

the thirty-a REVIEW™

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

LUXURY REALESTATE *ON 30-A*

Local Realtor Amin Delawalla Showcases 30-A's most luxurious properties

INSIDE:

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



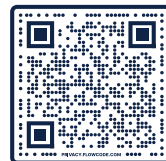
24 SIENNA COURT | REDFISH LANE
6 BEDS | 5/1 BATHS | 5,095 SQFT

Each Office is Independently Owned and Operated.



Scenic | Sotheby's
INTERNATIONAL REALTY

The Lifestyle You Deserve.



PRESENTED BY BLAKE JONES - CJB GROUP
GLOBAL REAL ESTATE ADVISOR 850.714.4252 BLAKE.JONES@SCENICSIR.COM

The Expertise You Should Expect.



#1
in Number of
Rosemary Beach®
Homes Sold

2022



a Rosemary Beach® tradition since 1999
78 Main St. Rosemary Beach, FL
order to-go (850) 213 - 0521
summerkitchencafe.com
@summerkitchenrb



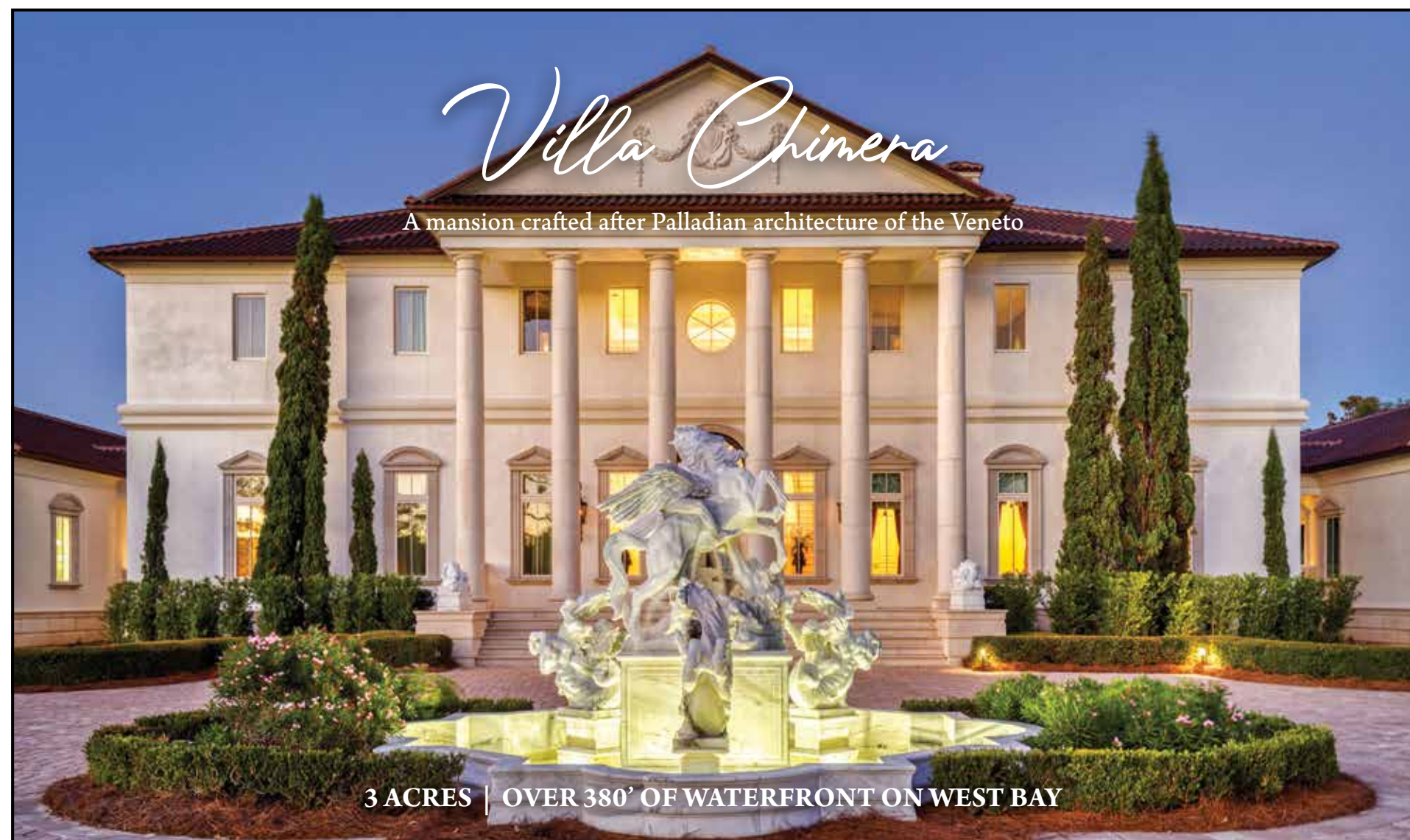
amenities include complimentary
beach chairs + breakfast at
The Summer Kitchen Cafe
therosemarybeachinn.com
reservation desk: 844.865.5783
@therosemarybeachinn



coastalsouthwalton.com
850.830.4753
miriam@miriamdillon.com
@coastalsouthwalton

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 SQUARE FEET

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



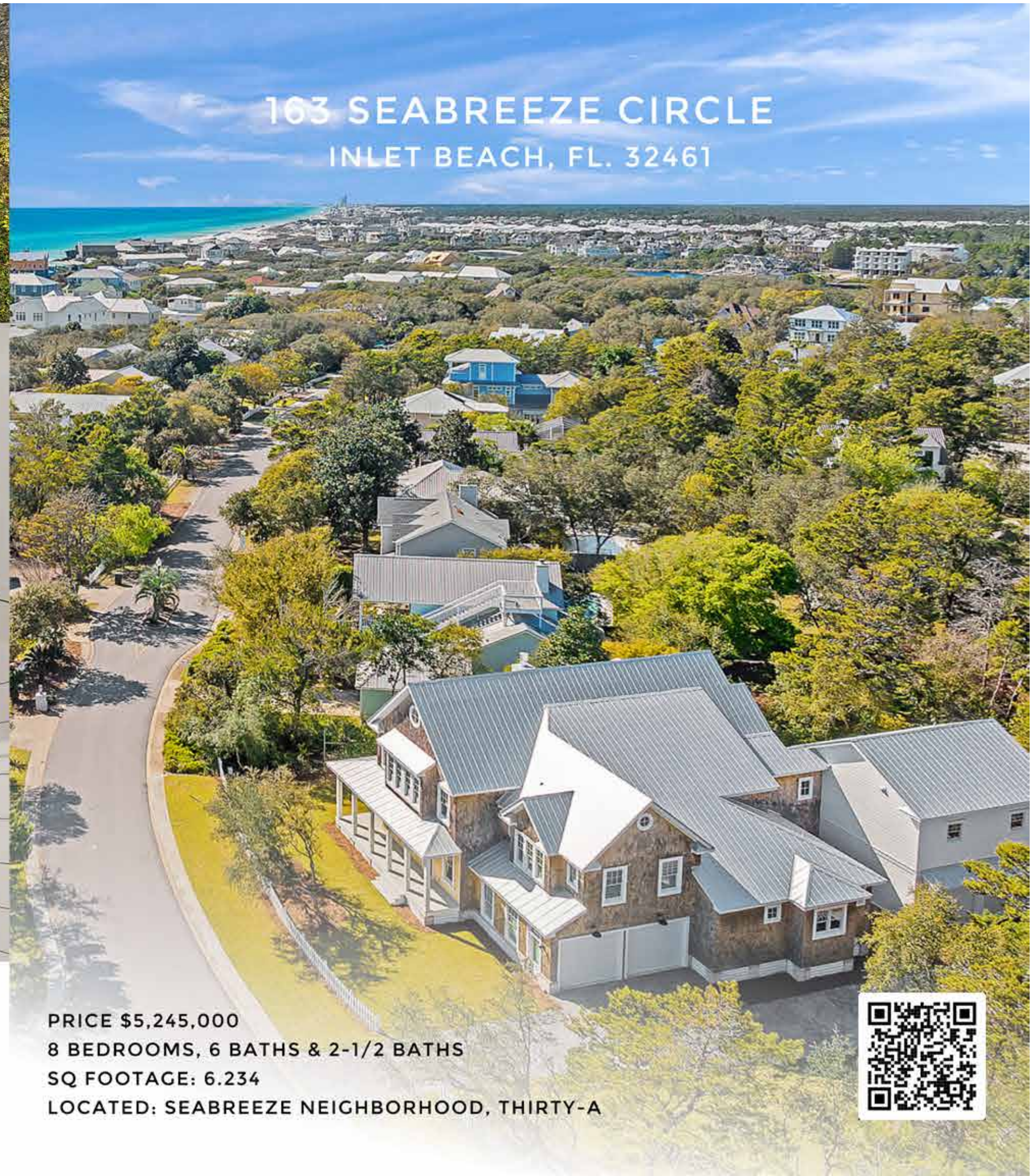
AMIN DELAWALLA
Founder, Luxury Real Estate Specialist, The Delawalla Group
850-225-9899 | Amin@BestOfEmeraldCoast.com
www.BestOfEmeraldCoast.com

DE LA WALLA
GROUP
Coastal Luxury

BERKSHIRE HATHAWAY HOMESERVICES | BEACH PROPERTIES OF FLORIDA



©2023 BHH Affiliates, LLC. An independently operated subsidiary of HomeServices of America, Inc., a Berkshire Hathaway affiliate, and a franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate. Equal Housing Opportunity. This advertisement is not an offer to sell or a solicitation to buy to residents of any state or province in which registration and other legal requirements have not been fulfilled. This advertisement is not intended to solicit properties currently listed by any other real estate brokerages.



163 SEABREEZE CIRCLE
INLET BEACH, FL. 32461

TRG The
Richards
Group
COMPASS

ALLISON RICHARDS
PRINCIPAL GLOBAL REAL ESTATE AGENT

E: ALLISON.RICHARDS@COMPASS.COM
C: 850. 502. 6035
WWW.ALLISONRICHARDS30A.COM

NICOLE SIMONSON
OPERATIONS MANAGER

E: NICOLE.SIMONSON@COMPASS.COM
C: 850.890.0785

PRICE \$5,245,000
8 BEDROOMS, 6 BATHS & 2-1/2 BATHS
SQ FOOTAGE: 6.234
LOCATED: SEABREEZE NEIGHBORHOOD, THIRTY-A



For Those Who Know Modern Luxury



Inside the gates of Sandestin Golf and Beach Resort, and featuring the only hotel rooftop pool and lounge on the Emerald Coast.

Play 18 holes on one of our four golf courses, or walk next door for shopping and nightlife at The Village of Baytowne Wharf. Hotel Effie boasts upscale dining, a reserved beach and shuttle, rooftop views of weekly fireworks, a luxury full-service spa, and 250 well-appointed guest rooms. Where chic accommodations meet Southern Hospitality




HOTEL EFFIE
SANDESTIN

HotelEffie.com | 866 875 5274

*o*vide

SAVOR EXQUISITE CUISINE

AN ELEGANT CULINARY ADVENTURE

The crown jewel of Hotel Effie's dining scene, Ovide blends classic Gulf Coast flavors with impeccable French technique, creating dishes that are as beautiful as they are delicious.



Enjoy brunch, lunch, or dinner, and let the flavors crafted by multiple James Beard award-winning chef Hugh Acheson transport you to a culinary paradise. Reserve your next indulgence now (866) 875-5856.

Open to the public. Free valet parking.
Reservations are recommended, but not required.

SPA *Lilliana*
AT HOTEL EFFIE SANDESTIN

ESCAPE TO SERENITY

Escape to Spa Lilliana, the ultimate luxury retreat located inside Hotel Effie Sandestin. Indulge in our world-class spa treatments, featuring OSEA and Biologique Recherche products, and unwind in our exclusive co-ed relaxation room – the only one of its kind in Northwest Florida. Let our expert therapists pamper you with personalized services designed to rejuvenate your mind, body, and soul. Book your appointment today (888) 676-2496.

Open to the public. Free valet parking.



curate

WALKING ON SUNSHINE!

