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

## INSIDE:

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Art, Business, Culture & More...

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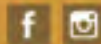
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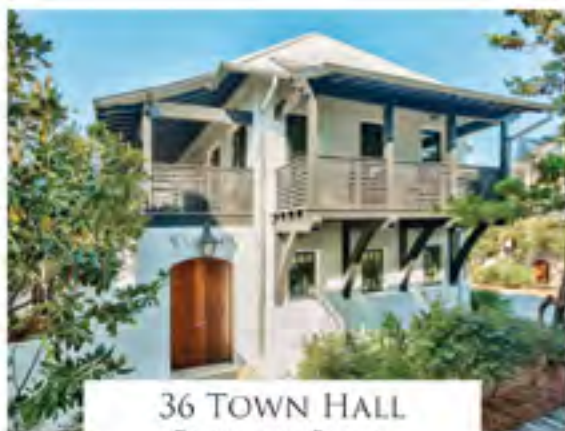


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# letter from the publisher

## THE CUSP



The cusp between spring and summer in the south is some of the finest beach weather we have. The evenings are often cool and light, and the mornings still have a little chill in the air, especially after a nice rain. But the day is hot and bright and full of steam. Perfect for a roast in the sun before plunging into the cool, green waters of the Gulf of Mexico.

This issue, like all of our issues, highlights some of the finest people, places and things on 30-A. We take much pride in the selection, as it represents the best of the best on 30-A. People whose passions and enthusiasm for their work and for the region are reflected in their everyday work ethic and choices to better serve us. Whether you are a visitor or a local, these folks put together recipes for life on 30-A every day to enhance the quality of each of our experiences at the beach.

I invite you to salute them. Read about them here, and go thank them for their service. Give them a friendly visit whether or not you purchase anything from their business. A simple hello and nod of appreciation is often the elixir to turning someone's day from good to great.

In the meantime, we hope you enjoy every moment you spend on 30-A. It is a fine community made up of strong, caring individuals, who are both durable and beautiful, just like their natural surroundings.

Until next issue... have fun at the beach ya'll.

Miles K. Neiman

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### Photography & Styling

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[www.verahogenson.me](http://www.verahogenson.me)

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Miranda Sasser with  
MSB & BMG Models

### Wardrobe

White Romper courtesy of Lindsey S.  
Clutch-purse by Kate Spade

### Makeup & Hair

Lindsey Schaefer "Traveling Chic"

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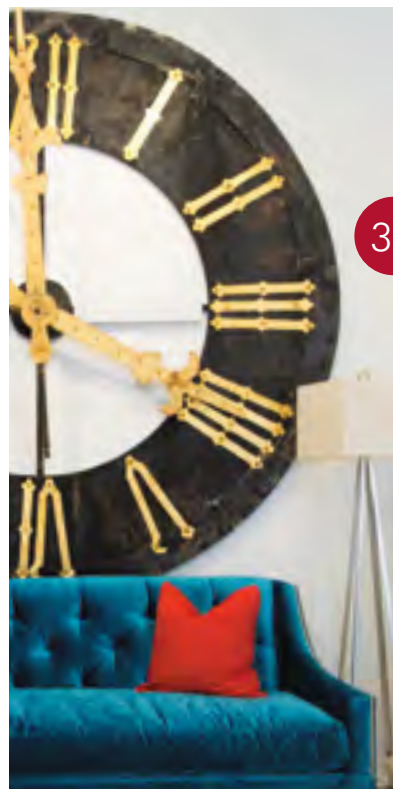
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# Downhome Southern Belle Hospitality

BY SARAH MURPHY ROBERTSON

Cowgirl Kitchen's restaurants are popular for providing 30-A family-friendly "meals with moxie". But what many may not realize is all the ways their catering arm, Southern Belle, can bring that same flavorful and fun fare right into their homes. CK Southern Belle Catering offers a variety of chef-inspired meals that showcases the cuisine made for the kind of gatherings where people slow down, enjoy conversation, and time well spent together.

With a Southern-raised sensibility, Chef Steven Sandy skillfully prepares what folks crave most; and feeding a crowd has become his expertise. Chef Steven is from Tuscaloosa and trained in Montgomery; and he has been readying himself for this opportunity since he was a young child. "I remember how important family dinners always were," he reflects. Chef's earliest food influences came from his mom and for as long as he can remember he was included in Sunday's meal prep, be it picking shrimp or snapping beans.

Cowgirl Kitchen owner Nikki Nickerson and Chef Steven Sandy have a comfortable ease, playing off each other. Their great working relationship is evident. Nikki laughs as she recalls how Chef was "somewhat hazed" when first hired in the high season and working at their fast and furious restaurant locations. In the two years since, they have become a synergetic team with collaboration being the key to their success. "We constantly bring each other ideas and recipe development is definitely a joint effort," Nickerson says.

Actually involving all their team members in the testing process is important to Nickerson and Chef Steven. When introducing new taco combinations last season, they sat down with staff and everyone gave their input on which five would make the final cut.

The spacious prep kitchen used to craft their creations is located in Panama City Beach. When you enter, wafts from the delicious aromas of seasonally fresh roasted vegetables and premium-sourced meats are everywhere. You see, this catering kitchen also serves as the hub for preparing all those homemade salsas, salad dressings, to-go casseroles, and dips their Cowgirl Kitchen restaurants are known for.

Southern Belle Catering was started because Nickerson knew that planning meals for larger groups can be a feat. It is hard to get a reservation, and getting everyone ready and out the door can be a hassle. Who wants to wait for table service when tasty eats can come straight to you?

They offer tons of options for every occasion and palate. Southern Belle can do everything from whole roasted pigs to shrimp boils, taco bars with all the fixins,



Chef Steven Sandy

**Southern Belle can do everything from whole roasted pigs to shrimp boils, taco bars with all the fixins, or even traditional BBQ dinners.**

or even traditional BBQ dinners. If you are looking for a healthful lunch, choose from a variety of classic salads like Cobb, Greek, or Caesar and then pick your proteins: roasted chicken, shrimp, seared tuna or steak, and finally your choice of dressings. Many times clients also like to work with Chef Steven to create a custom menu; such as adding Caribbean or Asian twists to their menus.

A great idea would be to consider them for breakfast delivery. Waking up to a family-style brunch with such



options as egg casseroles, praline bacon biscuits, maple-crusted French toast, or spinach Gruyere quiche sounds pretty heavenly to me.

Ready yourselves for the best part: CK Southern Belle Catering makes it incredibly easy to get all this deliciousness into your hands. You can pick up from their restaurant location nearest to you (in Seagrove or Rosemary Beach) or for a small delivery fee they'll bring it to you anywhere along 30-A. For larger affairs, their catering team will show up and do all the work from set-up to clean up.

Southern Belle offers an event space above their CK Feed & Supply Store in Rosemary Beach. This space is perfect for rehearsal dinners, family reunions or corporate events. It holds 50 people and has a clean, casual feel as well as gulf views. One of their favorite uses for that space is doing an oyster bar. As anyone knows, shucking is an artful skill best left to the pros. Let Southern Belle do all the work while you slip into nirvana one briny oyster at a time.

Southern Belle is all about taking care of people through food. They enjoy their role in helping folks make spending time together even easier. Sharing great food with great people sure is a satisfying profession and they are saddling up for another season of fun.

***To place an order with Southern Belle Catering, visit their website at <https://southernbellecatering.com/> or email them at [catering@cowgirlkitchen.com](mailto:catering@cowgirlkitchen.com) with any questions. Placing orders with 48-72 hours notice is recommended.***



# Casting Their Spells

## Rick and Christy Spell Work Magic on 30-A

BY SARAH MURPHY ROBERTSON



Summer Berry Salad – Georges 2016 menu



Lamb Lollipops with Rosemary – La Crema



Christy Spell



For as long as she can remember, Christy Spell has always wanted to own restaurants. She thinks it comes both from her interest in learning the ins and outs of a new industry as well as the satisfaction that comes from feeding and entertaining people. “It’s also very special for me to share these restaurants with my father,” Christy reflects. “We are both accountants and we think similarly, but this has bonded us in a new way.”



