,100
3,234 sq ft, 4BR, 5.5 Baths
Fox Construction | Nola 30a LLC

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North Entrance
Gated Community



Lot 54: The Hidden Gem
54 Redbud Lane, MLS 832535,
\$1,252,900, 3,432 sq ft,
4BR, 5.5 Baths
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