SUMMER SERIES



John-Mark Gleadow
June 26-30
(view work thru July 31)



Simon Kenevan | July 1-8

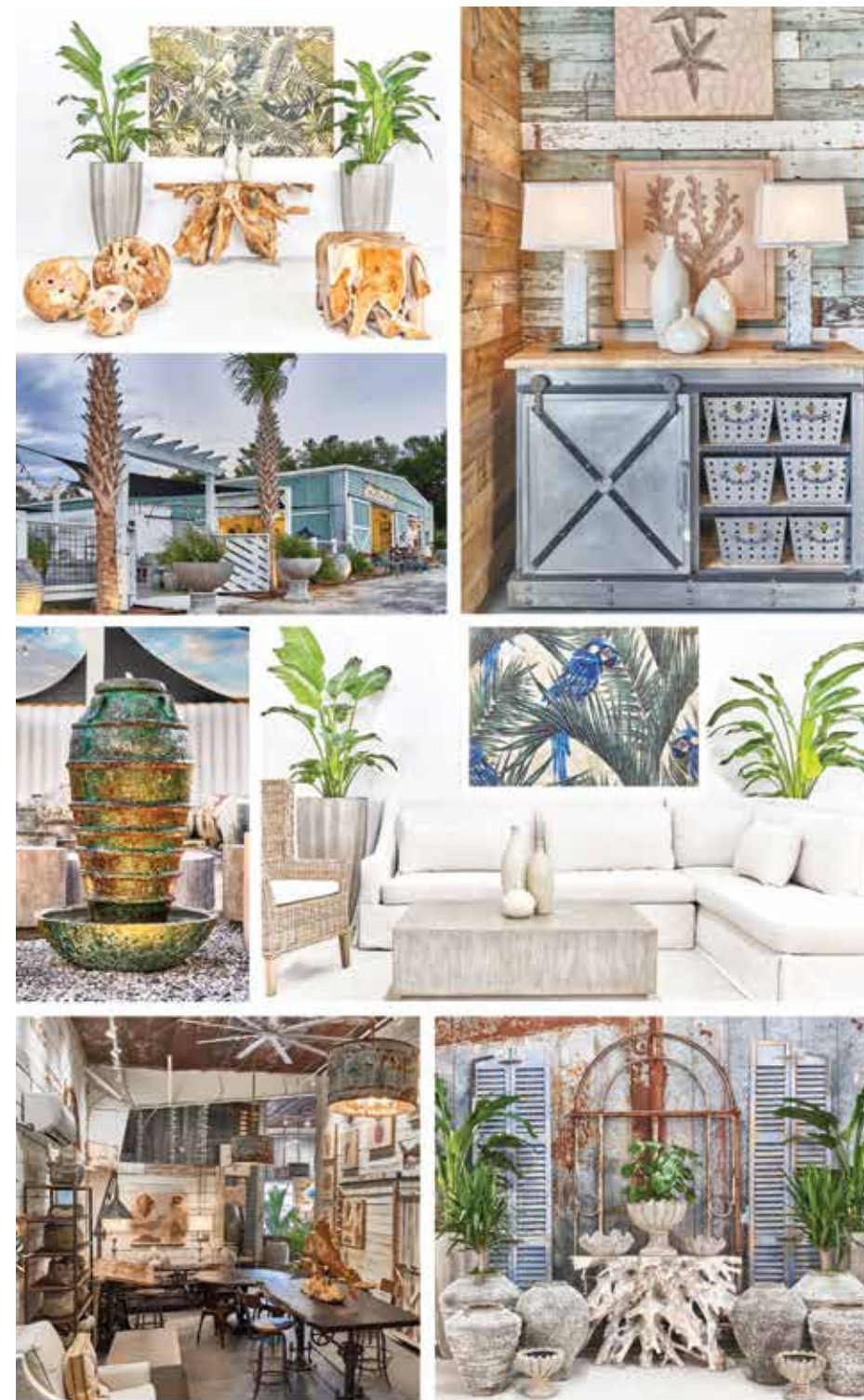


Steven Quartly | July 13-19

ARTISTS IN ATTENDANCE
Daily 11am - 2pm and 5pm - 9pm

It's summertime at the beach! Come fall in love with new original and limited edition work from some of our most talented artists. Throughout show hours each day, artists will be at the gallery to welcome collectors, dedicate work, and paint live.

rosemary beach, fl • across from the pearl • 850-231-1808 • Browse at curate30A.com



MAISON 30A
HOME + GARDEN

Open Tuesday - Saturday 10am - 6pm

16810 City Beach Parkway, Panama City Beach FL 32413 | (850) 775-1227
maison30a.com | @maison30a | @industrialchicofl

Check out our other company specializing
in industrial design furniture | industrial-chic.com

23/24
SINFONIA GULF COAST
DEMETRIUS FULLER, MUSIC & ARTISTIC DIRECTOR
2023-2024 SEASON COMING SOON



BOX OFFICE: SINFONIAGULFCOAST.ORG | 850.460.8800





WE BRING A PERSONAL TOUCH TO A PROFESSIONAL SERVICE.



AMANDA HURD

30A OFFICE
90 SPIRES LN 6A
(850) 375-3570

SANTA ROSA BEACH FL 32459
FOR AMANDA HURD

306 GULF BREEZE PKWY
GULF BREEZE FL 32561

WWW.HURDOFME.COM



WARNING TO GUESTS
YOU JUST MIGHT FALL IN LOVE
WITH YOUR BEACH RENTAL.

WARNING TO HOMEOWNERS
GUESTS MAY NEVER LEAVE
YOUR BEACH HOME.

"Wow, the pictures don't do this place justice," you may say. Well, we've heard our guests actually say this before about their dreamy Oversee beach rental. Yes, finding the right vacation home-base for your family is vital. That's also why we work so hard with our homeowners, to make each home as wonderful as possible. Simply, dream homes make dream vacations. Find your oasis at WWW.OVERSEE.US. Homeowners, check out the 'We Manage' section.



OVERSEE.US

OUR FAMILY
MANAGES



YOUR FAMILY
UNWINDS

888-290-3489



It's Your Home. It Matters.

Ask for



Richard McNeese has been closing Real Estate Transactions since 1980.



Title Company
2013, 2014, 2015, 2016 & 2018



Licensed Attorneys on Staff
Florida, Tennessee & Oklahoma

- Title Services
- Closing Services
- Title Insurance
- Escrow Services
- Professional Courier
- 1031 Exchange Department

Two Offices to Serve you:

DESTIN

36468 Emerald Coast Parkway, Ste. 1201, Destin FL 32541
P 850.337.4242 | F 850.337.4243 | Toll-Free 866.337.4242

SEAGROVE

3921 E. County Hwy 30-A, Santa Rosa Beach, FL 32459
P 850.534.4242 | F 850.534.4293 | Toll-Free 877.534.4242

McNEESETITLE.COM



DESTIN TITLE
EXCHANGE COMPANY, LLC



Offering 1031
Exchange
Services



Standard Deferred Exchange



Reverse Exchange



Construction Exchange



The Voice of the 1031 Industry

ABOUT THE COMPANY

Destin Title Exchange Company, LLC was established in 2004 by Richard McNeese, to assist investors with their 1031 exchange needs. In 2022, we joined The Federation of Exchange Accommodators (FEA).

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



RICHARD S. MCNEESE
President, Attorney



LYDIA PELEGRINA
Manager, Intermediary Agent



Destin Office 3646 Emerald Coast, Pkwy, Ste. 1201, Destin, Florida 32541 | 850-337-4242
Seagrove Beach Office 3921 East County Highway 30-A, Ste B, Seagrove Beach, FL 32459 | 850-534-4242

REJUVENATION



The beach means something different to everyone. But one thing it has in common with all of us is relaxation and rejuvenation. Whether you're five years old or 50, the beach gives us all a feeling of connection with nature and within ourselves that keeps us coming back for more.

As always, this issue is packed full of the people, places and things that make 30-A and the surrounding areas great. We hope it brings you as much pleasure and satisfaction as it brings us to research it for you. The gems we've covered inside this magazine reflect the passion and dedication that each person puts into their work and this community. For the ones who stand out, it is truly a labor of love.

Within these pages, you'll read about our favorite restaurants, shopping, realtors, nightlife, art galleries and more. Each has in common an ambition for excellence and creating a vibe of hospitality and peace of mind which rejuvenates the spirit and soul.

Until the next issue, we hope you enjoy the beach, it's people and the sense of community that makes all of our lives better.

Sincerely,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



Advertise with
The Thirty-A Review
magazine.
Call (850) 533-4573
for rates and information.

The Thirty-A Review is published every other month by Thirty-A Review, LLC. Reproductions in whole or in part, without express written permission of the publisher, are strictly prohibited. *The Thirty-A Review* is not responsible for the content or claims of any advertising or editorial in this publication. All information is believed to be accurate but is not warranted. Copyright 2004-2023.

Send inquiries to 227 Sandy Springs Place, Suite D-288, Sandy Springs, GA 30328. Send press releases and e-mails to miles@thirtyareview.com

Correction:

Please note that the contact information in last issue's article for realtor Blake Jones was listed incorrectly. The correct contact information is:
Blake C. Jones | REALTOR®, Sales Associate, MBA
Carroll Jones Beckman Group
30Avenue | 12805 US Highway 98 East, Suite D201 | Inlet Beach, FL 32461
c 850.714.4252 | o 850.231.6052

about the cover

Pictured

Property represented by realtor
Amin Delawalla - Delawalla Group
(850) 225-9899

Berkshire Hathaway Home Services -
Beach Properties of Florida.

Photography

Alex Hall

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



Publisher/Editor-in-Chief

Miles K. Neiman

Editor

Jenny Peterson

Graphic Design

Chris Stratton -
Cover Design &
Magazine Layout
Estelle Muzyczka -
Ad Designer

Contributing Writers

Jessica Holthaus Badour
Katie Courtney
Tess Farmer
Tom Fitzpatrick
Christopher Manson
Dr. Bart M. Precourt
Kimberly Watson Sewell
Franklin Watson

Ad Sales:

miles@thirtyareview.com

Distribution:

Distro Data



20



28



44



24



32



49



54

contents

20 local theatre, dance, music, etc.
Theatre and Events in July and August

24 dining
Pescado Seafood Grill & Rooftop Bar

26 dining
Scratch Biscuit Kitchen

28 local market
The Farmers Markets that Capture the Hearts of 30A

32 local artist
Bradley Copeland

36 community
A look Ahead at the 2023-24 Season for Emerald Coast Theatre Company

38 local business
Fournier Law Navigates Family Law Issues

40 local business
Rosemary Beach Inn

42 local style
McCaskill & Company's Fine Jewelry

44 real estate
Delawalla Group

46 real estate
The Richards Group

48 beach reads
The Hidden Lantern Bookstore

49 beach beauty
The Nail Garten

50 wellness
Become a Stronger Human

52 legal eagles
A Guide to Title Insurance

54 turf talk
Golf Like a Legend

The Salty Bottle

WINE SHOP & BAR

Specializing in small batch wineries, natural wines, and the classics, The Salty Bottle has a little bit for everyone. Follow us on Instagram @thesaltybottle for info on tastings and events!



Carillon Beach, FL | 106 Carillon Market Street, St #1, Panama City Beach, FL 32413 | (850) 230-4542

Carillon Beach General Store

Proud retailer of

Lulu-B.
COLORFUL COMFY CLOTHING



The Carillon General Store is not to be missed while visiting the area! A fun and exciting store offering clothing for people of all ages. Now featuring

Lulu-B.

Scan Me!



111 Carillon Market Street, St #100, Panama City Beach, FL 32413 | (850) 230-9500



Making Dreams Come True

MCCASKILL & COMPANY

— Finest Jewelry & Watches —

13390 Highway 98 West, Destin, FL

mccaskillandcompany.com | (850) 650-2262



Theatre and Events in July and August

ALYS BEACH

MONDAYS

Adventures in Alys by the REP 10 a.m.

Join the Seaside Repertory Theatre for an original storytelling experience for children of all ages at the Splash Pad in the Amphitheatre. Watch as a new, one-of-a-kind Adventure in Alys is created by the audience, and maybe even join in the stories yourself!