Serrano Wrapped Figs – La Crema



Honey Goat Cheese Stuffed Piquillos – La Crema

With heads for business but hearts focused on family, father and daughter restaurateurs, Rick and Christy Spell are happily working their magic on their beloved 30-A businesses.

The Spell Restaurant Group began more than a decade ago in 2004 with their acquisition of Brookhaven Pub & Grill in Memphis, Tennessee. In January 2015, Rick and Christy purchased George’s in Alys Beach and La Cocina Mexican Grill and Bar in Seacrest. They next acquired Saltwater Grill in Panama City Beach in April of 2016, and La Crema Tapas & Chocolate in Rosemary Beach in August of that year.

Each spot has its own unique identity and fare, but the Spells work hard to make sure each maintains the highest level of service. This means they carefully read online reviews, dig deeper into any issue raised, and really take their guests’ feedback to heart. Meaningful dialogues with their staff lead to key learning, and even small improvements are important to them.

While the Spell Group’s restaurants are well known for the delicious meals they consistently provide, it is the behind-the-scenes work that often fuels this well-oiled machine. Excellent customer service is always their number one priority. Christy explains, “We always do our best to say yes to our guests.”

**La Cocina recently finished their interior refresh this spring with a new color palette, contemporary Southwestern touches, artwork from Mexican artisans, and beautiful tile work.**

Rick and Christy have infused new energy into each restaurant, including renovations for each. George’s is now complete and boasts a gorgeous second story deck with spectacular water views, and La Crema is undergoing an expansion that will include lots more seating and a brand new front bar. At the end of the year, La Crema will expand their kitchen too. Saltwater Grill is slated to see indoor and outdoor improvements next.

La Cocina recently finished their interior refresh this spring; complete with a new color palette, contemporary Southwestern touches, artwork from Mexican artisans,

and beautiful tile work. The result is a sleek, modern feel and the space looks completely brand new.

Diners will find La Cocina’s menu is still full of flavorful and authentic Mexican dishes. Many of their most popular include the fresh seafood our coastal area is known for. Some favorites include their Seacrest Ceviche made with shrimp, red onion, cilantro, jalapeno, and lime. This bright and balanced appetizer is served chilled and is a great starter to your meal. Another popular dish is their Fish Tacos made with market fresh fish like Red Snapper and served with a cooling fruit salsa.

The Spells have simply fallen in love with the 30-A area and are excited about their newest venture: a newly opened breakfast concept, Grits & Grind. Open daily from 7-11 a.m. in Seacrest, Grits & Grinds uses the La Cocina kitchen and serves up comforting crave-worthy American style breakfast favorites in the western end of the dining space. Get yourself over to try their gourmet omelets - the word is out how delicious these takes on the classic morning dish are!

Recognizing the role a successful team plays, the Spells emphasize a positive and familial work environment. “We truly enjoy watching our staff learn and evolve and have watched some kids start out as bussers as teenagers and eventually grow into management roles,” Christy happily reflects. In fact, their Sous Chef from George’s, Erik Kellison, is managing the kitchen at Grits & Grind. His creativity and enthusiasm is informing the menu of this new endeavor.

As 30-A grows, the Spells are always on the lookout for more investments and added opportunities. Christy laughs that both she and her dad are workaholics and are ever ready for new challenges and projects that may come their way. Rick and Christy’s close relationship is evident. “After all these years I am still learning from him,” Christy shares. With a formula for cultivating great staff while providing some of the best dining on 30-A, seems these two are just getting started.

# Chef Lock Vong of amici 30A Italian Kitchen

BY SUSAN BENTON



Executive Chef Manolack Vongsouvanh

If looking to dine on authentic Italian dishes like nonna used to make, but with a contemporary twist, then amici 30A Italian Kitchen at 30Avenue is where you will find it. The man breathing life into the ingredient driven recipes is executive chef Manolack Vongsouvanh, aka Chef Lock, who was born in the Asian country of Laos, but raised in New Hartford, New York. Chef Lock says, “I have been an entrepreneur my entire working life and I found that I am most motivated by food, specifically Italian. I inherited a love of cooking by watching my mother and when given the opportunity to work in a restaurant, I took it.”

In 2007 Chef Lock started as a prep cook at Hotel Utica in Utica, New York and quickly climbed the ranks, becoming executive chef in 2009. “I didn’t even know what a ladle was, and suddenly I was winning food competitions and getting promoted, all while reading and researching everything I could get my hands on about food and its chemistry,” Lock recalls.

As fate would have it, by 2012 Chef Lock was hired as the executive chef of Karma Piano Bar and Restaurant

“It is pure home style cooking with the finest ingredients. I love when our local farmers knock at the back door to sell me their seasonal produce.”

in Frankfort, New York under the tutelage of Chef Tucker Rosemyer, who Lock also credits as being his mentor. Lock says, “I found my passion for Italian cuisine at Karma, and it was the best place to work. My son Brent needed to move to a warmer climate due to health reasons, and my daughter Nisaya was eager to attend school in the south, so my wife Cheryl and I decided to pack up and head to

South Walton. We fell in love with the 30-A area and have not looked back!”

Chef Lock initially started his journey in Santa Rosa Beach at Crust restaurant and then opened 30A Private Chef with his wife Cheryl, providing personal chef and event catering services to rave reviews. Seacrust Pizza soon followed at Seacrest Peddlers Pavilion: a kiosk pizzeria where Lock became noticed for his Neapolitan and upside down pizzas. It garnered the attention of the Corchis family who became frequent patrons, and many conversations soon followed about opening a nearby Italian restaurant with Chef Lock at the helm.

The brainchild of the entire Corchis family; including George and Amy’s four children Jordin, Nathan, Alyssa, and Lily; amici 30A Italian Kitchen came to fruition in 2016. The name amici means friends in Italian, a concept embraced by inviting all into the 2600 square foot swanked out open restaurant space, which includes a chef exhibition kitchen that seats twenty. Chef Lock says, “This is my favorite part of the restaurant. I can get into my zone and let guests sample food while I educate them on the menu offerings. It is pure home style cooking with the finest ingredients. I love when our local farmers knock at the back door to sell me their seasonal produce.”

Specializing in authentic Neapolitan pizza pies made in the famed Marsal pizza oven; well known for its crispier crust due to even heat distribution; the pasta and authentic sauces, all house made, are also at the forefront. Make sure to order Amy’s amici 30A Meatballs; hand-rolled and slow simmered in house-made vine-ripened marinara until tender; and the Funghi Pizza topped with three types of mushrooms, fontina cheese, a farm egg, and a drizzle of extra virgin olive oil. Other highlights include the rustic Rigatoni Bolognese and the Tagliatelle frutti di mare filled with local fresh Gulf seafood. “The restaurant is unique and inviting for those looking for a special place to dine as a couple, a family, or to meet up with friends after work. But the heart beat for me is still the exhibition kitchen and sharing it with my team,” says Chef Lock.

**amici 30A Italian Restaurant is located at 30Avenue at 12805 US Hwy 98 East, Suite R 101, Inlet Beach, Florida, 32461. Hours of operation are Monday through Sunday 11am - 11pm. For more information and seasonal hours of operation, please call (850) 909-0555, or visit [www.amici30a.com](http://www.amici30a.com).**



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# Farming Our Local Waters: Trey Nick of Nick's Seafood

BY SUSAN BENTON

As a food writer and blogger living by the water's edge of the Emerald Coast, one of the first questions people ask me when they visit our area is how they can be certain that they are buying or being served fresh seafood. It would appear that answer would be simple, but many restaurants do not serve fresh fish and shellfish.

According to Oceana, the largest international advocacy organization focused solely on ocean conservation that was founded in 2001, over 59 percent of the tuna sold in the United States was mislabeled. Tilapia lovers might want to take notice that their dinner could be farm raised on pig feces and then traveled from Vietnam or Thailand. Today, more than 90 percent of the seafood consumed in the U.S. is imported, and less than 1 percent of that is inspected by the government for fraud.

