

the thirty-a REVIEW™

a review of 30-A's finest people

Summer Jewels

INSIDE:

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

Anthea Turner
owner/curator of
Anthea La Jardin



11 ACORN WAY | WATERCOLOR
5 BEDS | 5/1 BATHS | 4,384 SQFT



9 BOWLINE ALY | WATERSOUND WEST BEACH
5 BEDS | 5/2 BATHS | 3,918 SQFT



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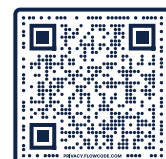


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Villa Chimera

A mansion crafted after Palladian architecture of the Veneto

3 ACRES | OVER 380' OF WATERFRONT ON WEST BAY

5 BEDROOMS | 6 BATH | 4 HALF BATH | ELEVATOR | POOL | 9,473 SQ FT | \$9,975,000

Perched along the shores of the mesmerizing West Bay waters on the Northwest Florida Gulf Coast, the Villa Chimera evokes an imperial aura. Inspired by the classic Palladian villas of the Veneto in Italy, this residence was years in the making from planning to construction and boasts an architectural integrity and authenticity rarely found in modern construction. This property presents a rare opportunity to purchase not only a luxury estate, but a work of art nestled in an area of Northwest Florida currently experiencing unprecedented demand and rejuvenation.

For More Information Please Visit VILLACHIMERA.COM



AMIN DELAWALLA
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BERKSHIRE HATHAWAY HOMESERVICES | BEACH PROPERTIES OF FLORIDA



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36 Bridge Water Lane

An idyllic beach-side sanctuary with a plethora of outdoor living spaces

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4 BEDROOMS + STUDY | 3 BATH | 2 HALF BATH | ELEVATOR | POOL | 3,403 SQ FT + 1,432 SQ FT DECK | \$4,495,000

A masterpiece union of design, comfort, and functionality, this custom WaterSound Bridges home designed by architect Dawn Thurber boasts four bedrooms plus a study/office, three full baths, two half baths, an elevator and a lushly landscaped backyard with heated saltwater swimming pool & spa providing ample space for luxurious living. The home's interior spans an impressive 3,403 square feet of heated and cooled space, with an additional 1,432 square feet of porches and decks to enjoy the picturesque community, ocean views and the refreshing gulf breeze.

For More Information Please Visit BESTOFEMERALDCOAST.COM



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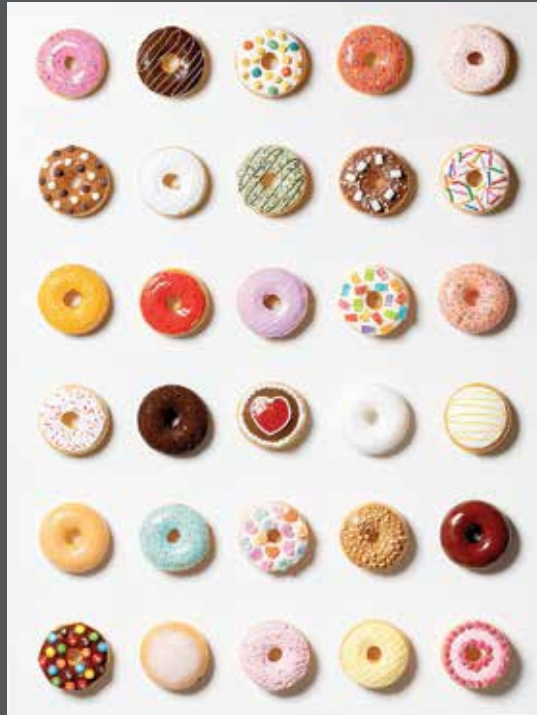
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curate

Spring-It's Better at the Beach!



Anna Sweet, Donut



Nicoletta Belletti, No Worries



Josef Kote, Somehow It Felt Right



Stephen Harlan, Shade of Pale



Simon Kenevan, The Sublime Prophecy



Steven Quartly, Into the Light

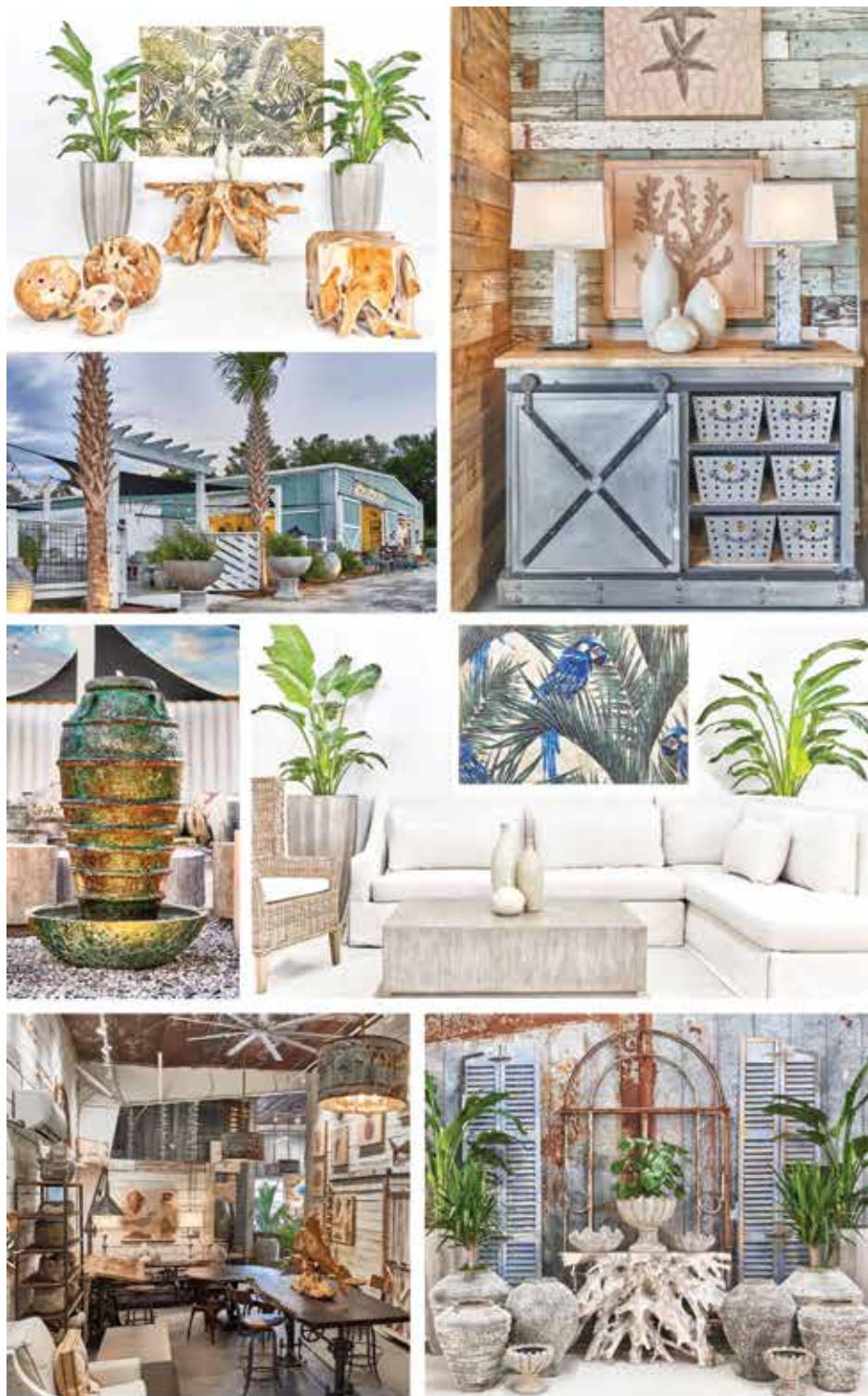
Curate features artwork that stirs the soul in a stunning array of paintings, glass and sculpture.
rosemary beach, fl • across from the pearl • 850-231-1808 • **Browse at curate30A.com**

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SINFONIA

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 in the Village
mattie kelly arts foundation

PRESENTS



SINFONIA GULF COAST FEAT. MORGAN JAMES

THURS. MAY 25

7 PM
(DOORS OPEN AT 6 PM)

MKAF CULTURAL ARTS VILLAGE
DESTIN, FL

Sinfonia Gulf Coast featuring powerhouse Broadway vocalist Morgan James in Symphonic Soul accompanied with special guest Ryan Shaw brings the classic sounds of Memphis alive. This special concert is a love letter to one of the great American birthplaces of soul, featuring brand-new arrangements of Memphis classics by Al Green, Otis Redding, Ann Peebles, Sam and Dave, and, of course, Elvis. Morgan James rounds out the evening with her own Memphis soul originals and storytelling. Hear your favorite soul tunes come to life in a brand-new way that will have you dancing and singing along.

Bring a blanket or chair and enjoy dinner al fresco from local restaurants and food trucks.

