



Seaside is always a favorite spot for a photo op background. *Photos courtesy Seaside archives*



## Wonderful Wintertime

*Special events celebrate the town's traditions*

By Wendy O. Dixon

'Tis the season to be jolly. You can feel the Christmas spirit in the air as Seaside continues with its traditional festivities that make the holiday season bright.

Make plans to be in Seaside Dec. 9, as the Merchants of Seaside host the popular Sinfonia Gulf Coast performing the Holiday Pops concert under the stars in the amphitheater. Bring your lawn chairs and blankets and allow the sounds of the season to remind you of all the magic of the holidays.

Here comes Santa Claus! Join us at the Lyceum Christmas Tree for a photo opportunity with Santa Dec. 15-21. Complimentary printed photos are provided by the Merchants of Seaside.

Then roll in New Year's Eve at the annual Countdown Seaside: A New Year's Eve Celebration, Dec. 31. Experience a spectacular, family-friendly party featuring live en-

tertainment, kid's art projects, street performers and a memorable finale. Festivities begin at 4 p.m.

### Christmas at Eden

The Friends of Eden Gardens presents Christmas at Eden Gardens State Park in Point Washington. The Wesley House is decked out for the holidays and hosting guided tours, available Thursday through Monday, from 10 a.m. to 3 p.m. on an hourly basis.

Tours are \$4 per adult and \$2 for children 12 and under. SEASIDE® and SEASIDE Kids® are among participants who decorated individual rooms in the house.

The Wesley House will remain decorated until Jan. 9, 2024. All visitors are invited to vote on which room in the house is their favorite. The following organizations donated their time to bring Christmas alive in the historic home.

- Coastal Seniors of South Walton
- Daughters of the American Revolution West Florida Chapter
- Green Thumb Garden Club
- Historic Point Washington Association
- Ladies of Impact 100
- RMA Consulting and Design
- SEASIDE Kids®
- SEASIDE®
- The Garden Club
- South Walton High School and The Friends of Eden



### Seaside in 2024

As the decorations come down, the fireworks and music fade into New Year's Day, we move into 2024. January is a fabulous time to be in Seaside, especially during the Seaside Farmers Market held every Saturday. The cold days don't keep local farmers and artisans from bringing their seasonal foods and other items to sell in the Seaside Amphitheater.

February brings the 30th Annual Seaside Prize Weekend, Feb. 2-4. Each year, The Seaside Institute awards the Seaside Prize to individuals or organizations that have made significant contributions to the qual-

ity and character of our communities by upholding New Urbanist principles. Attendees will enjoy a weekend of symposium, continuing education courses, receptions and more, culminating in the awards dinner on Saturday evening.

This one's for you, locals! Join us in Seaside for a town-wide shopping experience Saturday, Feb. 10. The event includes merchant sidewalk sales, live music, discounted food and beverage and free parking for the day.

Runners and walkers are lacing up to prepare for the Seaside School Half Marathon & 5K Feb. 16-18. A yearly tradition for some, a new goal for others, and a great time for all who run or walk, and those who gladly support and cheer from the sidelines.

For more details on these events, see the calendar on page 16. 🌊



The SEASIDE Style® staff decorated part of The Wesley House at Eden Gardens State Park. *Photos courtesy The SEASIDE Style®*



## Celebrating Songwriters

*Our town preps for musicians to stop on by for the 30A Songwriters Fest*

By Margaret Abrams

The annual 30A Songwriters Festival is coming up on Friday, Jan. 12, 2024, and our town is preparing to host both musicians and visitors at the big event. With more than 250 artists spread out over 30 different indoor venues, Seaside is proud to be a part of the annual musical event, which has become a must-do for visitors and locals alike.

The festival was founded in 2010 and has been celebrated in Seaside with events yearly, with performances at the record store and at the amphitheater. This year, headliners include Elvis Costello, Jeff Tweedy, Rosanne Cash, Grace Potter, KT Tunstall and Rodney Crow-



ell. Past performers include Jason Isbell, Brandi Carlile, Jenny Lewis, Indigo Girls and more.

