

TALLAHASSEE LIFE!

Volume 15, Number 5

Your Home Team

Do you know somebody looking to sell or buy a home? Please tell them how hard we will work to earn their business.

Please forward this to everyone who wants to find more enjoyment from their Tallahassee Life!



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Tallahassee Grows Slow And Steady

The population in Tallahassee (Leon County) has grown by 87,247 people since I began my real estate career in 1991. That is a 44% growth in the size of Tallahassee, equating to an annual growth rate of 1.61%. This means that Tallahassee is growing, albeit slow and steady.

Well Educated People Live Here

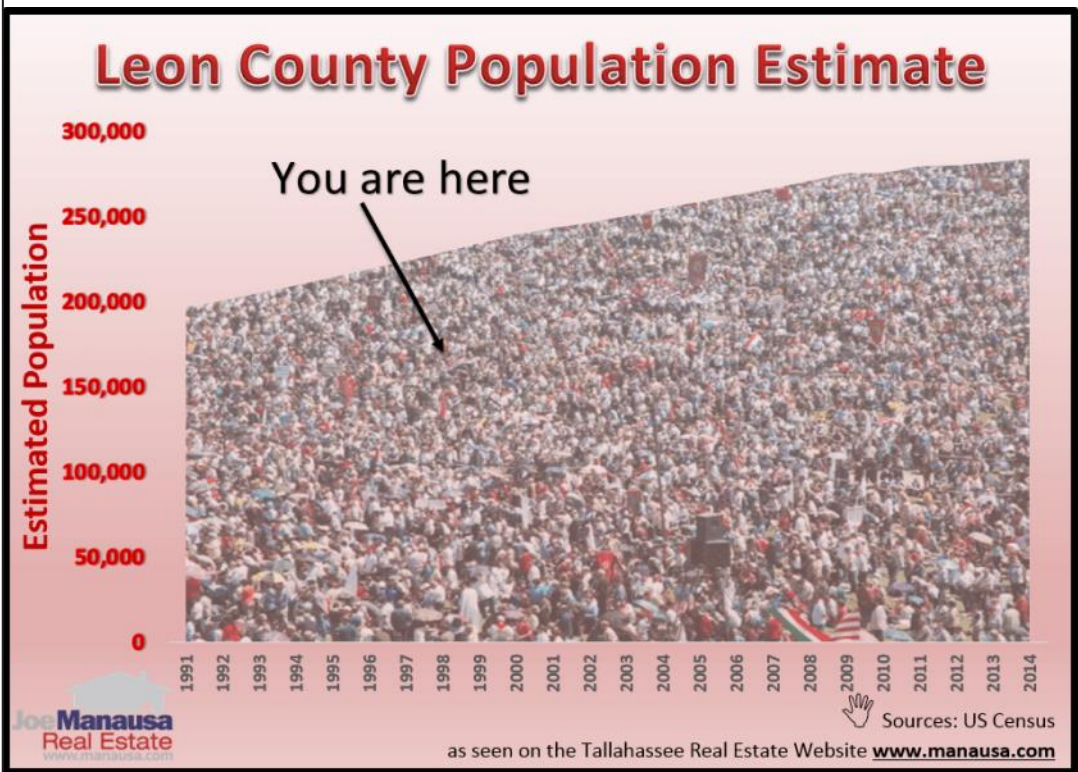
The residents here are highly educated. According to the recent Census, 92% of the people in Leon County aged 25 years and higher are high school graduates, and a healthy 44% hold a Bachelor's degree or higher from college. Considering the average in the US is

86% for High school diplomas and 29% for Bachelor's degrees, Tallahassee is a city that value's education.

May 2015

I hope you enjoy your May Edition of Tallahassee Life! Our goal is to continue to deliver reviews, articles, information, and ideas to help spread the word about all the great things you can see and do when you live in Tallahassee.

And don't forget about this month's [contest on page 8](#), do you know the location of that monument?



