

# the thirty-a REVIEW™

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

## MAKING WAVES

Michael B. Emerick of  
Oversee Brings a Fresh  
Start to 30-A, Turning  
Tragedy Into Hope.

### INSIDE:

30-A's Delicious Dining, Home Decor & Style, Real Estate,  
Health & Wellness, Art, Culture, Business and More...

Michael B. Emerick of Oversee helps families  
struggling with cancer find relaxation in the  
30A area. See story on page 40. ›



# Effortless Luxury

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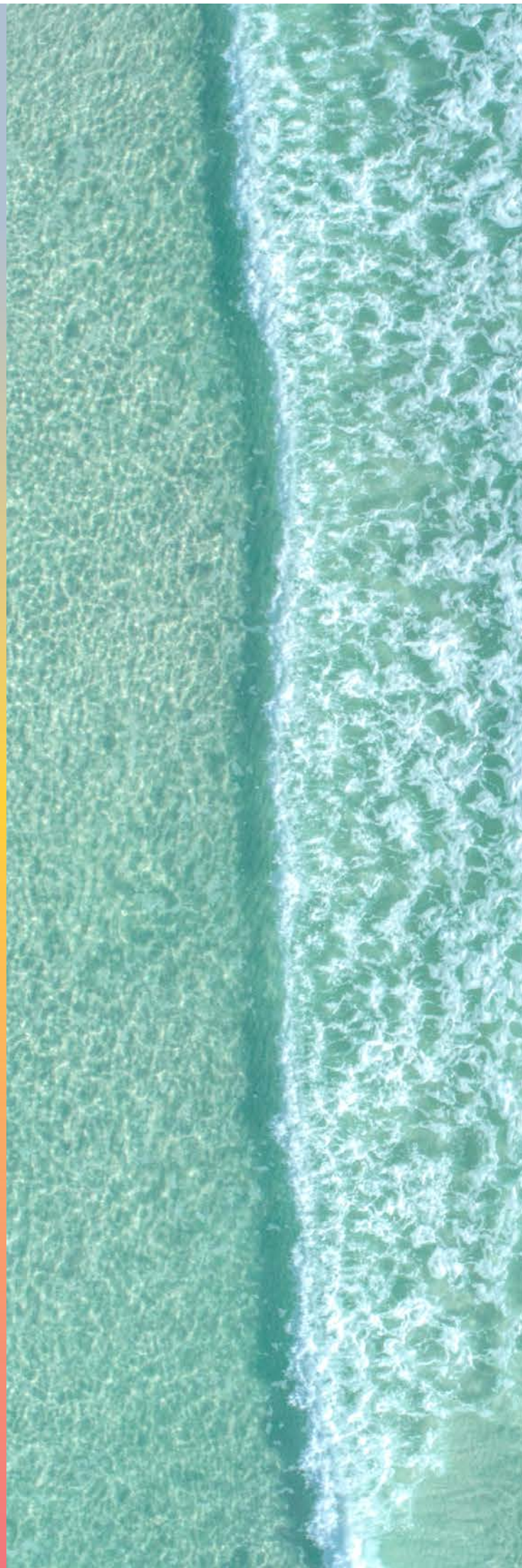
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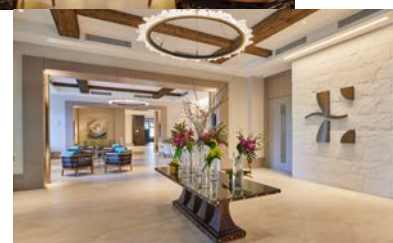


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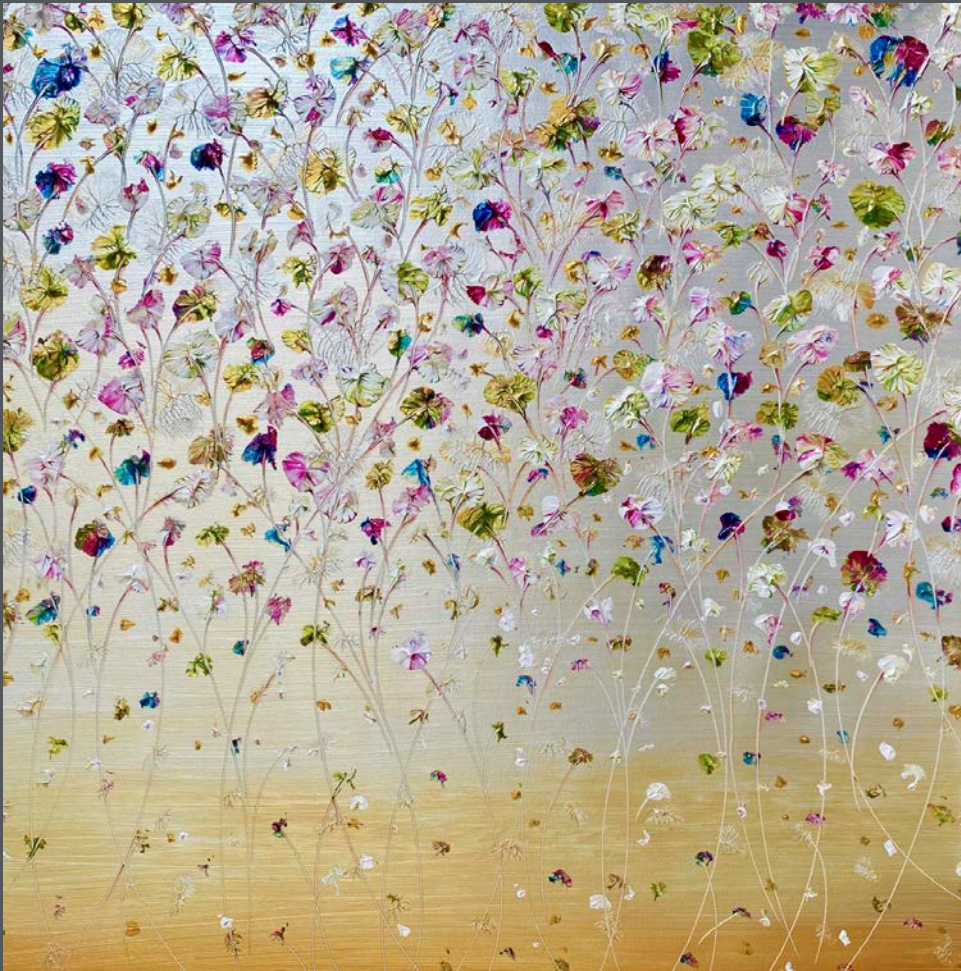
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# curate

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Azure Skies, 20 x 15



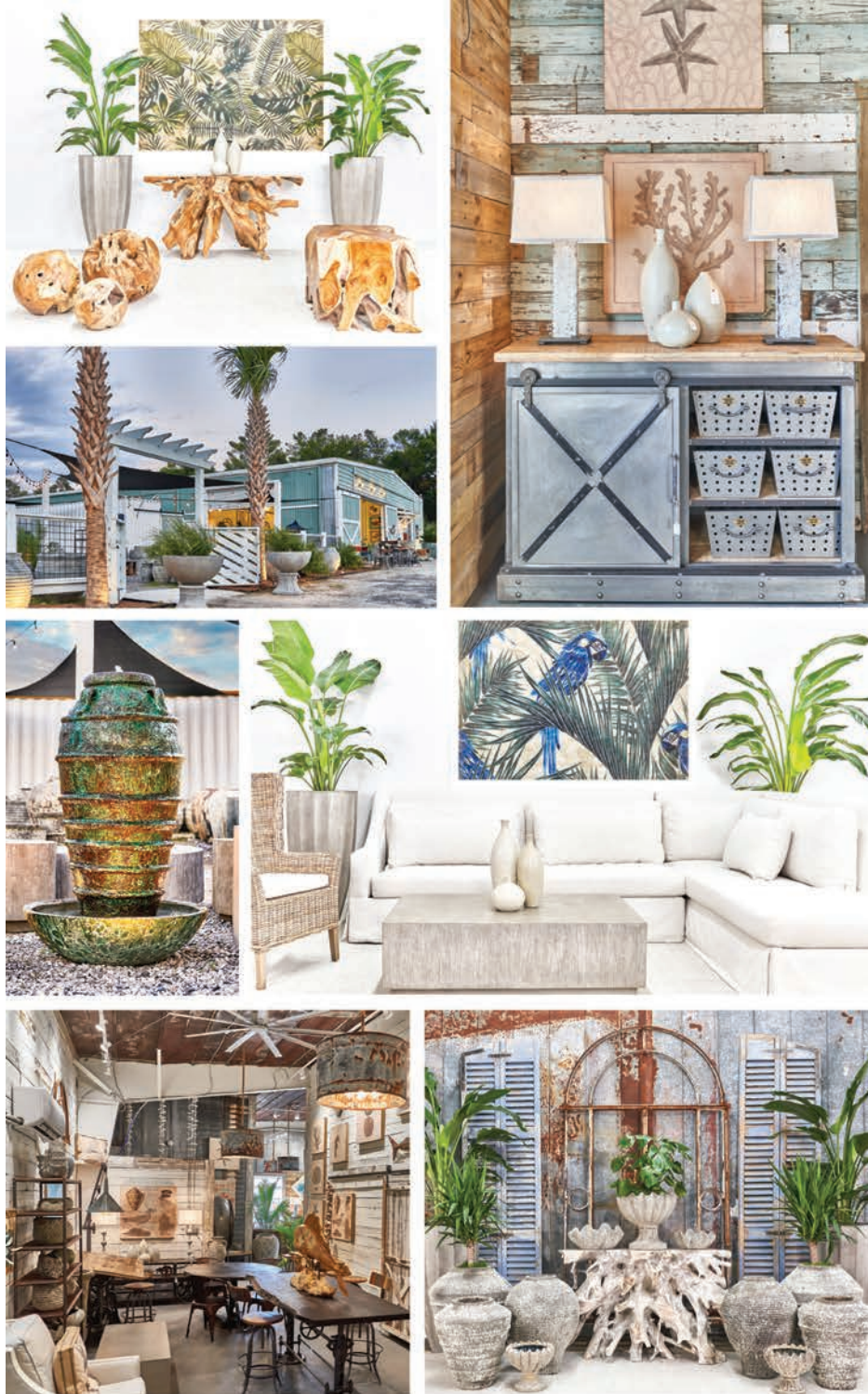
Evolution of Spirit, 30 x 40



Spirit Sky, 40 x 20

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DEC. 3

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SESSION

BRIAN STOKES  
MITCHELL  
DEC. 8

**Holiday Pops GALA event**

**Holiday Pops GALA event**

JAN. 20

*Music of the*  
**KNIGHTS**  
LLOYD WEBBER-JOHN-MCCARTNEY

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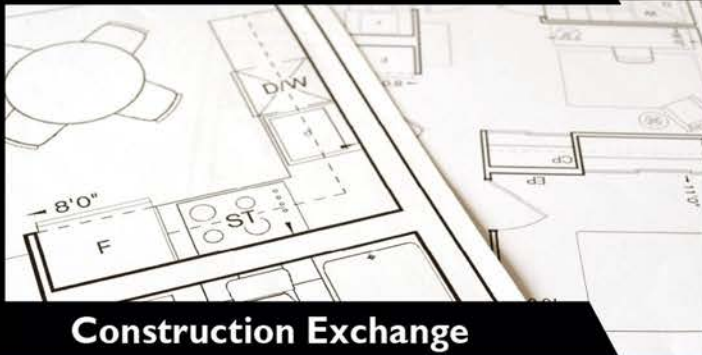
Section 1031 of the Internal Revenue Code is one of the last available tax shelters for investors. It allows investors to defer paying capital gain taxes when an investment or business use property is exchanged for a "like kind" property. Among other things, the exchange must be completed within a 180 day timeframe and you must have a Qualified Intermediary (QI) engaged to avoid "constructive receipt" of the sale proceeds.