TUESDAYS

Tie Dye

July 4- Through Aug. 1, 9 a.m.

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

Wine & Song at NEAT

July & August, 6-8 p.m.

Join us for Wine & Song Tuesdays at NEAT, with tableside wine tastings and live music from 6 – 8 PM. Wines will be posted every Tuesday on Facebook & Instagram. Four wines are \$30 per person. For a list of musicians, visit www.alysbeach.com/events

Seaside REP presents The Legend of Robin Hood

July 4-Aug. 1, 6:30 p.m.

A tale of daring and adventure brought to life by The REP Theatre at the Amphitheatre! A group of traveling actors create much onstage merriment by presenting their own fast-paced and funny version of The Legend of Robin Hood. Join Robin, Maid Marion, Little John, and Friar Tuck go on an epic adventure in this boldly reimagined twist on one of the most legendary English folktales of all time. This free event is proudly presented by The Alys Foundation.

WEDNESDAYS

Alys Improv Hour by REP at the Amphitheatre

July 5 – Aug. 2, 10 a.m.

An interactive, fast-paced comedy show that's fun for the whole family and groups of all ages. Join the Seaside Rep's improv troupe, The

Awkward Oxen, in the Amphitheatre as they play improv games and make up scenes and songs on the spot based on audience suggestions. Every show is different!

Summer Concert series

July 5- Aug. 2, 7 p.m.

Enjoy a rotating lineup of music for the Summer Concert series at the Amphitheatre. For a list of performers, visit www.alysbeach.com/events

THURSDAYS

Art in Alys

July 6- Aug. 3, 9:30-10:30 a.m.

Bring the children to the Amphitheatre to learn how to make a masterpiece by a local artist! Space is limited to 25 children. Sign up at www.alysbeach.com/events

Summer Reels

July & August, 8 p.m.

Enjoy a movie night at the Amphitheatre. For a list of movies, visit www.alysbeach.com/events

SPECIAL EVENTS

July 4 Concert

July 4

Amphitheatre

Come out and celebrate the 4th with us! The Bay Kings Band will be performing from 6-9PM in the Amphitheatre with fireworks to follow, weather permitting.

ROSEMARY BEACH

MONDAYS

Here Comes the Sun Summer Concert Series

July 3 – Aug. 7, 6:30 - 8:30 p.m.

(note: Memorial Day will have a special event) Bring your chairs and blankets and enjoy an evening of entertaining musical performances at St. Augustine Green/Owners Pavilion. Each week is a different band...be sure to catch one or all!

TUESDAYS

We Must Believe in Magic— Magic Show

July 4 6 - August 8, 7 p.m. - 8:15 p.m.



4th of July Fireworks over Seaside

“WE MUST BELIEVE IN MAGIC,” is a nostalgic journey with a contemporary twist! 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 developed and performed by some of the greatest magicians of all time! Come immerse yourself in a magical “modernly vintage” evening with Pittman Magic Productions at St. Augustine Green/Owners Pavilion.

WEDNESDAYS

Cinderella—Kids Theatre

July 5 – Aug. 9, 6:30 p.m.

A 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 at North Barrett Square. Blankets and lawn chairs welcome!

THURSDAYS

Moonlight & Movies and Face Painting

July 6 – Aug. 10; face painting starts at 5 p.m.; movie at 8 p.m.

Bring the family for a wholesome and fun movie night under the stars at the Western Green. Blankets and lawn chairs are welcome! Come

early and get your face painted by a talented artist and enjoy popcorn and the best hot dogs on the beach from DogManDu. A movie schedule can be found at www.rosemarybeach.com/events/

FRIDAYS

Treasure Jars, Airbrush Caps & Tunes

July 7 – Aug. 11; 9 a.m. to noon

Join us for some crafty fun on the green at Western 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. (Note: Airbrush hats are limited to the first 150 children each week.)

SPECIAL EVENTS

Where's Waldo? Scavenger Hunt

July 1- July 27, at your own pace!

Visit The Hidden Lantern Bookstore or the front desk at the Rosemary Beach Cottage Rental Company to pick up your scavenger map, then wander around the Town Center to participating merchants to find Waldo at each location. Weekly winners are announced every Thursday before the start of Movie Night on Western Green.

July 4th Celebration

All day

Start bright and early with our bike decorating contest and breakfast at 7:30 a.m. followed by the bike parade at 8:30 a.m. and block party, where bike decorating contest winners will be announced. There will be sweet treats from our friends at Kona Ice as well as face painting, airbrush tattoos, balloons, colored hair spray and more. Finish off the day with a star-spangled fireworks display at 8:45 p.m. In partnership with the Rosemary Beach Foundation, bike decorating kits will be distributed prior to the event for a suggested donation of \$5 in advance. Visit rosemarybeach.com/events for more information.

SEASIDE

MONDAYS

Children's Theater – The Adventures of Hansel and Gretel

Through Aug. 7, 6:30 p.m.

Join us for a fun-filled performance by The REP in the Amphitheater of the Adventures of Hansel and Gretel. A group of traveling actors creates much onstage merriment by presenting their own fast-paced and funny version of the classic children's story. Join these two legendary siblings on an epic adventure through the woods in this boldly reimagined twist on the classic storybook tale.



Watercolor Beach Club



Sinfonia Goes Pops

The Adventures of Hansel and Gretel is a treat for the entire family!

TUESDAYS AND THURSDAYS

Stories by the Sea

Through July 27, 10 a.m.

Join The REP Theatre for a one-of-a-kind storytelling experience that will take audiences on a fun and interactive storybook adventure for children of all ages! On Tuesday and Thursday mornings, REP actors will bring your favorite stories to life in this expertly improvised and entertaining performance that will have you wishing for more. Performances of Stories by the Sea are located in front of the Seaside Post Office and will be an unforgettable experience that the entire family will love

registration is required. See details at www.lovetherep.com/event/improv-bootcamp-for-kids/

Huck & Lilly

6 p.m.

Join Huck & Lilly for a fun-filled evening of characters and music for kids and the grown-ups who love them! Seaside Amphitheater, weather permitting.

FRIDAYS

The REP Friday Friends and Finale

Fridays through July 28, 2 p.m.

Join us for Friday Friends and Finale weekly showcase, where those who attended Kids Improv Boot Camp show off their new and improved skills.

Central Square Cinema

July 7-Aug. 25, 8 p.m.

Grab your blankets and head to the Central Square Cinema for the family movie under the stars. July movie schedule includes July 7: Emperor's New Groove; July 14: Shrek; July 21: Mitchells Vs. The Machine; July 28: The Aristocats

Kids Improv Boot Camp

Through July, 2 p.m.

Improv Boot Camp for Kids! The REP teaches kids the art of performing and storytelling through theater arts. The popular Improv Bootcamp is action-packed with students learning all the basics of improv comedy and performance with teamwork exercises and interactive theater games. At the end of each week, improv students advance to the next stage in the Friday Friends and Finale showcase, where they show off their new and improved skills. Advanced

SATURDAYS

Sounds of SEASIDE®

July & August, 3-6 p.m.

Celebrate the Summer season with the Sounds of SEASIDE® with friends and neighbors as we welcome the sounds of some of the region's top musical acts to Seaside's Amphitheater.

SUNDAYS

Movie under the stars

8 p.m.

Grab your blankets and head to the Lyceum Lawn for a family movie under the stars! The July movie schedule includes: July 2 - Yankee Doodle Dandy; July 9 - The Truman Show; July 16 - The Endless Summer; July 23 - Glory Road; July 30 - Jumanji.

SPECIAL EVENTS

Independence Day Celebration and Fireworks

July 4, 9 a.m. – 9 p.m.

Join us for an Independence Day all-day celebration at the Ampitheater. The schedule includes a REP Performance at 9 a.m., block party from 9 a.m. – 1 p.m., the Sinfonia Gulf Coast musical entertainers at 7 p.m. and fireworks from 8:30-9 p.m.

Sinfonia Gulf Coast Performance and Education Piece

Sunday, August 6 at 6 p.m.

Join us for an imaginative and

innovative musical experience with Sinfonia Gulf Coast as the sun sets over the Gulf. This treasured event is a favorite among locals and visitors alike. Please bring blankets and lawn chairs for seating in our grass Amphitheater.

WATERCOLOR

MONDAYS, TUESDAYS & THURSDAYS

Live music at WaterColor Beach Club

A rotating lineup of music. Mondays from 2-5 p.m.; Tuesdays & Thursdays, 5-8 p.m.

TUESDAYS

Live music at Gather Kitchen & Bar

A rotating lineup of music held from 5 to 8 PM

WEDNESDAYS

Live music at Scratch Biscuit Kitchen

A rotating lineup of music on Wednesdays from 11 a.m.- 2 p.m.

SATURDAYS AND SUNDAYS

Brunch Buffet

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

SUNDAYS & FRIDAYS

Live music at Fish Out Of Water

July & August, Sundays, 11 a.m.- 1 p.m. and Fridays, 6-9 p.m.

Rotating music schedule on Sundays; Fridays enjoy the sounds of Jamah Terry.

AREA FARMER'S MARKETS

Grand Boulevard Farmers' Market

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

30A Farmers' Market

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

Watersound Town Center Farmers' Market

85 Origins Main Street, Watersound Sundays year-round 9 a.m. – 1 p.m. & Thursdays July 6-August 13, 9 a.m. – 1 p.m.

SEASIDE® Farmers Market

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

Scenic
Sotheby's
INTERNATIONAL REALTY
CJB GROUP

3400 BONTERRA DRIVE

LAUREL HILL, FLORIDA



FISH CABIN ON PROPERTY



RANDY CARROLL
Global Real Estate Advisor
850.624.0037
randy.scenicsir.com



ARIEL BLACKWOOD CARROLL
Global Real Estate Advisor
501.920.9250
ariel.scenicsir.com



LISA LAFLURE
Global Real Estate Advisor
850.685.3408
laflure.scenicsir.com

#1
In Total Sales Volume
Destin - Rosemary Beach
seven years in a row!

Scenic
Sotheby's
INTERNATIONAL REALTY
CJB GROUP

EACH OFFICE IS
INDIVIDUALLY OWNED
AND OPERATED

Memorable meals, memorable views

Pescado Seafood Grill & Rooftop Bar has something for everyone

BY TESS FARMER

Designed by Smith Hanes of Atlanta, Pescado is one of Rosemary's hottest award-winning spots to visit, especially for sunset views over the Gulf of Mexico with live music in the courtyard daily at 6 p.m.

The restaurant is also a great start to your day, with brunch offered Wednesday through Sunday.

The design and decor incorporates subtle coastal colors, clean lines and soft lighting to create a space that invites and complements the elements and the scenery of the Emerald Coast.

We sat down with General Manager Holly Wright to find out what new additions are being offered by Pescado.

In 2020, Pescado opened The Courtyard at Pescado to serve guests on the ground floor of the 'Orleans' building. With only so much space in the rooftop restaurant, it only made sense to extend services to the quaint street-level space in Rosemary. The Courtyard is based on the vibrant feel and musical heritage of New Orleans where visitors will experience a touch of refinement while enjoying handcrafted cocktails and small bites while taking in the nightly music shows.

The restaurant recently expanded into full-service catering and events, bringing the quality, fresh and innovative food and beverage options Pescado is known for, anywhere. Pescado hosts all types of events and occasions, from birthday parties and anniversaries to the special day of the brides and grooms who choose Rosemary Beach to say their vows. The Rooftop and The Courtyard make for spectacular locations to live out the most memorable experiences with the added bonus of the Gulf of Mexico serving as the backdrop.

"Wedding season has become very busy for us, as such we're now offering everything from event planning, floral design and off-site catering all through Pescado," said Wright.

Other new additions are its handcrafted cocktail and charcuterie classes, which have been very popular with bachelorette parties and groups visiting the beach looking for a memorable, fun experience together.

"The cocktail classes have been a big hit with our



Views and Food from Pescado



guests since we released the interactive group experience in Rosemary," added Wright.