The weekend culminates with larger headlining performances, but some of the most famous artists play intimate events throughout the weekend, where they discuss their songwriting experience and give insight into some of their most popular songs.

Visit Seaside this January to be a part of the action and catch your favorite musician live. 🌊

## Escape to Create

*SEASIDE® hosts artists, illuminating the world of the arts to the 30A community*



By Marsha Dowler

Beyond its enduring architectural charms and its historic role in founding the principles of New Urbanism, Seaside's rich sense of community, of being part of something vital and significant, is evident in its incredible civic and cultural institutions: The Seaside Institute, Seaside Town Council, Seaside Neighborhood School, The Chapel at Seaside, The REP Theatre, and Escape To Create (E2C) contribute immensely to Seaside's indelible "architecture of place." Founded in 1993 to complement Seaside's emerging town identity by incorporating the arts as a meaningful

component of vibrant civic life, the Escape To Create Multi-Disciplinary Arts Residency is now in its fourth decade advancing the essential role of artist through month-long residencies offered in January and February. At this unique intersection of architecture and the arts lies the profound generosity of Seaside homeowners and patrons who contribute their cottages for artist housing; non-profit partners who provide venue and technological support; and the warm hospitality of Seaside's commercial community.

Ten boldly innovative projects of music, literary, theater and visual arts were awarded 2024 residen-

*See Escape to Create page 22*



# Parking, Parking, Everywhere, but Not a Spot for Me

Society has reshaped itself for cars. So why can't you find a space to park one?

By Henry Grabar

Editor's Note: This is an excerpt of an article written for Slate.com. Scan QR code for full article.



If you wanted to build a place to reduce parking demand, instead of increase parking supply, you might wind up with something like Seaside, Florida. The flagship development of the New Urbanism school of city planning, made famous among nonarchitects as the setting for *The Truman Show*, was born in the era of “peak oil,” and designed to be a rejection of the nation’s sprawling development patterns. “The waste of land is almost criminal,” Seaside founder Robert Davis wrote in 1989. “The waste of time and energy is an appalling drain on our human and natural resources.”

The town planners, architects Andrés Duany and Elizabeth Plater-Zyberk of the firm DPZ, designed Seaside to be a place where people would like to walk around. The houses are a handsome and diverse lot, running from traditional cottages to postmodern stunners by architects such as Aldo Rossi and Léon Krier. They’re on small lots, with front porches instead of back yards. There are almost no garages, or curb cuts, or concrete driveway aprons because people parallel park on gravel in front of their houses. They found a way to slow down traffic on the two-lane highway that runs through town that worked better than speed bumps, fines, or anything else. By parking along it! Public parking in town is clearly signaled. And relatively few people in Seaside have a parking spot that is exclusively theirs. As a result, public spots used by beachgoers during the

day can be used by restaurant diners at night, and residential zone spots can be shared between households as residents and guests come and go.

As a result of this people-friendly planning, people in Seaside didn’t use the car that much. When DPZ was plotting out the next town down the coast, they sent an intern to survey Seaside. He found that Seaside’s drove seven times a week—as opposed to making that many trips per day, a standard expectation for suburban households. “It’s not about eliminating cars; it’s about making parking inconvenient,” Duany said. “You don’t need to fall out of your kitchen into your car the way you do in suburbia.”

OK, big caveat: People with houses in Seaside drove only once a day. But thousands of people come to visit every day—to walk the streets, eat and drink downtown, and, of course, go to the beach. And for them, the first impression of Seaside is: a parking problem.

I was there on a weekday afternoon in February, and drivers told me they had done lap after lap after lap through the parking area, waiting for someone to pull out. You ain’t seen nothin’ yet, they told me: spring break was coming, and parking would soon become truly “miserable.”