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# letter from the publisher

## FAMILY, FRIENDS & THE BEACH



Perhaps the greatest thing about visiting and living at the beach are the friendships and bonds we create here. Whether it's the meditative influence of nature, the raw and authentic spirit of the beach culture or simply the charming personalities that abound, there is no question that the lasting memories we create here adds the most indelible impact to its value in our hearts and souls.

As you peruse the pages that follow, we hope you revel in the people, places and things that make 30-A and its surrounding areas great. The various passions that make up the tapestry of our community are bound to make a lasting mark in addition to the human bonds you create here. The delicious food, fashionable shopping, adventurous activities, beautiful architecture and peaceful serenity are second to none.

We invite you to read, relax and experience the pages that follow as you would a good book. One story at a time.

Sincerely,

Miles K. Neiman

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



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## about the cover

**Pictured**  
Michael B. Emerick of Oversee and his family

**Photography**  
Dear Weslyann



Go to [www.ThirtyAReview.com](http://www.ThirtyAReview.com) to view the entire publication online.

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20



24



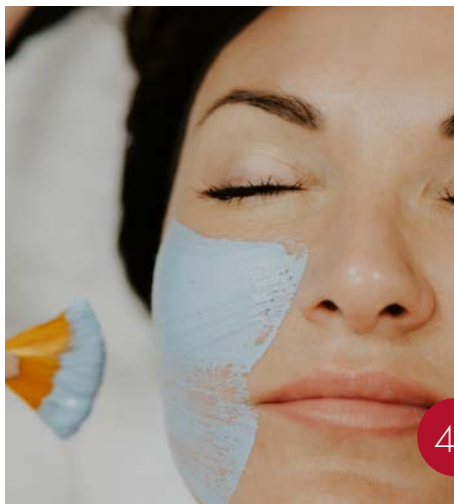
26



28



40



46



52

**20 local theatre, dance, music, etc.**

Theatre and Events in September and October

**22 dining**

Summer Kitchen

**24 dining**

Farm + Fire

**26 home digs**

Summer House Lifestyle

**28 local hair**

MH Salon 30A

**32 community**

The Seaside Institute

**34 local business**

The Art of Simple

**36 local business**

Elite Spray Tan

**38 local business**

Hotel Effie Sandestin

**40 real estate**

Michael Emerick

**42 real estate**

McNeese Title

**44 real estate**

The Miriam Dillon Team

**46 wellness**

Glow Med Spa

**48 wellness**

Intermittent Fasting

**50 legal eagles**

Navigating the Loss of a Loved One

**52 turf talk**

Mastering the Short Game





ROSEMARY BEACH, FLORIDA

**179 KINGSTON ROAD**



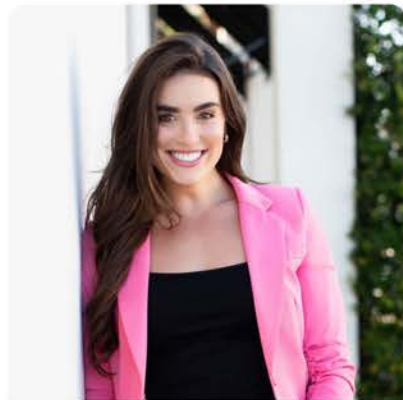


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# Theatre and Events in September and October

## ALYS BEACH

### TUESDAYS

#### Wine & Song Tuesdays at NEAT

5-7 p.m.

Featuring tableside wine tastings and live music. Wines are posted every Tuesday on Alys Beach Facebook and Instagram accounts.

### SPECIAL EVENTS

#### Blood Drive

Sept. 8

Help save a life between 11 a.m. – 4 p.m. at Raw & Juicy

#### Crafted

Oct. 25-28

Alys Beach's signature event, Crafted, is a full weekend of 15 events that tell the stories of crafted beverages, culinary experiences, artistry and workmanship from renowned craftspeople from around the country. They'll share their process, inspiration and products. Enjoy a Makers Market, Firkin Fête, Spirited Seminars and the Spirited Soirée. [alysbeachcrafted.com](http://alysbeachcrafted.com).

## ROSEMARY BEACH

### SPECIAL EVENTS

#### Monstrous Halloween Celebration

Oct. 28

Bring the little ghosts and goblins for trick-or-treating throughout the town center businesses and North Barrett Square from 2-5 p.m. There will be pumpkin carving, pumpkin painting, games, face painting, a haunted graveyard and costume contest.

## SEASIDE

### DAILY

#### Yoga on Seaside Pavilion

8:30 – 9:30 a.m.

Bring your own mat or towel and something to hydrate and enjoy yoga at the Seaside Pavillion behind SEASIDE® Pop-Up District on the Gulf. Classes are \$25 and can be paid via Venmo, cash or check. No need to preregister.

### TUESDAYS AND THURSDAYS

#### Improv Bootcamp for Kids

Sept. 21 – Oct. 21

In the popular Improv Bootcamp workshops, students ages 5 – 12 will jump into action by learning all the basics of improv comedy and performance with unique challenges, teamwork exercises and interactive theatre games. At the end of each week, improv students advance to the next stage in the Friday Friends and Finale showcase, where they show off their new and improved skills. Improv Bootcamp boosts your child's creativity and provides a fun, engaging experience. Advanced registration is required. 4:30 p.m. - 6 p.m. at The REP Theatre. Registration is \$25 and \$20 for REP members. [lovetherrep.com](http://lovetherrep.com)

### FRIDAYS

#### Friends & Family Finale

Sept. 15 – Oct. 13

The REP Theatre presents the free Friends and Family Finale featuring the student stars of Improv



generation of performers as they show off their creativity and new skills in front of their friends, family, and theatre fans. 4:30 p.m. at The REP Theatre.

### SATURDAYS

#### The Adventures of Hansel and Gretel

Sept. 23 – Oct. 21

Enjoy a favorite fairy tale brought to life by The REP Theatre for the whole family. A group of traveling actors creates onstage merriment by presenting their own fast-paced and funny version of the classic children's story, Hansel and Gretel. Join these two legendary siblings on an epic adventure through the woods in this boldly reimagined twist on the classic storybook tale. The Adventures of Hansel and Gretel is a treat for the entire family! This is a complimentary, non-ticketed event thanks to Seaside merchants. 12:30 p.m. at Krier Plaza.

#### Live @THEREP Concert Series

Shows start at 7:30 p.m.

A rotating list of musical acts at the REP Theatre. Tickets are \$40; \$32 for REP members. Sept. 9 - Roman Street; Sept. 16 – Tim Easton; Sept. 30 – Goldpine; Oct. 21 – Charlie Mars.

#### Sounds of SEASIDE®

Celebrate the Summer season with friends and neighbors as we welcome the sounds of some of the region's top musical acts to Seaside's Amphitheater. Saturdays in September from 3-6 p.m. and

Saturdays in October from 1-4 p.m. Sept. 9 - Max McCann; Sept. 15 - The Wavy Winstons; Sept. 23 - Max McCann; Sept. 30 & Oct. 7-The Wavy Winstons. Oct. 14 - Roman Street; Oct. 21 - Roman Street; Oct. 28 - Dion Jones & The Neon Tears.

### SPECIAL EVENTS

#### Labor Day Weekend Celebration

Sept. 2

Enjoy an all-day event with concerts, fun activities and more at the Amphitheater.

#### Local Love Sidewalk Sale

Sept. 9

Seaside Amphitheater, 10 a.m. – 7 p.m.

#### Fall Play Series - Frankenstein: A 3D Podcast

Oct. 5-7 & Oct. 14

Based on a fictional, never-before-performed 1930s radio script, the classic novel of "Frankenstein" is boldly reimagined as a live 21st century podcast. Drawing on the iconic Orson Welles version of "The War of the Worlds" and with all sound effects created by the cast of three actors, "Frankenstein: A 3D Podcast" will delight and enthrall audiences. Tickets are \$40; \$32 for REP members. 7:30 p.m.



Bootcamp! Enjoy the high-energy hilarity as The REP's improv students take center stage in an unforgettable performance of entertaining scenes and improv games. The weekly showcase is the perfect way to experience the comedic genius of the next

#### Central Square Cinema

Grab your blankets & chairs and head to the Seaside Amphitheater for a family movie under the stars. For a list of movies, visit [seasidefl.com/events](http://seasidefl.com/events).





**Fall Play Series - Your Bard**

*Oct. 12*

Professor Nother is giving a talk about Shakespeare authorship in the function room at the Shakespeare pub—but he doesn't believe the man from Stratford wrote those plays. That's Will's cue to kick the

door off the hinges and defend his reputation. Come and meet the man himself and take the lid off a legend with a few of his greatest hits and maybe a sonnet or a song. Queen Elizabeth I, Christopher Marlowe and Ned Alleyn—you'll meet them, too. 7:30 p.m. Tickets: \$40; \$32 for

REP members.

**Fall Play Series - Bond: An Unauthorized Parody**

*Oct. 13*

Gavin Robertson focuses his attention on the Bond phenomenon in his latest physical cartoon-style

adventure by spoofing the characters adored by millions and exploding every cliché in the books in a one-man show in which Bond meets his greatest arch-villain yet: the creator of James Bond himself, British author Ian Fleming! Also featuring the smallest car-chase in theatre history! 7:30 p.m. Tickets are \$40; \$32 for REP members.

