

the thirty-a REVIEW

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



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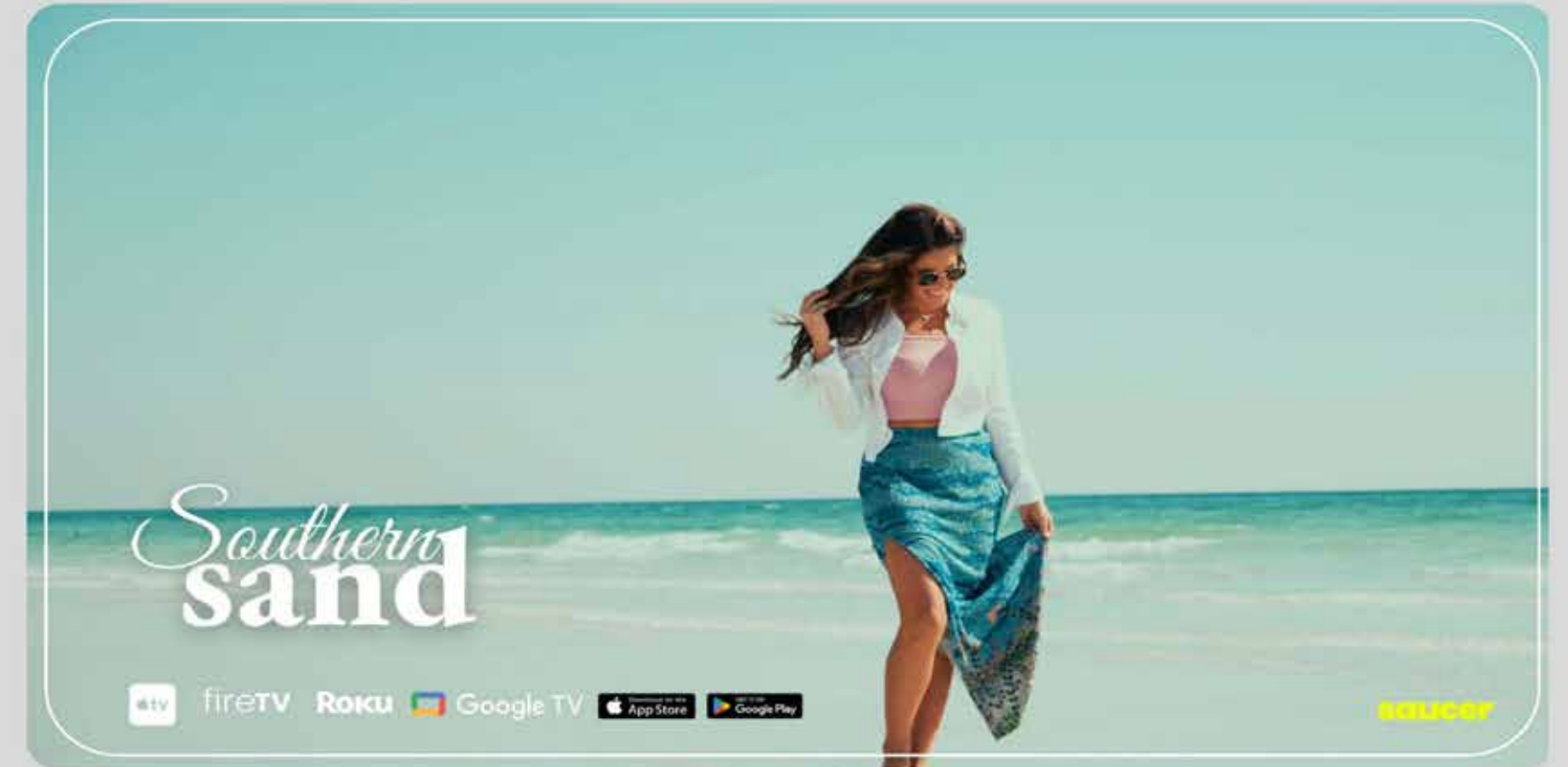
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61 SEACREST BEACH BOULEVARD WEST
SEACREST BEACH
4 BEDS | 3 BATHS



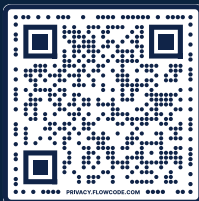
114 MAIN SAIL DRIVE 441
MAINSAIL
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209 EAST MILESTONE DRIVE B
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A BETTER BEACH EXPERIENCE

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 55 lifeguards. We also sent nearly 7.2 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](https://www.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.