Robert Davis did not see this coming. “We didn’t really think it was going to be that much of a tourist attraction,” he told me. It’s hard to miss the irony: Seaside was supposed to be a place where people could forget their car and get around on foot. And precisely because of that, it became so popular it now has a serious parking problem. “It’s just crammed with cars,” said Micah Davis, Robert’s son and the head of the Seaside Development Corporation. He, too, had come to dread spring



Seaside’s Central Square, once filled with parked cars, is now a plaza that is pedestrian and bike accessible. Photo courtesy Seaside archives

break. “The circling you thought was bad? It’s literally just a line of parked cars slowly moving down the street.”

Until, starting a few years ago, Seaside put (Donald) Shoup into practice. The town made visitors pay for parking starting in March. In the high season, it charges dynamic pricing, with parking fees rising and falling depending on how crowded the lot is. The result, the Davises say, is a smoother parking experience for everyone—one that sorts visitors by how long they’re staying and, crucially, provides incentives for families to carpool, instead of having each teenager driving their own car. Too pricey? You can still park for free—just a little farther away.

And here’s the craziest thing. Because Seaside manages parking demand with shared, priced parking, it’s been able to do something that runs counter to half a century of American building patterns: reduce the parking supply.

A few blocks from the paid parking is Seaside’s Central Square. It’s a semicircular plaza lined with the town’s civic buildings: the post office, the bookstore, the record shop. In the center there’s a grassy lawn where kids play soccer.

It was also, until recently, a giant

parking lot. During COVID, the Davises decided to turn it into a pedestrian plaza. Robert sent Duany a photo. “I always thought Seaside was a parking slum,” the architect reflected, “a strip shopping center with Steve Holl buildings. This plaza was one of the least favorite spaces I ever designed, because it was so full of cars. And one day COVID came, and it was so beautiful! It was the Cinderella of spaces.”

Paid parking had given the Davises the confidence to make a permanent move from parking lot to plaza. “The biggest help was that Donald Shoup wrote the High Cost of Free Parking, and we’d been studying it,” said Robert Davis. “When we eliminated about a third of our parking inventory, we weren’t panicked that our stores wouldn’t have customers, because we could manage by pricing it.” Sales receipts went up because the center of town was all dressed up for the ball.

Seaside is not your typical American city. It’s a vacation resort; the houses cost millions. But it’s not the only popular destination to find that the humble parking meter can decrease the number of cars that come, organize those that do, and fund public improvements besides. ●



SOUTH WALTON

# BEACH FLAG WARNINGS

TEXT SAFETY TO 31279 FOR SURF CONDITIONS



**WATER CLOSED TO PUBLIC**  
Water Activity is Prohibited\*



**HIGH HAZARD**  
High Surf and/or Strong Currents



**MEDIUM HAZARD**  
Moderate Surf and/or Currents



**LOW HAZARD**  
Calm Conditions, Exercise Caution



**STINGING MARINE LIFE**  
Man O' War, Jellyfish, Stingrays

\*Entering the Gulf during double red flag conditions can result in a \$500 fine and criminal charges. Absence of flags does not assure safe waters. Swim at your own risk. For emergencies call or text 911.

BeachSafety.com

ANNE HUNTER GALLERIES PRESENTS



Jan 3 - Feb 28, 2024

# ESCAPE TO CREATE

DISTINGUISHED ARTISTS  
JOHN FRANKLIN • KENN KOTARA  
SANDRA LAPAGE • ANA INES JABARES-PITA  
MELLY STILL • HONG CHUNG ZHANG

EXHIBITING AT  
25 CENTRAL SQUARE  
Seaside, Florida



ANNE HUNTER GALLERIES  
Seaside, FL | SoHo, NYC



amavida.com | annehuntergalleries.com



# The 30th SEASIDE® Prize Award

Seaside Institute announces Victor Dover and Joe Kohl as 2024 Seaside Prize Recipients

By Christy Milliken  
Director, The Seaside Institute

For the 30th anniversary of the Seaside Prize, the Seaside Institute will recognize Victor Dover and Joe Kohl, founders since 1987 of the Miami-based town planning firm, Dover, Kohl and Partners.