Day Trips for Beach Lovers



Considering a trip to Panacea, FL? Check out all there is to do at the [Gulf Specimen Marine Lab](#)



The KEY to our business is referrals from past clients, friends, and family members just like you!



Lindsey Begue
REALTOR

[See Lindsey's Bio](#)

Tallahassee has much to offer to the people who reside here. It's great for those who love sports, enjoy night life, nature and a peaceful atmosphere.

One of the best things about Tallahassee is its close proximity to local beaches. In fact, there are six beaches within 70 miles of the heart of Tallahassee.

For those who want to enjoy the summer sun lying out on a white beach, but don't want the hassle of trying to find overnight accommodations, the local coast is the perfect solution for an easy day trip!

Take just a 30 minute drive down FL-363 N and you will dead end into St. Marks Beach and Wildlife Refuge. This is a popular tourist attraction for those who enjoy Redfish, Trout fishing, and scalloping.



The beach here is not overly populated, so it offers plenty of privacy and room to sprawl out and set up camp!

A short drive West down US 98 (11mi) will lead you to the beautiful town of Panacea, FL. Be sure to check out the Gulf Specimen Marine Lab which offers rehabilitation to injured marine life and

information about the ecosystems of the ocean.

For less than \$10 per person, you can participate in animal feeding and touch-tank opportunities. This hidden gem also offers private tours for parties or large groups.

Head 7 miles West to Bald Point State Park. This is a little known fishing hot-spot and it's not uncommon to find a Redfish honey-hole full of schools of fish eager for their next meal.

If you are willing to make the hike to the furthest point of the peninsula, you will find yourself with a nearly 360 degree view of the water ... which makes it feel like you are on your own private island!

Continue West to Alligator Point, Carabelle, and Eastpoint, FL. These beaches have a bay setting with calmer seas as there are islands directly south of them.

Some islands are only accessible by boat, but the quiet water makes for more great fishing, swimming, and kayak spots. The furthest beach, Eastpoint, is 70.1 miles from the heart of Tallahassee, so even at the outermost reach, it still makes for an easy day-trip with time to spare to cook dinner and get the little ones bathed and ready for bed before dark!

If you have trouble finding the park entrances, the rule of thumb in these small towns is if you can see the water, you can get to it. So grab your coolers and sunscreen and take a weekend to explore all of the wonders that this coast has to offer.

Caring For Your Lawn And Garden



Learn more about the care and feeding of your lawn at any of our fine nurseries. These include [Tallahassee Nurseries](#), [Esposito Lawn and Garden Center](#), [Native Nurseries](#) and [Heinz Nurseries](#)



Check out the landscaping in some of the most beautiful [Tallahassee neighborhoods](#)



Andrea Chapman
REALTOR

[See Andreas's Bio](#)

Tallahassee is a great place to grow a garden. Our climate tends to be "inclusive", so a wide variety of trees, flowers, fruits and vegetables grow here.

From November to February our lawns turn brown and we get a break from mowing, edging, clipping and weeding. But now the town is green and growing again, so get out and spend some quality time in the yard.

I've found the staff at our local nurseries to be patient and helpful. Bring in samples of the weeds you want to get rid of, and you'll be directed to the most effective herbicide.

When you ask for advice about flowers and shrubs, be sure to know the orientation of your yard, and about how many hours of sun and shade it receives. You'll go home with the plant most likely to be successful and attractive in your yard.



Tallahassee newcomers are often put off by the lack of color in many yards. They go out and buy trays of pansies, petunias, morning glories, and Gerber daisies to perk up the neighborhood.

But is that really the best choice? I think not!

It won't take long before our deer discover the new "all you can eat buffet" in town and nip off the colorful tips of your lovingly planted annuals. I've found that aromatic plants such as Rosemary and Society Garlic grow extremely well here, are not eaten by deer, and in fact, may even repel them a bit.



The best addition to your Tallahassee garden is Pine Straw, and now is the best time to buy it by the bale and spread it over weeded areas. Layered about 3 inches, it blocks the light from newly forming weeds, hampering their growth.