**WATERCOLOR**

SATURDAYS AND SUNDAYS

**Brunch Buffet**

A plentiful buffet consisting of your favorite traditional brunch items as well as seasonal offerings at Fish Out Of Water.

**AREA FARMER'S MARKETS**

**Grand Boulevard Farmers' Market**

600 Grand Boulevard, Miramar Beach  
Saturdays year-round 9 a.m. – 1 p.m.

**30A Farmers' Market**

28 N. Barrett Square, Rosemary Beach  
Sundays year-round 9 a.m. – 1 p.m.

**Watersound Town Center Farmers' Market**

85 Origins Main Street, Watersound  
Sundays year-round 9 a.m. – 1 p.m.

**SEASIDE® Farmers Market**

Tuesdays and Saturdays year-round from 9 a.m. – 1 p.m. at the Amphitheater.



**Sarah Lee Guthrie LIVE@ TheREP**

*Oct. 8*

A Sunday performance of Live@ TheREP featuring Sarah Lee Guthrie's soulful American folk music and she sings the classic music of her heritage. Tickets are \$40; \$32 for REP members. 7:30 p.m.

**13th Annual Halloween Derby**

*Oct. 28*

The 2023 Halloween Derby will take place on the Lyceum Lawn! A costume contest follows the championship race. 10 a.m. - 2 p.m.

**Trick or Treat SEASIDE®**

*Oct. 31*

Join us in Seaside on Halloween from 4 p.m. to 6 p.m. for an evening filled with ghoulish music, scary delicious treats and more.



# The Summer Kitchen Cafe

## A rich history, serving a new generation in Rosemary Beach

BY TESS FARMER

The Summer Kitchen Cafe dates back to the development of the town of Rosemary Beach itself. Way back when, a “summer kitchen” was an outbuilding where all the household cooking was done in an effort to keep the heat out of the main house.

Chef James Dillon and his wife Miriam opened the cafe in 1999 and it only seemed appropriate to name the first restaurant in Rosemary Beach The Summer Kitchen. They invited the surrounding community in for a bite to help keep the heat out of their own kitchen.

The concept of a summer kitchen has historical roots in the Mediterranean and coastal regions, where it was common to have a separate kitchen space outdoors to prepare meals during the warmer months.

The Summer Kitchen was the first restaurant and commercial business in Rosemary Beach. The master-planned coastal community was developed by the Rosemary Beach Land Company in the early 1990s, with construction starting in 1995.

“Our humble beginnings took place in a little red sandwich shack,” said Dillon. “We’ve occupied four locations in Rosemary since that time.”

Each variation of the restaurant offered the same casual and comfortable setting with delectable, fresh food. Over the years, the kitchen offered breakfast, lunch and dinner.

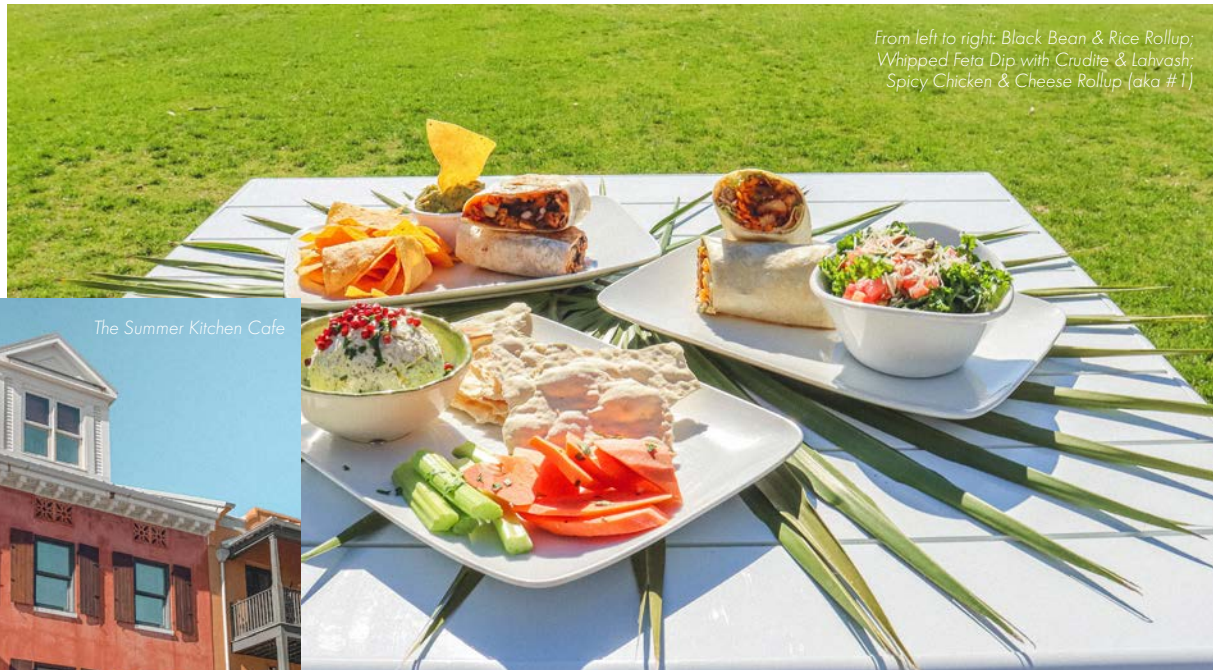
Today you can find the Summer Kitchen nestled in below the Rosemary Beach Inn, one of the most iconic buildings in the town of Rosemary Beach, which is also owned and operated by the couple.

The Summer Kitchen, the Rosemary Beach Inn—as well as the Dillons themselves—are notable staples in the community. The building’s design reflects the town’s emphasis on New Urbanism, which promotes walkability, community interaction and architectural harmony.

James recounts each variation of the Summer Kitchen and its impact in the town, recalling fondly the years when it was located on Barrett Square.

The cafe has always been and will continue to be an “everyone welcome” kind of place where families, couples and even dogs are welcome. At that point in its history, it had also become a gathering place for students at the nearby O’hana Institute.

“The courtyard in that location offered the perfect



From left to right: Black Bean & Rice Rollup; Whipped Feta Dip with Crudite & Lahvash; Spicy Chicken & Cheese Rollup (aka #1)



The Summer Kitchen Cafe

communal setting which became a special time of connecting with students and witnessing their growth over the years,” said Dillon. Several O’hana students would also work at the kitchen in their teenage years with the Dillons, serving as mentors and offering guidance in entrepreneurship.

The Summer Kitchen has always been a space where locals and visitors can come together, fostering a sense of community and connection. Serving as a focal point for socializing, gathering and enjoying outdoor meals, enhancing the community’s overall liveliness and camaraderie.

“That sure was a special time and now we’ve loved the new venture of running the Inn and welcoming visitors for more than a meal,” said Miriam Dillon. “This is another wonderful opportunity to get to know our guests and offering them the warm hospitality our community is known for.”

One of the many perks of staying at the Inn is a complimentary breakfast at the Summer Kitchen Cafe, putting visitors right in the heart of the central square of Rosemary Beach, known as the Western Green.

Over the years, the Summer Kitchen has become a popular gathering spot for residents and a focal point of community events in Rosemary Beach. The Dillons have created an easygoing and friendly place, with a menu that

has everything from bacon and eggs to kale salads. Sourcing fresh, seasonal ingredients is also a cornerstone of the food at the cafe.

“The Summer Kitchen Cafe continues to serve as a symbol of the community spirit and outdoor lifestyle embraced in Rosemary Beach”

Today, the Summer Kitchen Cafe continues to serve as a symbol of the community spirit and outdoor lifestyle embraced in Rosemary Beach. Both the cafe and now the Rosemary Beach Inn stand as a testament to the town’s commitment to thoughtful architecture and creating spaces that foster community connections.

**The Summer Kitchen Cafe**  
**Open daily from 7:30 till 3 p.m.**  
**850-213-0521**  
**summerkitchencafe.com**  
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**Rosemary Beach**





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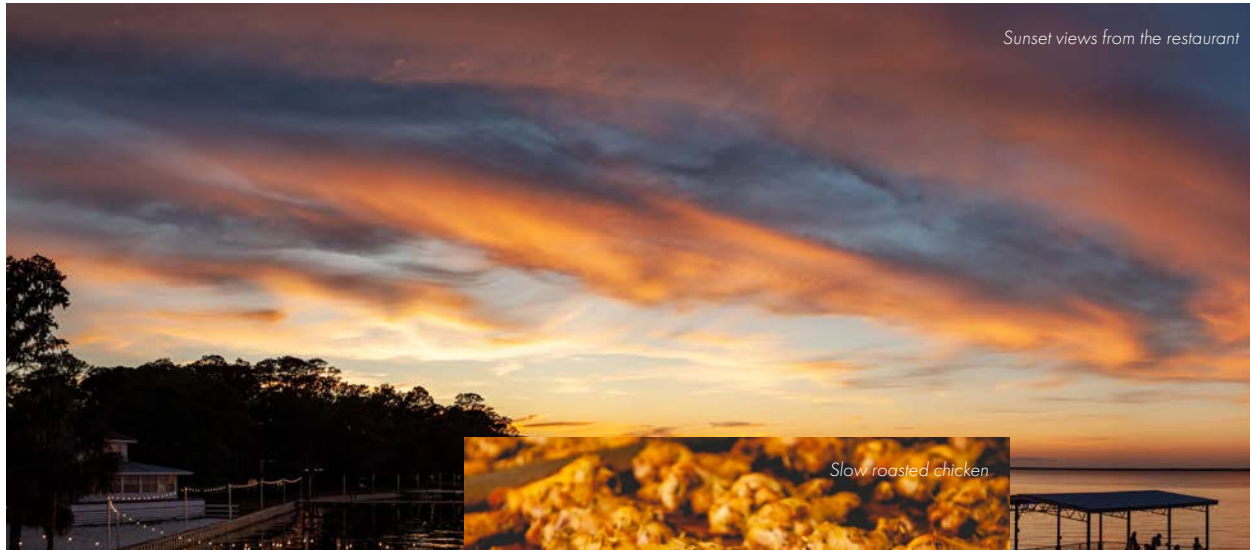




## Gather 'Round

Bayfront restaurant Farm & Fire offers unique flavor profiles and a focus on community

BY TESS FARMER



Sunset views from the restaurant

Slow roasted chicken

Owned and operated by Jim Shirley and his team of restaurateurs, Farm & Fire has evolved over the years into its current combination of rustic charm, modern design and communal atmosphere, all while serving up some of the most unique flavor profiles in South Walton.

Farm & Fire's sister restaurants include North Beach Social, which is a more casual eatery downstairs and The Bay South Walton, located across the street.

All three restaurants are positioned on the banks of the Choctawhatchee Bay, offering stunning sunset views to the backdrop of food shared with family and friends.