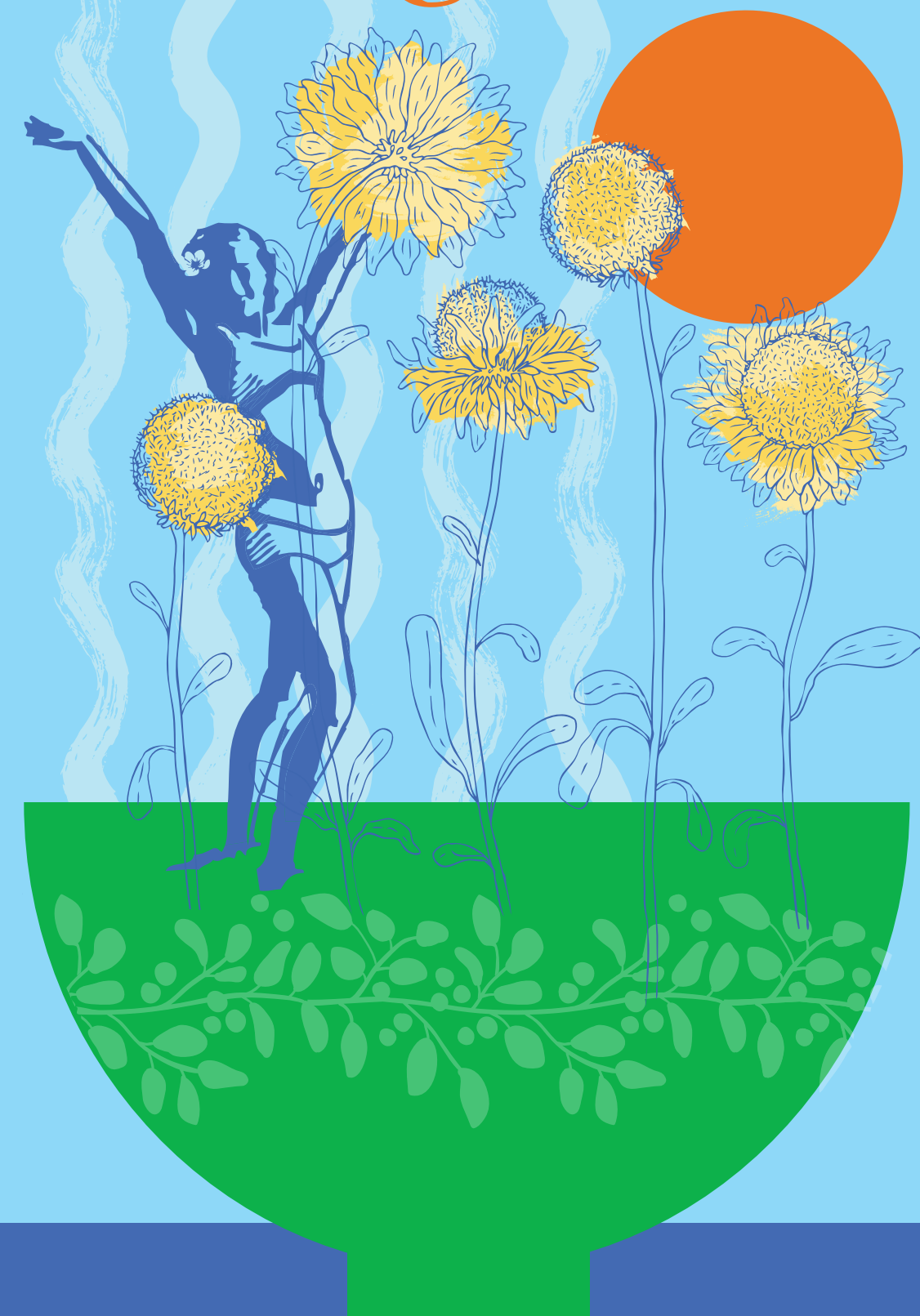


PURCHASE TICKETS AT
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Proceeds benefit Mattie Kelly Arts Foundation and its art education community outreach initiatives.



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**WARNING TO HOMEOWNERS
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THE BEACH VIBE



As summer approaches, there is no better time to enjoy all that 30-A has to offer with family and friends. With summer comes our throngs of visitors and our gears shift to accommodate the true South Walton beach vibe at its peak.

As with any beach destination around the world, summer marks the season when the restaurants and activities are at their peak. There is an energy that is both relaxing and stimulating. It's a time that gives us permission to relax and enjoy life as well as the simple pleasures that come with the sand and the sea.

In this issue, we write about the people, places and things that make 30-A and the surrounding areas great. While the food, shopping and beach activities are all wonderful, it's the people who really make the beach life stand out. The locals who bring their passion, creativity and dedication to make our lives feel a little less busy and a lot more special.

We invite you to peruse the pages that follow and to enjoy all that 30-A and our incredible beach life has to offer.

Warmly,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



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about the cover

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anthealejardin.com

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Go to www.ThirtyAReview.com to view the entire publication online.

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Our collection features high-quality, beach-ready apparel and accessories from top brands, as well as handcrafted items from local artisans. Come visit our store today, and let us help you bring a little bit of the beach into your life.



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Theatre and Events in May and June

ALYS BEACH

MONDAYS

Adventures in Alys by the REP

May 29, June 5, 12, 19, 26 at 10am
AMPHITHEATER

Join the REP Theatre for a completely original storytelling experience for children of all ages. Watch as a new, one-of-a-kind Adventure in Alys is created by the audience (and maybe even join in the stories yourselves)!

TUESDAYS

Wine and Song at NEAT

Tuesdays 5-7pm

Join us for tableside wine tastings and live music every Tuesday at NEAT Tasting Room and Bottle Shop from 5-7 p.m. Wines will be posted every Tuesday on Facebook & Instagram. 4 Wines, \$30 per person. 11 N Castle Harbour Dr.

Tie Dye in the Amphitheater

May 30, June 6, 13, 20, 27 9am

Bring the children to make an Alys Beach Tie-Dyed T-shirt to take home. The shirts are \$15 each. Space is limited to 30 children. Please sign up at alysbeach.com/events

Performances by The Seaside REP.

6:30 p.m.

AMPHITHEATER

The Repertory Theatre, Northwest Florida's premier professional theatre company.

WEDNESDAYS

Alys Improv Hour by the REP in the Amphitheater

May 31, June 7, 14, 21, 28 10am

Alys Improv hour hosted by the seaside REP

Summer Concert Series

7 p.m. (starting at 6 p.m. May 31)

AMPHITHEATER

Bring a blanket and chair to hear outdoor live music. Food and beverages will be available for purchase.

THURSDAYS

Art in the Amphitheater

June 1, 8, 15, 22, 29 9:30am

Bring the children to the

Amphitheater to learn how to make a masterpiece by a local artist. Space is limited to 25 children. Sign up online at alysbeach.com/event/art-in-aly

Reels in the Amphitheater

Thursdays in March 8pm

Bring blankets and chairs and enjoy a film under the stars. All outdoor movies are free. Food and beverages will be available for purchase

FRIDAYS

Between the Palms Concert Series

Friday from 6-8pm

The Fonville Press will host a "Between the Palms" live music concert series at its café. Catch local talent every Friday. 23 North Somerset St.

SPECIAL EVENTS

Mother's Day Prix Fixe meal

May 14

THE CITIZEN RESTAURANT

For \$75/person, guests can choose between sweet and savory options for their first course, entrée and dessert. Dishes will include roasted avocado salad, Angel biscuits, chocolate croissant French Toast, smoked prime rib, and banana pudding whoopie pie. A vegan prix fixe option will also be offered. 20 Mark Twain Lane.

Digital Graffiti at Alys Beach

May 19-20

One-of-a-kind projection art festival where artists from across the globe use the latest digital technologies to project their original works onto the iconic white walls of Alys Beach, and it returns for its 16th year. 6 p.m. Buy tickets at www.alybeach.com/event/digital-graffiti/

Sinfonia Gulf Coast Free Show

May 28

Enjoy an evening of patriotic, movie soundtracks and light classics as Sinfonia Gulf Coast performs a free concert in the Alys Beach Amphitheater. Bring blankets and chairs. The "doors" open at 6 p.m. and the music will begin at 7:30 p.m. with fireworks at 9 p.m. Food will be available for purchase. www.SinfoniaGulfCoast.org



Photo courtesy of Katie DeSantis

ROSEMARY BEACH

MONDAYS

Spring it On Concert Series

May 22- Aug. 7 6:30 - 8:30pm

ST. AUGUSTINE GREEN/OWNERS PAVILION

Bring your chairs and blankets and enjoy an evening of entertaining musical performances. Each week is a different band!

TUESDAYS

We Must Believe in Magic— Magic Show

May 23-Aug 8 7 - 8:15pm

ST. AUGUSTINE GREEN/OWNERS PAVILION

Prepare for a vintage-feel, modern-day crusade of magic with the International Award-Winning dynamic duo, Julian and Melody Pittman. The show includes amazing magical feats.