Here in Tallahassee we seem to imbue the product with magical powers. You'll hear "There's a resin in the pine straw that kills weeds," "That stuff will really keep the moisture in," "Use pine straw to prevent soil erosion."

I've tried the nuggets, the chips, and even recycled tires for mulch, but now I'm a Pine Straw fan. One of the best features is its ability to interlace, so it stays put in rain and wind.

You might even find pine straw deals on Groupon or Angie's List. It really gives your beds a polished, orderly look, and makes you look like a Tallahasseean who knows how to maintain a garden.

Enjoy The Day At Wakulla Springs



Make the short drive and check out all there is to do at [Wakulla Springs State Park](#).



Do you have recommendations for places to visit in or around Tallahassee? [Drop us a note](#) and we'll write an article on it in next month's edition of Tallahassee Life!



Ron Rice
Co-Owner

[See Ron's Bio](#)

Looking for a nice, relaxing place to take the family this summer? Do you think you need to travel across the globe to find it?

Let me tell you something ... you don't!

If you're interested in spending time outdoors, look no further than Wakulla Springs State Park. It's located just 15 miles South of town, down FL 61.

Wakulla Springs is known by many as the largest and deepest freshwater spring in the entire world! How cool is that?!

The activities here are seemingly endless. Hop aboard one of the guided boat tours and explore all that the springs have to offer.

On rare occasions (when the water clarity allows it), glass-bottom boats are used for the tours. Pre-historic animal fossils still line the banks in the deep waters of the spring, and patrons have been known to see Mastodon remains as they peer into the abyss.



But the fun doesn't stop there. Get rid of the boat and jump on in ... from the 22 foot observation tower!

Swimming or snorkeling in the 69 degree waters of the springs is just what you need to cool off on a hot summer day.

Are you interested in bird watching? If so, you've come to the right place.

Wakulla Springs is home to a large number of bird habitats; Anhingas, Grebes, Colorful Wood Ducks and Songbirds are just a few of them. Make sure you bring your camera, as magnificent photographic opportunities are sure to arise.



If you like to stay active, then make sure you hike (or bike) 1 of the 3 nature trails. There's a 9 mile trail in the main park, a 1.4 mile trail that leads to the Cherokee Sink (an 80 foot deep sinkhole lake), or the Bob Rose trail that follows the cave system.

But when the day is done, don't forget to grab a bite to eat at the Ball Room Restaurant. Specializing in Southern cuisine, the food here is sure to satisfy your hungry belly after a long day of exploring the wonders of the spring.

What are you waiting for?

Load up the family vehicle, and make the short trip to Wakulla Springs. It's the perfect place to spend a weekend or just a day.

I promise that you won't regret it. If you go one time, you'll likely love it so much that you just have to go back!

Stay In The Shade And Swing From The Trees



For more information on the Tallahassee Museum and the Tree to Tree Adventures program, [visit their website here!](#)

Buying In 2015?



Alex Nunez
REALTOR

[See Alex's Bio](#)

Tallahassee summers can get a little hot. Parks and ball fields are fun, but the Tallahassee sun can really beat down on you and wear you out quickly.

If you need a break from direct sunlight, check out the Tallahassee Museum's Tree to Tree Adventures program. It's a great way to stay active over the summer under the cover of some of Tallahassee's beautiful trees.

It's fun for the whole family, and kids that are at least 39 inches tall can participate in the beginner courses. Once they graduate to 54 inches, they can take the big leap to the more challenging adventures.

No experience is necessary as the program's guides do a fantastic job of explaining safety measures and showing everyone how to maneuver on a low "practice course" before you begin your adventure.

Harnesses and multiple safety clips provide added reinforcement for the faint of heart.

The Tree-to-Tree Adventures courses are integrated within the museum's 52



acres of native plants and wildlife and boasts over 70 obstacles to include swinging from ropes, crossing bridges, and surfing through the sky!