Farm & Fire has created an inviting and comfortable space where guests can enjoy a memorable dining experience while immersing in the beauty of the surrounding area. The restaurant also plans a calendar of seasonal events to include live music from local and regional musicians featuring new genres of music in addition to local favorites.

New this fall is a classic movie night series featuring family favorite classic film titles, which will be played on a large screen inside the restaurant. Another event that's taken off in popularity are the video game tournaments hosted at the restaurant.

"These events have been a great success so far and we've been excited to see so many locals and visitors coming together to enjoy a meal and a favorite activity," said Madison Shirley, vice president for Shirley Enterprises, who also happens to be the daughter of Chef Jim Shirley.

"Farm & Fire is truly the epitome of a friendly meeting place where people and ideas come together to

foster community and connection," she said. "We pride ourselves on our connection to the local community and strive to be a cornerstone of support and

reliability to our people — it's the foundation of our company's mission."

Inspired by the unique meeting places found in every culture (izakayas, pubs, taverns, tapas bars, watering holes), the Shirley team strives to craft a diverse menu and dining experience that is high-quality, yet approachable. Meant to be shared among friends, the rotating menu of seasonal items pairs with a carefully-curated selection of dynamic cocktails, craft beer, wine, sake, whiskeys and more.

The restaurant also pays homage to its bayfront location. Large windows allow natural light to flood the space, offering expansive views of the beautiful bay sunsets.

The menu options are as creative as they are mouth-watering, with farm features including the Wagyu burger with roasted shiitake mushroom, Tabasco onion rings, little gem lettuce, pecan bacon and American cheese, to fresh gulf seafood like the pan-seared redfish with house fried rice.

Items on the menu combine Asian flavors with fresh, quality ingredients from local farms and the Gulf of Mexico. The menu updates with the seasons, but customer favorites remain staples, include handmade pork dumplings pan-seared and steamed with spicy soy and ginger dipping sauce; roasted garlic and rosemary chicken wings served with

As has been the case with each one of Shirley's restaurant concepts in South Walton, Farm & Fire continues the tradition of quality service and simple, flavorful and fresh food bringing together friends and families to make lasting memories.

onions, peppers and Romano cheese; and the freshest poke bowl around with sashimi-grade tuna cut into cubes and seasoned with spicy soy over wakame seaweed salad, steamed seasoned rice and avocado.

The sushi options are some of the freshest in South Walton and the wood-fired pizza is a favorite among locals and visitors alike.

An insider tip is to order your pizzas upstairs at Farm & Fire to enjoy down on the banks of the bay while the kids play with the oversized games and toys.

As has been the case with each one of Shirley's restaurant concepts in South Walton, Farm & Fire continues the tradition of quality service and simple, flavorful and fresh food bringing together friends and families to make lasting memories.

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# Summer House Lifestyle

*Retail boutique and interior design bar in Uptown Grayton Beach*

BY CHRISTOPHER MANSON

Simply Beautiful is the Summer House Lifestyle philosophy. “Live simply and surround yourself with beautiful objects you love.”

The lifestyle boutique, located in Uptown Grayton, offers a selection of bedding, lighting, furnishings, artwork, children’s gifts and home accessories. The selection process focuses on items with a “simple and timeless element.”

Melissa Skowlund, owner and lead designer, works with four additional designers and about 10 boutique employees.

“I want people that share my aesthetic and work ethic,” she says. “I’m very collaborative. You have to find the right matches and personalities. The way to find them is...slowly! It’s carefully crafted. I feel like I have the best staff on 30A. We work as a team, and keeping that camaraderie is critical.”

She describes the business as a combined concept. “We have the store, and then the design bar, where we do custom design work locally and all across

“I’ve always loved art and architecture. I really like mixing old and new and incorporating classic design into updated homes. I’m inspired by the beauty of the surroundings here—the natural colors, the natural beauty.”

the country. Clients can come in and look at samples—wood, lighting, everything. We basically help people choose everything for their home, right down to the plumbing.”

Summer House offers all design services and a full-on interior design store that sells, furniture,

lighting and more. “Our specialty is making something look beautiful and timeless,” says Skowlund. “I try to stay away from the really trendy.”



*Beautiful interiors designed by Skowlund*

Skowlund has been working on building and designing homes for 15 years. She moved from Wisconsin in 2011, where she had a similar business. She and her husband got a place in WaterColor, having discovered it as a vacation spot in 2001. They currently live in Watersound Beach.

“I love it here. I divide my time between here and Palm Beach, where my daughter rides and jumps horses competitively,” Skowlund said.

Skowlund’s recent travels include a recently wrapped big project in Connecticut and a horse farm just south of Nashville.

“I’ve always loved art and architecture. I really like mixing old and new, and incorporating classic design into updated homes. I’m inspired by the beauty of the surroundings here—the natural colors, the natural beauty.”

Skowlund’s community involvement includes supporting local nonprofits—particularly Food For Thought Inc.—and activities.

“Recently, I’ve been involved in helping a client with the new foundation, Lauren’s Legacy, which helps women who find themselves pregnant and have nowhere to turn,” she said.

As far as the latest trends, Skowlund swears by natural materials, like wood, brass and marble.

“Wallpaper is back big time, any texture,” she said. While her kids are away at college, her husband and pets—three dogs and three horses—keep her company.

“I spend a lot of time around animals. The beauty of the animals and horse farms inspire me,” she said.

She also enjoys hiking and running marathons. She is the fourth of five children. Her parents have passed away, but her three sisters and brothers still live in Wisconsin. That’s where she’ll be traveling to take on her next project.

When asked if she ever gets any rest, Skowlund says, “I try not to!”

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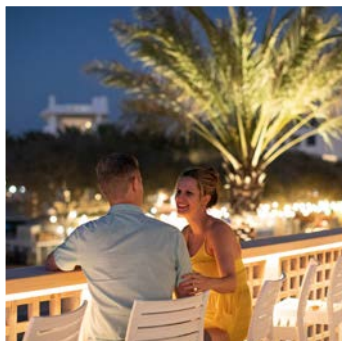
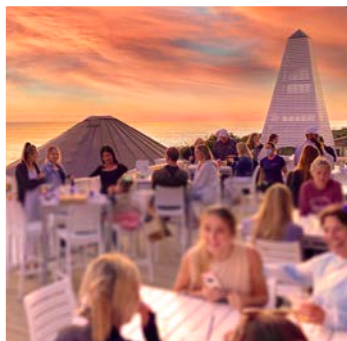
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"DIFFERENT BY DESIGN"



# Life is too short for boring hair

Maria Heckscher's celebrity-approved MH Salon 30A in Watersound

BY CHRISTOPHER MANSON

Contrary to a recent social media post, MH Salon 30A owner Maria Heckscher isn't exactly retired. She did close her original salon in Atlanta after 35 years, but the Watersound location is still thriving under her leadership.

"I would like to take this opportunity to express my sincerest gratitude for everyone's patronage and loyalty," she says. Heckscher is keeping a positive outlook despite her recent health challenge that forced a lifestyle change.

"I'm going through chemo and couldn't do the back and forth between 30A and Atlanta," she says. "I'm looking at more treatments and six weeks of radiation. I've been going to Sacred Heart, and my doctors have been wonderful."

Heckscher was diagnosed in January of this year.

"I found a small spot, and it grew about 43 percent in two weeks. After treatments, it takes me about a week to get back on my feet. It's not pretty. No one expects to get cancer or asks for it. At least I didn't. There are some things you can say are a blessing in disguise. This may have been one of them," she said.

She made 30A her primary residence to "achieve a balance in life.

"After 40 years in the beauty industry, I still love it. I love creating beauty and seeing a happy face in the mirror when I've finished. When my clients are happy, I receive gratitude in making them feel good about themselves. The other part of that balance was asking, 'what else makes me happy?' For one, the Emerald Coast. You can't get a more beautiful beach than this. The crystal white sand and emerald green blue water lets you forget all about your worries, for a brief moment in time, or as long as you will let it."

Heckscher opened her 30A location in 2019. She has hired people locally and praises their good work. The staff of seven includes herself.



Attention to detail is a hallmark of MH Salon 30A



MH Salon 30A offers a wide range of services.

"I still work behind the chair, and I love it. It's the paperwork I'm not excited about," she laughs.

A typical day includes morning meditation, sorting through about 500 emails, and heading over to the salon/office.

"I'd like to get back to doing my walks on the beach," she says.

Heckscher was born and raised in San Francisco and opened her first salon in Atlanta in the late '80s. She is proud of the fact that the MH Salon in Atlanta has been

"green" for the last 20 years.

"We installed solar panels and watched our carbon footprint," she says. "We did everything we could to make our business green and sustainable. After having my daughter in 1998, I realized the importance of how we take care of Mother Nature for the next generation."

She continues this path with the Florida location, partnering with Green Circle Salons and recycling 98 percent of the salon's waste.

Heckscher had her own skincare line, Homegrown Organics, which she released in the late 1990s.

"It was all natural and not tested on animals. We

used it in the spa and sold it online," she said. Heckscher also worked with some big names—Courtney Love, actress Mary Stuart Masterson, Elton John and Tionne "T-Boz" Walker from the 90s hip-hop group TLC.

"T-Boz was a big client of mine. I colored her hair red, blue, blonde and everything in between," she said.

MH Salon 30A offers essentially any hair service you can imagine for women and men.

"We have two barbers," says Heckscher. "We do straight razor shaves, Brazilian blowouts and mini-facials."

Perk, a 15-minute service, focuses on under the eyes to tighten tissue.

A new service called Karavieve treats the scalp, strengthens hair and helps hair grow, for both men and women. Heckscher recommends three consecutive monthly treatments for the best results.

"I brought it to Florida from Atlanta. Nobody was doing it here. This is treatment for a healthy and happy scalp. The treatment is like an exfoliation of the scalp, feeding the root bulb and getting rid of dead skin. It's vitamins for the scalp. People have seen results with hair growing back."

## MH Salon 30A

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# The Seaside Institute

## *A visionary hub for community and innovation*

BY CHRISTY MILLIKEN, DIRECTOR



Town tours during the 2023 Seaside Prize.

Image courtesy of Michael Booini

Images courtesy of Brandon Babineaux

The Seaside Institute stands as a visionary organization dedicated to fostering community, promoting innovation and reimagining urban planning. Founded by Robert Davis, this influential institute has become a beacon of inspiration and a catalyst for change in the realm of sustainable and thoughtful development.

At the heart of the Seaside Institute's philosophy lies in the belief that communities should be designed with a focus on people, fostering connections and embracing the natural environment. With an emphasis on walkability, diversity and creativity, the institute has become a trailblazer in the realm of urban design, inspiring countless communities around the world.