The prize, which is awarded annually, celebrates individuals or organizations whose life’s work or accomplishments are emblematic of the Institute’s mission of inspiring livable communities. The celebration will take place the weekend of Feb. 2-4, 2024, with events and symposia themed “New Urbanism: Frontiers Remain.”

The 2024 honorees, Dover and Kohl, are known for their work as reformers, revitalizing traditional towns, fixing sprawl, creating new neighborhoods and citywide and regional plans. They have been leaders in integrating better collaborative methods and meaningful citizen involvement in city planning reform.

With their firm, a common thread has been “visualizing change before it occurs,” to demonstrate a positive future with vivid illustrations that motivate investment into older neighborhoods, using historic principles in neighborhood design to produce beautiful and well-functioning places, and to bring awareness to citizens. Kohl says, “There’s nothing quite like watching people take pride in their communities, implementing positive change.”

While their work is international in scope, examples are local, as well: the firm designed the restoration plans for historic Downtown Pan-

ama City, Fla., and its surrounding neighborhoods.

Trained first as architects, holding B.Arch. and M.Arch. degrees, Dover and Kohl have devoted their careers to the bigger picture, focusing on the architecture of community. Both have been made Fellows by the Congress for the New Urbanism.

Dover’s work as an urban designer, town planner and futurist combines design excellence with community engagement, influencing urban planning projects around the world. He is the co-author of “Street Design: The Secret to Great Cities and Towns,” considered the leading textbook on the topic, and he has created a growing series of short films called “Town Planning Stuff Everyone Should Know.” Dover is known to admonish growing suburbs that “the wrong time to decide to have high standards is after all the land has already been built on according to low standards.” A



Joseph Kohl



habitual bike commuter, Dover is also a five-time Ironman triathlete.

Kohl has consistently demonstrated a balanced commitment to both innovative design and sustainable practices. He is known for investigating problematic situations and offering solutions through physical design, whether for a building, a street, a neighborhood or a municipality. To do that, he designs site plans, prepares redevelopment plans, and writes (or rewrites) land development regulations. Kohl wears multiple hats that include business owner, code writer, park designer, house designer, student of urban history, webmaster, illustra-



Victor Dover

tor and modeler, property manager, genealogist, antique furniture collector and futurist (even famously exploring how to take New Urbanism off-world).

“The Seaside Prize is a testament to the tremendous impact Victor Dover and Joe Kohl have had on the built environment. Their collective expertise has the power to inspire future generations of architects, urban planners and community developers to shape cities that are connected, livable and sustainable,” said Seaside Institute Director Christy Milliken.

The Seaside Institute will formally present the Seaside Prize to Victor Dover and Joe Kohl at the awards ceremony on Feb. 3, 2024, by Seaside Founder Robert Davis. The ceremony will be hosted at The Chapel at Seaside, the central event of a weekend dedicated to reflection, celebration and inspiration.

For more information about the Seaside Prize and the Seaside Institute, please visit our website at [seasideinstitute.org](https://seasideinstitute.org). Contact: Director, Christy Milliken, [c.milliken@seasideinstitute.org](mailto:c.milliken@seasideinstitute.org), (850) 231-2421.



Scan QR code to learn more about the Seaside Institute

# Your 30A Fishing Headquarters

Penn • Shimano • St Croix

**Premium Coastal Apparel**  
AFTCO, Marsh Wear, Duck Camp, Olukai, Southern Shirt, Choona, Costa, Knockaround

**Yellowfin**  
Ocean Sports

NLBN • Nomad • Bait

**Elevated Beach Gear**  
Yeti, Neso, Turtle Box, Narwhal, Sun Bum

**Best Rentals on 30A!**  
Bikes, Kayaks, Paddleboards, Fishing Gear

**SEAGROVE**  
850-231-9024  
Eastern Lake Bridge

**WATERCOLOR**  
850-231-2440  
Next to Publix

**GRAYTON**  
850-231-1717  
Grayton General

**Yellowfin30A.com**  
Delivery Available on 30A



# ESCAPE TO CREATE

## Escape to Create

Cont. from page 1

cies through a rigorous application process. Application review and recommendation were provided by a national panel of distinguished E2C alumni and prominent disciplinary peers. We are thrilled to introduce the 11 creatives whose projects demand their full dedication and potential. Their passion for community engagement promises transformative experiences found only in Seaside as part of our town’s extraordinary “architecture of place.”