WEDNESDAYS

Cinderella—Kids Theatre

May 24-Aug. 9 6:30pm

NORTH BARRETT SQUARE

Another favorite fairy tale brought to life by The REP Theatre! A group of traveling actors create much onstage merriment by presenting their own version of the classic children's story, Cinderella. This fast-paced and funny show is sure to delight the entire family with

happily ever after laughter. Blankets and lawn chairs welcome!

THURSDAYS

Moonlight & Movies and Face Painting

Jun 1 - Aug. 10 face painting starts at 5pm, Movie at 8pm
WESTERN GREEN

Moonlight & Movies and face painting will delight guests of all ages. Bring the family for a wholesome and fun movie night under the stars! Blankets and lawn chairs are welcome! Come early and get your face painted by one of our talented artists! Enjoy popcorn and the best hot dogs on the beach from DogManDu!

FRIDAYS

Treasure Jars, Airbrush Caps & Tunes

June 2, 9, 16, 23, 30, July 7, 14, 21,

28 and August 11 9 a.m. - 12 p.m.

WESTERN GREEN

Join us for some crafty fun on the green! Create your very own treasure jar to commemorate your trip to the beach. Plus get a custom designed airbrushed hat complete with your name.

SEASIDE

MONDAYS

Children's Theater by the REP.

May 22 & 29; June 5, 12, 19, 26

6:30 p.m.

Enjoy Children's Theater at the amphitheater. Each week is a fun-filled performance by The REP!

TUESDAYS AND THURSDAYS

Stories by the Sea

Tuesdays and Thursdays at 10am

Join The REP for a pop-up storytelling experience at the iconic Seaside Post Office.

Huck & Lilly

Tuesdays & Thursdays at 6pm

SEASIDE AMPHITHEATER

A fun-filled evening of characters and music for kids and grown-ups, weather permitting.

TUESDAYS AND SATURDAYS

Kids Improv Boot Camp

Tuesdays & Thursdays at 2pm

REP

In these workshops, students jump into action by learning all the basics of improv comedy and performance from REP performers. At the end of each week, our improv students advance to the next stage in the Friday Friends and Finale showcase. Get more info and



Photo courtesy of Danni Eubanks

register at www.lovethep.com/event/improv-bootcamp-for-kids/. 216 Quincy Circle.

FRIDAYS

Central Square Cinema

Fridays at 5pm

AMPHITHEATER

Grab your blankets and head to the Seaside Amphitheater for a family movie under the stars.

The Friday Finale Improv Showcase

Date/Time TBD.

REP

Showcase for student improv students to show off their new skills.

SATURDAYS

The Sounds of SEASIDE®

3-6pm

AMPHITHEATRE

Celebrate the Summer season with your friends and neighbors as we welcome the sounds of some of the region's top musical acts.

SUNDAYS

Lyceum Lawn Cinema

Sundays at 8pm

LYCEUM LAWN

SPECIAL EVENTS

Jazz in Seaside

May 6 1 - 7pm

AMPHITHEATER

Memorial Day Weekend Concert

May 28 7pm

AMPHITHEATER

Monthly Music Series

June 14 6 - 8pm

AMPHITHEATER

WATERCOLOR

DAILY

Happy Hour

2 - 4pm

FISH OUT OF WATER

Food and drink specials daily from 34 Goldenrod Cir, Santa Rosa Beach.

Fast Lane at Scratch

11:30 a.m. - 2 p.m.

SCRATCH BISCUIT KITCHEN

Hungry and in a hurry? Skip the line and order from the Fast Pass Menu. The entire menu is ready in a flash! @ScratchBK.com. 1777 E County Hwy 30A Unit 101, Santa Rosa Beach.

WEDNESDAYS

Live Music

11am to 2pm

SCRATCH BISCUIT KITCHEN

1777 E County Hwy 30A Unit 101, Santa Rosa Beach.

FRIDAYS

Live Music

6 to 9pm

FISH OUT OF WATER

Featuring Jamah Terry
34 Goldenrod Cir, Santa Rosa Beach.

SATURDAYS AND SUNDAYS

Brunch Buffet

FISH OUT OF WATER

Enjoy a plentiful brunch buffet consisting of your favorite traditional brunch items as well as seasonal offerings.

SUNDAYS

Live Music

11am to 1pm

FISH OUT OF WATER

34 Goldenrod Cir, Santa Rosa Beach.



Fish out of Water

SPECIAL EVENTS

May the Fourth Star Wars Photo Props and Light Sabers!

May 4

SCRATCH BISCUIT KITCHEN

Chef Features to include Wookiee cookies available for purchase. May the fourth be with you, indulge in a biscuit sandwich and get a free coffee. 1777 E County Hwy 30A Unit 101, Santa Rosa Beach.

Celebrate Cinco de Mayo with Tacos & Tequila

May 5

FISH OUT OF WATER

Half-priced select tacos and house margaritas all day! 34 Goldenrod Cir.

Mother's Day Brunch

May 14 8am

FISH OUT OF WATER

Let's celebrate our mothers on their special day at Fish Out of Water with a complimentary Mimosa and muffin. Bottomless mimosas are available to purchase so you can really enjoy Mother's Day along with all the food offerings.

AREA FARMERS' MARKETS:

Grand Boulevard Farmers' Market

600 Grand Boulevard
Miramar Beach, Florida
Saturdays year-round 9am-1pm

30A Farmers' Market

28 N. Barrett Square
Rosemary Beach, Florida
Sundays year-round 9am-1pm

Watersound Town Center Farmers' Market

85 Origins Main Street
Watersound, Florida
Sundays year-round 9am-1pm
Thursdays June 1st-August 13th,
2023 9am-1pm

TUESDAYS

SEASIDE® Farmers Market

Saturdays only in May; Tuesdays and Saturdays in June
AMPHITHEATER
Join us for our weekly Seaside Farmers Market each Saturday!

Elevated Asian Kitchen

Aja offers an upscale dining experience at 30Avenue

BY TESS FARMER



Fresh sea urchin topped with caviar

The newest restaurant from renowned restaurateur and chef Tom Catherall is quickly becoming one of the top spots for sushi and places to be seen in and around 30-A. Boasting a swanky interior and delectable Asian-inspired dishes, Aja offers an upscale dining experience with something for all palates.

The magnificence of the space reflects the attention to detail and quality of food and hand-crafted beverages served fresh each day, including an array of sake. Aja (pronounced “Asia”) is the second 30-A area restaurant from Master Chef Catherall since he came out of retirement after moving to the area in 2016.

Catherall was one of the defining and influential forces of the Atlanta restaurant scene for over three decades.

A certified master chef, Catherall’s Here to Serve Restaurants group was the successful hospitality umbrella for 12 unique restaurant concepts, from steak, seafood and sushi to Spanish tapas, with 15 locations in the Atlanta area, which operated from 1996 until Catherall sold the group in October 2014.

With chef-inspired menus that are both innovative and always fresh, Catherall brought his offering to the 30-A community with the opening of Lola’s Coastal Italian in Seacrest Beach in 2020.

With the continued success of Lola’s, Catherall and his business partner David Richard, Sr., an entrepreneur and foodie from New Orleans, opened Aja on New Year’s Eve this year. Guests visiting from Atlanta especially recognize the Catherall name and the restaurant has been buzzing with patrons checking out his newest spot inside 30Avenue in Inlet Beach.

For Aja, Catherall recruited one of Atlanta’s top sushi chefs, Fuyuhiko Ito, of Japan, who uses sushi-grade fish sourced directly from his home country as well as New Zealand and the Caribbean. Chef Ito’s delectable sushi creations could be described as edible art and are not to be missed.

Leslie Brothers, Catherall’s fiance, has been instrumental in bringing the vision of the restaurant’s cozy, posh atmosphere to life. Brothers worked closely with local designer Marisol Gullo to create a sophisticated yet whimsical ambiance.

From glistening glass tile with gold-plated grout and lighting fixtures that glow and reflect off all the mirrored surfaces, it truly feels like fine dining in the city with the relaxed comfort of being just steps off the beach. Light, airy, whimsical interiors balanced with moody shades of navy and pops of color make a night out at Aja an experience to enjoy with all the senses.

“Chef Ito’s delectable sushi creations could be described as edible art and are not to be missed.”

The Aja team is a close-knit family, with Catherall’s nephews Jordan and Jack joining him in the kitchen. Already establishing their careers as the next generation of culinary greats, some of their popular dishes include the hot chili seafood with fresh Gulf shrimp, scallops, calamari and jalapeño peppers tossed in a house-made chili sauce on top of a bed of stir-fry noodles; and the Char Siu pork belly ramen in Vietnamese broth with bok choy, egg and shiitake mushrooms. Finish the meal off with a ginger crème brûlée or tempura fried banana.

Delicacies like the rare, wild-caught Tyee Ora King Salmon are available. Tyee means “Chief” in the local language of British Columbia where these salmon were originally found. Tyee is rare among salmon weighing no less than 30 pounds and yet, for such a large fish, the flavors are remarkably delicate.

Happy hour specials are available on the patio from 4 until 6 p.m. seven days a week and includes craft cocktails, beer and small plates like the popular chicken and shrimp dumplings, made in-house each day and Chef Ito’s California Roll. The patio offers outdoor seating with a server and also a walk-up window for additional bar service. Aja also caters to the late-night crowd with upbeat techno music and drinks.