Robert Davis, the founder of the Seaside Institute, is an entrepreneur, urban planner and advocate for livable communities. His visionary approach to urban development was realized in the creation of Seaside, the groundbreaking community that redefined the concept of a traditional town. His passion for creating vibrant and sustainable places has garnered international recognition and has set a benchmark for innovative urban planning.

Under our current advisory board of governors, the Seaside Institute has flourished into a multidisciplinary organization that offers educational programs, hosts events and conducts research. It serves as a think tank and incubator, bringing together professionals, scholars, and community leaders to explore ideas that shape the future of urban design, community engagement, and environmental stewardship.

We strive for collaborative partnerships with like-minded organizations and non-profits that will foster and strengthen the foundation of our initiatives forward. Our core focus in sustainability is a resiliency project in partnership with The Water Institute out of Baton Rouge, Louisiana. This project was spearheaded by our board chair and founder of Zehnder

Communications, Jeff Zehnder.

In addition to this partnership, we have partnered with The Paper Bear Film to bring awareness to the rare and rich

**Robert Davis, the founder of the Seaside Institute, is an entrepreneur, urban planner and advocate for livable communities. His visionary approach to urban development was realized in the creation of Seaside, the groundbreaking community that redefined the concept of a traditional town.**

biodiverse area of the Florida Panhandle and how to better protect it. The Paper Bear Project is a groundbreaking non-profit documentary that shines a spotlight on the urgent environmental issues affecting our planet and empowers viewers to take-action. Through captivating storytelling, thought-provoking visuals and interviews with environmental experts, scientists and advocates, The Paper Bear Project unveils the devastating consequences of deforestation, including habitat loss, species extinction and climate change. It invites viewers to become active participants in the movement for sustainable practices.

There is a fine art photography exhibit with artwork by Arix Zalace at the Seaside Institute to learn more about and support the film project.

Some of the other primary initiatives at the Seaside Institute include mobility such as better bike paths, smart lanes for better flow and the parking policy in Seaside.

We support the complimentary shuttle service that provides transportation for visitors to the communities along 30A. We encourage our visitors to take a break from the car and explore our communities through biking and walking. There is more to the area than just the beach to explore. We are one of America's five richest biodiverse hotspots and one of

three places in the world that embodies coastal dune lakes.

Today, the Seaside Institute continues to be a driving force in promoting livable, sustainable and inspiring communities. The institute's influence extends far beyond our own community, leaving a lasting impact on the way we envision and build our cities and towns. New Urbanism encourages less land use and more density so that you can walk and bike to nearby places. This forethought in our built environment is one that we want to inspire as a primary outcome in everything we do as we peak through our next growth spurt.

As the director of the Institute, my hope is to foster community conversations and implement action that is rooted in our core tenants which are Connectivity, Adaptability and Sustainability. If we come together as a community in alignment to have the difficult conversations and make the necessary changes, our area will be one to discover, love and protect for many generations to come.

Our signature event annually at the Seaside Institute is the Seaside Prize and is set to take place February 2-4, 2024 and will celebrate the 30th year of recognizing individuals that have made significant contributions to the quality and character of their communities and are considered the leaders of contemporary urban development and education.

Last October, we launched a podcast to connect with the community, talk about our origins and our growth and aims to encourage those to become part of the conversation in a more active way. As with any non-profit, we are supported by funding from various sources and collaborative partnerships. The best way to get involved is to come by the Institute for a visit, share your ideas and concerns, attend our symposiums and events, become a member, become a volunteer, sponsor events or make a tax-deductible contribution. Collectively, we can all make a difference.

*For more information about the Seaside Institute, please visit [seasideinstitute.org](https://seasideinstitute.org).*





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# The Art of Simple

## Seaside's one-of-a-kind shop celebrates 20 years

BY TESS FARMER



With one-of-a-kind items, The Art of Simple is perfect for finding a gift.

Whether you're looking for a unique and special gift, something to commemorate your visit to 30A, or needing that one special face moisturizer you forgot at home, The Art of Simple in the heart of Seaside has you covered.

Entering the store is a welcome invitation to come in and slow down. Browsing the assortment of one-of-a-kind art, home goods and ceramics, vintage treasures, beauty and body products, unique and quirky gifts, you will quickly find that there is no other spot like it on 30A.

The store owners with their artistic eyes have curated a delightfully simple and beautiful collection of items that will entice all shoppers and browsers. This year marks 20 years of their retail business on 30A.

Husband and wife Michael and Laura Granberry's journey into retail began at the Shops of Grayton in 2003 when they opened Simple Inspirations, a boutique filled with home furnishings and local art. Two years later, they moved to Grand

Isle in Seagrove and changed the name to SIMPLE.

The Granberrys opened SIMPLE in 2005 and originally occupied a small retail space in Ruskin Place, in the artist gallery of shops in Seaside.

Both Laura and Michael held successful former careers in creative fields. Laura was a graphic designer and Michael was a professional photographer working in large metro markets of L.A. and Atlanta. Their union and subsequent path led them to the beach, where they vacationed together soon after their meeting.

During this initial period, the shop was purely an art gallery but over time, the Granberrys began to add more of their own artwork to the mix followed by apothecary items, beeswax candles and an assortment of seashells.

It was when they moved their store to Seaside Square in 2013 that things really took off and the retail store expanded even more with the increase in foot traffic. It became The Art of Simple.

We put our heart and soul into bringing the most unique shopping experience for our customers.

"We really put our heart and soul into bringing the most unique shopping experience for our customers," said Michael. "It's been a labor of love for all these years and it's been the most rewarding doing it alongside Laura."

The couple travels to the Atlanta and New York markets to find boutique brands and startup companies that offer typically small-batch items not found on Amazon or Wayfair.

"We love finding American-made products and sharing those with a wider audience," said Laura. "In addition to offering the finest handmade, sustainable goods from Europe and beyond, we value a quality product that will stand the test of time."

The pandemic shifted the flow of vehicle and

pedestrian traffic in Seaside in recent years with the closure of the circle to vehicles, bringing a new air of ease and calm to the bustling town center.

"Now with only foot traffic, customers are entering the store with more time and space to fully enjoy, linger and be inspired," said Michael. "It's been a nice and welcome change of pace to the entire atmosphere in Seaside."

In addition to all the fine art and antique treasures offered, Laura created the 30A Beach Girl brand in 2012 which has become a popular souvenir line of merchandise for the store.

The shop pup, Junebug, the couple's eight-year-old Cavapoo, also has her own branded stickers and necklaces, in addition to a line of beef jerky inspired by her likeness. Junebug is at the shop every Saturday greeting shoppers while perched on the counter.

It's another example of the friendly atmosphere and surprises you'll find. Whether you're searching for a unique gift for a loved one or looking to treat yourself to a special keepsake from your visit to 30A and Seaside, the Art of Simple provides a delightful shopping experience that celebrates the beauty of simplicity and the artistry of the community.

It's a place where you can find a special piece that represents the simple pleasures of life along the Gulf Coast to carry home with you, reminding you of the uniqueness, serenity and charm of this place long after you depart.

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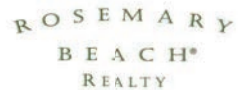
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# A custom luxury spray tanning experience

## Northwest's Florida's only 'Tanning Mixologist' at the helm of Elite Spray Tan

BY MARY WELCH



Payton Brundage

By the time she finished elementary school, Payton Brundage had already tasted success as an entrepreneur. Starting out selling bracelets adorned with positive messages, she quickly found herself managing inventory in over 500 stores nationally and internationally. Little did she know that her entrepreneurial spirit would eventually lead her to create something truly exceptional in the world of spray tanning.

At the age of 20, Payton Brundage became the owner, product developer, and leading Tanning Mixologist™ at Elite Spray Tan, a luxury mobile tanning service. Her passion for making people feel good about themselves and building from scratch another successful business on her own drove her to explore the spray tanning industry.

The differentiator was the professionalism of the industry—or the lack thereof. “When I first

started exploring the industry, I was shocked that professionals aren't required to have any supporting education, training classes or certifications. Most don't make the effort and see mobile spray tanning as more than a part-time side hustle,” she says. Determined to elevate the standards in this unique area, she immersed herself for months in sunless business education and in-depth product knowledge acquiring four certifications to become the most accredited sunless tanning professional in Northwest Florida.

Payton's dedication extends beyond application certifications; she delved into the science behind tanning to provide her clients with not only the best, but also the most customized treatment. After a year of rigorous training, she emerged as Florida's first and only Tanning Mixologist™, proudly introducing Elite Spray Tan's exclusive TruTone™ Technology.

With this innovative system, Payton and her team of Tanning Mixologists™ craft a true custom color match based on each client's skin tone, skin type and desired shade.

No longer bound by the limitations of a one-size-fits-all solution, Elite Spray Tan offers a personalized spray tan skin cocktail mix.

“I try to explain that just like there are hundreds of shades of make-up foundation, we ensure the best color suited for your unique skin color. It just makes sense and we offer an elevated tanning experience for those who want to have more choices. It's no longer a, 'spray me and let's hope for the best,' kind of outcome. Elite Spray Tan allows you to have more input in the process,” said Payton. “One of my favorite

parts about being a Tanning Mixologist™ is not only being able to customize a color formula, but add in leading cosmeceutical skin care mixers. We have holistic CBD Drops for acne or irritated skin, Anti-Aging Concentrate, Shimmer Drops for an added glow or even fragrance choices so you walk away smelling fabulous.

When it comes to customizing your perfect tan, the options are endless.”

But Payton didn't stop there. She was able to offer her most popular solution yet, “Everclear Solution.” Unlike

traditional spray tan solutions with temporary cosmetic bronzers, Everclear Solution goes on clear and then develops into a beautifully bronzed tan.

“Traditional spray tan solutions contain a temporary cosmetic bronzer. The sole purpose of this cosmetic bronzer is to be used as a color guide for the spray tan technician to see exactly where she is spraying. This is because DHA (Dihydroxyacetone), the main active ingredient in all solutions that makes the tanning magic happen, is colorless,” she says. The problem with these bronzers is that they tend to cling to areas such as fine lines, wrinkles, psoriasis, eczema, acne, skin damage, redness, sun spots, even your sheets and your clothes. Adding our Everclear solution completely eliminates that problem and instead of accentuating those areas, it rather blends them in.”

Because this special solution won't transfer onto clothing, it is ideal for brides concerned about excess bronzing rubbing off on a wedding dress.