The Tallahassee Museum also has animal trails (with the otters being my favorite attraction), a large playground, and a café for lunch and snacks, so that even if you are making a trip across town, you'll have plenty of options to fill up a complete day of fun. It really is a great way to spend the day.



The Tallahassee Museum also offers summer camps and puts on fantastic special events to include their famous Halloween extravaganza! Memberships to the museum are available for purchase and members are offered a great discount on Tree to Tree Adventure tickets.

At five dollars per month, if you plan on going to the Tallahassee Museum more than twice in a year ... getting the membership is a no brainer!

So come on out and have a blast in the shade this summer!



Do you have a suggestion for next month's "food" article? [Drop us a note](#) and let us know.



There are quite a few food trucks that drive around town. Discover them all on the [Tallahassee Food Truck Association](#) website.



Garrett Jacks
REALTOR

[See Garrett's Bio](#)

All You Need Is A Lawn Chair And An Appetite

Do you have plans for dinner this Thursday? If you don't, you should.

Food Truck Thursday at Lake Ella is the perfect place to spend an evening with the family. The warm, welcoming atmosphere, live music and abundance of food choices really makes it an enjoyable experience.

And your four-legged friends don't even have to stay at home! Dogs, and cats are more than welcome to join in on the fun.

Some of the participating food trucks include Valhalla Grill, Fired Up Pizza Truck, Lucy and Leo's Cupcakery and Foodz Traveler ... just to name a few. These "mobile restaurants" make some absolutely outstanding dishes that you don't want to miss.

You'll find tasty burgers, pizza, ethnic cuisines, and a variety of desserts that are sure to satisfy any appetite.



And did I mention the live music?

Local musicians are always present at the event and really put on a great show for patrons of all ages. They usually have band merchandise for sale and a tip jar displayed for those who really enjoy the tunes.

The scenery surrounding the event is truly one-of-a-kind, as Lake Ella is located smack dab in the middle of midtown. You'll notice walkers and joggers all over the place burning calories in preparation for the feast!



When the workday is over, come on out and join in on the fun. With all kinds of delicious food and great music at your disposal, there's nothing to do but relax.

Grab your lawn chair, take a seat, crack open a frosty beverage and stay awhile. Your Thursday evening television shows couldn't possibly be better than this.

Add me on Google+

Garrett Jacks

Worked at Joe Manausa Real Estate
Attended United States Naval Academy
Lives in Tallahassee, FL

+ Add to circles

70 followers | 7,177 views

Don't Forget Your Summertime Siesta



The [National Sleep Foundation](#) recommends a daily 20 to 30 minute nap for improved alertness and performance without leaving you feeling groggy or interfering with nighttime sleep.



Why not catch some Z's in your new master bedroom? Check out the latest and greatest [homes for sale in Tallahassee.](#)



Kevin Milligan
REALTOR

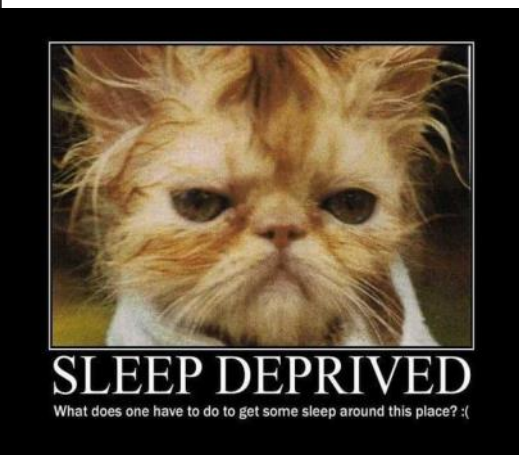
[See Kevin's Bio](#)

As summer weather approaches, many Tallahasseeans start to plan their evenings and weekends around fun in the sun.

Although most of us enjoy these weekend/evening romps, they don't exactly help our minds and bodies recover from the long hours of the daily work grind. As folks ramp up their activity levels with the arrival of warmer weather, rest can often take a back seat.