If seeking fresh, never frozen, or mislabeled seafood straight from the Gulf of Mexico, keep up with *Gulf to Table* on Facebook and Instagram. There you will meet the farmers of our local waters; like one in particular, Trey Nick.

Frank III, aka Trey Nick, was born into his grandparents' fish camp and restaurant business that was built in the early 1900's but changed to their family's hands in 1956. Tucked between the Choctawhatchee Bay and Basin Bayou in Freeport, Frank and Hattie Nick sold bait, beer, and rented fishing boats for a dollar a day.

In 1963, Frank's Italian passion to cook for others took over and a new building was erected. Nick's slowly honed its reputation for serving only the freshest homegrown seafood and became the popular place to enjoy raw oysters tonged from their own state leased beds; plump shrimp and mullet plucked from the Gulf and bay before being dredged and fried in their secret batter; and hamburgers and ice cold beer sold for a fair price.

In 1979 Nick's Seafood Restaurant was passed on to Trey Nick's parents, Frank Jr. and Bonnie, and by 1998 Nick became the third generation to take over the reins with his wife Jennifer.

"We have always kept the tradition of a family atmosphere. My daughter might be bussing tables like last night, while my son is on oyster washing duty. Millionaires to fisherman are our continual customers. People have their favorite days to come to the restaurant and we treat customers like family too. Those that grew



Trey Nick

We will not buy anything overseas when you can get the best right here. It's about putting the freshest product on the plate.

We will not buy anything overseas when you can get the best right here. It's about putting the freshest product on the plate."

Seafood traceability, or tracking fish from boat to plate, significantly reduces seafood fraud, while providing consumers with more information about the seafood they are purchasing.

Harbor Docks, Sexton's, and Destin Ice & Seafood in Destin; Willingham Seafood Company in Valparaiso; Bayou Bills Crab House in Santa Rosa Beach; Nick's Seafood in Blue Mountain Beach on 30-A; and Johnny's Shrimp Shack in Defuniak Springs are just a few of the businesses that buy and support Trey Nick's sustainable seafood.

*Nick's Seafood Restaurant is located at 7585 State Hwy 20 West, Freeport, Florida, 32439. For more information or to reach Trey Nick call (850) 835-2222, or visit [www.nicksseafoodrestaurant.com](http://www.nicksseafoodrestaurant.com).*

up eating here are now bringing their own kids. This is more than just a restaurant, it's a way of life," says Nick.

Living right off the local waters, along with the day-to-day operations of the restaurant, Trey Nick also runs three commercial inshore fishing boats and is the largest blue crab commercial harvester in the Choctawhatchee Bay with his son pulling traps by his side. Nick says, "We do our own fishing and crabbing. I sell blue crab, mullet, speckled trout, shrimp, and flounder for the most part.

*Susan Benton is the owner of 30AEATS.com where she shares her passion for food and travel, and her commitment to promoting local farmers, fishermen, chefs, artisans and restaurants along the Gulf Coast.*



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# It's #AStageForAll @ Emerald Coast Theatre Company

BY ANNE HUNTER

The curtain for *Cinderella* and *The Velveteen Rabbit* is rising for young audiences on the Emerald Coast.

But it's not just for the little people. The Emerald Coast Theatre Company (ECTC), founded in 2013, is funded by grants and sponsorships from supporting organizations; but it's fueled by the passion of its founders, Nathanael and Anna Fischer, with programs for all ages – professional theater, educational outreach, and Theatre for Young Audiences. Educational outreach includes after school and home-school programs, touring and staged productions, summer camps, workshops and classes. The professional theater efforts are focused on show productions, festivals, and collaborations, as well as acting and improv workshops and classes for adults. In addition and separately, the Theatre for Young Audiences features theatrical shows, educational tours, and the Storytime Theatre.

*Cinderella, Cinderella* and *The Velveteen Rabbit* are staged at 560 Grand Boulevard through the Theatre for Young Audiences program as part of the company's 2016-2017 season; but my first taste of the ECTC was seeing Bakersfield Mist through its Professional Theater programming.

Written by Stephen Sachs and starring Teance Blackburn and Bruce Collier, the curtain opens to "...an unemployed bartender Maude, and art expert Lionel Percy, as they begin to question the true definition of art and the authenticity of people. Maude, a fifty-something unemployed bartender living in a trailer park, has bought a painting for a few bucks from a thrift store. When world-class art expert Lionel Percy flies over from New York and arrives at her trailer home in Bakersfield to authenticate the painting, he has no idea what he is about to discover." The show was laugh-out loud funny and riveting!

Next, I ventured to *Cinderella, Cinderella*, starring long-time celebrity local Stephen LaDow as the Duke. As the action begins, small groups of children join the stage to help Cinderella clean the stepmother's house before the family returns. Next, the children help an absentminded Fairy Godmother, performed to perfection by Liz Cain, get Cinderella dressed and ready for the ball. You know how the story ends, but in this case, it's how it's told – through playful interaction with the crowd and a stellar cast. Cinderella is played by Kathryn Gulak, the mean

stepsisters by Soulara Joslin and Braya Faust, the infamous stepmother by Caroline Brady, and Brian Hilario as an ever-charming Prince Charming.

After seeing two shows and then meeting with Nathanael, I would soon learn that included in the Fischers' game plan is an annual playwright festival featuring works and readings by local and guest playwrights.



Cinderella, Cinderella



Nathanael and Anna Fischer, the founders

offerings because we believe strongly that we need to foster creativity and new works. The festival and fringe theatre aspect of the event gives room for diversity, new ideas, and freedom to create. It also inspires collaboration."

The Fischers are manifestors of dreams: "The dream is to give a stage to that artist that wants to create or perform, to inspire performing arts creativity in our community." Nathanael set the vision years ago and today, it is another dream come true. The Northwest Florida Theatre Festival debut is May 12 – 21 at 560 Grand Boulevard in concert with ArtWeek South Walton, as well as 2017 launch of Theatre Thursdays in partnership with Grand Boulevard and ECTC's 2017 Summer Theater program, which includes Summer Camps, Young Audiences Shows, Production Camps, and Musical Theatre Camps.

"We have this beautiful space at Grand Boulevard and it is no secret that we live in a creative, artistic community.



Twelfth Night at Grand Boulevard



Cinderella, Cinderella

The inspiration was to have a celebration of the theatre and performing arts groups in the area, a unifying event where we can come together and honor the creativity of this community. Sometimes emerging artists just need a stage to clarify their art, to workshop their concept, to find the freedom to express themselves. I have seen this work at the Orlando Fringe,

"Even though non-professional and student groups will be presenting it, the festival is under our Professional Theatre

I wanted it for the Northwest Florida Theatre Festival."

Theater is a radiant and indispensable part of the Gulf Coast's cultural life; and Emerald Coast Theatre Company keeps brightening the show. "So much wonderful visual art is created here, amazing songs are written here, why not make room for new works of dance and theatre?" says Fischer, and he's right. At Emerald Coast Theatre Company, there really is a #AStageForAll."

**To purchase tickets or make a tax-deductible donation or learn more about becoming a part of Theatre for Young Audiences, visit [emeraldcoasttheatre.org](http://emeraldcoasttheatre.org) or call (850) 684-0323.**

**To engage in the Northwest Florida Theatre Festival as a performer or participant in the experience and become a part of an innovative avant-garde gathering of art and artists visit [www.NWFTheatreFestival.com](http://www.NWFTheatreFestival.com).**

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## Pets – Bow Wow Meow

BY JESSICA HOLTHAUS BADOUR

Beer and dog biscuits aren't a traditional pairing, but for two local 30-A businesses it is a match made in (pet) heaven. Idyll Hounds Brewery recently began donating its spent barley to Bow Wow Meow Pet Company for their freshly-baked Beach Biscuits and a business opportunity that benefits both enterprises.

30-A's neighborhood pet shop has always been "holistic, ecofriendly, and unique", and this new business venture with Idyll Hounds Brewery fits right in; recycling the barley from the beer-brewing process into an ingredient for dog biscuits.

"Opening a dog bakery has always been a dream of mine, but I had it on the backburner," Bow Wow Meow owner John Scanlan says. "Our customers want homemade dog biscuits and I decided it was time to get the ball rolling."