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BEACH FLAGS



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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.



Property Features

Open floor plan with living, dining & chef's kitchen
Australian Cypress and Terrazzo flooring throughout
Two wood burning fireplaces
Spa hot tub
Owner's private bungalow suite
Easy access to the Owner's pool, Town Center, Beach and Gulf

Designed by Jonathan Lawrence and Brett Azzarelli with Elements Architects of Tampa, this custom home is handsomely positioned between Tuckers Lane and West Water Street encompassing 80+ feet of frontage on Georgetown Avenue. The style is an open floor plan which offers ease of comfort while entertaining your family and friends,

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WHITE SAND AND CLEAR WATER

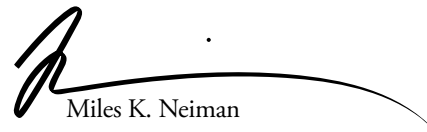


There are many lovely things that bring us to 30-A and its surrounding treasures. Dynamic people, internationally-recognized design and architecture, a vibrant art community with world class artists, award-winning culinary experiences, shopping that rivals Europe and more. But the crowning jewel is our pristine nature. Our beautiful beaches and waters.

This issue is packed full of all of those things. The people, places and things that make our little community great. It's our pleasure to bring you these treasures in each issue of the Thirty-A Review. This season marks our 20th year in business at the beach. Two decades of telling the stories that make us special and unique.

We hope you enjoy what's in the pages that follow. Until next issue, keep your toes in the sand and enjoy the good vibes.

Warmly,


Miles K. Neiman

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Theatre and Events in July and August



Seaside Farmers Market

ALYS BEACH

MONDAYS

Adventures in ALYS

Through Aug. 1, The REP Theatre brings an exciting storytelling experience to Alys Beach for the summer season with Adventures in Alys as REP actors perform a masterfully improvised story based on audience suggestions. 10 a.m. at Alys Beach Amphitheatre.

TUESDAYS

Wine & Song at NEAT

Enjoy live music and special wine tastings at the bottle shop and tasting room. Four wine tastings, \$30 per person. 5-7 p.m.

The Legend of Robin Hood

The REP Theatre will perform the legend of Robin Hood. 6:30 p.m. at Alys Beach Amphitheatre.

WEDNESDAYS

Alys Improv Hour

10 a.m., Alys Beach Amphitheatre.

THURSDAYS

Art in Alys

9:30 a.m., Alys Beach Amphitheatre. Sign up at alysbeach.com/events

Sip-n-Shop

Through July, enjoy pop-up shops at Alys Shoppe in The Mera building across from George's and next to Bebette from 3-7 p.m.

FRIDAYS

Between the Palms music series

Fonville Press Market + Café, 5-7 p.m.

Summer Concert Series

Concerts will be held at Alys Beach Amphitheatre at 7 p.m.
July 5: Dion Jones & The Neon Tears
July 12: Longleaf Drive
July 19: Certainly So
July 26: Weston T Hine & The Palmettos
August 2: The Prodigal Blues

SATURDAYS

Summer Reels

Movies will be held at 8 p.m. at Alys Beach Amphitheatre
July 6: Lady and the Tramp
July 13: Peter Pan
July 20: Rudy
July 27: Willy Wonka
Aug 3: Alice in Wonderland

FRIDAYS, SATURDAYS, SUNDAYS

Pop-up Shop

Through July, there will be pop-up shopping at Alys Shoppe in The Mera building across from George's

and next to Bebette from 10 a.m. – 4 p.m.

ROSEMARY BEACH

MONDAYS

“Here Comes the Sun” Summer Concert Series

Bring your chairs and blankets and enjoy an evening of entertaining musical performances. 7-9 p.m., St. Augustine Green
July 1: Sons of Saints
July 8: Run Katie Run
July 15: MECO
July 22: Joey Shaling & the Paisley Blues Band
July 29: Boukou Groove
Aug 5: Anthony Peebles Band

TUESDAYS

Viva Las Magic! Magic Show

International award-winning Magicians, Julian and Melody Pittman, are bringing a little bit of Las Vegas right here to Rosemary Beach! Playing cards! Casino games! All the glitz and glam that Las Vegas showcases! Come be dazzle-dazzled with stunning illusions, captivating variety acts, and a mind-blowing mentalism act. 7-8 p.m. St. Augustine Green.