In the dining room, Chef Brendan Wakeham and Chef Brandon Brown continue to keep the food eclectic with thoughtfully-sourced ingredients and innovative pairings. They go out of their way to secure unique offerings not commonly found in the area.

The Chef's Feast features whole grilled fish, chimichurri, vegetable melange, clams, mussels, shrimp and pickled red onions. The clams and mussels appetizer is served in a coconut curry broth with cherry tomato, ginger and basil, along with a warm baguette.

The seafood is mouth-watering and definitely a specialty, but there's more than just seafood. There's something for everyone on the menu, which also features the finest cuts of meat, fresh greens and exquisite cheese boards.

"Pescado aims to create a shareable experience and being 18 years and over for dinner service is the perfect location for a date night or friends night out," said

Wright. "The rooftop books fast but there are now more ways to enjoy the Pescado experience."

"The Courtyard at Pescado is based on the vibrant feel and musical heritage of New Orleans, where visitors will experience a touch of refinement while enjoying handcrafted cocktails and small bites while taking in the nightly music shows."

Pescado Seafood Grill & Rooftop Bar & The Courtyard at Pescado
Open daily
Phone Reservations: 850-213-4600
74 Town Hall Road, Suite 4B
Rosemary Beach
rooftop30a.com



TEENA HAVEN BOUTIQUE
 IN
 DESTIN
 4495 FURLING LANE
 DESTIN, FL 32541
 (850)269.0781



Between the Biscuit

Scratch Biscuit Kitchen creates a charming café for the whole family

BY CHRISTOPHER MANSON



Delicious treats from Scratch Biscuit

There are plenty of options as to what you can stack between these fluffy, buttery, tender squares that'll remind you of the ones Grandma used to make.



In less than three years, Scratch Biscuit Kitchen has become a go-to for foodies in WaterColor, with unique and affordable dishes and a cool vibe.

This year, Scratch brought a new restaurant manager on board.

"She's a former executive chef, and that's exactly what we were looking for," says Jeremy Smith, Director of Restaurants for WaterColor. Smith also oversees Fish Out of Water, Gather Kitchen and Beach Cow, among others.

Scratch overhauled its menu in April, expanding upon the most popular menu items.

"We added a lot of new things," says Smith. "Previously, there were a lot of different biscuit-style sandwiches with names like Down Home and Deep South, which was a little confusing to some of the customers. We took some of the most popular ones and added on to them."

New menu items include the Biscuit Burger (also available as a sandwich) and Director of Culinary Blaine Wilkinson's "Grub Bowls," already wildly popular with the Scratch clientele.

"Absolutely charming, perfectly-priced and delightfully delicious," raves Emily D. from Houston, Texas.

Smith zeroes in on the restaurant's affordability and convenience as the most appealing qualities. "Whether you're by yourself or with your family, you can get

breakfast quickly," he says. "We're trying to create an affordable \$12 lunch. A main course, dessert and beverage between noon and 2 p.m. A fresh, hot, quick and easy meal with locals and workers in the area in mind."

Stay tuned as the restaurant is in the process of expanding its outside dining area and recently began selling its signature whole bean coffee. Scratch is constantly revamping its retail merchandise—mugs, apparel and signs with clever and funny sayings. You can get your very own Scratch mug and membership into the "Mug Club" for \$35.99. The "perks" include unlimited coffee for a dollar a pop.

Scratch offers dine-in, outdoor seating and in-store pickup. "Online ordering is very helpful and convenient," Smith says. "It's an awesome tool for people who want to grab and go for the whole family."

For those dining in, the menu includes mimosas, domestic and imported beer, as well as Scratch's personal blend of coffee. On the sweet side of the house, try the French Toast Sticks, Toffee Biscuit Pudding or Griddle Cakes (seven to choose from). A kids' menu and gluten-free offerings are available.

Other menu highlights include N'awlins shrimp (or andouille sausage) and grits and "Good for Ya!" dishes like housemade granola and yogurt boats, smoked salmon and avocado toast and seasonal farm fresh fruit.

And, of course, their made-from-scratch biscuits. There are plenty of options as to what you can stack between these "fluffy, buttery, tender squares that'll remind you of the ones Grandma used to make"—fried chicken, breakfast favorites, even angus beef burgers. Biscuits and muffins can also be purchased (and enjoyed) by the dozen and half-dozen.

You can salivate over the entire menu at Scratch's website and even view a short step-by-step biscuit tutorial.

Through August, enjoy live entertainment on Wednesdays from 11 a.m. to 2 p.m. The lineup includes Kyle LaMonica, Otha Allen, Brett Stafford Smith, Joey Shaling, Christon Birge and Weston Hines.

Scratch Biscuit Kitchen, located at 1777 Scenic Highway 30A Suite 120 in the WaterColor Town Center, is open daily from 7 a.m. to 2 p.m. (6:30 a.m. for carryout orders). Call 850-231-6550, visit scratchbk.com and follow on Facebook and Instagram @scratchbiscuitkitchen



market30a.com



30A's One Stop Shop

- Fresh Gulf Seafood
- Prime Meat
- Gourmet Cheeses
- Wine, Beer & Liquor
- Ready Made Dips, Sides & Soups
- Pantry Essentials
- Desserts

Located at The Crossings at Inlet Beach
113063 Hwy 98 E, Suite M
Inlet Beach FL
Open Daily 9 a.m. - 6 p.m.

[f](#) [i](#) @market30a

850.502.4100



Hand-Spun Waterproof Mermaid Rope



Lc
Lily Chartier Pearls

The Big Chill 30A (formerly The Hub)

(850)502-1810 • WildAboutPearls.com

Permanent Linked Jewelry!

Off to Market

The woman behind the farmers markets that capture hearts of 30A

BY CHRISTOPHER MANSON

Every Sunday, you'll find thousands of people at the 30A Farmers Market location in Rosemary Beach and new customers discovering the Watersound Town Center Farmers Market, just two miles away.

Owner Diane Kolopanas started the markets 10 years ago in Rosemary Beach. "When I approached Rosemary Beach about it, they wanted me to run it," she says. "I thought they just wanted me to manage it, but they said, 'No, it's your baby. We want you to own it.'"

Since then, the 30A Farmers Market has expanded to Miramar Beach's Grand Boulevard and Niceville. Watersound, the newest location, launched in October 2021 and boasts a covered pavilion, along with food trucks and curated arts and crafts from local creatives.

The two 30A locations are open every Sunday year-round from 9 a.m. to 1 p.m. The Watersound market will also be open Thursdays from 9 a.m. to 1 p.m. through August 13 with something for everyone.

The largest form of flattery is the customers commenting on how much they love the market. They always tell me it's the highlight of their trip.

"Customers can go back and forth," says Kolopanas. The Rosemary Beach market boasts a huge following. "People come to town, and it's their first stop on Sundays. They love our vendors—they're very professional and have high-quality products," said Kolopanas.

Before running the 30A Farmers Market, Kolopanas owned a travel agency and worked in the hospitality industry. She and her husband were also high-end homebuilders in Memphis. Kolopanas calls herself "a jack of all trades."

"We had done Greek festivals for our church in

Memphis, and when we moved to Florida, we thought, 'Why can't we run a farmers market?'" Upon moving to the area, Kolopanas had a sit-down with



Fresh produce and jarred goods from the 30-A Farmers Market

the folks with the town of Rosemary Beach and the powers that be decided the 30A Farmers Market would be "the perfect fit."

Surprisingly, there were no snags on the journey from concept to execution.

"I pay extreme attention to detail. I have a little OCD when it comes to managing events. I'm always thinking ahead," Kolopanas says.

She adds that all four markets run smoothly.

"We vet our vendors to meet our standards. If there's bad weather, we adjust. We've never had a hiccup—we just adapt," she says.

Among the highlights from the past decade?

"The sense of community and getting to meet people," says Kolopanas. "The largest form of flattery is the customers commenting on how much they love the market. They always tell me it's the highlight of their trip. They love the vendors and their products so much, they come back year after year. All of our vendors are wonderful and have exceptional products. They're all my favorite!"

The 30A Farmers Market has a strong online presence. The main page is 30afarmersmarkets.com, and each location has its own Facebook page where Kolopanas and her crew post tons of pictures of vendors,

items for sale and customers enjoying the market. The Grand Boulevard Farmers Market happens every Saturday from 9 a.m. to 1 p.m. and began nine years ago. Niceville's market—Saturdays at Palm Plaza on John Sims Parkway from 9 a.m. to 1 p.m.—has been thriving for seven years.

Kolopanas says she works seven days a week and is constantly staying on top of social media, among other things. "Depending on the day, I receive 15 to 30 phone calls from customers and vendors. I'm looking at the weather all week long to see if we need to reschedule or adjust," she says. "There's a lot more involved than people realize."

She adds that the markets could not be possible about the entire community supporting the effort.

"We want to thank everyone for their continued support," she said. "Without the tourists, the locals and the vendors, we wouldn't be where we are today."

Discover more at 30afarmersmarkets.com. See page 21 for a list of Farmers' Market locations, days and hours.



FURNITURE SOUTH

FURNITURE · INTERIOR DESIGN ACCESSORIES

4552 US Highway 98 W, Unit 8
Santa Rosa Beach, FL 32459
850-267-1411 | www.furnituresouth.net
"DIFFERENT BY DESIGN"



BUDANDALLEYS.COM
850.231.5900



850.231.3113



850.231.4781



- ★ Best Waterfront Restaurant
EMERALD COAST MAGAZINE
- ★ Best Rooftop Bar
COASTAL LIVING MAGAZINE

WALTON COUNTY TOURISM










A BETTER BEACH EXPERIENCE

Walton County Tourism is committed to protecting all our beachgoers – from tourists to turtles. In the past year, we spent almost \$4 million on beach improvements and maintained a program that pays for more than 50 lifeguards. We also sent nearly 7.3 million texts last year on surf conditions from marine pests to dangerous rip currents. Learn more to improve your next visit.



Beach Safety in South Walton

For a complete guide on Walton County's beach rules, visit BeachSafety.com

-  Glass containers and littering are prohibited.
-  Vehicles, dogs and bonfires require permits.
Permits may be obtained through Walton County Code Compliance, (850) 622-0000.
-  Know Before You Go. Obey all beach flag warnings.
-  Leave No Trace. Items left on the beach overnight will be discarded.
-  Keep off the dunes.
-  Removal of sand, water or vegetation is strictly prohibited.
-  Sea turtle nesting season is May 1 through October 31.
If you find an injured, sick or dead sea turtle, or to report someone disturbing a sea turtle nest, please call the Walton County Sheriff's Office, (850) 267-2000.



KNOW BEFORE YOU GO

TEXT **SAFETY** TO **31279** FOR SURF CONDITIONS

BEACH FLAGS



DOUBLE RED FLAGS
WATER CLOSED TO PUBLIC*



RED FLAG- HIGH HAZARD
High Surf and/or Strong Currents



YELLOW FLAG- MEDIUM HAZARD
Moderate Surf and/or Currents



GREEN FLAG- LOW HAZARD
Calm Conditions, Exercise Caution



PURPLE FLAG- 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.



Art Is Life

Bradley Copeland, 2023 Walton County Artist of the Year, trusts the process

BY KATIE COURTNEY

Bradley Copeland, who resides in Santa Rosa Beach, is passionate about having a passion – and for her, it's art. Not just the creation of it, but how art can be used to express feelings and ideas, give us purpose and heal us, physically and spiritually.

For Bradley, painting is a way to navigate life. When she began to open herself to the clues and symbols the paint presented, magical things began to happen. But it took a painful push from the universe to learn this lesson.

Painting had been the 25-year-old artist's favorite activity and escape since childhood. Still, she didn't consider art a calling, but rather something she did on the side while trying to figure out her life's purpose.

She was excited to work on her first solo show. Two days before the show was to open, however, Bradley spilled a pot of boiling water on herself. She couldn't walk or work, only endure painful daily treatment for her severe burns.

"I was close to losing everything," said Bradley. "I couldn't go back to work, but I had some commissions lined up, and then COVID happened. I couldn't show, so my only option was to paint."

Bradley began promoting her work online, and interest snowballed. She became so busy painting that she didn't go back to her retail job. At last, she had realized that art was her purpose.