Seven years ago when Bow Wow Meow first opened, Frasier Hansen was one of the store's very first customers. Turns out he and Scanlan had quite a bit in common (e.g., both have some Utah roots and experience in the restaurant industry), and the two became fast friends. Hansen has been brewing beer for more than a decade: starting as a home brewer in Salt Lake City, then traveling to England to hone his craft (pun intended). His dog-friendly brewery is eponymous for his dad (nicknamed Hound in high school) and features two flagship beers: double IPA "Divide & Conch'R" and American wheat ale "Man 'O' Wheat", with 24 beers (including other local craft brews) available at their taproom.

"By nature, brewing beer recycles ingredients and it's better for us any time we can find secondhand ways to use our waste," Hansen explains. "There's a farmer who picks up a majority of the spent barley to offset his feed costs, and that's where the idea came from. John had heard about using barley as a source of fiber and he takes small batches to make his biscuits."

Currently, Bow Wow Meow features three recipes: 30-A'ers can take home their own one-pound bag of dog treats in the form of peanut butter starfish, peanut butter and honey seashells, and peanut butter and banana sand dollars. The all-natural ingredients have been tried and tested to ensure a long shelf life and guaranteed fat, protein, fiber, and moisture content.

Scanlan began offering Beach Biscuits shortly before the start of 2017, made personally on-site in the store's new kitchen. They started flying off the store's shelves so fast he couldn't keep them in stock. As a former restaurateur, he has always enjoyed the creative aspect of making something in the kitchen; in addition to the biscuits, dog birthday cakes (bone or paw print) are also available.



"It's neat to have a business where I'm not only selling other people's products, but something I've made myself. I'm the assembly and package line – from the ground up, everything for these treats is made from scratch," he says. "And dogs are the best critics, they either like it or they don't."

For businesses in 30-A to thrive, respect and support from others in the business community is crucial. Scanlan believes in keeping things local, and this partnership with Idyll Hounds embodies the sentiment of working together for mutual success.

"Small businesses working together here is good comradery, it keeps us all focused on our goals," he says. "We're all business people."

Hansen, who worked at Summer Kitchen prior to opening the brewery, agrees: "It's a tight knit community and it's great how all of us small businesses can support each other."

Scanlan hopes to soon supply Hansen with bags of treats to sell them at the bar, with funds benefitting a local charity. Meanwhile, Idyll Hounds plans to expand

its offerings with additional flagships and new packages of small batch beer this summer.

"Our taproom is busy now even in the off-season so it'll be a fun place to hang out during the summertime," Hansen says. "We can't wait to offer the dog treats – we'll have a lot of happy dogs here once we do!"

***Bow Wow Meow Pet Company is located in Suite 3 at 4935 E. Co. Hwy. 30A, Seagrove Beach. Hours are 10 a.m. to 6 p.m. Monday-Saturday (check the website for holiday closings). Reach the store at (850) 534-0009, john@bowwowmeowpetcompany.com, or like them on Facebook. The www.BeachBiscuits.com site will be up and running this summer to accept orders outside of the 30-A community, giving dogs a "taste of the beach" no matter where they are.***

***The Idyll Hounds taproom is located in Santa Rosa Beach; visit them Monday through Friday, 9 a.m. to 5 p.m. and Saturdays, noon to 6 p.m.; learn more at www.IdyllHounds.com or find them on Facebook, Twitter, and Instagram.***





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# Got Anxiety?

BY DR. BART M. PRECOURT



Dr. Bart M. Precourt

anxiety. You can work on these yourself or find a qualified health care professional to assist you.

## 3 CAUSES AND REMEDIES FOR ANXIETY:

**1. OVERSTIMULUS:** At the root of almost all anxiety is an imbalance of stimulation. The amount of tolerable stimulus from outside sources will vary from person to person. Currently, one of the biggest culprits is our use of technology—our phones, computers, etc. We are simply on overload, clinically known as sympathetic dominance. This is the start of all anxiety. It often begins with mindless web surfing and endless use of social media. The lights from your phone or computers stimulate brain regions directly behind your eyes called the hypothalamus and the pineal gland. Your pineal gland is responsible for secreting melatonin: your sleep and relaxation hormone. When the pineal gland senses light at night, this signal is not sent. The imbalance of rest and poor sleep begins, and ultimately sympathetic dominance ensues. Your hypothalamus gland is crucial to your endocrine system (hormones), and with constant stimulus it can become overwhelmed and lead to hormone imbalances.

**Remedy:** Put your phones down! I'm not saying you can't use it at all, but rather establish a healthy boundary. No phone/web use after 8 pm so you can secrete melatonin. Select specific times of the day to check for email and messages, not every 5 minutes.

**2. NO BRAKES:** This cause comes down to poor nutrition. When we are always on “go” your brain and body use up vital minerals and enzymes to keep things moving. The problem arises when it's time to shut it off and you can't. This is often due to a mineral deficiency. Minerals feed the parasympathetic nervous system; your “rest and digest” or recover and rebuild system. A common symptom of mineral deficiency is waking up at night and having busy brain and not being able to fall back to sleep. Minerals are the tools your body needs to shut it off and begin to recover. Anxiety is a compounding condition; typically it develops over time from repetitive, long-standing habits.

**Remedy:** Supplement deficient minerals. Magnesium Lactate or Min-Tran from Standard Process are some of my go-to choices.

**3. CHEMICAL STIMULANTS:** The two most common contributors to anxiety are the effects of caffeine and sugar. Caffeine stimulates your sympathetic nervous system, i.e.; fight or flight system. Under normal, balanced circumstances you can handle this. When stress, multitasking, work, kids, and finances start to overwhelm you, caffeine acts like fuel to a fire. Anxiety and panic attacks are the alarms—warning signals that are often ignored. In my experience, sugar is completely overlooked by most healthcare professionals, but it should be high on their radar. Of course we know sugar is a stimulant and can cause muscle tension, headaches, nervousness, etc. Often missed is that sugar also depletes your natural sources of minerals (the brakes). The more sugar or sugar-like foods (bread, chips, processed foods, wine etc.), the more wound up you can become without a way to calm down.

**Remedy:** Eliminate most, if not ALL, sugar and caffeine. Increase root vegetables.

Understanding how  
and why we create  
anxiety will give you  
the tools to steady the  
ship and heal yourself.

Is it any surprise that over 40 million Americans have been diagnosed with some form of anxiety? And those are just the ones who have sought out professional help—how about the millions who haven't? Maybe even you if this title caught your attention. For me, it's no surprise at all. The important questions lie in how it is caused and what we can do about it.

Common symptoms of anxiety include excessive worry, sleep issues, brain fog, muscle tension, fatigue, headaches, indigestion, panic, insecurity, indecision, compulsive behaviors, and hot flashes. If this is you, the good news is this can be fixed, and often quickly.

Understanding how and why we create anxiety will give you the tools to steady the ship and heal yourself. First, it's important to know that this is not something that you inherited or caught. Anxiety is created over an extended period of time, usually six months to years in the making. There are three primary causes and cures to

**IMPORTANT NOTE:** Clearly there is more to treating anxiety than I can provide in this article. In my clinic, I incorporate specific breathing techniques, address the status of the adrenal glands, and often provide a safe and effective water-soluble “chill out” herb called Kava.

Don't wait to see if anxiety will go away on its own. Start with these tips, find some support, and take action for your health. You are worth it!

*Dr. Bart M. Precourt is a Holistic Doctor, chiropractor, acupuncturist and nutritional consultant. For nearly 20 years he has helped people get healthy, lose weight and create healthy sustainable lifestyles. He currently practices in 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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# Christina D Swim & Resort

BY KEMPTEN TAYLOR

It makes my day when someone walks in with a certain depression about bathing suit shopping and leaves with a big smile on their face and multiple suits.



with gorgeous bra-fitted swimwear for local ladies as well as those just visiting the beach.

“Nine out of 10 women don’t know what they’re doing when they choose swimwear. Most think that they have to wear solid black or must wear only one-piece suits.