FRIDAYS

Spin Art, Hair Tinsel & Hair Stenciling

Join us for some crafty fun on the green! Create your very own spin art frisbee to commemorate your trip to the beach! Get your hair adorned with hair tinsel or an airbrushed hair stencil! 9 a.m. until noon. East Long Green.

SPECIAL EVENTS

Memorial Day Concert

Bring your red, white and blue dancing shoes for the kickoff to summer Memorial Day Concert & Dance Party with Rubiks Groove! Rubiks Groove is the premier "Outside of the Box" 80s, 90s & 00s Tribute Band! This high-energy, character-driven act will take you back to the best eras of music with a complete 360-degree interactive experience that includes live music from rock to hip hop, characters, costumes and videos. May 27, 7-9 p.m. St. Augustine Green.

WEDNESDAYS

Kids Theatre—Pinocchio

A favorite fairy tale brought to life by The REP Theatre! Step right up and witness the timeless tale of a magical puppet carved from a not-so-ordinary piece of wood! Join Pinocchio as he embarks on a journey like no other, encountering a cast of unforgettable characters and getting into trouble at every turn. With hilarious hijinks and heartwarming moments, Pinocchio discovers the true meaning of courage, kindness, following your dreams and the magic that lives within. 6:30 p.m., St. Augustine Green.

THURSDAYS

Moonlight & Movies and Face Painting

Bring the family for a wholesome and fun movie night under the stars! Blankets and lawn chairs are welcome! Come early and get your face painted by one of our talented artists! Enjoy popcorn and the best hot dogs on the beach from Dog Man Du! Movie schedule:
July 4: National Treasure
July 11: Elemental
July 18: Wonka
July 25: Migration
Aug. 1: Trolls Band Together
Aug. 8: Wish
Face painting starts at 5 p.m., movie starts at 8 p.m. Eastern Green.

SEASIDE

MONDAYS

Jack and the Beanstalk

A favorite fairy tale brought to life by The REP Theatre! Join Jack, a quick-witted youngster with a talent for mischief, as he trades the family cow and sets off on a daring quest that will take him to the top of an enormous beanstalk reaching up to the clouds. Get ready to climb into a magical world of wonders and grumpy giants in this heartwarming tale of courage, family and finding magic in the most unexpected places. This is a complementary event made possible by the Arts & Entertainment Fee collected by the Merchants of Seaside. 6:30 p.m., Seaside Amphitheater.

TUESDAYS & THURSDAYS

Stories by the Sea

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. This complimentary event is

sure to be an unforgettable experience that the entire family will love. Proudly presented by the Seaside Merchants. 10 a.m., Seaside Post Office

Huck & Lilly

Join Huck & Lilly for a fun-filled evening of characters and music for kids and the grown-ups who love them! 5 p.m. in the Seaside Amphitheater, weather permitting.

Kids Improv Boot Camp

It's time to level up with Improv Boot Camp for Kids! At The REP, not only do we perform and share stories, but we also share the craft of storytelling and theatre arts with local and visiting students. In our popular Improv Bootcamp workshops, students jump into action by learning all the basics of improv comedy and performance with unique challenges, teamwork exercises and interactive theatre games. At the end of each week, our improv students advance to the next stage in the Friday Friends & Family Finale showcase, where they show off their new and improved skills. Improv Bootcamp is a great way to boost your child's creativity and provides a fun, engaging experience kids will love. Advanced registration

is required.
2 - 3:30 p.m. (ends on July 30th). Seaside Post Office. Registration is \$25 and \$20 for REP members.

Paella Night at 87 Central

One of our favorite traditions is paella night in Seaside! Join us at 87 Central for Chef Joyce's famous paella using chorizo, a recipe she learned in Spain. Orders are taken starting at 5:30 p.m. and paella is ready around 7 p.m. Please check ahead.

WEDNESDAYS

Sounds of Seaside

Bring blankets and chairs and enjoy an afternoon of live music from local musicians in the Seaside Amphitheater! 6 – 8 p.m.