"I think everyone has gifts and abilities and things we love, and we are supposed to listen to clues in life. The universe forced me to listen, and I'm so thankful," said Bradley. "Art is all over the place. Everything I see in



Various works of art by Bradley Copeland

life I translate in as many different ways as I can." This wasn't always her practice. There was a time that Bradley had become discouraged about her tendency toward detailed, hyper-realistic imagery and was frustrated in her attempts to share personal experiences through art.

So, she took a different approach – giving herself randomly chosen subjects to paint, with the only rule being that it had to be "ugly" and painted in as many different forms as possible.

Something amazing began to happen – Bradley started having fun with her art.

She frequently uses symbols in her work to represent different stories or hidden meanings, like the spirals inside a seashell which reference the solar system and to help her make sense of things.

Bradley said it feels amazing to have been selected as Walton County's 2023 Artist of the Year. When interviewed as a candidate for the honor, she was honest and vulnerable in telling her story.

The reason I paint is to process or sort out my feelings or to make other people feel something, and all of that has to do with my story. It's behind every piece that I make," Bradley said.

The artist has more than 600 pieces in her collection. Many of her works can be found in galleries across the Southeast, as well as in her own studio. She has also exhibited work in several group and solo shows. She draws inspiration from the surrounding Santa Rosa Beach arts community, filled with friends, business owners and creatives with whom she's bonded.

Bradley's passion for art is exceeded only by her desire to share how it has the power to heal others and herself.

She teaches weekly art classes at the Walton Correctional Institution in DeFuniak Springs. She encourages her students to experiment with the same messy process she uses, allowing the paint to dictate where it goes, and then finding the beauty the paint brings out.

Learn more about the Artist of the Year program at www.VisitSouthWalton.com.





GLOW
MED SPA
You. Illuminated.

Welcome to GLOW Med Spa of 30A. We are a boutique medical spa specializing in the highest quality aesthetic services including injectables like Botox and Filler, Laser facial treatments, Hydrafacials, and Microneedling.

GLOW30A.COM
850-764-2340

2930 W COUNTY HWY 30A SUITE 110, SANTA ROSA BEACH, FL 32459



Hours Daily: 11:00 am to 10:00 pm



Memorable Food, Drinks and Gulf Views

Shelby's is all about relaxed and casual dining on our covered patio overlooking the Ed Walline Public Beach Access and the captivating Gulf of Mexico. Our fresh seafood, salads, sandwiches and entrees are available for lunch and dinner daily, as are our refreshing frozen cocktails and other wine, beer and liquor offerings.



"life's too short
to have boring..."

- Mhsalon30a.com

Curtain Call

A look ahead at the 2023-24 season for Emerald Coast Theatre Company

BY CHRISTOPHER MANSON

It's hard to believe a decade has passed since I first met Emerald Coast Theatre Company's Nathanael and Anna Fisher at their official launch event.

"We had moved here from Virginia Beach in 2012," says Nathanael. "Anna grew up here, and I had just graduated with a Master of Fine Arts in acting."

Nathanael had been offered a job at a small college in Kentucky, but his father-in-law had different ideas.

"He said, 'Good for you, you got a job! But I have to believe there's something better for you. Why don't you consider coming to Destin?'"

The Fishers explored the local arts scene and saw zero opportunities for elementary students.

"There was only one middle school offering educational theater opportunities," he says. "Anna and I saw a need."

In October 2012—just four months after the couple moved to the area—Emerald Coast Theatre Company was ready to go. ECTC partnered with the Mattie Kelly Arts Foundation and launched its initial after-school program at Destin Elementary School. "We had 10 kids in the first class," says Nathanael. ECTC relocated to Miramar Beach's Grand Boulevard four years later.

The Fishers are now nailing down Season 11. The 2023-24 season kicks off with Million Dollar Quartet, Floyd Mutrux and Colin Escott's Tony Award-nominated musical inspired by the legendary Sun Records session with Elvis Presley, Jerry Lee Lewis, Carl Perkins and Johnny Cash.

"Sometimes you go to a musical and there's a few songs you can take or leave," says Anna. "But this one, every song is a favorite."

Million Dollar Quartet gives audiences the opportunity to see talented actors and singers bring 1950s legends to life.

ECTC will also present a return engagement of its adaptation of Charles Dickens' immortal classic A Christmas Carol in December, with the formidable local actor Bruce Collier reprising his role as Ebenezer Scrooge.

"What's fun about this version is the musical element. There are some great songs," says Nathanael.



launching something a little different this summer. Broadway on the Boulevard: Dancing in the Streets is a musical revue boasting lots of hits from the Great White Way.

ECTC holds local auditions, and Nathanael says he and Anna try to hire as many performers from the area as they can—around 90 percent at last count. That number includes Collier and Teance Blackburn, who co-starred in one of Nathanael's favorite ECTC productions, the comedy Bakersfield Mist, which he also directed.

"It was one of the first shows we did in this space," he says. "Getting to collaborate with those two actors, and a great script (by Stephen Sachs) artistically, that was a highlight."



Anna and Nathanael Fisher

Nathanael said the opportunities are endless.

"We're still dreaming! The kids' program has expanded to over 600 kids. It's amazing how the community has embraced us. We're really thankful to be here," he says. "Having a home here at Grand Boulevard has helped that exponential growth. As the organization grows and we're able to do these big musicals, we're seeing our audience sizes grow as well. We're incredibly grateful to our sponsors, donors, and VIP members who say, 'We believe in what you're doing and want to support you.'"

"But what I really love about the show is the second act. It tells the backstory of Scrooge and the childhood trauma he experienced. It doesn't gloss over how he got there. That's the real heart of the transformation." Anna adds, "He's multidimensional. There's a lot of depth and texture to the story."

So far, 2023 has been an incredible year for ECTC. Season 10 saw a 55 percent jump in fall and holiday attendance.

"The community is coming to shows, coming back to shows, and we have a great VIP membership who are really enjoying the quality of programming. Next year, we're going to have numbered and lettered seats, (evolving) from general admission to designated seating," Nathanael said. After staging Shakespeare in the Park at Grand Boulevard for years, ECTC is

Emerald Coast Theatre Company is located at 560 Grand Boulevard (upstairs) in Miramar Beach. Call 850-684-0323, email boxoffice@emeraldcoasttheatre.org and visit emeraldcoasttheatre.org to find out more about the company and its upcoming schedule.

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

Call (404) 907-6427

for rates and information

miles@thirtyareview.com www.thirtyareview.com

visit our website for current and past issues

Family Matters

Fournier Law navigates family law issues with compassion and confidence

BY TESS FARMER



The Fournier Team

Ten years ago, mother and daughter Patricia and Gena Fournier founded Fournier Law PLLC, a family law practice based in Tallahassee. It has grown over the years and has served countless families across the Panhandle.

Patricia retired from the practice in 2020 and now Gena is at the helm of the growing team.

*We work for your family
as if it were our own.*

"We work for your family as if it were our own," said Fournier. "Our focus is achieving the best holistic outcomes for a wide range of issues affecting Florida families."

As one of the premier family law firms in Tallahassee, Fournier Law Firm is able to assist the entire Florida area with family law legal matters. They know the emotional toll a family law matter can take on those involved and are able to guide clients through the entire process and ensure they are informed every step of the way.

"Our years of experience have taught us how to best support families during what is likely one of the most challenging times in their lives," said Fournier. "We

encourage those seeking a legal partner to take the time to look for an attorney who you feel you can be open and honest with, and who will be responsive to your needs and someone willing to answer your questions upfront."

Fournier has devoted her legal career to accumulating expertise in a broad range of legal disciplines. She began her legal career as an Assistant Attorney General for the State of Florida, Division of Child Support Enforcement. After relocating to Pennsylvania, she practiced law in the private sector handling Workers' Compensation cases, social security disability, real estate and immigration. Later, she returned to Tallahassee to work as senior attorney for the Reemployment Assistance Appeals Commission.

In 2013, when she began forming Fournier Law, she was certified as a Guardian Ad Litem by the state of Florida and a certified Family Law Mediator. Her broad range of experience in both the public and private sector gives her a unique advantage in handling cases on behalf of clients, as she understands the legal system, the government's position on cases and the pressures faced by private clients.

She and her team provide advice and assistance to clients on family law cases, including divorce, child custody, child support and alimony, as well as domestic violence adoption and private dependency representation.

"My top piece of advice for those entering the process of seeking legal counsel on these most important matters is to have a vision for what you desire life to look like at the conclusion of the issue at hand," said Fournier. "After that, it is just one step at a time, understanding that we can lead you and support you through the process."

Another piece of advice Fournier shared about seeking a family law attorney is to ask about the attorney's approach. Different attorneys have different approaches to handling cases; some are more aggressive, while others take a more collaborative approach. Consider what approach feels most comfortable and look for an attorney who aligns with those preferences.

Representing many Florida families in Northwest Florida over the years, the office serves the area from Tallahassee to Panama City and Navarre.

"Our entire team has the desire to help parents, spouses, and families envision their new normal outside of the legal process," Fournier added. "We're a partner to help clients navigate the legal process with confidence."

For more information about Fournier Law PLLC, call 850-270-1336 or visit www.fournierlawoffice.com.



SUN, SURF & SAND
INSURANCE
SERVICES

401-265-1657 CELL
SCOTT@SUNSURFSANDINS.COM

WWW.SUNSURFSANDINS.COM

EVERYONE HAS DIFFERENT
INSURANCE NEEDS.

Many financial experts will tell you some unforeseen events and a lack of the right kind of insurance can spell trouble quickly.

For a personalized business or individual assessment, find out how we can help protect your hard-won assets. We'll analyze your insurance needs and get you covered quickly at the right price.

CALL US TODAY
850-937-7014

HOME AUTO FLOOD CONDO (SHORT/LONG TERM)	MOTORCYCLE GOLF CARTS BOAT & CHARTER BOATS RVS AND MUCH MORE!	LOW SPEED VEHICLES BUSINESS BUILDER RISKS GENERAL LIABILITY
---	---	---



88 Lynn Drive, Santa Rosa Beach,
FL 32459



Consistently delicious since 1995!



CAFE
THIRTY-A



3899 E. County Highway 30A, Seagrave · 850.231.2166 · Open Daily at 4:30 · cafethirtya.com

Rosemary Beach Inn

A stylish hotel in one of Rosemary's most iconic buildings

BY TESS FARMER

We've put everything back into maintaining the Inn to create the best experience for our guests. The opportunity to serve the community in this way has enriched our lives beyond measure



Photos by Lane Lillie Photography

The Rosemary Beach Inn, continuing to operate it in the style of a European-inspired pensione at the beach.

The couple has traveled across the world to other family-owned and operated hotels to incorporate those aspects that make the experience so unique. Over the years, they have renovated the Inn to maintain its original style while upgrading the amenities to modern, luxury standards, including king-size beds with fine linens, filtered water, and locally-made soaps and snacks.

Although Miriam Dillon also works in real estate in the area and James Dillon is head chef for The Summer Kitchen, together with their family they have created a team to run the Inn.

"This place has truly been a labor of love," said Miriam Dillon. "We've put everything back into maintaining the Inn to create the best experience for our guests. The opportunity to serve the community in this way has enriched our lives beyond measure," she added.

Their daughters Cami and Kaitlyn and son Aidan worked in the family business growing up and the daughters are still involved today.

"The beach, just steps away from the Inn, was our wedding spot years before we acquired the Inn," said Miriam Dillon. "We have such tremendous ownership and pride for this place and the connections we've made here over the years."

The Dillons are valued members of the South Walton and 30-A community and have given back in many ways, including building The Summer Kitchen from the ground up, serving memorable meals and creating memorable stays for guests of the Inn.

"We take to heart each guest's experience and work hard every day to meet and exceed their expectations," said Miriam Dillon. "We love this place so much and want to create a memorable experience for all our guests."

Located in the heart of the beachside community, just

steps away from the sugary white sands and glistening waters, this is the spot for a perfect beach getaway.