Shopping with me is a personal experience. I am in every fitting room, making sure my customers are trying on the correct fit and cut. My job is not to find the one perfect suit but to find numerous suits that make them feel great. Just like your clothes express your personality and your different moods, so does your swimwear,” says Christina. Christina D Swim & Resort carries fabulous designer lines like Tara Grinna, Anita-Jets, Antigal by Lise Charmel and Sunsets; many of which are exclusively sold at her boutique and can’t be found anywhere else on the panhandle.

Tucked away in a small shopping center along County HWY 30A, ladies will be thrilled to find one of the area’s retail gems: Christina D Swim & Resort. This swimwear boutique is the only game in town when it comes to bra-sized, designer swimwear. With wall-to-wall racks of beautiful swimsuits for all ages, shapes, and sizes, Christina D Swim & Resort is your “go to” when shopping for swimwear on the panhandle.

The boutique’s namesake, Christina Horton, is a native to the Emerald Coast; which is somewhat of an anomaly around the area. Following high school she made a move up north to attend Indiana University where she earned a degree in finance and quickly set off in the investment-banking world. After working in finance for a decade, Christina decided it was time to make a shift in her career. She spent a lot of time in Manhattan and fell in love with one of the bra stores there. Personally she could not find a bra to fit her small frame back

in Chicago and decided that opening a bra store similar to the NYC shop she adored was the perfect answer to her new profession. This Florida girl opened the store’s doors and ladies from the all over the windy city flocked. Christina rose to the top. She became one of the top five bra-fitters in the country and was nationally recognized by *InStyle*, *Lucky Magazine*, *ABC*, and the *Wall Street Journal* as a Bra Fit Expert.

After 10 years of much success and hard work, she became a bit burnt out and decided it was time to go home. She closed the store in Chicago, packed up and headed south to Panama City Beach where her parents resided. She was overwhelmed by the peace that the beach brings to the soul and decided that it was time to make the panhandle her permanent home. Horton took her time searching for the perfect location for her next store and found her ideal, just barely out of the hustle and bustle of 30-A in a quiet shopping center. She opened Christina D Swim & Resort six years ago and is providing the area

Sizes range from A to H cup up to a size 20.

“I am fine with being known as the ‘mom shop’, the ‘full-figured shop’, and the ‘fit shop’. Whatever the ladies want to call me...It makes my day when someone walks in with a certain depression about bathing suit shopping and leaves with a big smile on their face and multiple suits,” says Horton.

Once you have shopped at Christina D Swim & Resort, your sizing and information is entered into the store’s system so if you don’t make it to 30-A one season, she’s got you covered and can assist you via phone on your future swimwear purchases. Christina’s insider tip for those bargain shoppers: shop with her during the month of October when she has an “end of the season” sale and customers can find deep discounts on merchandise.

***Christina D Swim & Resort is a must-shop for ladies of all ages and figures. The store is open Feb 1 through the end of October six days a week (Monday – Saturday). The store is located at 3925 County Road 30A in Santa Rosa Beach. Call Christina D Swim & Resort at (850) 660-1021 or visit them online at shopchristinad.com.***



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VISIT THE SHOPS OF OLD SEAGROVE

# Design 30 Avenue

BY KEMPTEN TAYLOR



30Avenue location

Designer and owner of Design 30 Avenue and interior business Design Services of Florida, E. Dale Trice's career started 32 years ago on the commercial side of the design world. His first job was for a national lighting company where he found showroom owners constantly asking him to help with their displays. Soon Trice found himself with a full-time position that was on his own watch and his interior design business was born.

"As I worked on the commercial side of the business, I began to see that I was more motivated by the residential side. I truly enjoy the interaction with each family that we work with. It is the families that make our work really come to life," says Trice. He and his partner decided to make the move from Atlanta, where his interior design business was bustling, to a slower life on 30-A nearly 15 years ago; and have never looked back. "We came here to basically retire and it's funny how one thing leads to another. It started with an investment property and now we have a retail store and full-on interior design business.

"The Gulf Coast provides a beautiful backdrop for the unique and diverse architecture found along the beach towns of 30-A," Trice says. "The amazing design of the homes, along with the beautiful environment, both gives me inspiration for our work." The veteran design team at Design 30 Avenue has a keen eye and understanding for

what a client wants in their home. "We sit down with our clients and go through the plans and layout of their home. We get to know them and get to know how that particular family will be using the space," says Trice.

Trice has been fortunate through the many years to run a referral-based business and has enjoyed working with multiple generations of family members on numerous projects. Design 30 Avenue has worked all over the country, with homes from Kentucky to Key West to right here in South Walton. Trice attributes his success to his team and each member's knowledge and experience.

Inspiration and fresh ideas keep Trice and his team, directed by Emily Graham, motivated and ready for the next project. Each year Trice attends the prestigious Masion-Objet tradeshow in Paris, where he previews new

fabrics, color pallets, and trends while

mingling with the best in the profession from around the globe. This esteemed tradeshow allows Trice to see what is to come in interiors. "It is a wonderful time each year and I have been fortunate enough to be invited. Paris is such a motivation in itself and the trip really provides me with exposure and direction," says Trice.

Locals and visitors to the Emerald Coast can visit Trice's boutique-cum-showroom at the newly constructed 30Avenue outdoor shopping mall, located at the intersection of U.S. Highway 98 and County Road 30A in Inlet Beach. Expect to be greeted by Gracie and Zelda, resident pooches, with enthusiasm and a few doggie kisses if you're lucky. At Design 30 Avenue, shoppers will discover most everything they need to decorate their home at the beach or beyond, from furniture to candles, lighting, one-of-a-kind lamps, Juliska tableware, and upholstery from Lillian August. New to the store this



Tablescapes

Each year Trice attends the prestigious Masion-Objet tradeshow in Paris, where he previews new fabrics, color pallets, and trends while mingling with the best in the profession from around the globe.



season, browsers can find more children's items, along with kids' clothing and dog and pet accessories.

One of the more matchless offerings at Design 30 Avenue is Trice's custom rugs that he personally designs. Hand-loomed and made of Indian cotton and wool, the rugs feature over 60 colors and patterns in most standard sizes. Design 30 Avenue has worked hard to offer shoppers modest pricing when compared to their online competitors. The store also features original artwork by local artists.

*Both the interior design services and retail store bring an experienced staff with a knack for making each space unique and special to the Emerald Coast. Visit Emily Graham and her team at 30Avenue Monday through Saturday from 10 a.m. to 5 p.m. Design 30Avenue interior design services are available by appointment. For more information visit online at [www.design30avenue.com](http://www.design30avenue.com).*



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# Curating Creativity

BY LIESEL SCHMIDT

Art and wine seem to have a natural affinity for one another. So Gary Handler couldn't have found a better location than Rosemary Beach; where fine art is savored with as equal an appreciation as the finest vintage; to open a gallery to showcase some of his favorite artists and bring to the beachside community a taste of what has always captured his passion. "My aim here at the gallery is to educate the collector so that they feel comfortable with their purchase and feel that they have acquired a truly special piece," says Handler, who took the years of experience as the owner of Vinings Gallery in Atlanta, Georgia and used it to create Curate. "We're laid back here and want the whole experience of learning about an artist and their works and falling in love with them to be fun and positive—we'll open a great bottle of wine and just appreciate the beauty all around us in the space—and that's part of what becoming a collector and an art lover is all about."

At its core, Curate is a collaborative art space that seems to pulse with creativity, and since opening in 2016 Handler has watched that pulse strengthen under the warmth of the Florida sunshine that has long held a place in his heart. "I first started visiting the area in my college years, and that's something I've continued on since then with my family. We all love it here—there's a love for the beach that seems to be in our blood," Handler says.

And herein lies the intersection of where business meets pleasure: when the 2014 Destin Charity Wine and Food Auction brought about the chance meetings of Handler with a number of people who had long been his clients at Vinings in Atlanta. Naturally enough, Handler was there in a professional capacity, participating in the event along with his long-time friend and top-selling artist, Thomas Arvid: America's preeminent painter of wine whose work Handler had represented for a number of years at his galleries in



Atlanta. As an area so rife with secondary homes owned by people from all across the globe, Rosemary Beach became part of an even smaller world for Handler, and his existing relationships

formed the foundation he needed to make a successful go of bringing more color to the art scene at 30-A.