### Jan. 1 – 30, 2024

A charismatic member of the dynamic Kansas City jazz community, composer, songwriter and vocalist **Kelley Gant** was selected a 2023 artist of the internationally acclaimed “Riff Generation” program of the Kansas City Jazz Orchestra. She has produced numerous performance opportunities for emerging talent through the Charlotte Street Foundation’s “Spine Showcase” and was headliner for their multi-media ProdoLab series. Gant will spend her residency writing ensemble material for her second album. Her versatility and unique style will be showcased at The REP Theatre on Jan. 26 at 7:30 p.m. in a performance of beloved jazz standards and original songs accompanied by local musicians Cam Ray on piano and Steve Gilbert on bass. Gant offers an engaging improvisation workshop for children 10 years and older.



Composer for theater and film, pioneer sound designer, and multi-instrumentalist **Gregory Mackender** has been resident composer for the Heart of America Shakespeare Festival for almost three decades. He is professor of the Sound Design Department of Theatre, UMKC Conservatory at the University of Missouri-Kansas and is instructor at the Film Dept. at Kansas City Art Institute, Audio for Film

and Video. While in Seaside, Mackender will compose score for the festival’s June 2024 production of Julius Caesar and select works from over 300 original compositions for CD publication. Mackender will contribute a multi-media presentation of recorded and live music and film. He will speak to middle school classes about the role of music in theatre and film.



**Glenn North** is an awarded poet, arts educator and administrator, and cultural leader in Kansas City, Mo. North is Poet Laureate of the Historic 18th & Vine Jazz District and is the Director of Inclusive Learning & Creative Impact and Poet-in-Residence at the Kansas City Museum. He is co-founder of the African American Artists Collective. North hopes to complete “Poetry for Public Consumption,” a retrospective collection of his poems written over the past 25 years. He is featured presenter in a special reception, reading and writing workshop co-hosted with the Seaside Institute and Emerald Coast Storytellers on Jan. 11, 5-9 p.m. at the Seaside Town Assembly Hall, 168 Smolian Circle.



**Joshua A. Thompson** is a classical pianist, music sociologist and teaching artist based in Indianapolis. A Classical Music Indy Artist and Creative Partner-in-Residence with the Indianapolis Chamber Orchestra, Thompson is a nationally recognized expert on classical composers of African descent. His awarded podcast, “Melanated Moments in Classical Music,” co-hosted with the acclaimed soprano Angela Brown, has garnered an international audience. Thompson’s “Re-Center” is a multi-cultural music education and health project, merging meditative practices and the traditional chakra energy system with the historic canon of classical music by composers of African descent. Thompson will perform a



Kelley Gant



Greg Mackender



Glenn North



Joshua Thompson

concert of works by celebrated African American composers whose contributions define the unique sound of American classical music. Jan. 19, 7:30 p.m. at The REP Theatre in Seaside.



Born in China during the Cultural Revolution, **Hong Chung Zhang** received her BFA from the prestigious Central Academy of Fine Arts in Beijing before moving to the U.S. in 1996. Since receiving her MFA from the University of California, Davis, the Lawrence, Kan. artist has exhibited in leading international museums including the Milan Royal Palace; the Contemporary Museum of Art, Oslo; National Art Museum, Berlin; and in the U.S., the Smithsonian and National Portrait Gallery. Recipient of international fellowships, grants and residencies, Hong will create Chinese fine style ink paintings on rice paper and Italian fabrics while in Seaside. Her work will be exhibited at Anne



Hong Chung Zhang

Hunter Gallery in downtown Seaside throughout January. An in-demand lecturer, Zhang will give an artist talk at Anne Hunter Gallery in downtown Seaside during a reception on Sunday, Jan. 14, 4-6 p.m. She offers workshops on Chinese ink painting and calligraphy.