The intimate rooms feature the finest amenities, including access to four pools and Rosemary Beach Racquet Club and Fitness Center. You don't even have to worry about lugging beach chairs to the beach; those are included in your stay as well as breakfast and free flowing coffee each morning downstairs at The Summer Kitchen. There, smiling faces will greet you and answer any questions and share tips on the local area.

"Everyone is happy to answer questions and have conversations with visitors," said Miriam Dillon. "We value these interactions and our guests do, too."

One of the unique features of the building is the solid staircase which was formed from a single pour of concrete. That detail makes the building one of the most structurally sound and safe during hurricane-force winds. During Hurricane Michael in 2018, The Dillons as well as several other friends and locals evacuated their homes to stay at the Inn.

Miriam Dillon shared a story of having to evacuate with her young daughters and all their pets years ago to a bed and breakfast in Atlanta. She remembered how welcoming and helpful the owner was and she now can provide that same hospitality to others.

From humble beginnings in a little red sandwich shack to today's prime spot at the end of Main Street, the Dillons have had invaluable contributions to the Rosemary Beach community and they are ready to continue to share their love of the area with visitors ready to take in all the sights, sounds and local flavors of this special space.

The Rosemary Beach Inn
78 Main Street, Rosemary Beach
844-865-5783
therosemarybeachinn.com



Furniture | Apothecary | Fashion | Interior Design | Gifts
57 Uptown Grayton Circle, Santa Rosa Beach, FL 32459
summerhouselifestyle.com

Jewels of the Emerald Coast

McCaskill & Company's jewelry showroom is a stunner

BY JESSICA BADOUR HOLTHAUS

McCaskill & Company is the epitome of a business dream imagined; starting out as a freestanding kiosk in Seaside many moons ago, the mainstay Destin storefront opened in 1999 and is preparing for another expansion this year, creating more space for their unique jewelry designs.



Photos courtesy of M Little

The gallery is host to some of the world's most sought-after jewelry designers and Swiss timepieces.

Bill and Elizabeth Campbell opened the original McCaskill & Company (M&Co) space together. Now joined with their daughter, Carolyn Campbell Brigman, the store is considered one of the most prestigious in the country, with customers spanning nationwide along with its primary base found here in the Southeast. The gallery is host to some of the world's most sought-after jewelry designers and Swiss timepieces.

"We pride ourselves with impeccable service and attention to every detail," Elizabeth says.

Carolyn adds, "We are built on the passion for gemstones and jewelry. We are a family here, and each of us loves what we do. We continue to spread that joy with our customers."

While the pandemic impacted many industries over the past several years, the Campbells have seen a boom in business during that time.

"People started celebrating their love even more. They thought, 'why wait?' and wanted to find something special for their loved ones," Carolyn notes. "That's continued to expand our variety of designers to offer someone who loves jewelry anything they desire."

From beautiful gemstone colors, stunning cuts of diamonds and an enormous range of one-of-a-kind pieces, the showroom and luxurious Bridal Gallery feature designs by Rolex, David Yurman, Erica Courtney, Kwiat, Marco Bicego, Jude Frances, Oscar Heyman Brothers, Omi Prive' and DeBeers Forevermark diamonds, just to name a few.

Even with well-known suppliers, the Campbells and Brigman personally hand-select every single piece in the store with deliberate intention. The selection process is based on truly knowing their customer base through the

years. Although many jewelry designs are timeless, there are trends for the more fashion-forward jewelry seeker.

The store is expanding its in-store boutiques for Rolex and David Yurman, as well as more room to showcase its diamond and bridal collections and adding another full-service area for jewelry and watch repair.

While McCaskill & Company can repair most watches or jewelry pieces, they are authorized as both a Rolex and Omega service center, with two expert technicians on hand. In the past several years, Bill has eased back his time in the store (recently turning 74 years young), with Carolyn stepping in to fill his shoes and continue the store's legacy.

"It's nice to have a younger eye on the designs! She's been trained well," Bill says with a laugh. "She is steering the ship now."

The mother-daughter duo describes the showroom as more like a living room, with seating areas and a fireplace. The comfortable, laid-back environment lends itself to a no-pressure shopping experience, easy to peruse or just to drop in and chat with friends.

"We love it when new guests come in for the first time and we see the space through their eyes. It's so much fun," Carolyn said. "We take the customer through the gallery so they can see all these unique designs created by individual artists and they can find what speaks to them, such as, does the client like more contemporary, clean classic lines, something more ornate...have a preference in metal color...specific styles that they prefer? There are so many options to explore."

The best part? Seeing their face light up with something they love and will treasure forever.

Customers tell the owners they can feel the warmth when they walk in, yet another reason they visit year after year. The staff has grown to 17 team members, including the Campbells' daughter-in-law, Ashly, a true family affair.

"Even though we have continued growing, we still consider ourselves a 'mom and pop' store," Elizabeth notes.

First-time customers will find the elegant yet inviting atmosphere a refreshing pace from most jewelry store experiences. Staff showcase different designers and styles to help people pare down their decision making. The owners are quick to credit their exceptional sales and administrative support team for maintaining the welcoming and gracious experience for everyone who walks through their doors.

And while you're in for a visit—either for a specific purchase or a drop in—the McCaskill & Company team encourages everyone to get their jewelry cleaned while in the store. "You'll leave sparkling, regardless of whether you bought it here or not," Bill says.

Visit McCaskill & Company at 13390 Highway 98 West in Destin, Monday-Saturday, 10 a.m. to 5:30 p.m.; contact the store at 850-650-2262 or info@mccaskillandcompany.com; and follow on Facebook, Instagram and Yelp.

ELITE.

SPRAY TAN

WHERE TANNING MEETS TECHNOLOGY

The Emerald Coast's first and only luxury mobile spray tan company that uses advanced TruTone Technology to customize each and every tan for your skin tone and type.

Bridal Packages • Triple Certified & Insured • Contour • Locals Membership
Cosmeceutical Mixers • Group Discounts • Locally Owned & Operated

Text (850) 979-5354 to book now.
elitespraytans.com
@bestelitetan



PAYTON BRUNDAGE
Founder, Owner,
Licensed Certified
Tanning Specialist

\$50M+ IN SALES VOLUME FOR 2022



TOM'S GOLF TIP

Split your hands an inch apart, feel the grip end low and the clubhead high after impact!

Tom Fitzpatrick



Featured 30A
Local Golf Columnist



Broker Associate
c 850.225.4674
tom@scenicir.com
tom.scenicir.com

Scenic | Sotheby's
INTERNATIONAL REALTY

Each Office is Independently Owned and Operated.

Real Estate Relationships

Delawalla Group offers clients coastal luxury living on the Emerald Coast

BY TESS FARMER

We like to say we offer the 'white glove service,' providing all the data, knowledge of the market and connecting our clients with all the resources they may need along the way.



Amin Delawalla and the Delawalla Group



Navigating the real estate market requires a partnership with an agent who's nimble and tuned in to the pulse of the market—experienced agents who are connected in the community and able to make the home selling and buying process as seamless as possible.

Amin Delawalla and his team have decades of experience representing luxury properties along 30-A and Panama City Beach and are committed to offering customers the best knowledge and service.

With nearly 20 years of experience in the Northwest Florida real estate market, Delawalla offers a proven track record of real estate expertise, earning the status of a top producing area agent for the past 15 years.

Amin was lured to the Emerald Coast from Atlanta nearly 20 years ago. He's since been working with real estate clients who also are ready to embrace the coastal lifestyle and all the luxuries this area affords.

Delawalla's dedication and business savvy allow him to successfully navigate transactions from start to finish resulting in satisfied customers with their toes in the sand. Always refining his craft, Delawalla integrates the latest technology into his business, offering customers immediate access to available properties, research reports and area information, as well as innovative online marketing.

"We like to say we offer the 'white glove service,' providing all the data, knowledge of the market and connecting our clients with all the resources they may need along the way," said Delawalla. "It's more than just selling a property, it's a relationship that will last for years."

Amin has assembled a team of professionals with the close-knit group representing the region's finest properties. Amin's wife Eva leads the marketing efforts for the group. A key focus is to offer ultimate privacy and

security, responsiveness and efficiency in all interactions to meet all the needs of their discerning clients.

Delawalla's brother Arif joined the team three years ago and brings a wealth of business experience to the Delawalla Group. Previously working in business management consulting for Fortune 500 companies in Atlanta, his experience coupled with his tenacity and common-sense approach to real estate is an asset to the team.

"Arif has a natural penchant for numbers and unearthing opportunities," noted Delawalla. "He also bears a taste for simplicity yet understated sophistication in architecture and design that lends itself beautifully to the 30-A lifestyle."

"Our years of full-time experience have given us a clear understanding of the mindset of home buyers and sellers and a thorough familiarity of the regional marketplace," said Delawalla. "We take the time to understand all their needs and strive to meet and

exceed those."

An active and dedicated member of the local community, Delawalla has insight into the unique people and places that make South Walton so unique.

He possesses the insider knowledge to find the perfect home for each client's individual needs or to locate the best buyer for an available property. Also being tied into the local community allows him to make the important and necessary

introductions to partners in the process, including insurance agents, title companies, mortgage specialists, contractors and interior designers.

Amin's unique style can best be characterized as a "hands-on, customer first" attitude focusing on work ethic and integrity to produce results. It's that unwavering dedication that's made the Delawalla Group a leader in offering luxury properties along 30-A and the Emerald Coast.

Delawalla Group is located at Berkshire Hathaway HomeServices Beach Properties of Florida 6652 E. Co. Hwy 30-A, Suite 110, Watersound. For more information, call 850-225-9899, email amin@bestofemeraldcoast.com or visit www.bestofemeraldcoast.com

facebook

Sign Up

ThirtyAReview.com on Facebook!
Sign up for Facebook to connect with ThirtyAReview.com



The Thirty-A Review is dedicated to profiling Hwy 30A and the surrounding area's finest people, places and things.

facebook

check us out on Facebook at:

www.facebook.com/thirtyareview.com

(404) 907-6427

ThirtyAReview.com



DISCOVER A WORLD of ANIMAL UTOPIA

Alaqua Animal Refuge is the Southeast's premier 501(c)3 no-kill animal refuge and sanctuary, located on a picturesque 100-acre in the Florida Panhandle. A nationally recognized leader in animal rescue, welfare, cruelty prevention, and advocacy, Alaqua is a place of healing for both animals and the people who love them. Visit us and explore our distinctive, unexpected spaces; interact with animals of all types; and experience our vast educational and community programs. There is truly no place quite like Alaqua...for the love of animals.



155 Dugas Way - Freeport, FL 32439 - (850) 880-6399 - www.Alaqua.org
OPEN 6 DAYS A WEEK / TUESDAY-SUNDAY, 11AM TO 4PM

Great Boats at Great Prices!

CAPTAIN

your own family sight seeing adventure

~ Premium Executive Pontoons ~

Our 24' Pontoon Boats are Perfect for Snorkeling and Visiting Shell Island

~ Clean, Comfortable and Fully Equipped ~

- Versatile Sun Canopy
- Convenient Swim Ladder
- Lots of Under-seat Storage
- Luxurious Captain's Chair
- Map of the Cruising Area
- Seating for 10 People
- 4-Stroke Honda Outboard Motors
- Enjoy a Picnic on Shell Island

BOSTON WHALER FISHING BOATS also AVAILABLE



Reserve Online 24/7
www.shellislandtours.com
3601 Thomas Dr., Treasure Island Marina 32408

Reserve Online 24/7
www.30Apontoonrentals.com
850-236-FINS (3467)



Exceptional Coastal Living

The Richards Group offers a superior real estate experience

BY TESS FARMER



The Richards Group includes (L-R) Scotty Lisenbe, Principal; Allison Richards, Principal; Mark Hoffman, broker real estate advisor and architect; and Larry Restieri, global real estate advisor.

The 30-A real estate market is a vibrant and highly sought-after area offering an exceptional coastal living experience. The demand for real estate in and along the scenic highway remains consistently high, driven by the area's natural beauty, recreational opportunities and Southern coastal charm.

"A combination of stunning beaches, crystal-clear waters and charming communities make this area attractive for both vacationers and permanent residents alike," said Allison Richards, principal of The Richards Group, a local leader in local luxury real estate.