It takes more than business sense to run a successful gallery, however. It takes passion, and Handler has that in spades. "I love bringing warmth and joy to someone's home through art and I feel that running a gallery gives me the personal opportunity to do that," Handler says. "It becomes more than just a purchase and forms a real relationship that lasts." Relationships are indeed what seem to be a large part of what drives Handler, as he curates pieces for the gallery depending not simply on what he thinks will sell, but also on what moves him and which artists he feels a connection with. "The creativity and sense of expression that an artist possesses is certainly humbling to me, and I'm always in awe when I witness the process of a blank canvas being brought to life by a truly inspired hand," Handler says.



He has longevity in mind, not simply of-the-moment success; and his greatest pleasure is being able to trace the growth and trajectory of a talent. "Most of my artists have been with me for over 15 years, and, in that time

I have witnessed tremendous transformation and growth—not only in their careers, but also in their style of painting and in the different directions they seem to be led. This is so exciting to me. When you have the opportunity to introduce an artist to your clients and watch their evolution over the years—that's what makes me passionate about my work."

Bringing his eye for talent to Curate, Handler hopes that the artists he represents in this new space will experience their own transformation and growth, brought into greater light in a place where they are given appreciation and respect. He's a curator of art; and, in his way, a curator of dreams.



*Curate is located at 72 Mainstreet, Rosemary Beach, Florida 32461. Open daily 11:00 a.m.- until. For more information, call (850) 231-1808 or visit [www.curate@30a.com](http://www.curate@30a.com).*



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**U2 · 79 NONESUCH WAY**

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



**U8 · 52 SPICE BERRY ALLEY**

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



**E6 · 57 GOVERNORS COURT**

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



**J12 · 31 NORTH CHARLES STREET**

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



**U29 · 45 SUGARLOAF ALLEY**

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



**A6 · 50 SEVEN WELLS COURT**

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

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# Lori Drew: Making Room for the Artists

BY ANNE HUNTER

Artist Lori Drew is making room for the artists of Scenic Highway 30A and South Walton County.

Drew, who at the urging of friends visited the Emerald Coast during spring break back in 1998, bought property the following year and made the Emerald Coast home in 2000. “Some things are just meant to be,” she muses. “It was like stepping into a color photograph coming out of a black and white Indiana winter.

“This area is still so young and the art scene is like a teenager full of so much potential, searching for ways to explore all possibilities, growing by experimentation. It’s exciting and I am so grateful to be here as a small piece of the puzzle. Ultimately, we will become known as a place for artists and for lovers of all things artistic. We were created for this -- to share this beauty.”

Drew has always been a creative type but lacked the confidence to create fine art. The many faces of her career include being a photojournalist in the Navy and the public relations and marketing director for hospitals, before she started a home-based portrait photography business. After moving to Walton County, she became disillusioned by the fact that family beach photos were shared over mail and internet. “I lost the personal thrill of seeing someone enjoy what I created. So I started playing with paint on canvas one day. During those years, art was a therapy for tears of both sorrow and joy. I paint not only to give myself peace but to also share it with others.”

Eleven years and hundreds of creations later have led Drew through an evolution of style that she continues to create. She works in oil and cold wax medium, in various degrees of dryness and ratios, and with different tools to give the viewer a sense of the coastal beauty with a hint of old charm – and a new way of seeing the ever-changing glory of nature around us. “It’s not abstract and it’s not Impressionism,” explains the artist, “it’s soft and it’s pretty and it’s heartfelt.”



In the Studio



Work in process



In early 2015, Drew had aspirations for a new venture and conceived Lowkylzart (vocalized: locals’ art). “The idea for the project came after I became involved in the art scene here. Everywhere I went in our art world, I met extremely talented women and men who had the passion to create; found workshops for learning, and networks to

stay in touch with festivals and events; but they wanted more places to showcase their work where potential buyers might find them.”

The innovative thinker found her first alliance with the Emerald Coast Theatre Company (ECTC). “I was looking for a way to help artists get more exposure and my friend, Sherry Londe, was looking for a way to enhance the ECTC during its infancy.” Drew explains that she and Londe act with passion before anyone has the chance to say “that won’t work”. And so far, their strategy has worked beautifully. “Expanding the concept to other

venues is going to take a team of people who want to make it happen.”

The idea of Lowkylzart is designed to benefit everyone -- artists, businesses, and local charities.

Drew asks for nothing in return for the pop-up galleries. “I simply want to see artists be able to sell so they can continue doing what they love.”

Drew and Londe share a future vision for the arts on Scenic

Highway 30A. It is called The ArtSpace – a place where art is alive with creators and dreamers who come together to share ideas, rejoice in the creative process, and keep the energy going through every kind of art. Yoga for the over 55 crowd, the art of cooking for middle schoolers, the art of movement, and anything else that can be imagined will be welcomed in The ArtSpace. “We can do it with a lot of help from our friends, but we need financial assistance for a building we can call home to a rotating gallery of fine art with open doors to all things artistic.”

It’ll happen someday; and in the meantime, pop-up galleries will continue to pop up wherever Lowkylzart can find a space that will make room for the arts.



Lori Drew

**For more information, visit the artist’s studio gallery in Grayton Beach or [www.loridrew.net](http://www.loridrew.net).**

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# Homing In

BY LIESEL SCHMIDT

More than just a desire to close a deal, there's a certain passion needed to make it successfully in the real estate industry; a personal investment that is essential to creating a relationship and being able to understand what each client needs. And for Karen Holder and Linda Campbell, those are the crucial characteristics they bring to the table with each appointment they book, every home they list, and every property they search. "We want, more than anything, to serve our clients to the absolute best of our abilities; and so we go above and beyond to give them an exceptional level of personal service, from the first moments of our initial meeting to very last contracts are signed and delivered at closing," says Campbell.

During her 23 years as a real estate agent, Campbell has watched the industry change immensely, but she's learned well one thing that will never change in a business so centered on people—the simple need to listen. "Listening is critical to being able to meet the challenge of finding out what a client really needs and being able to satisfy those needs with a property we find," she says.

That listening ear has been an undeniable asset to her teammates at Homes on 30A, the brokerage firm where she works closely with founder and owner Karen Holder. It is certainly something that Holder herself possesses, and a key component to furthering the success of the firm over



Karen Holder



Linda Campbell

*We're extremely complementary to one another in our selling abilities, and we share the same dedication to excellent customer service.*

the past five years. "We're extremely complementary to one another in our selling abilities, and we share the same dedication to excellent customer service," Karen says of her working relationship with Linda. "We try to be honest and forthcoming with all of our clients during their search for the perfect home here or when they come to us looking for guidance in selling a property. For us, it's more than just a career, and we take personal satisfaction in the more personal, on-on-one experience we provide our clients. These are important decisions in their lives and being a part of that is something we feel honored to do."

Between them, Holder and Campbell share a combined 31 years of experience with half a billion dollars in sales—both clear illustrations of their understanding

of the market as well as their ability to satisfy their clients. Each came to the area from other parts of the south; Campbell, a native of Alabama, while Holder was born and raised in Georgia; and each fell in love with the beauty of the beaches, learning with the eyes of outsiders just what would be the selling point in this place so lauded as a piece of paradise.

And it is certainly a paradise, with water views and beaches that command million dollar price points and draw the interest of buyers from all over the world. Meeting with buyers and helping them make their dreams a reality is their greatest reward, their driving force to succeed even when the market seems at its most challenging. "This is work that gives us a unique opportunity to meet and form relationships with people from all over the country and all across the world, and that's been amazing," says Holder. "Guiding them through the process of finding a home is fulfilling – these are people and families who come to be more than just clients through our months and sometimes even years of working with one another, and that's a gift."

**For more information on Homes at 30A, visit [www.homeson30a.com](http://www.homeson30a.com). To reach Karen Holder, call (850) 687-1064. To reach Linda Campbell, call (850) 830-3173.**



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# 30-A's Changing Landscape

BY SARAH MURPHY ROBERTSON

Luxury home construction and sales are changing the 30-A landscape and local businesses must position themselves for the future.