Chef Catherall has brought another culinary gem to the 30-A community and locals and visitors are welcome to savor the fine flavors and classy coastal atmosphere.

Aja Elevated Asian by Tom Catherall
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latin-inspired coastal cuisine

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laco30a.com



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lunch served select days, please visit our website for details.

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MH
 MARIA HECKSCHER SALON

PHOTOGRAPHY: ROBERT RAUSCH | @THESTUDIOCREATIVEJOURNAL

Expanding the F&B family Spell Restaurant Group acquires Shades Bar & Grill and Shaka Sushi

BY CHRISTOPHER MANSON

Somehow, Spell Restaurant Group co-owner Christy Spell Terry finds a few minutes during her busy day to chat. She and her father, Rick Spell, have just added longtime local favorite Shades Bar & Grill, on the east end of 30A, and Inlet Beach's Shaka Sushi to the family.

"This year, we're focusing on learning the two new restaurants," she says. "Shades is a 30-year-old business, and it's a huge honor to be entrusted to take that over and continue what they've built. It's such a fun place, one of the first we frequented when we came to the area."

While sushi is a new venture, chef James Sargent has a storied reputation. "What I like about our restaurant group is that we're so diverse," Christy said. The ultimate goal of Spell Restaurant Group is to "enhance what's already there with successful restaurants," Christy said. "The team members already on board know things inside and out and we're eager to bring them into our family and take care of them."

Their varied restaurant portfolio includes LaCo in Seacrest Beach (laco30a.com), originally a Tex-Mex eatery and now a Latin-inspired restaurant with a coastal twist. Here you'll find specialty dishes prepared from scratch using the freshest ingredients available. LaCo is open daily from 11 a.m. to 9 p.m. and offers brunch from 11 a.m. to 1 p.m. daily. Happy hour is every day from 3 to 5 p.m.

The father-daughter duo started in the restaurant business in 2004 buying the Brookhaven Pub & Grill—an elevated sports bar—in Memphis. "It was a sort of side thing," Christy says. "I was a corporate accountant and my dad was in the finance world." The original owner was called back to military duty in Iraq and wanted to sell the restaurant. Christy hired a manager to run Brookhaven, and she handled the accounting and admin duties.

In 2011, she made the full-time leap into food and beverage. Three years later, she and Rick learned that LaCo and George's at Alys Beach were for sale. "After that, it kind of snowballed," says Christy. Today, the Spell Restaurant Group also includes Saltwater Grill (Panama City Beach), La Crema Tapas & Chocolate (Rosemary Beach), Edward's (Rosemary Beach), and two Babalu® locations in Memphis. "The business here is booming," she said. And here they are, expanding once again.

Today, Christy is bouncing around to each local restaurant, while her dad Rick, who still lives in Memphis, oversees those spots.



Assorted Delights from Shades

Sushi from Shaka Sushi

"It's a huge honor to be entrusted to take over and continue what they've built."

No matter which restaurant location, Christy says it's the people—both employees and guests—who got her into her current career. She loves being part of celebrations and vacations. She also enjoys watching the Spell staff grow.

"We've got people in their 20s who started working (for us) in their teens. We promote from within. It's fun to watch cooks become chefs, servers becoming bartenders and then managers," she said. One of Spell's longest tenured employees started working at Brookhaven 20 years ago and now manages George's. A lot of couples work together—happily, mind you—in her restaurants.

The restaurant group's local eateries include:

Saltwater Grill (saltwatergrillpcb.com), renowned for their seafood, steaks, and martinis. The restaurant is open from 4 to 9 p.m. Sunday through Thursday and 4 to 10 p.m. Fridays and Saturdays. Happy hour and early bird specials are offered daily.

Edward's (edwards30a.com), which offers fine dining in a comfortable setting. "We are at the beach after all," the website muses. Edward's is open daily for dinner at 5 p.m., offers Sunday brunch from 11 a.m. to 2 p.m. and lunch Wednesday through Saturday from 11 a.m. to 3 p.m. Daily specials include select wines for \$8 by the glass from 5 to 6 p.m. The restaurant received an Award of Excellence from Wine Spectator in 2020.

George's (georgesatalsbeach.com) walks the fine line between coastal and casual. "We buy from local vendors and farmers and offer local daily catches," says Christy. The Alys Beach favorite is open daily from 11 a.m. to 3 p.m. and 5 to 9 p.m.

La Crema Tapas & Chocolate, open from 11 a.m. to 9 p.m. daily, is "the place to go for your chocolate fix," says Christy. You'll also find small plate dining, a full liquor bar, and to-go drinks. "The desserts are my favorite part of it. They have some great crab Rangoon and chocolate fondue at La Crema."

Christy's to-go order? La Co's tacos, the lobster quesadilla at George's and the chicken or steak at Edward's.

The biggest key to the Spell's success is the management team, according to Christy. "We've been really blessed with the managers we've hired. We make sure they have the tools to be successful, and that we're not skimping on things. They have the resources and staff they need," she said. Christy's typical day begins "whenever the phone starts ringing," she laughs. She spends her day out in the restaurants keeping an eye on HR, IT, and marketing needs. You won't find her cooking, though.

"I leave that to the professionals," she says.

Learn more about the restaurants at www.spellrestaurantgroup.com.

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Painting Outside the Lines

Contemporary artist Jamie Zimchek provokes thought about the human condition

BY MARY WELCH

Over the centuries, art has transformed. It has come out of palaces and cathedrals into galleries and homes, out of the frame, off the wall, into the streets, and onto our phones. Where once artistic value was placed on almost photographic depictions of the world, more contemporary work pushes well past conventional ideas about art to challenge the viewer visually and provoke questions about meaning.

Jamie Zimchek's career has also followed a similar more modern path of self-discovery, boundary-pushing and ideation. In the absence of an arts curriculum throughout primary and secondary school, Zimchek, who lives near 30-A, spent her younger years building forts and Barbie habitats. Instead of dressing the dolls in dazzling gowns, she would assemble sprawling compounds in miniature and create small artworks to decorate the spaces.

Over time, this led to paints and canvas.

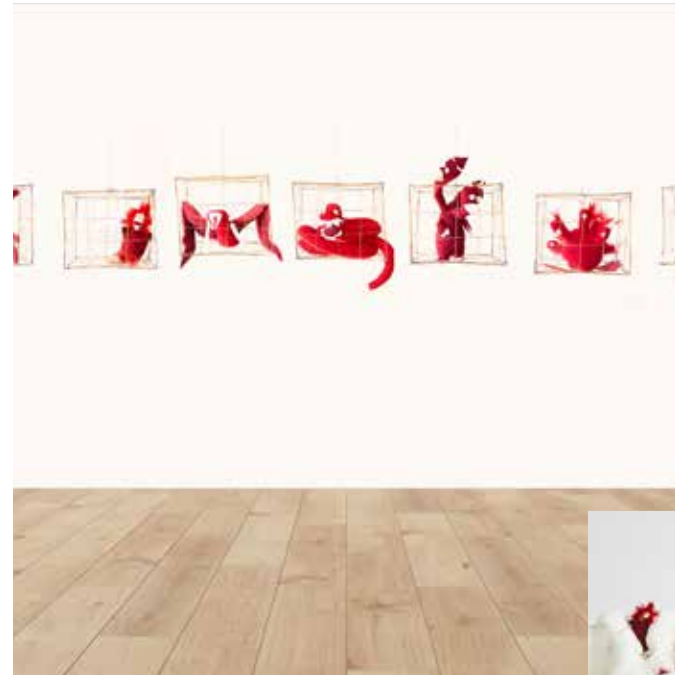
"I started painting with oils when I was about 17 and moved to the United Kingdom for college. Later, I studied with a brilliant realist in North Carolina. He did amazing landscapes, really beautiful traditional work," said Zimchek. "He told me that I had to know what the rules were before I started breaking them."

Before this introduction to more conventional fine art and its rules, she followed an entirely different academic path, earning a degree in history from the U.K.'s Newbold College, followed by a master's in Mediterranean Studies from King's College London. She spent time lecturing in the United States and then the U.K., and was working on her doctorate in U.S. foreign policy when one day, at the Metropolitan Museum of Art in New York City, she had an epiphany.

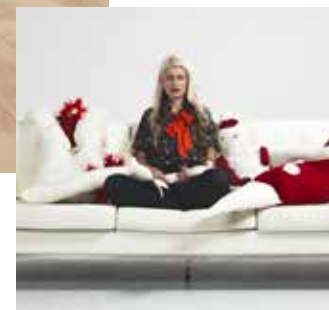
"I was at this Henri Toulouse-Lautrec exhibit and suddenly realized the Ph.D. wasn't the right fit," she said. Zimchek shifted course and during the ensuing decade of world wandering, began to focus instead on building her studio practice, supplementing late nights—paint-covered—with stints as a freelance writer.