Just how important is sleep anyway?

The benefits of getting a full night's sleep are tremendous. Studies have shown that as summer days get longer and activity levels rise, people produce smaller amounts of melatonin, leading to less sleep.



This is a recipe for decreased work productivity, lower energy levels, and an overall bad mood. What can Tallahasseeans do to help reduce some of these negative trends?

Perhaps a short, daily nap is the answer.

Nap studies by the Mayo clinic site various health benefits of napping for adults.

These include relaxation, increased alertness, improved mood, better memory, quicker reaction time, and fewer accidents.



What is the recommended length of a nap? The Mayo clinic says to avoid sleep inertia (post-nap grogginess) by keeping naps shorter than 30 minutes.

Naps in excess of half an hour can start to affect the body's natural rhythms and actually make a person more tired. Studies show that the ideal nap time is right around 2 or 3 pm.

Believe it or not, nappers are in good company. John F. Kennedy, Winston Churchill, Albert Einstein, and George W. Bush are just a few of history's avid nap endorsers.

The next time you have a few extra minutes between work and your high-energy summer activities, consider hopping in that hammock in the backyard for an afternoon snooze. A short cat-nap will help you take full advantage of all the fun, sunny weather summer will bring this year!

FOR SALE



Joe Manausa
Real Estate

(850) 888-0888
www.manausa.com

Home values in Tallahassee are on the rise. Are you interested in learning more about your home's value? We offer fast, free [Home Valuations.](#)

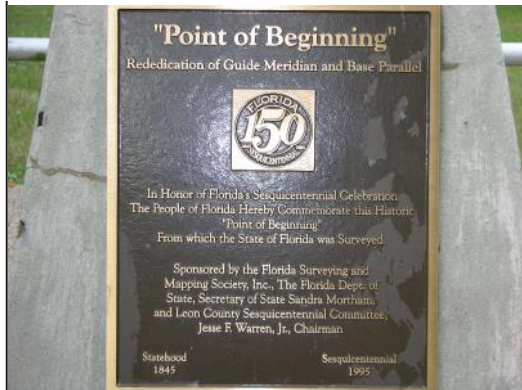


Would your local business like to sponsor next month's prize? [Take our short survey](#) and let us know.



Please leave a comment and "Like" us on Facebook!

May Contest



How to Win: Be the first person to post the correct answer to the [Joe Manausa Real Estate Facebook page.](#)

Up for Grabs: 1st Place: \$30 gift certificate to the Foodz Traveler food truck.

2nd, 3rd, and 4th Place: 1 of 3 gift certificates for 4 cupcakes at Lucy and Leo's Cupcakery.

Question: The survey monument (pictured above) marks the exact spot where the Tallahassee Meridian and Baseline intersect. It serves as the initial point for U.S. government surveys in the states of Florida and Alabama as part of the Public Land Survey System. In which Tallahassee city park is the survey marker located?



Last Month's Contest



Carrie Ikerd was the first to post the correct answer for our April contest. Her prize: A piece of New Classic Stoneware from [The Pampered Chef.](#) Congratulations, Carrie!

Question: Who is that handsome young man pictured below?

Answer: Buddy Gridley



Community Events



Is there a MUST SEE event coming soon that you'd like everyone in Tallahassee to know about? [Take our quick survey](#) and tell us to get the word out. We truly value our customer feedback.



Need a plumber, electrician, or new roof? What about financial advice or accounting services? How about a home warranty? [Click here](#) to check out our recommended list of vendors in Tallahassee.