FRIDAYS

Friday Friends & Family Finale

The REP Theatre presents the Friday Friends & Family Finale featuring the stars of Improv Bootcamp! Enjoy the high-energy hilarity as The REP's improv students take center stage in an unforgettable performance of entertaining scenes and improv games. This weekly showcase is the perfect way to experience the comedic genius of the next generation of performers as they

show off their creativity and new skills in front of their friends, family and theatre fans. You'll love watching these kids shine! 2 p.m. at The REP Theatre (season ends on August 2).

Central Square Cinema

Grab your blankets & chairs and head to the Seaside Amphitheater for a family movie under the stars. The movie begins at 8 p.m., weather permitting. Seaside Amphitheater. Movie schedule:
July 5: Despicable Me 3
July 12: Shrek
July 19: Ruby Gillman, Teenage Kraken
July 26: Mummies (2023)
August 2: Finding Nemo
August 9: Remember The Titans

SPECIAL EVENTS

Independence Day Celebration

Join us for our annual Independence Day Celebration in Seaside on July 4 with fun taking place throughout the day! A block party will kick off with a REP performance at 9 a.m. and Huck & Lily at 10 a.m. A bike decorating contest at 10:45 a.m., a hot dog eating contest for multiple ages at 11:30 a.m. and a concert by Sinfonia Gulf Coast Pops Concert at 7 p.m. followed by fireworks at 8:30 p.m.

Labor Day Weekend Concert

Saturday, August 31 at 7 p.m. at the Seaside Amphitheater. Details to come!

AREA FARMER'S MARKETS

Grand Boulevard Farmers' Market

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

30A Farmers' Market

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

Watersound Town Center Farmers' Market

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

SEASIDE® Farmers Market

Saturdays year-round from 9 a.m. – 1 p.m. Seaside Amphitheater.



4th of July Fireworks at Alys Beach

Coastal Meets Classic Cuisine

Ambrosia Prime Seafood & Steaks elevates fine dining in South Walton

BY MADRA MEDINA McDONALD

Ambrosia Prime Seafood & Steaks, located within the new Watersound Town Center, has established its place as South Walton's newest culinary gem for prime seafood and steak and impeccable hospitality. After celebrating its one year mark last August, customers are returning for the top-notch guest experience and culinary offerings, which are evident by the hundreds of glowing testimonials posted on online review sites like Google, Yelp and Open Table.

"The guest experience at Ambrosia is our number one priority," said Russ Graham, owner and restaurateur. "When training our service staff, we borrow the philosophy from Ken Blanchard's book 'Raving Fans,' which is celebrated as a revolutionary approach to customer service. We have a 'Charlie Point Award' program with our service staff that is presented to a qualifying employee each month. We believe deeply in the approach and we've been receiving positive reviews from hundreds of our customers. It works and it provides consistency for our guest experience."

Much like their approach to customer service, the menu and interiors at Ambrosia are of equal importance. Beautifully designed by local interior designer

Paige Whitten, the restaurant features a warm and welcoming elegant dining room and private dining room, an energetic coastal meets classic aesthetic with leather booths, smaller tables, beautiful portraits and a large seagrass sculpture that lends to the seafood offerings on the menu.

A complement to the dining room is the dimly-lit New York speakeasy-inspired bar that features mahogany wood, copper ceiling tiles, marble bar top and custom tile floor. Outside, Ambrosia offers a classic patio area for al fresco dining surrounded by beautiful landscaping and large maritime umbrellas, which overlooks The Pavilion at Watersound Town Center.

The bar at Ambrosia features a popular Caymus happy hour that offers an excellent wines by the glass promotion along with a thoughtfully-curated happy hour menu. The Ambrosia happy hour is Monday – Thursday 3-6 p.m.

Ambrosia's elegant menu is led by Executive Chef Pablo Catalan, a New York native who has Chilean roots and an esteemed culinary career spanning years



An assortment of menu items, from in-house butchered steak to fresh whole crispy snapper.

Photos by Michael Boonin, Boon Media

in Chile, New York City and Washington, D.C., before making his way to Ambrosia this year.

"Chef Pablo is the best of the best. Truly a solid chef," said Graham. "From sourcing the freshest seafood

available to having an in-house butcher for our prime steaks offerings, we spare no detail for our customers."