At present, she's finishing her master of fine arts in visual art at Vermont College of Fine Arts and editing a local newspaper. Recently she realized that in order to stretch beyond painting to make larger and multi-dimensional

I studied with a brilliant realist in North Carolina... he told me that I had to know what the rules were before I started breaking them.



Photos courtesy of M Little



Jamie Zimchek

work, she'd need a more sizable studio. So, she passed the requisite exams, pulled all the permits, and built one.

Now with physical studio space in which to maneuver, Zimchek has begun to push harder against ideas about conventional art.

Largely leaving behind two-dimensional works, she's shifted to sculptural forms and environments that explore the absurdities in social constructs using experiment and play. Her current work intrigues, challenges, and may, in fact, confuse viewers, but that's fine with her.

"I describe my work as whimsical meets slightly sinister," she says with a laugh acknowledging the sometimes-perplexing paradox. She likes to subtly provide a point of entry—a clue of sorts—for viewers to access some of her more complex works. This can be the title of a piece, or something about its formal details like the materials used, the colors or even the scale. "My art is designed to provoke questions," she says. "It's not just an aesthetically pleasing composition, it's also a kind of puzzle designed to probe complicated concepts."

She firmly believes that if viewers can engage, art can open up space to discover something new, which she finds incredibly exciting. Most recently, her focus has been a better understanding of the role fear and anxiety play in everyday society.

"I'm interested in how fear impacts people and colors their daily calculations about how to live," explains

Zimchek. "This can be a little dark, so I like to infuse my work with an element of humor to stop it from slipping too far into the void."

One of her recent projects, Containment Strategies, involved engaging with people in her community to talk about things that made them afraid;

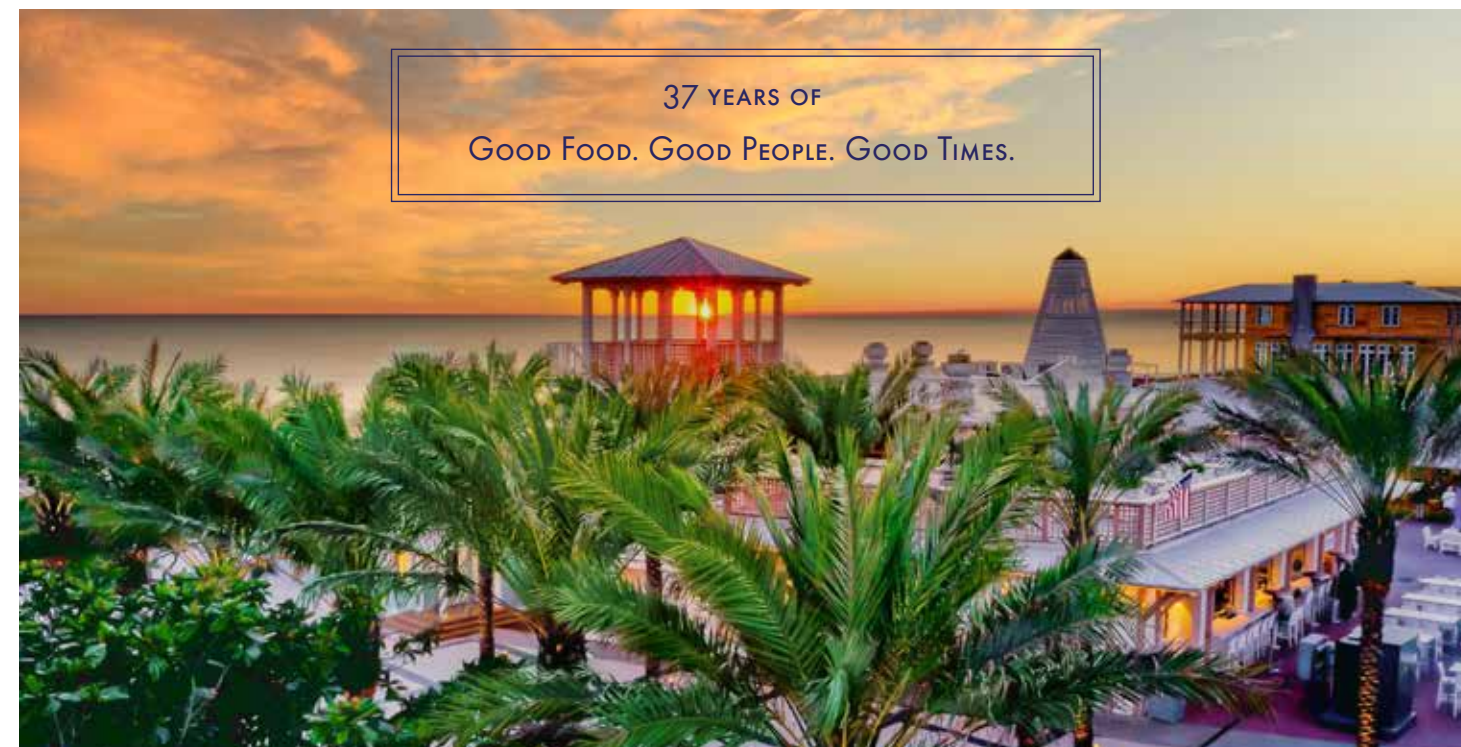
she then took those fears and gave them physical form in miniature, stitching them up in tiny plastic pouches to contain them.

"Some things in life we can't ever get rid of totally," Zimchek says, "but by acknowledging what they are and dragging them into the light of day (while making them look a little preposterous), we can at least work to moderate and contain them."

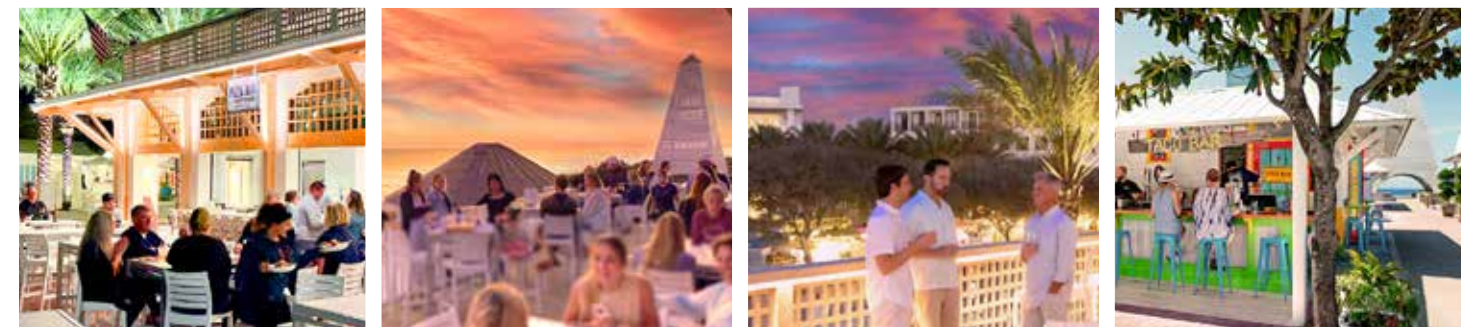
This experience reinforced the idea that her studio work isn't just about making objects, it's also about making meaning as part of a larger community.

Over the years, she's been frequently involved with the local art scene. She was the featured artist for the Seaside Prize in 2017, part of the Cultural Arts Alliance of Walton County's Billboard Project and previously exhibited with the Newbill Collection and Anne Hunter Galleries on 30-A. Her work has also appeared in Atlanta Celebrates Photography in Atlanta, Gallery 5 in Richmond, VA., the Baron and Elyn Gordon Art Galleries in Norfolk, VA, along with shows in Vermont and London.

To connect or see more of her work, visit her website at www.jamiezimchek.com.



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"EXPECT SOMETHING DIFFERENT"

Big, Beautiful Blooms

Rose & Co. offers hand-picked floral arrangement and more in a stunning space

BY TESS FARMER

Upon walking into Rose & Co. all senses become engaged.

First, the sight of the stunningly-beautiful collection of curated items, the colors, the natural elements, the textures and array of light from the fixtures when the most exquisite blooms catch your eye. Then there's the fragrance of the flowers, fine candles and luxurious bath and body products. Finally, you catch notes of the French music playing in the background and are instantly transported to a scene in Paris.

Cari DeGregorio, owner of Rose & Co., has established a floral and gift shop that hits all the marks.

She and her husband David DeGregorio both have backgrounds in fine and professional arts and worked in the design industry for many years. Together they formed Central Idea Agency in the area after moving from Pittsburgh in 1995 and are both creators and successful local entrepreneurs with an eye for detail and beauty.

Named 'Best Florist' in the Best of the Emerald Coast 2022, Rose & Co. has only been on the scene since opening in Grand Boulevard in the fall of 2021. The locally-run, European and vintage-inspired floral and fine gift shop has earned the support and appreciation of the local community.

The quality blooms are sourced from sustainable growers across the world. DeGregorio has assembled a talented team of designers to create arrangements and assist customers in finding the right token, whether that's flowers, a gift or gesture to bring a smile to someone's face.