May 1-3 [Dance for Spring: In performance with The Tallahassee Ballet](#)

May 1-20 [Forgotten Coast en Plein Air, America's Great Paint-Out 2015](#)

May 2 [Big Shots Basketball Tournament](#)

May 2 [Big Bend Pop Warner 5K](#)

May 2 [Derby Day at Dover](#)

May 2 [Tallahassee Symphony Orchestra: Three Titans](#)

May 3 [TYO Spring Concert](#)

May 7 [Food Truck Thursday Featuring Brett Wellman Band](#)

May 8 [FSU Twilight Invitational](#)

May 8-9 [Florida High School Flag Football State Championships](#)

May 9-20 [Season of Emancipation - Walk Through Living History Festival](#)

May 10 [Spotlight on Dance](#)

May 14-26 [Capital Cuisine Restaurant Week](#)

May 14 [Food Truck Thursday Featuring Savannah Leigh Bassett](#)

May 15-17 [Comets Summer Xplosion](#)

May 15 [Capital City Amphitheater Presents: The Beach Boys](#)

May 16 [22nd Annual Tour of Gardens](#)

May 16 [Introduction to Blacksmithing](#)

May 18-20 [FAAHPN Biennial Conference](#)

May 20 [Emancipation Day: 150th Anniversary of Freedom in Florida](#)

May 21 [Masters in the Making: Mary Cassatt, "Red Poppies"](#)

May 21 [Food Truck Thursday Featuring Mr. Perfect](#)

May 28- Jun 14 [Theatre Tallahassee Presents: Agatha Christie's Murder on the Nile](#)

May 28 [Food Truck Thursday Featuring Tocamos Mas](#)

What did we miss?

We take pride in making sure our customers are informed of all major "happenings" in Tallahassee. If we missed something (or if you want to make sure we don't miss something in our next issue), just [drop Joe a note](#) and let us know.

Follow us on Google+

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Often times, homeowners want to know “who to call,” so consider this list as a great starting point. These are the service providers with whom we currently work and trust (updated monthly). If you belong on this list ... let us know at info@manausa.com.

Accountants

Starace Accounting

www.AccountingTallahassee.com
(850) 846-6382

Cleaning Services

Chris Hall

(850) 933-8481

Kara Cleaning Services

(850) 405-3839

Electricians

Troy's Electric, Inc.

(850) 933-8793

CL Williams Contracting

(850) 545-5882

Financial Advisors

Pete Tychsen

www.PreservationFinancialGroup.com
(850) 523-7877

Heating & Air

Riverside Heating & Air

www.tallahasseehvac.org
(850) 633-4896

Mayfield Heating & Air

www.mayfieldhvac.com
(850) 766-2376

Home Inspectors

House Huggers

(850) 508-4123

Pillar To Post

www.pillartopost.com
(850) 562-0578

Southern Home Consultants

www.southernhomeconsultant.com
(850) 668-0917

Wagner Home Inspections

www.wagnerinspections.com
(850) 222-4776

Home Warranty Quote

We'll Get You A Best Quote

(850) 888-0888

Insurance

Chad Gardner

www.mckeeagency.com
(850) 545-0833

Pest Control

1st Choice Pest Control

www.southwindpestandtermite.com
(850) 656-5982

Garnet & Gold Pest Control

[Google Plus Page](#)
(850) 926-1226

Plumbing

Dowdy Plumbing

www.dowdyplumbing.com
(850) 656-1211

CL Williams

(850) 545-5882

Real Estate Attorneys

Manausa Law Firm

www.manausalaw.com
(850) 597-7616

Hayward Title

[Google Plus Page](#)
(850) 386-4400

Repairs

ANDCAT, Inc.

(850) 980-6999

Andy Bailey's Property

Maintenance

(850) 545-5631

Roofing

Square Cut Construction &

Remodeling

(850) 567-0341

Lloyd Roofing

www.lloydroofingandconstruction.com
(850) 251-3511

Fain Pools & Roofs

www.fainbuilders.com
(850) 509-0524

Structural Engineers

Barkley Engineers

www.barkleyengineering.com
(850) 297-0440

Blackhawk Engineering

www.blackhawkengineers.com
(850) 224-4295

Surveyors

Meridian Surveying and

Mapping

www.msmincorp.com
(850) 668-7641

B&D Land Surveying

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(850) 421-1435