It only takes a drive down 30-A to notice the change. Views of those charming beach cottages still dot our scenic highway, but every year brings more larger luxury homes popping up. These high-valued homes require a heightened level of products and services.

Coastal Insurance Agency, owned by Grant Blackwell, knows that businesses must evolve to cater to the owners of these luxury homes and provide the services they are accustomed to receiving.

Coastal Insurance agency is primed to meet that challenge. "We have developed some creative products through our agency partner insurance carriers. Unlike many agency providers, we can effectively insure LLCs: Trust and vacation rentals of every description. We also have coverages for golf carts, jewelry, fine art, and even million dollar wine collections," Blackwell explains.

Paramount to homeownership near water, Coastal is also well known for their expertise in Flood Insurance, twice being named FEMA's National Flood Insurance Agency of The Year. The team even works with builders, architects, and engineers during the planning and design process to minimize insurance costs for these high valued homes.

Homeowners recognize that protecting these luxury homes requires industry specialists who know best how to manage the risks they will face. Coastal Insurance is a group effort with over 200 years of combined experience in their management team.

Kim Shahid with Coastal Insurance is a Luxury Homeowner Insurance Specialist and she has become the go-to source for insuring these homes on 30-A. Development and change is nothing new for Kim as she watched her grandfather, Ernest Shahid, develop such Destin landmarks as Shoreline Towers and Regency Towers. Mr. Shahid was a true Emerald Coast visionary



Insurance Specialist Kim Shahid

and Kim inherited his drive, work ethic, and commitment to excellence.

"We work with the realtor, lenders, and wealth managers when clients acquire these luxury homes," Kim says. When the client is ready to move in, Coastal has structured coverage uniquely tailored to that client and their new home. "We find we are getting many new clients who previously used another provider, but see the need to sit down with Coastal for a more comprehensive review of their exposures," Kim explains.

What is clear is Kim loves her job. "I truly enjoy working with local realtors who refer clients and many of

Homeowners recognize that protecting these luxury homes requires industry specialists who know best how to manage the risks they will face. Coastal Insurance is a group effort with over 200 years of combined experience in their management team.

our clients have in turn become my lifelong friends" says Kim. The Coastal team knows informed, educated clients are the best clients. Every year, Blackwell also teaches a class for realtors focused on helping them understand the complexities of insurance and how best to help home buying clients.

Coastal prides itself on being an active part of the 30-A community. They are in step with both the current issues homeowners face to all the must-see and must-do activities our area has to offer. They relish their role as a valued local business and partner in many community endeavors.

Nobody knows how long this current housing market boom will last. The economic growth of 30-A may continue to be fueled by these high net-worth clientele. That is why Coastal Insurance continues to evolve and ready itself for its role guiding and advising these homeowners. However the real estate future does play out, the Coastal team members knows that 30-A itself is paradise and protecting this slice of the good life will always be their priority and expertise.

***Coastal Insurance is located at 5410 E. County Highway 30A, Ste #101 Santa Rosa Beach, FL 32459. They are open Monday through Friday 8 am - 5 pm. Phone them at (850) 231-0041 for more information about their products and services.***



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# When It Comes to a 30-A Beach House, It's All About Location and Lifestyle!

BY ERIN ODEN



Seaside, FL

Location and lifestyle remain top goals for buyers of second homes. The new urbanism planned communities along Scenic 30A remain in the highest demand in that they fulfill the top lifestyle desires that most are looking for in selecting the perfect place at the beach.

Planned communities have traditionally commanded higher prices and stronger appreciation on both a national and local level. Our real estate market affirms the increased demand for lifestyle-focused, prominently located planned community. Our new urban communities of Rosemary, Alys Beach, Watersound Beach, WaterColor and Seaside all boast impressive average sales prices and significant appreciation that far outweighs the overall 30-A market fringing these communities.

Enjoy a deeper look at the history of average sales prices within the community from 2010 through 2016 for insight into the performance of each. The statistics certainly give us concrete confidence in the most sought-after locales of 30-A.



Erin Oden

*Erin Oden is the principal broker and owner of Coastal Luxury and 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 30-A, the first office east of Alys Beach. Search all available properties at coastalluxury.com/SEARCH*



Rosemary home prices have appreciated 144% over the 6-year period from 2010 to 2016.



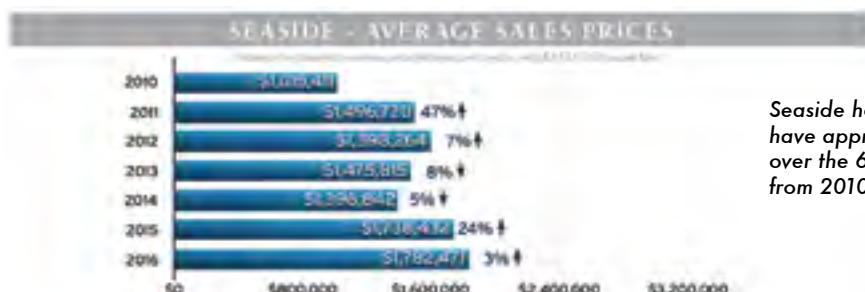
Alys Beach home prices have appreciated 67% over the 6-year period from 2010 to 2016.



Watersound Beach home prices have appreciated 110% over the 6-year period from 2010 to 2016.



WaterColor home prices have appreciated 58% over the 6-year period from 2010 to 2016.



Seaside home prices have appreciated 76% over the 6-year period from 2010 to 2016.



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# Your Estate Plan & Your Legacy

BY KIMBERLY WATSON SEWELL AND FRANK WATSON

## “THE GREATEST”

The recent passing of “the Greatest”, Muhammad Ali, has sparked considerable attention to the boxer’s legacy. After all, Ali was one of the world’s most famous athletes who was also known for his public opposition to the war in Vietnam and his long battle with Parkinson’s disease.

In his later years, Ali was heavily involved with philanthropy, too. He raised funds for the Muhammad Ali Parkinson Center in Phoenix and was a strong supporter of the Special Olympics and the Make-A-Wish Foundation. In 1998, he was chosen to be a UN Messenger of Peace to developing nations, and he received the Presidential Medal of Freedom from President George W. Bush in 2005.

These accomplishments and interests helped shape the Champ’s legacy inside and outside the ring. When we hear the term “legacy” we frequently think of the lasting impression a famous person leaves. For example, baseball great Roberto Clemente left a legacy on the diamond as well as through his humanitarian efforts. On the music front, we can point to the late David Bowie, Glenn Frey, and Prince.

## HOW WILL YOU BE REMEMBERED BY YOUR LOVED ONES?

Whether a famous boxer, ballplayer, musician, or regular John Q. Public, each of us leaves a legacy. For most of us, our legacy is not a string of heavyweight boxing titles, myriad All-Star appearances or a collection of songs. No, our legacies tend to be those moments lived day-to-day with our loved ones. But in legal terms, a “legacy” means a bequest or gift of property or money through our estates at death. To leave a successful legacy for your loved ones, you need a thoughtfully designed and carefully implemented estate plan.

## KEY DECISIONS ONLY YOU CAN MAKE

There are many critical decisions only you can make for your family. This includes signing an advance healthcare directive and general durable power of attorney to designate someone you know and trust to make your personal, health care, and financial decisions if you become incapacitated.

Similarly, you need to designate an executor (under your will) or a trustee (under your living trust) to wind up your final affairs and to make certain all your final debts, taxes, and expenses are paid. That executor or trustee will



Kimberly Watson Sewell  
and Frank Watson

To leave a successful legacy for your loved ones, you need a thoughtfully designed and carefully implemented estate plan.

be tasked with “settling” your estate. Once your estate is settled, an ongoing trust may be needed to protect your hard-earned assets from the potential squandering, divorces, lawsuits, or bankruptcies of your beneficiaries. If your beneficiaries include any with special needs, then a supplemental needs trust may be necessary to protect their public assistance benefits and ultimately preserve the inheritance down your family line. The inheritance you leave behind for any beneficiaries with substance abuse issues can either be a blessing or a curse, depending on the terms you establish for its distributions.