In addition to floral arrangements, the shop offers clean, luxury candles, European bath and body products, tableware, and other fine gift items.

The DeGregorios initially operated one of the first gift and floral shops in Seaside back in the mid 1990s. It was a small space and flowers were added after the shop



opened, but with the rise and popularity of destination weddings, the floral business took off and outgrew its operations there.

"It became all encompassing; weddings and events exploded in this area and took up so much time and energy, yet it was such a rewarding experience to be a part of someone's special day," said Cari DeGregorio. "In this phase of our lives and entrepreneurship, I was seeking the opportunity to combine my love for flowers and retail by

creating a beautiful interactive space that serves the community on an ongoing basis. We love building those relationships and seeing our clients return week after week to experience the shop."

In an age of large retailers and online companies competing for business, this is one of those industries where it's ideal to go directly to the source and order flowers from your local florist. At Rose & Co. each bloom is inspected by hand to ensure quality and freshness.

"Often third parties are reaching out to florists to place local orders on behalf of online customers, marking up the price, which results in the customer receiving an

The locally-run, European and vintage-inspired floral and fine gift shop has earned the support and appreciation of the local community.

order that doesn't meet their expectations," she said. "We always encourage people to order flowers directly from a local florist to ensure quality and understanding of what the final product will be."

The passion and creativity is evident in the arrangements created by the team at Rose & Co. And each employee is truly inspired by the magic of what flowers bring to daily life.

"We have some customers who stop in the shop for a single stem every week," DeGregorio said. "It's one simple thing that brings happiness to a corner of a room, a desk, kitchen island or window sill."

The shop features an all-glass, walk-in flower cooler for customers to look through and create their own custom arrangement. Another feature of the shop that stands out right away is beauty at every turn.

"My goal is to create a beautiful shop," Cari said. "It's fulfilling to witness how much others are inspired by entering our doors and interacting with all we have to share."

Rose & Co. prepares arrangements for all special occasions and holidays at multiple price points. At least a 24-hour notice for delivery is requested, but the team there is always working around the clock to ensure happy customers.

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European Inspiration

The life and spirit of jewelry, lifestyle & art boutique Anthea Le Jardin

BY TESS FARMER

Creative and entrepreneur Anthea Turner has curated a European-inspired boutique featuring one-of-a-kind and estate jewelry, art, fragrances and gifts. Her cozy, inviting shop is nestled in the center of the shops at the Hub in Watersound (now called The Big Chill).

Enter the doors and be transported to a Parisian gift shop filled with the finest soaps, fragrances, art and jewelry. Just the experience of immersing yourself in the space sets off a flurry of ideas and inspiration.

Creating this space and having her own store was a dream Turner held since childhood growing up in Indiana. As an adult, she was inspired by her travels throughout Europe and the inviting, family-owned shop owners she'd meet.

After a 20-year career in sales and marketing in the cruise industry—where she launched 50 Effy jewelry stores on cruise ships—the pandemic forced cruise lines to halt and her mother became sick prompting a desire to be closer to home in Santa Rosa Beach.

“Things really were put in perspective,” said Turner. “It all created the impetus for me and my family to move here full time and was the point I knew it was time to open my own shop, despite all the barriers for small business owners.”

Anthea Le Jardin opened in the fall of 2020 and has been a fast success in this market. “Our area is full of creatives and entrepreneurs bringing original and eclectic art and products, which has been another wonderful thing about being a part of this community. The locals and visitors support our pursuits and it’s a beautiful reciprocal dynamic we have here,” Turner said.

Her name “Anthea” means blossom in Greek, which represents the growth and expansion through the last



Anthea Turner

years for Turner and her small business. She has resumed travelling internationally, scouring flea markets abroad for unique items to offer her customers.

Centuries-old charms and crosses adorn jewelry displayed next to Italian fashion jewelry and other luxury lifestyle goods. She also continues to sell the Effy line of jewelry from New York.

The jewelry offered often represents the natural world with floral and botanical designs. She sources resale luxury watches and other estate jewelry, making



Photos courtesy of Hello Miss Lovely

hers the most one-of-a-kind collection available in the local area.

An artist herself, Turner also has a collection of paintings and jewelry boxes designed with her own artwork inspired by her mother’s life and spirit. With her mother being a huge influence, her style and sense of creativity is felt throughout the store and her interactions with customers.

“It’s truly that exchange of warmth in the interactions with customers and people who come into the store which continues to be my motivation to offer my own slice of Europe here on 30-A,” Turner said.

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“Enter the doors and be transported to a Parisian gift shop filled with the finest soaps, fragrances, art and jewelry. Just the experience of immersing yourself in the space sets off a flurry of ideas and inspiration..”

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Surviving the Florida homeowner insurance crash

Major premium increases on the horizon

BY GRANT BLACKWELL

The Florida property insurance market has been approaching financial collapse since 2020. By January 2023, a perfect storm of events, laws and court decisions accumulated to bring a crash of the property insurance marketplace in Florida.

The result has been unprecedented premium increases of 100% or more put on Florida homeowners. An estimated 1 million Florida residents will face policy cancellations in 2023. An estimated 1 million homeowners will face losing their insurance at renewal as insurance companies purge their books of older homes in search of profitability.

To help homeowners navigate this, Grant Blackwell, president of Coastal Insurance Agency, one of Florida's leading and largest homeowner insurance agencies, is offering information for homeowners. Grant has been an insurance agent for 35 years. He teaches homeowners, realtors, lenders and other insurance professionals what to expect in 2023 and what you can do to weather this perfect financial storm.

Why did the homeowners insurance market crash?

Insurance companies in Florida were doing very well all through the economic boom of 2014-2018. There were about 40 small and medium sized Florida insurance companies writing the majority of home insurance in Florida. With no major storms between 2007 and 2017, they were making great profits while also fighting for market share by giving great premiums to win business market share. While the insurance companies were raking in their profits, many homeowners were not pleased with the claims service they were getting for everyday claims that always occur. The Florida legislature rather quietly passed laws that were intended to help the individual homeowner seek remedy from insurance companies when they were not treated fairly.

1) Accelerated Attorney Fees - This law in itself sounded great. It allowed an individual homeowner who had a dispute with their insurance company to get help from attorneys that might not otherwise take their case. This law allowed the attorneys to charge an accelerated rate for their time in order to make the case worth their time. Someone with a \$10,000 roof claim dispute had a difficult time getting a good attorney to take their case against the big insurance companies because there was not enough earned fees to motivate the best attorneys. The law provided that the courts would allow the attorneys to charge more per hour and dedicate whatever

hours necessary to win the case.

2) One way Attorney Fees - Also to help the isolated claim scenario, it was decided that no policy holder would ever have to pay the insurance company's attorney fees if they lost the case. It made sense, because many policy holders would be scared of the enormous attorney fees that might pile up for the insurance company while they just tried to win their \$10,000 roof claim.

3) Assignment of Benefits - This allowed homeowners to assign their policy benefits to a third party, like a roofer or contractor, in exchange for work performed. Rather than a homeowner taking the risk of having their claim denied, they could assign their rights to a roofing contractor, the contractor would replace the roof and invoice the insurance company.

As Hurricanes Harvey, Irma and Maria hit Florida in 2017, the laws that were intended to help isolated cases of individual homeowners soon became an albatross for insurance companies. Tens of thousands of claims ended up in litigation and often, a roof that should have cost \$10,000 or less ended up costing the insurance companies \$100,000—for example, \$25,000 to the roofer settlement and \$75,000 for an attorney. Many insurance industry and legislative leaders referred to this process as legalized fraud.

About a dozen of the original 40 insurance companies went bankrupt in Florida. The remaining carriers are writing very few new policies and kind of in a holding pattern.

Can anything be done to save the industry in Florida and help homeowners?

Thankfully, Governor Ron DeSantis called for a special session of the legislature in December 2022 and sweeping insurance reforms were passed addressing the major issues. Everyone agrees that these changes will help bring back competition and qualify pricing to Florida, but it

will take two years at least.

Who is most vulnerable to the huge premium increases and cancellations to come in 2023?

Age is the number one determinant of price and availability of home insurance. Older homes built between the 1980s and 1990s must be in near perfect condition with newer roofs and updated wiring and plumbing. Homeowners can fight back these high premiums and get a home inspection by a certified home inspector and make sure their home is in good shape before a policy renews. With a clean four-point inspection, you can effectively look for other insurance options.

For advice from qualified agents on how to navigate homeowners insurance, call Grant Blackwell's office at 850-231-0042 or email grant@coastalcoverage.com. More informational blog posts can be found at www.coastalcoverage.com.



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More than an agent Blake Jones offers real estate consulting and investing advice

BY JESSICA HOLTHAUS BADOUR

We don't just sell properties, we figure out what people want to do and make sure they find a property that fits into their plan.



Blake Jones

It became apparent to me: You have to design your own life."

Jones took that advice and brought his knowledge of markets and financial planning to the Emerald Coast. His career path had already had him doing just about everything but sitting in the realtor seat. All signs led to here.