Beyond the exceptional tanning experience, Elite Spray Tan offers additional enhancements. Payton's mastery as a contour artist allows her to color-define facial features, enhance muscle lines and create the appearance of a more toned body. With natural and stunning results, clients leave feeling confident and radiant. Better yet, she is insured and able to offer all of her services in the privacy of your own home, resort or vacation rental.

“I have a product line that is exclusive and works on all skin tones and types. And even better, we also offer products that can extend the life of a tan,” she says. Her passion lies not only in tanning clients, but also in building relationships in the community she has grown up in. The support and love her local area shows towards local businesses have remained constant, motivating Payton to go above and beyond as a Tanning Mixologist™.

Elite Spray Tan embodies Payton Brundage's commitment to excellence and her unwavering desire to make people feel good about themselves. With a luxurious and customized tanning experience, Elite Spray Tan has set out to redefine the standards of the sunless tanning industry, one tan at a time.

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# Hotel Effie Sandestin

## Combining modern luxury and Southern hospitality

BY TESS FARMER

One of the Emerald Coast's newest luxury hotels has become a popular spot for locals and visitors to take in a unique experience designed to awaken all the senses. Hotel Effie offers a blend of coastal elegance, contemporary design and upscale comfort in one of the most beautiful natural settings.

Its ambiance captures the essence of the Emerald Coast, creating a memorable experience for guests seeking a luxurious and relaxing retreat. Hotel Effie itself is located on the banks of the Choctawhatchee Bay, nestled inside the gates of the Sandestin Golf and Beach Resort.

Hotel Effie is a thoughtfully designed 250-room hotel, featuring a full-service spa, 20,000 square feet of meeting space and signature restaurant, Ovide.

Named after owner Thomas Becnel's grandmother, Hotel Effie exemplifies all the charm and personality of its namesake. Best described as the ultimate hostess, Hotel Effie creates a personalized experience that surrounds each guest in a welcoming environment and authentic style of service that defines genuine Southern hospitality. Sara Becnel, general manager of Hotel Effie Sandestin, also had a strong hand in the property's overall conception and design, from flooring and fixtures to upholstery and paint colors. Well aware of the unique needs of female travelers, Becnel ensured that elements such as lighting and bathroom amenities were also female focused.

Architectural Digest included Sara and her contribution to Hotel Effie in its recent list of top women-owned and designed hotels in the world.

Effie's portrait is found in the main lobby for photo-worthy moments, artfully displayed along with her signature rocking chair. Guests are welcome to have a seat and spend time like Effie herself, taking in the scene



Guests enjoying the rooftop pool, dining experiences and event spaces.

while enjoying a slower pace. Hotel Effie's grand staircase provides a striking entrance to the second-floor function space creating the ultimate sense of arrival.

Luxury textiles, natural wood grains, quartzite and sparkling minerals are all bathed in natural light, creating a vibrancy to the hotel that makes guests feel a part of something special. Amenities included in the stay are bicycles, kayaks, beach access and access to all of Sandestin's resort amenities including four championship golf courses, 15 tennis courts, four resort pools and miles of jogging and walking trails including Jolee Island Nature Park.

"Graceful service and unpretentious luxury are at the core of Hotel Effie, creating an ease in which guests feel free to relax and spend quality time," said Tanya Rauch, director of marketing for Hotel Effie. "Every amenity is carefully thought through and guests

can look to our staff to help with any situation that might arise," added Rauch.

Spa Lilliana inside the hotel offers special treatments designed to rejuvenate, restore and relax. Facials, scrubs and massages as well as manicures and pedicures all will leave you feeling relaxed and refreshed.

Guests and locals alike delight in the rooftop pool scene and panoramic views at Hotel Effie's Ara Rooftop Pool + Lounge. Northwest Florida's only hotel rooftop pool, Ara, offers guests a one-of-a-kind experience enjoying a variety of high-end wines, spirits, creative hand-crafted cocktails and a thoughtfully-curated food menu. Live music is also open to the public in the lobby bar on Thursday, Friday and Saturday nights.

The hotel is also designed to be energy conservative with LED lighting for low consumption of electricity. Most areas include a motion sensor to lower or completely cut lighting down or off. Each guestroom has a key card activated power lighting control to turn the lights off when the room is not occupied. Each water supply faucet in the guestrooms has a water saver to conserve water.

The experience at Hotel Effie combines natural beauty, historic charm and service, along with modern luxuries, activities and conveniences creating an unforgettable vacation experience.

"Effie welcomes each guest as one of the family and looks forward to fostering that relationship for years to come," said Rauch.

Graceful service and unpretentious luxury are at the core of Hotel Effie...every amenity is carefully thought through and guests feel welcomed and appreciated in a place where personal touches create memories to last.

natural wood grains, quartzite and sparkling minerals are all bathed in natural light, creating a vibrancy to the hotel that makes guests feel a part of something special.

feel welcomed and appreciated in a place where personal touches create memories to last."

"Southern hospitality is at the core of our welcoming and helpful service style and our culture ensures guests

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# From Surviving to Thriving

*Life-changing cancer diagnosis inspires 30A's Michael Emerick to help families affected by the disease*

BY PAUL NIES



*Emerick and his wife, Kaitlyn, daughter, Lemon, and son, Rook, in Paris this past June.*

Two-time, hall-of-fame collegiate athlete, Michael Emerick appeared the cliché of health. And until late 2021, the co-owner of 30A rental management company *Oversee*, husband and father was living his best life until a life-threatening health diagnosis threatened to take everything from the 34-year-old.

Over the course of six days, Emerick went from reporting stomach pains to being diagnosed with stage 3 retroperitoneal primary nonseminoma testicular cancer.

His disease was not the average testicular cancer diagnosis and was very advanced at the time of diagnosis. Yet, Emerick's optimistic disposition helped him face his new reality.

"Testicular cancer has a high survival rate," he said. "I thought, 'I have to go through this terrible experience, but I'm healthy. I can handle it.'"

Soon, Emerick's new reality was reclined in a chair overlooking Johns River in Jacksonville, Florida, while a strong cocktail of chemotherapy coursed through his chest port for five hours. He did this 28 times over the course of 12 weeks—every day managing to walk around four miles and squeeze in as many push-ups and air squats he could find the energy for. Through the stress—and nausea—he even cooked meals for his wife, who was pregnant with their second child.

Upon ringing the bell after his final treatment, Emerick's blood work indicated the chemo did its job. But follow-up scans showed otherwise.

"There were masses all over my abdomen," he said.

The healthcare facility had the reputation of being top notch, yet Emerick's disease was so rare, physicians had never actually treated a case of it. And the most recent

study on it was 30 years old. With that, they sent Emerick to Houston.

There, Emerick underwent what was supposed to be an exploratory surgery to identify the remaining masses.

"I was told there were three scenarios; the masses could be dead tissue from the original cancer; they could be teratoma tumors, which are rare in adults and need to be removed surgically; or they could be some unlikely and wildly deadly cancer mutation."

On surgery day, Emerick was told it was indeed the worst-case scenario: His original cancer had transformed

into deadly adenocarcinoma.

"It's diffused...It's everywhere," the surgeon said. "There's nothing we can do."

Emerick's medical team gave him one year to live at most, with "very few good months remaining."

The findings were so grim, they explained, that a second opinion would only waste valuable time.

Not wanting to give up, he and his family went against the doctors' advice.

After many calls, and many pleas for help, one name kept rising to the surface: Dr. Lawrence Einhorn, a legendary oncologist who discovered a curable treatment for testicular cancer more than 40 years ago.

"We were grateful to have a lead," Emerick's sister, Jaclyn Byrer, said. "But we also knew there was a possibility that Dr. Einhorn wouldn't take Michael's case, or worse, he would come to the same conclusion as the other doctors."

Meanwhile, Emerick tried to return to daily life.

"I remember watching my daughter put Easter eggs in a basket, thinking, 'Is this the last Easter I get to spend with her?'" he recalls.

Not long after, Dr. Einhorn called and cut right to it.

"I'm looking at Michael's records, and they're not adding up," he said. The pathology report showed Emerick had teratoma tumors — and lots of them — but that they had not mutated. As long as they were extracted surgically, they wouldn't carry a death sentence.

"This is a stay of execution," Dr. Einhorn said.

Less than a month later, Emerick woke from a 10-

hour surgery performed in Indiana by Dr. Einhorn's surgical team. They extracted three-and-a-half pounds of teratoma tumors around his aortic and mesenteric arteries, spinal cord, liver, kidney and other vital organs.

For the first few days, he couldn't open his eyes without them fluttering. For six weeks, he wasn't allowed to pick up his daughter. For two months, he couldn't walk around the block without needing to sit.

"Recovering from that surgery was much, much harder than chemo," Emerick said. "Last year was the most difficult period of my life. But it was also completely worth it to no longer need to think about how to create reminders for my daughter of what her dad was like."

Today, he deals with Raynaud's syndrome, unpredictable blood pressure dips, and shortness of breath, but he's got a second chance at life.

It inspired him to do what he can to support others affected by cancer. This includes donating to Dr. Einhorn's research through Indiana University as well as working with *Lighthouse*, a small and compassionate charity that covers the cost of vacation rental homes so families affected by childhood cancer

can enjoy a free vacation.

*Oversee* offers vacation rentals along the Florida Gulf Coast, including 30A, Watercolor, Blue Mountain, Seacrest, Grayton Beach and more.

"Our *Oversee* homeowners provide *Lighthouse* with homes so families can rest, laugh and reconnect for a week or so," said Emerick. "We hope it's more than a vacation, that the experience brings families closer."

It has been a year since that life-saving surgery, and Emerick is incredibly in medical remission. He's also one of the more than 300,000 young, otherwise healthy men who have been saved as a direct result of Dr. Einhorn's discoveries.

Emerick's son will celebrate his first birthday on August 18th. His name is Rook Lawrence, named after Dr. Einhorn. And while Emerick's future looks bright, the reality is it's as equally unpredictable as anyone's. His past, on the other hand, offers much more clarity: Second opinions — and advocating for yourself and loved ones — can save lives.



*Emerick after ringing the Celebration Bell shortly after completing final chemo infusion.*

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# Realtors' Right-Hand Man

## McNeese Title is trusted source for real estate transactions

BY JESSICA HOLTHAUS BADOUR

I believe it is essential for a title company to have a licensed attorney on staff to answer legal questions posed by employees, buyers, sellers and real estate agents, as well as for the preparation of legal documents associated with closings.

If you have been involved in a real estate transaction here on the 30A, you have likely worked with McNeese Title, LLC. The McNeese Title Team has been here for 20-plus years and, after thousands of real estate closings in the area, they have become very well known.