It is a deluded turtle who finds himself atop a fence post and believes he got there on his own talents. How will you support and remember the charities and institutions that helped you along the way? Will you pay it forward with outright gifts or do you want to do some more “planned giving” for long-term impact?

## A LEGACY OF CHAOS

What if you fail to make a proper estate plan and leave it all to chance? Chances are about 100% that you will leave a legacy of chaos, confusion, and, potentially, unnecessary estate taxation. It seems this is the unfortunate legacy of many high-profile performers who die in their prime.

One of the most recent examples is Prince, who made headlines for dying without even a simple will. Consequently, the IRS and the State of Minnesota will inherit about half of his estate when all is said and done.

One of the final measures of how successfully we live is the estate planning we leave when we pass away. Many of the famous leave a senseless stain on their legacies for failing to properly plan. For most of us, it is not “personal” when a celebrity fails to plan. But if you are one of their family members then it can mean knowing a probate judge on a first name basis, paying massive attorney’s fees, and writing big checks to the IRS. To make matters worse, litigation among family members is often not far behind, which can cause irreparable damage to the relationships of those left behind.

## ORGANIZATION IS KEY

One of the greatest legacies you can leave to your loved ones is a clear, organized estate plan. A plan should include an “air-tight” will or living trust that is specific and leaves no questions unsettled. Professionally-crafted estate planning documents can make settling and distributing your estate much easier on all concerned. To be successful, your estate plan also should let your designated executor or trustee know what you own, where it is located, and who to contact for assistance. While you are at it, let your executor or trustee know where you keep your important legal, financial, and personal papers!

Death is not an unexpected event for any of us... and it can happen anytime. We are all going to pass away. Regardless when that may be, you should plan your legacy right now to avoid compounding the grief, stress, and confusion that naturally attend the death of any loved one.

So, how will you be remembered? In the end, it is up to you. Take the time to do it right without delay.

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# The Ohana Institute and the Muscogee Nation of Florida

BY SUSAN CANNIZZARO



Volunteers and Staff



The Ohana Institute is a fully credited and innovative private school servicing grades 3-12 in the Rosemary Beach area. The students put in numerous hours and hard work beyond the classroom setting to change local communities in a positive way.

Lettye Burgtorf is the founder of the Ohana Institute and says their vision is to create a personalized learning path where individual talents are discovered and kids find their true passion in life. “It is a school where everyone is loved and accepted and given the freedom to be who they are,” she explains. She originally homeschooled her own daughters, which soon resulted in teaching other neighborhood children. The class sizes continued to grow, more teachers were added, and Ohana Institute was created.

One of their current projects includes working with the Muscogee Indian Nation in nearby Bruce, Florida. Future opportunities include helping develop an Educational Center and Micro-Farm. “We are trying to help these amazing people preserve their land and their artifacts for future generations to experience,” says Burgtorf. Future projects for the Educational Center include walking trails and sustainable farming solutions, such as hydroponic gardening and tilapia farms. The Muscogee Nation of Florida has a long history in the Walton County area. In the early 1800s, this group of excommunicated Native Americans headed south from Alabama, down the Choctawhatchee River, and they ended up settling on the banks of the river in an area now known as Bruce.

Brian Peterson is a Team Sports Director at Ohana, and works directly with the students on this project. “We head to Bruce after school once a month on Fridays, which is about 30 minutes away. We have been helping clear the land, including clearing out 30-40 blueberry bushes and planting new ones while putting mulch around all the plants,” says Peterson. “We are excited to help so schools and organizations can come and learn more about the tribe, native plants, and single plot gardens. It has been really fun and the kids really love to be involved,” he adds.

Chairwoman Ann Tucker has served in various roles for the Tribal Government of the Muscogee for over 30 years, and she continues to work diligently to find the right funding and grants to get their future projects accomplished on 7 ½ acres of tribal land. “We are looking forward to this new eco-tourism project, that will include innovative farming techniques and trails that will protect plants but also educate the people that come here,” says Tucker. They had to take out 40 trees to help clear some of the land and this wood will be used for building arbors and benches. “We help many people in 3 counties with our food pantry and we also have a community health clinic, both of which help mostly elderly in the area,” adds Tucker. “We love having the Ohana students come and help and feel it is important to help children learn about helping impoverished people.”

Chuck Tucker, Ann’s husband, is working closely with the kids and the staff from Ohana Institute. “The kids and staff first came to us at Thanksgiving and started

to help us with our food pantry,” Chuck says. “The next time they came, they helped prune numerous 50 year-old blueberry bushes that had gotten very overgrown. All the kids were a great help and now you can easily pick from all the bushes.” Future projects for the students include helping to build a raised path and a greenhouse.

Emily is a 9th grader at Ohana and she has helped by taking photographs of her classmates at the center. “It has really made me appreciate other cultures and I have enjoyed being able to help people that are less fortunate,” she says. Caelin is another 9th grader who has gone several times to help. “I have enjoyed the work we have gotten to do so far and I am really excited to help build a greenhouse,” he says.

The Muscogee Nation and the students at Ohana Institute are working to achieve an excellent community partnership and mutual learning while giving back to the community and also helping those that are less fortunate.

**To find out more about the Muscogee Nation visit [www.mnoffl.com](http://www.mnoffl.com). To find out more about the Ohana Institute visit [www.ohanainstitute.org](http://www.ohanainstitute.org)**



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# The Most Important Move in Golf

BY TOM FITZPATRICK

**W**hat part of the golf swing is the most important? Answers vary; but according to David Leadbetter, teacher to the pros, it's the first two feet that the club moves back. Get this key part of the backswing right and it sets off a chain reaction for the rest of the swing.

That initial move is often overlooked but it's vital for setting up the entire swing. It's quite common to see the club get rolled back behind the golfer, leading to an over the top slice downswing.

Before we begin, be certain that you're set up correctly with the club face, feet, hips, and shoulders all aimed 'parallel left of the target'.

The Move Away is initiated by the club, hands, arms and chest all moving back together. No one part outraces the other. All four start back together.

## KEY MOVE AWAY CHECKPOINTS:

- Top of the grip moves closer to your right thigh
- Club head stays out in front of you, not rolled behind you
- Right arm stays higher than the left arm

**A great exercise is to swing the club two feet back with your right hand only.** Feel the right wrist and forefinger knuckle set the club, a key thought of British Open winner Nick Price. He used that knuckle as a guide that hit awesome iron shots.



Step 1



Step 2

## Now stretch your left hand over to the grip, feeling the core stomach muscles engage.

If you feel some tension build then you are in essence winding up properly on the backswing. While watching Leadbetter teach his son Andy one day he said "The better you wind the body and club in the backswing, the easier you can unwind in the downswing".



Step 3

Remember that initial move back: grip stays close to your thigh, club head stays out, and the right arm stays high. You might be surprised how it influences your downswing for the better!

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*Tom Fitzpatrick has conducted corporate golf events nationwide, worked for David Leadbetter and Tim Gallwey, 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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We realize how complex it is to build a custom home so close to the ocean on the sand, but your confidence and reassurance continuously put us at ease. The subcontractors you hired were professional and delivered high quality work. The experience of you and your superintendent, Kenny, is so evident in every area of the construction. We appreciated the directness and honesty of both you and Kenny. We felt so confident in leaving every detail to you and the people that work for you.

You were so accessible to us with any questions we had and would always work around our schedule. It truly was our pleasure to work with you and we enjoy our "new" home so very much.

Sincerely,  
George and Diane Bradford



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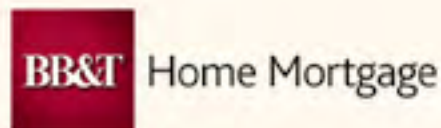


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THE 10TH ANNUAL

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TEXT: T40127484 to 81035

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TEXT: T40145682 to 81035

LOT 70 - MLS753419  
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Complete Late Summer



TEXT: T40145682 to 81035

LOT 2 - MLS753404  
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55 Okeechobee East, 2,415 SF  
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*25 S. Ryan Street*

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