He and partner Randy Carroll started out at Better Homes & Gardens and moved to Sotheby's to continue growing their capabilities in the real estate world. Today, he works primarily with individuals trying to figure out the market for their investment or true second home through Sotheby's, doing business as the Carroll Jones Beckman Group.

"Our bread and butter is helping people understand the market – not just the investment piece, but also how it will fit into their lives and help shape their future. We don't sell properties, we figure out what people want to do and make sure they find a property that fits into their plan," he said.

This heavily consultative work is what helps set Jones apart from the rest. And if you're looking for a new property, get ready to spend the day with him. He starts off grabbing breakfast with any new clients, learning

about them, and sharing nuances about the area; what the market is, and why things are worth what they are in the various communities throughout 30-A.

"When it comes to figuring out what a client's needs are, it's all about spending time with them and having genuine conversations," he said. "No one fits in a box; from selling businesses, children going to college, aging parents, tax brackets—everyone is different."

After the rollercoaster ride of the pandemic, the real estate market received a heavy shot of adrenaline that the market is now coming down from, making it more important than ever to work with a professional. While there is naturally a large segment of luxury properties, Jones' real estate clients include a variety of people from all different backgrounds.

"Properties here run the gamut; everyone should get to work with a professional that helps them. You want someone who can help you underwrite your selling or purchasing options," he says. "At no point in the past six years has any client felt like they got a 'deal.' It's a market where everyone is stretching at some level; if our properties cash-flowed with only a simple down payment, then there wouldn't be any real estate to sell."

As he looks to the future, Jones plans to continue furthering the relationships he's built here in the community. In addition to his real estate focus, he has branched out into other business endeavors, including the creative Sowl House in Rosemary Beach (www.sowlhouse.com). He and Rachael and their sons Presley and Parker (7 and 9) love it here.

"You couldn't pay me to live anywhere else, it's a wonderful place," he said.

Looking for a piece of paradise? Learn more at www.andyandchristinameinen.com. For more information, reach Christina Meinen at 850-974-9704 or email Beach@ChristinaMeinen.com. Reach Andy Meinen at 850-419-4777 or email at Beach@AndyMeinen.com.



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Building Houses, Community & Hope

Teresa Jones leads Habitat for Humanity of Walton County

BY CHRISTOPHER MANSON

When I pop into Santa Rosa Beach's Habitat for Humanity ReStore to chat with Habitat for Humanity of Walton County, Florida, Inc. Executive Director Teresa Jones, she noted that the nonprofit had recently completed building its 60th home in Walton County.

The most recent home, located in DeFuniak Springs, wrapped in January and is inhabited by the director of a local Boys and Girls Club.

Five more homes are under construction in the first Walton County Habitat neighborhood.

"We'll have 13 houses altogether when we're done," says Jones. "Every homeowner we have ever built a house for are paying less to own than they were paying for rent, including taxes, insurance—everything. People think we give houses away, but we don't. We partner with families and whatever it costs for us to build is what we sell it to them for, financed at zero percent interest rate."

Ms. Jones has 12 years with Habitat under her belt and she previously served on the board when she was working as a financial advisor.

"I met my first Habitat family and fell in love," she says. "The family included a 34-year employee of a beach resort. Her husband had a stroke and was in a wheelchair. Their home was condemned. I wanted to help do more in the community, so I quit my job after that."

Habitat's mission is to bring people together to build homes, as well as community and hope.

"I always say we're not just building homes, we're building lives," Jones said. Funds for building costs come from the local community, including the Habitat for Humanity ReStore, which offers a host of discounted housing goods, furniture and décor. Every dollar the ReStore generates goes toward building houses.

"We try to stick to the things other thrift stores don't sell," Jones said. The non-profit's big annual fundraiser with Destin Charity Wine Auction Foundation is held in April. Habitat has been involved with the foundation since 2013, and it supports 15 nonprofits in Okaloosa and Walton counties.

Jones oversees the ReStore, and all of Habitat's fundraising options, home construction, and marketing. She takes a lot of photos of volunteers who handle the construction of the homes.



Top to bottom: Chris Helms, Habitat Homeowner Kids AACFCU, Habitat Homeowner Nancy Harris



"I always say we're not just building homes, we're building lives."

she said. Jones lives in Santa Rosa Beach with her husband, 10-year-old son and eight-year-old daughter. In whatever spare time she manages to sock away, Jones attends her son's sporting events for Van Butler Elementary School.

She volunteers with and supports other nonprofits including Food For Thought, Inc. and Caring and Sharing Walton County.

"People would think we're competing, but I think there's enough love to go around. I feel like we're all needed in the community," she said.

Jones said she'd love to expand and build a Habitat community in Santa Rosa Beach, but land is expensive. The non-profit would need to have land donated or heavily discounted.

Goals for the near future include completing its DeFuniak Springs neighborhood.

"Building houses together is very beneficial for everyone and we've had so

much success building the houses close together. A lot of the residents are single parents, so residents can help each other," Jones said. "It really creates a community. It's magical."

To help support Habitat's mission, visit and support the ReStore, located at 2440 U.S. 98 West in Santa Rosa Beach from 9 a.m. to 5 p.m. Tuesday through Saturday. The store specializes in discounted housing goods, and their mission is to keep items out of the landfill and build homes in the community. You'll find paint, windows, doors, furniture, appliances and fixtures, construction materials and much more.

Volunteers and funding are always needed. Discover more at www.waltoncountyhabitat.org and follow Habitat on Facebook and Instagram @HabitatWaltonCounty.

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Destination Spa

Vivo Spa offers a boutique wellness experience in Rosemary Beach

BY TESS FARMER

People flock to Rosemary Beach for the pristine emerald waters, white sand and European-inspired charming coastal village. Yet, another destination attraction awaits in the heart of the area: the luxurious and escape-worthy Vivo Spa.

Vivo Spa has been a longstanding pillar in Rosemary Beach. Established in 2010 by Michael Jordan, Vivo has grown into Northern Florida's premier spa destination. Now under new ownership, Eve Nava has taken over the helm and has infused her own creative vision for the spa going into its 13th year in business.

A unique and welcoming atmosphere greets each guest. "That's the feeling we want everyone entering the spa to experience," said Nava. "We have taken every effort to ensure our guests feel rejuvenated and relaxed for an exceptional vacation experience in this otherwise fast-paced world."

With more than 10 massage therapists and estheticians, the spa offers a wide range of massage options as well as skin treatments such as facials, peels, body treatments, and waxing. Massage offerings include deep tissue, hot stone and hemp oil, Thai massage and couples massages. Microdermabrasion, dermaplaning and hydrodermabrasion are available for facial add-ons.

Selecting the spa's organic body wrap treatment, heat implements envelop and nurture your body as you unwind and relax. Choose from a curated collection of five wraps, each designed to deliver specific benefits, such as detoxification, nourishment, antioxidant protection or slimming. Vivo uses Lola's Apothecary products in massage and their body wraps, which is hand-blended with pure oils on a family estate in the English countryside.

Signature massage options include the newest warm bamboo Thai fusion massage. Vivo's skilled therapists use heated bamboo sticks to apply deep, targeted pressure to your muscles, releasing tension and stimulating blood flow. Traditional Thai stretches are then incorporated, improving flexibility and reducing stiffness. To further enhance your experience, they use the calming and soothing aroma of jasmine aromatherapy.



Nava and her team have infused many new services and add-ons; one of the most popular is silver tracing. An add-on service to massage, silver tracing applies a light-touch luxurious body scratch treatment that utilizes silver fingertip accessories to imitate natural nails. The multiple therapeutic benefits include reduced anxiety and stress, improved mood and relief of tension and sore muscles.

"This new service is a truly unique sensation where your therapist gently glides the stainless silver tips over your back, arms, shoulders or leg," said Nava. "It's always been one of my favorites and I'm happy our clients agree."

Cupping therapy with its immense benefits of pain relief, increased blood and lymph circulation is another popular service as well as the decadent arnica and raw honey collagen hand treatment—a customer favorite.

The spa, located on the second level above Kilwin's Chocolate Kitchen, is nestled in the heart of Rosemary's business district. The natural aromas of the oils and

aromatherapy products used in the spa are a part of the overall experience. The spa also now features a new infrared sauna for guests to receive benefits from and enjoy.

Nava and her family moved to the Emerald Coast from Colorado in 2022 when they heard Vivo was available and for sale.

"This was a new journey for me as a business owner in many ways, but it truly has been such an inspiring experience working with our talented team and meeting all of the wonderful customers," said Nava. "My first priority was to ensure our loyal clients were happy and make

sure the same level of quality service was offered and supporting the talented team of therapists here."

Along with her husband Chris, two young children, and her parents who moved the United States to live with their daughter from their home country of Russia, Nava realizes the importance of family in allowing her to thrive in this new venture.

"My husband and parents have been huge supporters in allowing me to pursue this field," she said. Nava recently received her own esthetician license and is in massage school now.

Another vision Nava holds for the spa is sourcing quality skincare products. She has curated a collection of sustainable products to nourish the skin and planet at the same time.