Richard McNeese grew up in Memphis and began practicing law in 1973. After working as the Assistant State Attorney General in Nashville and Assistant District Attorney in Memphis, he worked with several other firms before opening his own practice in Germantown, Tenn. He initially he called himself a “street lawyer” – because he handled everything that came in “off the street”—closings, divorces, personal injury, even the preparation of income tax returns. In 1986, he quit his law practice to put his knowledge full-time in real estate closings.

“I knew I wasn’t going to stay in Memphis for the rest of my life,” he said. “I decided to quit litigation and focus on real estate law and the rest is history.”

He formed the Southern Escrow Title Company (SETCO) in 1990, hoping he could one day get enough equity to sell the company and move someplace where “fresh seafood abounds, crime is nearly non-existent and residents wake up every day happy to live there.”

His dreams started becoming reality when he sold SETCO in 2002 to First American Title Company. He and his wife Demetria began the hunt for their “dreamland” where they would eventually form a new title company. After searching up and down the

southeastern seaboard, all signs pointed to 30A and Destin, where the two had vacationed often.

After moving to the area, Richard had to take the Florida bar exam in order to practice. Roughly 700 hours of studying later, he passed and opened the company. Knowing he and Demetria would be promoting and building the business together, naming it “McNeese Title, LLC” made the most sense – this way everyone would affiliate their names with the company.

“I believe it is essential for a title company to have a licensed attorney on staff to answer legal questions posed by employees, buyers, sellers and real estate agents, as well as for the preparation of legal documents associated with closings,” Richard says. “Since its inception, my primary focus at the company has been on the legal side and Demetria focuses primarily on HR and accounting.”

Demetria helped bring on the initial team of staff and the couple will tell you one of their best talents is knowing who to hire. McNeese Title’s first employee, Peggy Owens, remains on board today as the director of operations. Many other employees have been with the company a decade or more, which is a testament to the positive working environment and the top-notch capabilities of the McNeese Title team. Collectively, the staff offers more than 242 years of experience in the title industry.

“There is absolutely no substitute for experience in the title business, and here at McNeese Title, we have experience in abundance,” Richard said. “We want to be known as the trusted source for all things real estate title related. I truly believe we are that source. Our customers—the people who close the transactions—are usually not direct customers. They are brought to us by realtors, so our job as a title company is to assist realtors and people who are closing. We want the customers to say, ‘We’re so glad



Richard McNeese

you referred us to McNeese Title because they did a great job! That’s what we try to do.”

The entire team at McNeese Title aims to make each customer feel special. In addition to a pleasant customer experience, those who come in person (versus virtually) get the added bonus of freshly-baked cookies the office offers daily.

Richard genuinely enjoys sharing his knowledge and expertise and regularly provides seminars and classes. His goal in providing added value and continuing education training for realtors is to help them fully understand what a contract says for their customers. Knowledge is definitely power, he says.

These are the things that set the McNeese Team apart.

“The basics of real estate transactions in general can be completed by any title company,” he said, “but it’s the way the entire transaction is handled—with knowledge, accuracy, timeliness and personal attention—that makes all the difference.”

It is the reason why people come back to McNeese Title for repeat business...and maybe, also for another cookie.

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## 'Home sweet beach home'

The Miriam Dillon Team offers unique expertise on living along 30A

BY JESSICA HOLTHAUS BADOUR

Looking to make a spot here on 30A a place called home? Look no further than the Miriam Dillon Team, with Rosemary Beach Realty, whose namesake knows the ins and outs of the Gulf Coast more than most. Miriam grew up just north of 30A in Niceville, Fl., where she lived until she went away to school. Returning full-time in 1997, she calls 30A her “home sweet beach home.”

“Coming back here, I fell in love with everything all over again – the beaches, of course, but also the way of life here,” she says.

While the area has grown and changed over time, Dillon notes the area still holds that small-town charm, with so many connections among business owners, teachers and the community.

After working as an attorney for many years, Miriam knew she wanted to live life differently. With the birth of her last son, she got her real estate license in 2000 and became a licensed Broker Associate in 2005. Next up, she dove right into the work and this community.



Miriam Dillon Team: Alex Correia, Miriam Dillon, Cory Champion

who found the gem of the Emerald Coast. Many were “get out of my current life-ers,” who worked in cities and tired of traffic and long hours, missing quality time with their families.

“When they describe what they’re looking for, I know if Blue Mountain or Grayton Beach is going to be a better fit than Watersound or Rosemary Beach. It’s helpful to have a deep knowledge of the market and communities here.”

Miriam has been in real estate long enough to serve her client’s children, many of whom are like her own children: Grown and starting their own families, staying in the area.

“Once upon a time, unless you were in the hospitality industry, it was hard to make a living here,” she describes. “Now that’s changed. My oldest daughter works remotely and lives here, and we’re seeing that a lot more of that with clients.”

Over time, Dillon has expanded the Miriam Dillon Team bringing on Alex Correia and Cory Champion. Correia, originally from Brazil, and Champion, both are multilingual and offer fluent service to clients (local and international) who speak Spanish, Portuguese, French and Italian.

In addition to her real estate work, Dillon and her family are well-established in the community; Miriam sat for many years on both the Seaside and South Walton Montessori school boards, and her husband opened Summer Kitchen Café in 1999, where he still serves as the chef. In 2015, they added the Rosemary Beach Inn to the family’s businesses. At that time, Miriam moved her brokerage work to Rosemary Beach; while she covers Destin to Panama City Beach, her best grasp is here on the 30A market.

“Owning the Inn, being an investor in this community – it has helped me have a different perspective, and I truly understand the considerations of my clients when they invest in this area,” she explains. “I’m certainly invested; I walk the walk and talk the talk! That’s important when you think about who you want helping you with your real estate ventures here, and I love being able to help my clients make these life decisions.”

**Reach out to the Miriam Dillon Team by contacting Miriam directly at (850) 830-4753 or [miriam@miriamdillon.com](mailto:miriam@miriamdillon.com). Learn more [miriamandalex.rosemarybeachrealty.com](http://miriamandalex.rosemarybeachrealty.com) or stop by in person at 78C N. Barrett Square, Inlet Beach.**

Owning Rosemary Inn, being an investor in this community, has helped me have a different perspective, and I truly understand the considerations of my clients when they invest in this area. I ‘walk the walk’ and ‘talk the talk!’ That’s important when you think about who you want helping you with your real estate ventures here, and I love being able to help my clients make these life decisions.

“I love people and I love what I do. Building relationships with people and helping them find a perfect place for their family is incredibly rewarding,” Dillon says. “My philosophy is all about creating a relationship; we’re not going to close on your property, then you’ll never hear from us again; we can connect you with contractors or insurance companies or whatever it might be that comes along.”

Additionally, her team provides support on the property as needed.

“Over the years, we might call a client up and say, ‘Your property has really appreciated, you may want to consider leveraging up to the next thing.’” Dillon explains. “That’s extremely rewarding, helping a family secure their financial stability.”

During the pandemic, 30A saw many new visitors

“There’s a large segment of the population who has no idea you can see water this clear and sand like we have here on the Emerald Coast—you don’t have to fly out of the country,” she says with a laugh. “During the pandemic, people wanted to spend more time outside and enjoy life and they discovered us.”

She notes the market has stabilized a bit recently, becoming more sustainable. She says now is a good time for buyers and sellers alike; buyers have more negotiating room with sellers these days, and buyers can work on financing contingency pricing.

“Many people are staying here – or ‘second homing’ and not renting, even moving here full time. More than I’ve ever seen in my 23 years doing this. When people find their place here at the beach, they suddenly have that place and space to reconnect and recharge,” she says.



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# Beauty from within

## GLOW Med Spa of 30A offers an array of quality services

BY TESS FARMER



Enhancing your natural beauty is the goal at Glow Med Spa.

Tucked away right along 30-A in beautiful Blue Mountain Beach, GLOW has become the local's go-to boutique medical spa specializing in the highest quality aesthetic services.

Kathy Lamb established the spa in the area in 2018. After a long and successful corporate career, she decided to pursue her long-time passion of skin care relocating to the Emerald Coast from Nashville.

"This has truly been a labor of love and such a joy to be able to help our clients address their skin care needs and enhance their beauty that lies within," said Lamb, owner and licensed aesthetician who's assembled a team of aestheticians and medical professionals at GLOW.

This fall, the spa will expand into an additional space, nearly doubling its size offering more treatment rooms and expansion of offerings.

Kristen Baggett, master aesthetician, brings a wealth of knowledge and experience to GLOW and is an integral part of the team. Her clients return again and again for her hydrafacials and microneedling services.

Stacey West is a certified registered nurse anesthetist and combines her experience in medicine with her passion for aesthetics. She is truly an artist and has an eye for making people look and feel their best. Incorporating a "less is more" approach, she enjoys consulting with clients on what areas they want to address and the best methods of achieving their goals.

"We believe in the personal touch and value our relationships with our clients," said Lamb. "We don't believe in changing the way you look, we believe in enhancing the beauty you already possess," added Lamb.

helps protect the skin from damage caused by free radicals, environmental pollutants and brightening the complexion and reducing the appearance of dark spots or uneven skin tone.

After applying the vitamin C serum, it's essential to protect your skin from harmful UV rays. Sunscreen is an important step in any skincare routine as it helps prevent sun damage, premature aging and potential skin cancer risks. Look for a broad-spectrum sunscreen with an SPF of 30 or higher.

In the evening, Lamb recommends incorporating Retinol. Retinol is a form of Vitamin A that stimulates cell turnover, promoting the growth of new skin cells and improving overall skin texture. It helps reduce the appearance of fine lines wrinkles, and acne, as well as enhances skin firmness.

Take a pea-sized amount of Retinol and apply it to your face, focusing on areas of concern, such as fine lines or uneven texture. Gently massage the Retinol into your skin, making sure to avoid the eye area. Allow it to absorb for a few minutes and follow up with a moisturizer to prevent any potential dryness or irritation. Also note that when starting with Retinol, it's advisable to begin with a lower concentration and gradually increase it over time to minimize the risk of irritation. Additionally, Retinol

Lamb also shared her recommendations for a simple and effective skincare routine, which she says is most effective because sticking to a consistent routine will be easiest to embrace and have the most lasting results.

The routine focuses on three fundamental steps: applying a Vitamin C serum in the mornings, using a good sunscreen daily and using a Retinol in the evening to stimulate cell turnover.

Vitamin C is a powerful antioxidant that helps protect the skin from damage caused by free radicals, environmental pollutants and UV rays. It also aids in

increases sun sensitivity, so it's important to not skip the sunscreen during the day.

"We always say, skincare routines can vary depending on individual needs and preferences, and working with our clients to offer personalized advice and recommendations is one of the best parts of what we do," said Lamb. "Maintaining the health of your skin and embracing all the ways to age gracefully is paramount, as such we offer all the advanced skin rejuvenation techniques that can significantly improve the appearance and health of your skin."