The area is characterized by a diverse range of properties, including luxurious beachfront estates, cozy beach cottages and upscale condominiums. With an abundance of outdoor activities, world-class golf courses, exquisite dining options and upscale shopping destinations, this coastal paradise offers an unmatched quality of life.

Allison Richards leads The Richards Group, composed of four agents with Compass 30A: her husband, Scotty Lisenbe who serves as global real estate advisor; Mark Hoffman, broker and architect and global real estate advisors Larry Restieri, Brenda Anderson and Emily Siegel.

Richards and her team work frequently with out-of-state sellers and buyers wishing to sell or seek out vacation homes or investment properties on 30-A, in Miramar Beach, Inlet Beach and Destin.

"Together, we can leverage our ability to navigate the

intricacies of this market, identify lucrative investment opportunities and deliver unparalleled results," said Richards. "What sets us apart is our mission to deliver a white-glove level of service, producing a superior real estate experience and setting the stage for a fruitful collaboration with our clients."

This dedication has established The Richards Group as trusted advisors in this highly sought-after Southeastern region.

Allison became a top-producing agent on 30-A by committing herself to an unprecedented work ethic and unparalleled commitment to personalized service, going above and beyond to meet the needs of those seeking an elevated real estate experience.

She relocated from West Palm Beach and Wellington, Florida coming from equestrian real estate sales in 2008. Studying the area and the market, she resided in multiple locations from 30-A to Miramar Beach and Destin.

The rebirth of her real estate career in this area began in 2014 and she transitioned to the luxury market in 2017. Her love and knowledge of the place and expertise with waterfront properties and luxury vacation homes has become her specialty.

The Richards Group has executed over \$260 million in real estate sales from 2020 to date, making her the brokerage's top-producing agent by sales volume and top-producing agent by clients served in 2021.

"By joining forces with our team of seasoned

professionals, our clients gain access to extensive knowledge of our market dynamics, emerging trends and local connections, which are crucial for thriving in such a competitive environment," said Richards.

A testament to her commitment to serving her clients, Richards is the recipient of numerous awards throughout her career including the 2017 and 2020 "Entrepreneur of the Year" awards from the Women's Council of Realtors; "Shortest Days on Market" and "Highest Average List-To-Sales Price" awards from her brokerage in 2019 and top single agent in sales volume and transactions in 2021. She is the top producing single agent for Compass 30A in 2023 year-to-date and the team is in second position with Compass 30A for team sales volume.

Richards' negotiation skills are evident in her ability to obtain list-to-sale-price nearly 100 percent of the time. Additionally, her background in interior design and staging helps present her listings with a sophistication and high level of marketability.

Past clients note her willingness to exceed expectations to provide exceptional service while employing high-level marketing strategies. With a deep understanding of her clients' needs and desires, Richards prioritizes their satisfaction throughout every step of the real estate process.

In addition, The Richards Group's expertise in digital marketing ensures that their clients' properties receive maximum exposure and attract the right buyers. That includes leveraging cutting-edge marketing techniques, such as elevated professional photography, virtual tours, social media assets, hyper-specific website landing pages and targeted online campaigns with handpicked targeted audiences.

With a deep understanding of the unique demands and desires of high-end buyers, The Richards Group excels in curating an exclusive portfolio of exceptional coastal properties that embody luxury living at its finest, meeting the highest standards of quality, craftsmanship, and elegance.

"It's my joy to share the superb quality of life and adventure that living in this area affords and my team and I work each day to ensure each client receives the utmost attention, tailored recommendations and discreet service throughout the buying or selling process," Richards added.

The Richards Group is located at 2048 West County Highway 30A, Suite 107, Santa Rosa Beach. For more information, call 850-502-6035, email allison.richards@compass.com and visit allisonrichards30a.com. Follow on social media @askallisonrealestate

Balance Health Studio

One-Stop Wellness

- chiropractic care
- functional nutrition
- virtual health consultation
- massage, acupuncture, and reiki
- full range of whole food supplements
- world-class yoga and spin

3547 E Co Hwy 30A, Seagrave Beach 32459

(850) 231-9288 balance30a.com

info@balance30a.com



F | L
FOURNIER LAW, PLLC

FAMILY LAW • WE WORK FOR YOUR FAMILY AS IF IT WERE OUR OWN.

(850) 270-1336 • FOURNIERLAWOFFICE.COM

Beyond the Bookshelf

The Hidden Lantern Bookstore is a hidden gem in Rosemary Beach

BY TESS FARMER

Right on the main square in Rosemary Beach you'll find one of the most charming local bookstores on the Emerald Coast. Opening its doors in 2011, The Hidden Lantern Bookstore has become a mainstay on 30-A offering locals and visitors a welcoming spot to escape the heat and become lost in a vast selection of books and more.

With an eye for quality texts, owner Diane Brady and her daughter Lauren Pingree, who manages the store, curate a selection of books ranging from biography to bestsellers, children's books to fine art and culture, Christian fiction to mystery. With 15,000 titles lining the shelves, customers are sure to find the perfect beach—or couch—read. The store also carries a wide selection of puzzles and classic board games, which bring families together during their beach vacations.

"It's fun to be a part of our visitor's vacation experience in this way," said Pingree. "We are encouraged seeing families bonding over puzzles and board games, mainstays of any time spent at the beach."

Lauren and her mom attend the top gift market in New York twice a year—NYNOW—curating the most unique and exciting selection of gifts, greeting cards, games, paint-by-number and paint-by-sticker books. The store also sells local items as well as 30-A-themed books and activities.

With 15,000 titles lining the shelves, customers are sure to find the perfect beach—or couch—read. The store also carries a wide selection of puzzles and classic board games, which bring families together during their beach vacations.



Lauren Pingree, co-owner of Hidden Lantern

The Hidden Lantern is in the process of expanding the store into the former art gallery space next door. A new, larger kids' area will be an inviting space for children and provide the perfect backdrop for storytime with Mary Ellen, held three times a week, year round.

Mary Ellen Hiatt, a former educator and reading specialist, has worked at the Hidden Lantern for over seven years and is a wealth of knowledge for parents and grandparents seeking tips and book titles for their young readers. She engages kids of all ages during her popular story time, selecting books based on the crowd and considering what topics may strike their interest.

"The key is engaging all children in subjects that matter most to them at their level of comprehension," said Hiatt.

The team at Hidden Lantern has become a staple in the community to provide resources for readers of all age groups.

The bookstore also hosts adult and child authors for readings and book signings. The store boasts a



selection of art supplies to spark creativity. Offering resources to the community to foster reading and the arts has been important to the owners. Brady's three children are all creatives. Lauren graduated from Dallas Baptist University with a degree in fine arts and moved to the area and opened an art gallery formerly in the spot adjacent to the bookstore. Her other daughter manages an art gallery in New York City and her

son is a graphic illustrator north of San Antonio.

"We truly appreciate the support our customers have shown us as an independently-owned family bookstore," added Pingree. "We love that the community values locally-run businesses and we are just as eager to give back in any way we can."

The Hidden Lantern is hosting the Where's Waldo Scavenger Hunt in Rosemary Beach through the American Booksellers Association during the month of July. Stop in the bookstore to pick up a scavenger hunt map which will lead you around the town center to various merchants where you can find Waldo. Go hunting for Waldo and once

completed, you will be entered for a weekly drawing. Winners will be announced every Thursday before the area's moonlight movie event at St. Augustine Green.

The Hidden Lantern Bookstore
Monday - Sunday, 9 a.m. to 6 p.m.
84 North Barrett Square
Rosemary Beach
850-231-0091
thehiddenlantern.com

Posh Polish

Boutique nail salon opens in Rosemary Beach

BY TESS FARMER

Located in the heart of Rosemary Beach, the Nail Garten offers a serene oasis, just steps above the bustling Main Street. Opening last fall, the nail salon and spa offers a range of exclusive manicure and pedicure services in a quaint location.

"We truly aim to offer our guests a complete experience when they visit us," said owner Talita Thomaz. "A visit to our spa becomes an extension of your beach vacation combining relaxation and personalized service."

Inspired by the natural elements found throughout Rosemary Beach, the Nail Garten was designed to complement the town's exclusive atmosphere. Guests can enjoy a morning or afternoon of relaxation solo or with family and friends while taking in views of the Gulf from the balcony of the salon.

Rosemary Beach provided the backdrop for Thomaz to dream up this new venture. A native of Brazil, she moved to New York as a teenager. Her love of travel and new cultures brought her to America where she pursued a teaching career. She and her family ended up moving to the 30A area in 2019 looking to relocate to a warmer climate and seeking out new opportunities.

"Here is where my passion for nature, culture and art all combined to create a place to rejuvenate and beautify," said Thomaz. "It's been such a passion fulfilled to combine all these things."

During this time she also designed and created her own line of clean nail polish under the brand name Nail Garten (NG), which is used in the nail salon.

"I'd always been searching for a more durable, non-toxic polish, especially when my young daughter wanted to paint her nails," said Thomaz. "Other brands either peeled off right away or still used many of the common toxic ingredients. This new chapter in my life and the time during the pandemic created the space for me to finally set out to create my own."

The NG polish collection was soon developed



Owner Talita Thomaz

with the salon sharing the polish line with the public.

The NG polish line is available in over 28 colors (with more to come) and is free of the ten toxins typically used in conventional nail polish. Ten-free polish does not contain: formaldehyde, toluene, DBP, camphor, formaldehyde resin, xylene and doesn't contain parabens,

cuticle nail oil using natural, nourishing oils and fragrance from plants.

"So much of the natural world provides us with all the things our nails and skin need for repair, nourishment and vitality," said Thomaz. "We incorporate all those in our NailGarten product line and in the sensory experience at the salon."

Many options and add-ons are available for the manicure and pedicure services, including gel and more traditional options as requested by the customer client.

In one personalized pedicure, your feet will soak in the volcano foot soak to restore and revitalize, cuticles will be cleaned along with a trim and shaping of the nails followed by a callus treatment. Dry skin will disappear and soften when feet are exfoliated with Nail Garten's signature sugar scrub. Next, a soothing foot mask and hot towels are applied. For the ultimate relaxation, the pedicure is finished with a hot-stone massage on the legs and feet before the nails are painted.

"As the only nail salon in Rosemary, we're so grateful to be a part of the community and offer our services in this beautiful, natural setting," said Thomaz.

As the only nail salon in Rosemary, we're so grateful to be a part of the community and offer our services in this beautiful, natural setting.

Nail Garten is located on the second floor at 62 Main Street in Rosemary Beach. Call 850-966-2457 or book online and view the polish line at www.nailgarten.com.

Become a Stronger Human

Ways to strengthen the body and mind

BY DR. BART M. PRECOURT

Action is an incredible source of medicine and solves most things. Get comfortable being uncomfortable.



Dr. Bart Precourt

Are you strong? It's fun question to ask yourself...if you're up to it.

Becoming a stronger human is a great goal for us all. It involves our physical strength, yet that's not all. And yes, we can become stronger as we age. There are two important aspects to the question. First, what are we measuring? Second, are we willing to identify strengths and weaknesses?

To keep it simple, we will observe three parts of your health: How you move, how you eat and how you think. Figure out where you could get stronger and get to work. Remember: "It's hard to kill strong people!"

How you move: Your Physical Body

This is the easiest and most straightforward of the three strength areas to observe. Over the past five years, have you become stronger in your ability to lift heavy objects? Are you avoiding heavy objects in fear of injury? Do you avoid it because it's hard? If you're not sure, most likely you are getting weaker, as strength diminishes as we age if we are not deliberately maintaining our strength such as exercising with weights. The next question: Is your flexibility getting better or worse? Inflexibility increases vulnerability to injury and declining of daily movements. Yet, it is very easy to improve and requires consistent commitment to yoga and/or a stretching program.

How is your stamina? Can you still work in the yard for six hours, take a five-mile walk and still have mental and physical energy left over? Or when you exert yourself does it always require a nap? This aspect of strength is often overlooked.

Overall, our lifestyle is the biggest predictor, including stress levels, diet, alcohol and sleep patterns. Fortunately, this is easy to improve by improving one's lifestyle. Lift some weights, do some yoga, go on long walks.