With a focus on clean, regenerative ingredients, a range of locally-sourced nourishing products are available including a line of CBD-infused balms to relax tired muscles and relieve aches and pains and the superfood HoneyMed raw honey for detox, rejuvenation and culinary deliciousness.

Finish your spa experience with the sounds of Tibetan sound bowls as you gingerly step back onto the stone streets of Rosemary Beach. You're still on vacation, after all.

Vivo Spa 30A is located at 8 Georgetown Ave. Unit B, Rosemary Beach. For more information, call 850-231-6801 or visit www.vivospa30a.com



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Fun in the Sun

Summertime Health Strategies

BY DR. BART M. PRECOURT

It's no secret that most of us would like to slim down a little bit for the summer, especially if we're headed to the beach. This is where a little vanity can be useful.



Dr. Bart Precourt

Summer has it all! Warm weather, sunshine, kids out of school and fun in the air. An opportune time to charge forward with our health. It's inviting to be outside, exercise, do yardwork and get in touch with nature.

However, if we aren't mindful, it's also a time where we could go astray with our diet, schedule, alcohol, food choices and sleep patterns. As a functional health care provider, I've seen my share of patients that needed the summer to end just so they could "reset."

Maybe this year, enjoy the summer while simultaneously enjoying and honoring your health. Here are three health strategies to make this your best and healthiest summer yet.

Protect your skin

Your skin is the largest eliminative organ of the human body. Unfortunately, summertime is when we often put the most toxins on this organ. Mostly in the form of sunscreens and lotions. These lotions are often loaded with chemicals that are very toxic to the human body. Once lathered up, these chemicals enter our skin and into our blood stream, eventually making their way to our liver.

Simply put, if you can't eat your lotions, don't put them on your skin. Natural sunscreens are the best choice along with SPF protective clothing. The sun is very healthy for us. It helps us naturally produce vitamin D (immune boost), increases serotonin (happy hormone), and generally makes us feel alert. However, too much is too much.

Daily sun exposure is good, getting sunburned is not. In addition to not getting sunburned, a good skin strategy starts with good gut health. Good habits like staying hydrated and a diet rich in calcium, vitamin C and fatty acids are a great way to naturally support our skin in the sun.

Clear your liver

In Chinese medicine, we often use the phrase "you live by the way of your liver." This speaks to the importance of liver function.

Your liver is responsible to help eliminate toxins, metabolize foods, store vitamins, filtration and protein synthesis. When we increase toxins, our liver becomes overburdened and function is decreased. Low energy, brain fog, skin issues, and weight gain are all signs that your liver may be overtaxed.

Summertime often brings celebrations, festivities, and parties. That can lead to increased alcohol consumption, poor food choices and poor sleep patterns. More alcohol, processed food and poor sleep is the perfect remedy to fatigue the body and damage our cells. Everything that we either put in or on the body will

make its way to the liver. It's not uncommon that we over toxify the liver during the summer months. Be honest to yourself regarding alcohol consumption. Alcohol will inhibit liver function.

A little support can go a long way with your liver. Take some days off from toxins. Try to have multiple "toxin free" days in a row. One of my favorite herbs to help detox and restore liver function is milk thistle.

Watch your weight.

It's no secret that most of us would like to slim down a little bit for the summer, especially if we're headed to the beach. This is where a little vanity can be useful. In fact, this can be used in a positive way to get us back on track with our health and diet.

Often forgotten is what makes us gain weight. Excess amounts of calories, poor calories and foods that hold fluid. Healthy foods are without a doubt the way to go. Carbs hold water! Bread, pasta, muffins, chips...you get the idea.

Looking to slim down for the summer? Want to be lean and sexy for the beach this year? Start by reducing your carbohydrates and sugar. These foods hold more water (create puffiness) and increase your appetite. Beer and pizza nights can puff you up the most.

Instead, indulge on a grass-fed burger and scratch the bun and fries. Increasing grass-fed animal proteins, healthy fats, fruits and veggies is always the right answer. A simple, often-forgotten health/weight loss tip is to eat in the light and sleep in the dark. Staying in alignment with nature's clock (circadian rhythm) is always beneficial. Staying hydrated with the proper electrolytes will often restore energy and reduce appetite.

Make this your best summer ever!

Dr. Bart M. Precourt, D.C., is a holistic doctor, chiropractor, acupuncturist and nutritional consultant. For nearly 20 years he has helped people get healthy, lose weight and create healthy, sustainable lifestyles. He currently practices in Seagrave Beach at Balance Health Studio. For more information or a consultation, visit www.balance30a.com or call 850-231-9288.

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Death and Disputes

How to preserve harmony with proper planning and communication

BY KIMBERLY WATSON SEWELL AND FRANKLIN WATSON

Never say you know a man until you have divided an inheritance with him. – Johann Kaspar Lavater



Kimberly Watson Sewell and Frank Watson

We all know a family that clashed after the death of a loved one. For those uncomfortable with emotions of sadness, fear and grief, anger seems like a safe haven. But these feelings can escalate and result in long-term feuds, especially when the estate of the deceased has not been left in order. Typically, these disputes are over tangible personal property and family business interests. However, harmony can be preserved with proper planning and communication.

Tangible Personal Property

Real estate and other investments may come to mind when considering the cause of family unrest. However, cash, antiques and heirloom jewelry top the list of items that fan the flames of many disagreements. The items in question don't even have to be valuable. Sentimental trinkets can cause just as much, if not more, tension. Fortunately, the laws of most states provide a flexible solution for the specific distribution of tangible personal property.

As part of your estate planning, find out whether your state authorizes a separate writing to be made on which you may list the specific items and who is to receive them. In most instances, this writing may be handwritten, but it must be signed and incorporated by reference within the estate planning legal documents. Time spent preparing this writing now as part of your overall planning can help thwart problems later.

children take over, will they buy or inherit the business? If they inherit it, how will the inheritance of other children be equalized? Are there any in-laws who might stir up trouble?

Open Communication

For many people, the subject of death is not easy to discuss. If you are planning your estate, broach the topic with your heirs. A recent survey, conducted by the AARP / Scudder Investment program, found that the majority of respondents who reported no conflicts over an inheritance had known what to expect and believed their inheritance was fair.

If your affairs are settled but your parents still haven't considered their estate, perhaps a gentle reminder is in

order. Show them this article. Many times people think they don't have much in terms of value and therefore don't anticipate the tension they will leave behind. But history has shown that even inexpensive baubles and the smallest inequities can result in family disputes.

For more information on estate planning, contact Watson Sewell, PL at 850-231-3465.



Cornerstones of the Swing Plane

BY TOM FITZPATRICK

In golf, getting the club to move along the ideal path is everything. The better a golfer can swing the club on that optimal swing plane, the better the contact and results.



Drill #1



Drill #2



Drill #3



Drill #4

Photos courtesy of Tom Fitzpatrick



Nick Price, 3 time major winner, and Matthew Fitzpatrick at the PNC event.

The two most common areas where the club goes off plane are at the start of the backswing and at the start of the downswing. A simple rule of thumb is that when the club is vertical at its halfway back and halfway down position, the club feels lighter and more balanced. One day while playing a round of golf at Lake Nona, champion golfer Nick Price explained that his secret for a consistent swing plane was to maintain his spine tilt thru the ball. Doing so gave him a more consistent swing plane which set him up for being the most winningest pro in the '90s.

Drill #1

Start your backswing with a wide takeaway for the first two feet. You want a wide arc that doesn't narrow. The clubhead should be outside the hands initially, not behind your hands. From there 'Feel the Stretch' to the top.

Drill: Split your hands an inch apart on the grip. Keep the grip pointed at you with the right arm high. This will get you started on a wide arc.

Drill #2

Complete your backswing by letting your left shoulder work under your chin. In doing so, your back should then actually be facing the target, with your arms extended away from the target. Don't allow your hands

to drift behind your head, instead feel a wide gap between your hands and right ear at the top.

Drill: Raise your left heel off the ground to encourage a full body turn.

Drill #3

Start the downswing with Nick Faldo's key. Move the left shoulder forward and away from your chin as the arms drop. For those who slice the ball, the left arm feels above the right arm.

Drill: Place a ball under your left front foot. Then start your downswing by pushing the ball into the ground as a way to transfer your weight forward. If your left knee bows out approaching impact then you haven't correctly transferred your weight.

Drill #4

At impact, your left arm and club form a line. Keep a slight angle in the back of the right wrist. It's an awesome feel when your 'left hand pulls while your

right hand pushes.' The best ball compression is when the grip leads the clubhead into impact.

Drill: At address, set up with the club opposite your right toe. Try to mimic that hands-ahead relationship as you swing into impact.

Of these four areas, focus on the one that gives you the most trouble. Video your swing from down the line to check your plane. Position the camera 10 feet behind you and 4 feet high. Using the V1 app, draw a line directly over the club to represent the plane. The club should trace that line on the initial takeaway and through impact. It's not uncommon for the grip to be slightly above the line at impact.

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



Tom Fitzpatrick



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