### Feb. 1-28

Artist **John Franklin** of E Chatham, N.Y. began his career in the ’80s working in sculpture and furniture making. Mentored by John Baldessari and conceptual sculptors Judy Pfaff and Joel Shapiro and Claes Oldenberg and Coosje van Bruggen, Franklin was introduced to painting while pursuing his MFA at Cal Arts. His deceptively simple abstract and minimalist works with their meticulously applied color fields, clear bright colors, and purposeful use of materials represent an ongoing investigation of intellect and beauty spanning four decades. While in Seaside, Franklin will expand his conceptual focus by experimenting with collage, incorporating text, scientific illustration, found objects, and ribbon.



Sculptor **Sandra LaPage** lives and works in Sao Paulo, Brazil. Since receiving her MFA from Maine College of Art in 2013, her environmentally themed constructs made from discarded and recyclable materials have exhibited in Brazil, France, the U.K. and the U.S. Her assemblages, influenced by myth and shamanism and often wearable, are concerned with issues of control, consumption, ideas of luxury and status, trash and decay. LaPage’s E2C residency is focused on creating textile sculptural objects out of recycled aluminum coffee capsules scheduled for exhibit at Kapow Gallery, NYC in late 2024. She offers a col-

laborative weaving workshop utilizing cardboard and plastics, engaging students in decisions of pattern and rhythm.



Following undergraduate studies in architecture at Louisiana Tech, contemporary abstract artist **Kenn Kotara** traveled the world before returning to earn a BFA in Graphic Design and MFA in Studio Art. His artistic output over the next three decades exhibits a vigorous curiosity about space and form, innovative architecture and structural design, and an evolving multi-dimensional application of core geometric and organic forms. Recently retired from teaching near his home studio in Asheville, N.C., the 2008 E2C Fellow returns to Seaside to advance a new body of drawings that manipulate and repurpose spatial elements of traditional cartography. Kotara will give an illustrated presentation “You are Here you Are,” covering the history of mapmaking, the use of cartography in art and the evolution of information graphics.



**James Riley** is a modern troubadour, songwriter and guitarist from London, U.K. Declared “a folk genius” by BBC Wales, Riley has won millions of fans with his Americana songcraft, charismatic storytelling, and enchanting performance style. His first album, Transatlantica, was produced in Nashville and released



John Franklin



Sandra LaPage



Kenn Kotara



James Riley

to critical praise in March 2020. During the U.K.’s COVID shutdown and cancellation of his national tour, Riley launched Rooftop Assembly, a series of live-streamed concerts from his rooftop that drew national media attention. When not on tour, Riley works as choir leader at Heart ‘N Soul, an award-winning creative community and arts charity serving people with autism and learning disabilities. While in Seaside, Riley will craft songs



**Ana Inés Jabares-Pita** is an international, award-winning designer working across opera, dance, theater, fine arts, exhibition and music. Her set and costume designs, held in the permanent collection of the Victoria and Albert Museum, are informed by an extensive musical

See Escape to Create page 23



# Aging on the Courts

Experience and strategy are sometimes better than youth and speed

By Tracy Townsend,  
Seaside Director of Racquet Sports  
Owner, 30A Tennis

I know everyone has played that very slow player on the tennis courts. It feels like you are aging as the match marches on. That is not the aging that I want to talk about, though.

When I was young, I loved to run around the tennis court. I always kiddingly said I was faster than a car. I could literally run the ball down from almost anywhere. That speed was what I built my tennis game around. I could stay on the baseline and run down ball after ball until my opponent failed, or serve and volley over and over until my opponent was sick of seeing me put volleys away at the net.

Flash forward a few years, and the speed somewhat leaves you. But the experience you've gained through the years enables you to cut more balls off with better angles. That experience helps you to be smarter in every aspect of play. Your shot selection improves. You learn some shots aren't actually worth running for. You learn to pace yourself for the long haul. Experience and strategy replace incredible speed as your weapons on the court.