I've found clinically this answer is yes. Most people can develop the strength to get off sugar, reduce or eliminate alcohol. Especially if their "why" is important enough. I find small steps are the key. Reduce daily drinking, sugar and sweets to just the weekends. This serves two purposes: flexing your discipline muscles and experiencing the benefits of reducing toxins.

Flexing our nutritional strength will require a plan. Is there a magic wand? Yes and no. Yes, it's magical what happens when we stop putting toxins in our bodies. No, as in a wave of a wand doesn't fix this. Actions do.

Our health will not improve with poor nutrition. What's being affected by food choices? Your hormones, brain fog, sleep, energy, weight, mood, anxiety, depression and everything in your life. When diet improves, life improves.

How we think: Our Mindset

Does driving behind a slow golf cart trigger you? If yes, you might not like what's coming next. Read on anyways. If you're triggered easily to anger, your mind is weak. You're letting the world decide how you act, feel and behave, what you focus on and talk about. Our energy and lives are way too valuable to waste on small things. What we focus on matters. No doubt there can be many distractions in today's world. It takes a strong mind not to be derailed. What does "derailed" look like? Getting sucked into (emotionally charged) social media, political debates, gossip, golf cart complaining or any other energy sucking mindset. What's great is that we can choose exactly what we want to focus on. We can choose the people, places and things in which we want to participate. We can create our own positive environment that supports our values and faith. This will require a strong mind.

Action is an incredible source of medicine and solves most things. Get comfortable being uncomfortable. Get strong, be hard to kill!

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.

DINE ON THE NORTH BEACH

Experience the Choctawhatchee Bay like never before. Three Restaurants. Two Beaches. Beautiful Sunsets Every Night.

THE BAY
24215 Hwy. 331 South
Santa Rosa Beach, FL

NB SOCIAL
Downstairs 24200 US-331 South
Santa Rosa Beach, FL

FARM & FIRE
Upstairs 24200 US-331 South
Santa Rosa Beach, FL

WATSON



SEWELL

ATTORNEYS AT LAW

Serving the Emerald Coast Since 1997

- Real Estate Closings
- Integrated Estate Planning
- Business & Corporate Law

- Real Estate Law
- Business Planning
- Asset Protection



Board Certified
Real Estate Attorney

www.watsonsewell.com

visit our website and sign up for our monthly e-newsletter

Kimberly Watson Sewell, Esq
Licensed to Practice in Florida & Georgia

Franklin H. Watson, Esq
Licensed to Practice in Florida & Alabama

850-231-3465 office • 850-231-3475 fax
5410 E. Co., Hwy 30-A, Suite 201 Seagrave Beach, FL 32459

"Board Certification is the highest level of recognition given by The Florida Bar for competency and experience within an area of law and identifies an individual as a lawyer with special knowledge, skills and proficiency, as well as a reputation for professionalism and ethics who is a specialist and expert in their practice area" - The Florida Bar

Home Buying Peace of Mind

A guide to title insurance

BY KIMBERLY WATSON SEWELL AND FRANKLIN WATSON



In every real estate transfer, the matter of title examination invariably arises and that is often followed by a question as to the need for and nature of title insurance.

"But I have a deed and a title search was originally conducted," many people say. "Isn't that all I need?"

The short answer is no—a deed is not proof that the seller is actually the owner, nor does it contain information regarding the rights others may have in the property, such as unpaid taxes, mortgages, easements and other restrictions.

"Can't I find out about rights of others from the public records?" one may ask.

Yes, most of them. However, all of the necessary information is not contained in a single book, in a given office, or even in the same county. Add to this possible errors in indexing, improper searching and errors in examination. In other words, add the human element and one can begin to realize the need. Besides, what is not in the public records is often what causes title trouble. Below is a brief introduction to titles and title insurance.

There are hidden risks that can cause a loss of title or create an encumbrance on title such as:

- Seller purchased the property while committing mortgage fraud.
- Seller or prior seller may have outstanding personal judgments which could attach to the property.
- Forged or missing deeds, mortgages, satisfactions or releases of mortgages, and other instruments.
- Invalid, suppressed, undisclosed and erroneous interpretation of wills or undisclosed or missing heirs.
- Liens from unpaid estate, inheritance, income, gift and real estate taxes.
- A judgment or levy upon which the title is dependent may be void or voidable on account of some defect in the legal proceeding.
- A prior deed may be voidable because it was signed while the grantor was incompetent, a minor or in bankruptcy.
- Outstanding prescriptive rights not of record and not disclosed.
- Mistakes made during the examination of the title of the property.

Below is a breakdown on what title insurance is and how it protects home buyers.

What is meant by "Title?"

"Title" is synonymous with legal ownership of property. It legitimizes your right to "peaceful enjoyment" of the property you own, within restrictions

or limitations of use imposed by covenants or government authorities.

What is Title Insurance?

Real estate title insurance, unlike most types of insurance, insures the property's title for the time period extending backward in time from the date of the policy rather than forward, thereby protecting against losses arising from events which may have occurred prior to the date of the policy. The title insurance guarantees a buyer's ownership and peaceful enjoyment against existing hidden claims, liens or judgments associated with a property after the purchase is completed. This means that when a buyer purchases real estate, a title insurance policy insures or otherwise guarantees that the buyer is protected if a hidden defect in the property title is subsequently discovered. Hidden risks such as those referenced below could potentially lead to a significant financial loss or actual loss of title to the property. Title insurance will pay for 100 percent of all expenses in defending you against any lawsuits attacking the title as insured and will either "clear up" the title problems or pay the insured's losses up to the amount of the policy.

A One-Time Investment

Unlike hazard, flood or casualty insurance, when you purchase a Title Insurance Policy, you pay a single,

one-time fee based on the value of the property being insured. Yet, the policy provides protection indefinitely remaining in effect as long as the insured has an interest in the property. If the insured should die, the coverage automatically continues for the benefit of the insured's heirs. Additionally, if the insured sells the property via a general warranty deed, which is typical, the insured is giving warranties of the title to the buyer (pending that the insured has not personally done anything to adversely affect the title being conveyed) and the owner's coverage continues to insure the owner regarding said warranties.

How are Title Insurance Rates Set?

How title insurance premium rates are set varies from state to state. In some states, rates are set by the title companies themselves and in others, such as Florida, the rates are set by the State Department of Insurance. For states that set the rates such as Florida, each title company is required to charge the same for title insurance, and rates are promulgated based on the purchase price of the property. As such, when shopping title insurance in Florida, you will receive similar rates for title insurance from each company.



For more information about title insurance contact Watson Sewell, PL at 850-231-3465 - www.watsonsewell.com

Golf like a Legend

'Quiet feet' and other expert golf tips from Ernie Els

BY TOM FITZPATRICK

Not long after Ernie Els won his first of two U.S. Opens, we played a casual guys round of golf at the Bay Hill Club in Orlando. Ernie and I teamed up against two other South African pros.



Ernie Els releases the club so that the arms and club form the letter Y



Get your shoulder under your chin on the backswing.



Hold your finish in balance Photos courtesy of Tom Fitzpatrick

While standing on the first tee and looking down the fairway, we got a tap on the shoulder. It was Arnold Palmer—he had walked out of the clubhouse to welcome Ernie to his club. It was a special moment watching two golf legends.

Golf fans have long admired the swing of Ernie Els. His free-flowing motion is one that gradually builds power in the backswing and gets fully released through the hitting zone.

For golfers of all skill levels, it's often a mystery as to how to effortlessly build and release that power. Many of us rush to barely make a backswing, or flick at the ball with our hands. The results are often weak, inconsistent shots.

At a recent corporate event, Els looked back on his career and covered the themes in his swing that have helped him the most. He boiled it down to the following five goals.

1. Aim straight-to-slightly-left of target. Avoid aiming right because it promotes a slicing ball flight.
2. Make a full backswing where the left shoulder touches the chin.
3. Start the downswing by using your feet to push against the ground as the club drops. 'Quiet feet' allows the club to swish thru quicker.
4. At impact, turn your belt buckle to the target.
5. And finally, hold your finish position for at least two seconds.

The result is a powerful release and full extension of the club head. In his post-impact position, his arms and club resemble the letter Y. That's a good image to have as you swing through the ball. See if you can create the same 'Y' in your swing. It's great imagery for kids to practice.

Chipping from just off the green is a different matter than the full swing for the club release. The popular Hinge-and-Hold method, made famous by Phil Mickelson, hinges the wrists on the back swing, but holds the wrists through impact. It's a stiff-wristed approach with virtually no hand power. Instead, the turning motion of the arms and shoulders propels the ball forward. It's simple to learn and great for beginners.

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



Tom Fitzpatrick



30 Avenue
12805 US 98, t 101
Inlet Beach, FL 32461
(850) 493-6437



Aja is a Gem in a Jewel Box.

The finest ingredients are sourced from around the world Daily!

Japanese Chef Ito prepares some of the most creative Sushi and Sashimi. Enjoy a front row seat at the sushi bar and watch him do his craft. The kitchen offers cold and cooked Chinese, Thai and Japanese dishes.

Open Daily Dinner from 5pm

Happy hour from 4 to 6 on the patio

Beach Like A Local

SoWal.com

www.SoWal.com

The Insider's Guide to Florida's South Walton Beaches & Scenic 30A

Contact us for advertising opportunities - info@SoWal.com, 850-231-0102

DR. BART M. PRECOURT D.C.

HOLISTIC DOCTOR

providing safe & effective methods to create better health naturally

nutritional consultations for:

- weight loss
- hormone imbalance
- chronic allergies
- fatigue
- hot flashes
- migraines
- yeast/candida
- arthritis
- digestive issues
- heartburn/g.e.r.d.
- constipation

balance HEALTH STUDIO

balance30a.com 850.231.9288
3547 E. County Highway 30-A • Seagrave Beach, FL 32459

PROUDLY SERVING 30A SINCE 2006



ALWAYS IN SEASON ~ SEAFOOD, PASTA & PIZZA

WINTER HOURS
OPEN AT 4:30PM
DINNER EVERYDAY
CLOSED SUNDAY
850-541.9440

~ Best Food on 30A! ~
DON'T WAIT UNTIL YOUR LAST NIGHT TO TRY US!



- NO RESERVATIONS!
- Family Friendly
- Great Prices
- Large Parties Welcome
- Check Out Our Instagram for Specials, Menu Updates & More



FOLLOW US:
@LOLACOASTALITALIAN

EVERYTHING'S MADE FRESH, IN-HOUSE DAILY!

- Only Certified Master Chef on the Gulf
- Best Pizza on 30A
- Great for Bachelorette Parties and Private Events



#PerfectPizza



#WinePairedPlates

10343 East Co HWY 30 A | Rosemary Beach®, FL 32461
850-541-9440 | lolacoastalitalian.com | @lolacoastalitalian



”
“Homeowner insurance is expensive in 2023.
We can help!”

”
Grant Blackwell

850-231-0042

EMERALD
HOMES
A D.R. Horton Company

20 SEABOARD LANE,
SANTA ROSA BEACH FL 32459
850-208-6819
PANAMACITYWESTINFO@DRHORTON.COM

MODEL HOME OPEN DAILY
4 FLOORPLANS TO CHOOSE FROM


 Pictures, photographs, floor plans, elevations, features, colors and sizes are approximate for illustration purposes only and will vary from the homes as built. Home and community information including pricing, included features, terms, availability and amenities are subject to change and prior sale at any time without notice or obligation. D.R. Horton is an Equal Housing Opportunity home builder. ©2023 D.R. Horton, Inc. | Florida Registered Building Contractor License #CB01262595.

ADVERTISE WITH US

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

Call (404) 907-6427
for rates and information

miles@thirtyareview.com **www.thirtyareview.com**
visit our website for current and past issues

BEAU

INTERIORS

a unique shopping experience on 30A



FURNITURE • LIGHTING • RUGS • ART • GIFTS • JEWELRY • ACCESSORIES • OUTDOOR • INTERIOR DESIGN

32 E County Hwy 30A, Grayton Beach, FL 3245 | (850)534.0700

www.BeauHomeInteriors.com