These treatments, such as laser resurfacing, injectable treatments and chemical peels, can target deep layers of the skin to stimulate collagen production, reduce signs of aging, and achieve a more youthful and refreshed complexion. Services offered include dermal fillers, Botox, Dysport, Platelet-Rich-Fibrin (PRF) to stimulate collagen production naturally.

The spa's signature Diamond Glow facial is the most dynamic skin treatment available and is the foundation for beautiful, glowing skin. Going beyond the traditional facial or microdermabrasion, this treatment is the only procedure

featuring simultaneous, non-invasive exfoliation and topical delivery of skin-specific serums. Patients leave the treatment with fresher-feeling and brighter-looking skin.

The GLOW team will work with you to customize a plan to ensure your goals are reached and maintained. The spa also features a line of medical-grade products to ensure you are maintaining your skin health at home.

"Helping someone reveal their true beauty and essence is so rewarding. Whether that's a facial after a day at the beach or concluding your vacation by rehydrating and brightening the skin, we're here to offer a comfortable atmosphere," said Lamb.

We believe in the personal touch and value our relationships with our clients. We don't believe in changing the way you look, we believe in enhancing the beauty you already possess.

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# Intermittent Fasting

## Nature's Medicine

BY DR. BART M. PRECOURT

Get it, we all love to eat. Is it possible, though, that if we had more timeouts from eating we could be healthy healing machines? YES!

For thousands of years, our ancestors have naturally used intermittent fasting as a way to heal the body. Although it may not have always been by choice, humans have always been in feast and famine mode. The relentless pursuit of improving human function combined with a splash of science and boom...this age-old habit has become a medicinal juggernaut.

Some questions that need answering: How long? Is it healthy? Why aren't more docs talking about it? Below, I'll do my best to convince you that YES, it's good for humans, YES it matters how long, NO it doesn't matter if (some) doctors aren't talking about it. You were built to fast.

### What is intermittent fasting?

The short answer: intermittent fasting is not consuming any calories for an extended period of time. Water is allowed and encouraged to prevent dehydration. Our ancestors all did this and it's even weaved into most religions. Our DNA has been programmed over thousands of years to have fasting periods and feasting periods. We are well built for it.

The ability to fast is indicative to your metabolic flexibility. Imagine being able to skip a meal without any mood or energy changes. To have your brain thrive even without food since yesterday. Is all of this possible? ABSOLUTELY!

What's great is through modern-day science, we can identify particular time frames to gain specific health benefits. There are different benefits experienced at different time lengths of fasting.

If you're new to fasting, start slow. There's little benefit to forcing long fasts without having some fasting fitness. Similar to exercise, build up your endurance.

Amazing health benefits including weight loss, increased testosterone, enhanced brain function and more. Keep in mind...we were born too fast.

This eating pattern involves alternating periods of fasting and eating. Let's explore the advantages of intermittent fasting at different time intervals.

### 12-hour mark

Your body starts to experience a metabolic shift as you start to deplete your glycogen stores (sugar). You begin to balance blood sugar levels and your body begins the process of burning fat for fuel (ketosis). Even at just 12 hours, you can start to see weight loss and body composition changes. Additionally, the body starts to



Imagine being able to skip a meal without any mood or energy changes. To have your brain thrive even without food since yesterday. Is all of this possible? ABSOLUTELY!

experience autophagy, a cellular process that helps remove damaged cells and promotes cellular regeneration.

### 17-hour mark

This is where the fun begins. This is where your body is burning fat for fuel and you enter ketosis. Ketones, the byproducts of fat metabolism, have been shown to have neuroprotective (brain) effects. Often,

this is when people note how well their brains are functioning. Testosterone begins to rise for men. Moreover, at this duration, you experience increased insulin sensitivity, which can help reduce the risk of developing type 2 diabetes.

### 24-hour mark

Massive benefits! Your gut microbiome is resetting! You are starving off candida, yeast and parasites. You start to experience a surge in human growth hormone (HGH) production, the holy grail of anti-aging hormones! HGH plays a crucial role in muscle growth, fat burning and overall body repair. All of this can be yours just by flexing mental and emotional food discipline. Essentially, you're activating your own internal pharmacy.

### 36 hour mark

At this point, the body enters a state of deep autophagy (kills off weak cells), where it actively breaks down and recycles damaged cells. These are cells that are overrun by viruses and other invaders. This process can have a profound impact on cellular health and has been linked to a reduced risk of age-related diseases, including Alzheimer's and Parkinson's. There is also evidence that you begin to reset dopamine receptors and production. Which means less depression and more joy in life.

### 72-hour mark

Now we are talking about peak benefits. Weak abnormal cells, like pre-cancer cells are destroyed. Some research is even suggesting that certain types of cancer cells are killed off at this phase. Moreover, intermittent fasting at this duration has been shown to reset the immune system, leading to improved immune function and increased resistance to infections.

Everyone can fast, yet not everyone is ready for it. Especially those with certain medical conditions or who are pregnant or breastfeeding. Consult with a healthcare professional who is experienced with intermittent fasting. Fasting will build character and a strong body. Play with it, experience it. You are built for it!

**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 Seagrove Beach at Balance Health Studio. For more information or a consultation, visit [www.balance30a.com](http://www.balance30a.com) or call 850-231-9288.**



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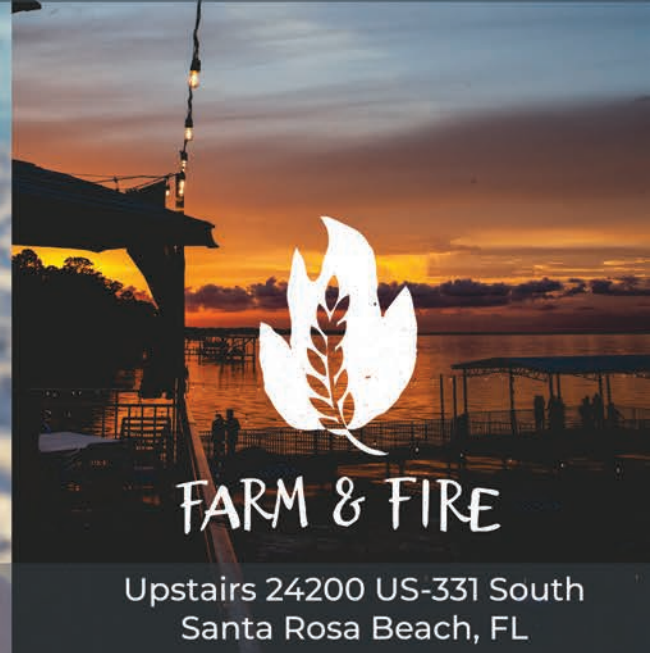
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# Navigating the loss of a loved one

## Legal issues to consider

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. 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.

### Obtain 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 report

### 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



Kimberly Watson Sewell  
and Franklin Watson

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 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 peace 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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# Master the short game

*Tips from players and experts*

BY TOM FITZPATRICK

**A simple tip can make all the difference.**

**P**itching the ball close from off the green usually determines how low your score will be.

A simple tip can make all the difference. Seve Ballesteros showed us at Lake Nona how to hit a high lob or bunker shot by starting with low hands and a low center of gravity.

Nick Price showed me how to make the ball hug the green on the roll out. He would position the ball in front of the club's toe with "high hands." Then rotated the toe inward to create that smooth roll.

One of the best short game teachers today is Stan Utley. Based in Scottsdale and Aspen, Stan played the pro tour in the 90's. He began offering advice to fellow tour pros and a second career ensued as a great teacher and an advisor to the Orange Whip brand.

Stan's short game theme is that it's easier to focus on swinging the clubhead and less on the grip end. When we drag the handle through impact, the club head fails to properly release. He often makes reference to why the USGA banned putter anchoring – because it works! Anchoring the grip against your shirt buttons allows the clubhead to easily swing. It's similar to a rotating car tire: the outer part of the tire travels on a larger circle while the center axle travels on a smaller circle. That's best done by swinging with your wrists and elbows, he says.

Check out these additional tips from the experts.

## Pitching

Utley likes to practice pitches with a 3-wood to sense the pendulum motion.

"Accelerate the club head early down the plane line by using the wrists," he proclaims.

Thru impact, you actually want to stand up on the shot.

"When I stand up the club snaps down," he said. That helps the grip get vertical at impact bringing the bounce into play - no more fat or bladed pitches.

Throwing the clubhead first on the downswing makes it much easier for the club to make it around the corner after impact.

Drill: Hold the hosel with your right hand and tap a ball with the grip. The ball only moves when you use your wrist correctly. As you pivot through, keep your right elbow tucked into your side.



*The grip of your wedge should lean towards your front pocket*



*Have your forearms and putter form straight line*



*Thru impact the grip points up, then back at your belt buckle.*



*Bend from the hips and point the chest down. Photos courtesy of Tom Fitzpatrick.*

## Putting

It's vital to get into a solid putting posture. Start by standing tall and holding the putter straight out with the grip pointed at your sternum. Push your hip joints down and back—this will force your chest lower and get your eyes positioned over the ball. Utley says, "most people struggle in putting because their arms are straight. Bending from the hips creates soft elbows."

For the backstroke, load the club by working the right wrist and elbow behind you.

Start the downstroke by moving the putter face down first while the grip stays in place. A common mistake is to drag the handle thru impact, preventing the putter from properly releasing. Use your wrists without being flippy. Pros speed the head up at impact by slowing the grip where it becomes vertical and almost pulling back. That's a fantastic way to visualize the putter releasing at impact.

A quirky but effective drill is to rotate the putter 90 degrees so the toe end is aimed at the hole. Hit putts with the toe and you'll feel the putter release.

## Sand Shots

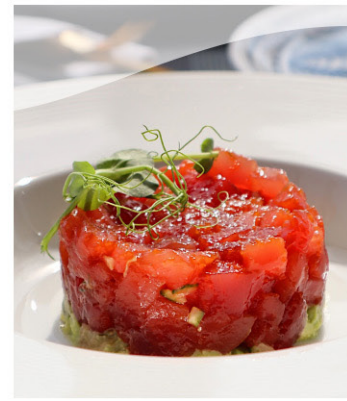
Push your hips down and back with your feet square. Now lean towards your front foot. In the backswing rotate your right forearm open, then 'dead weight' drop the club two inches behind the ball using the back flange. Don't dig!

**Tom Fitzpatrick is a David Leadbetter certified instructor and an active realtor with Scenic Sotheby's Intl Realty. Contact him at (850) 225-4674 or tom@scenicisr.com**



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