Keep flashing forward in your tennis career. Now you have injuries or body parts that don't allow you to play like you once did. Speed is just a memory. You tell your body to run, to move

faster, but it just doesn't work. But now, all the years later, you have developed a lob and a drop shot. You have developed an attitude and, together with your newfound weapons, you get to make your opponents run instead of you doing all the work. You can now move the ball around all over the court. Players call you "crafty" and a few other names, but you take all references as compliments now.

And now, you truly love the game. You always did enjoy it, but time really does give you an appreciation for the game that is just wonderful. It has given you health, success and failure, and you now know how to deal with it all. It has given you lifelong friendships. It may have even given you a lifelong adversary, that one player you just loved to beat or could never beat.


Aging through your tennis career is a true journey. I hope you all learn to enjoy it as much as I have. Even in the latter stages of your career, you are able to learn new things. Learn new stretches. Learn to focus better. Learn to relax both on and off court. You can keep growing. How many things in life let you do that as you age? It is a wonderful, lifelong game. Keep swinging! 🎾



Tracy Townsend



**Schedule:**  
Tennis Eye Opener Clinics, Mon-Sun. 8 – 9 a.m., Mon.-Thurs. 9-10 a.m., and Mon-Thurs. 10-11 a.m.  
Tennis Round Robins, Fri.-Sun. 9 -10:30 a.m.  
Intro to Pickleball, Mon. 10-11 a.m. (except holidays)

 Seaside Tennis

Courts are open for play daily 8 a.m. – dusk. Please call (850) 231-2214 to reserve courts, book lessons or sign-up for clinics and round robins. Find 30A TENNIS and SEASIDE TENNIS on Facebook for weather updates, news and events.

## Escape to Create

cont. from page 22

training and fascination with new technologies, magic, and illusion.

Olivier and Tony Award nominated **Melly Still** is a distinguished British stage director, designer and choreographer. Jabares-Pita and Still's collaborative residency will advance stage and scene concepts for Santa Fe Opera's 2025 lavish production of Wagner's opera Du Walkerie. Jabares-Pita and Still offer a collaborative presentation of their award-winning works and offer a workshop on costume design for middle and high school students.



We hope you can join us for our 2024 Celebration of the Arts, Life and Community in Seaside. For information on additional artist presentations, informative talks, salons, and classroom instruction, contact Escape To Create at info@escape2create.org. A reception for the February visual artists will be held at Anne Hunter Galleries on Sunday, Feb. 25, 4-6 p.m. 🎨



Melly Still



Ana Inês Jabares-Pita



To discover more visit  
escape2create.org

## Cool Down With Yoga

Seaside yoga teacher Melissa Davis gives winter tips

By Margaret Abrams

Certified yoga instructor Melissa Davis has been teaching yoga in Seaside for four years. She has amassed a crew of followers who appreciate her relaxing approach to teaching yoga at the Seaside Pavilion, which offers unforgettable Gulf views. While not holding sessions during the winter months, Melissa provides some tips to continue your yoga sessions as the temperature drops.

Melissa appreciates all of the students who joined her this year, calling the season "joyful," and explaining the crowd was a "mix of people returning from years before and beautiful first time students."

The yogi and her class have spotted dolphins, manatees, sting rays and ospreys, making it quite a unique environment. But Melissa doesn't want her students to lose the momentum they gained, and urges them to continue their yoga practice during the off-season.

"I practice in the morning in my home during the off-season," Melissa explains. "Morning is the best for me – but you do you."

Melissa encourages visitors to seek out indoor classes to create connections. Having a teacher – whether in real life or online – helps because "there's always something to learn even after decades of prac-

tice." Melissa suggests Asana Rebel for those looking for an online experience (and if the weather's nice, you could always bring your laptop to the beach).

Melissa recommends reading "A Life Worth Breathing" by Max Strom and "Yoga: The Spirit and Practice of Moving into Stillness" for those who want to get deeper into their practice by Erich Schiffmann.

And don't worry – Seaside Yoga returns on April 1. 🧘



## Explore Our Merchants

You will find yourself discovering something new every time you visit.



seasidefl.com