Among the many special dishes on the menu, one that stands apart is the Grouper & Pearls, a crispy

Florida day boat grouper served over a bed of Key Lime 'pearls' – a creamy and slightly tangy pearl couscous. The grouper is seasoned and gently fried to create the perfect mix of textures in the dish. Ambrosia sources their grouper daily to ensure the freshest quality is served to their customers. It's a dish that has been perfected over the years to highlight how fresh and delicious the popular Gulf Coast fish can be.

Additional new menu items for 2024 include the Crispy Whole Snapper, Wagyu Bread, Royal Reds and the Prime Steak Rolls, to name a few, as well as Ambrosia's new Sunday brunch menu available 11 a.m. – 2 p.m.

Ambrosia's General Manager Kevin Weatherly, a longtime friend and restaurant colleague of the Graham

family, relocated his family to the beach last year. "I get to be a part of building something really special that will be here for years to come and make an impact in developing the team and culture," said Weatherly. "It's a breath of fresh air to work with ownership that is hands-on and willing to give us all the resources we need to be the best. Also, Lauren Graham (Russ' wife) is a saint!"



The New-York inspired speakeasy features mahogany wood and copper ceiling tiles.

Ambrosia Prime Seafood & Steaks
Watersound Town Center
75 Origins Main Street (across from Nigel's Bananas).
Monday - Saturday 5 p.m. – 10 p.m.
Sunday Brunch 11 a.m. - 2 p.m.; Sunday dinner 5 p.m. – 9 p.m.
Caymus Happy Hour Monday - Thursday 3 p.m. – 6 p.m. at the bar and on the patio
850-909-0100
www.ambrosia30a.com



Chef Pablo Catalan

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A World of Latin Flavors

Executive Chef Tim Antignane takes the helm at LoCa, a 30-A mainstay

BY TESS FARMER

LoCa is a Latin-inspired restaurant with a coastal twist, featuring specialty dishes prepared from scratch using the freshest ingredients available. Located in between Rosemary Beach and Alys Beach in Seacrest Beach, the comfortable spot has been a mainstay on 30-A for many years. LoCa offers some of the freshest Latin dishes and drinks, including house-made mojitos, sangria and a selection of fresh-squeezed lime margaritas.

Seasoned culinary industry veteran Tim Antignane joined the team this spring as executive chef. As a chef who appreciates a menu driven by fresh ingredients, Antignane finds himself right at home at LaCo. Born in Atlanta and raised in Memphis, Chef Tim draws inspiration from many places, but nothing compares to the influence of his grandmother. He spent a great deal of time watching her in the kitchen, and from those experiences, found there's nothing that compares to the love a family member can bring to the table.

Latin coastal flavors fused with Gulf inspired



Brunch dishes are served daily from 11 a.m. to 1 p.m. with something to satisfy every craving

dining can create a truly unique culinary experience. Guests at LaCo will be treated to a delightful fusion of vibrant flavors, fresh seafood and innovative dishes from Chef Tim.

Prior to taking on his new role, Chef Tim served as executive chef for True Food Kitchen in Nashville. He also spent several years with LaCo's now sister restaurant



LaCo offers ten different types of tacos as well as quesadillas.

BABALU prior to the brand joining the Spell Restaurant Group family. During Chef Tim's time with BABALU, he oversaw culinary operations for locations across the Southeast.

At LaCo, he will continue to keep the focus on fresh, seasonal and as local as possible. As an avid fisherman, he combines his passions here at LaCo and as one of the newest residents of Santa Rosa Beach.

Latin cuisine offers a rich tapestry of flavors, drawing inspiration from diverse regions like Mexico, Central and South America and the Caribbean. Combined with the fresh seafood and coastal charm of Seacrest Beach and Gulf of Mexico, it's a winning combination.

The team at LaCo knows that while on vacation, every day is the weekend, so they offer special brunch dishes every day from 11 a.m. to 1 p.m. The brunch menu at LaCo offers something to satisfy every craving. Indulge in the tantalizing flavors of the breakfast hash with crispy sweet potatoes, roasted brussels sprouts, whipped avocado, kale, dijon-lime vinaigrette, charred red onion, radish and a sunny-side up egg.

For those with a sweet tooth, the restaurant now offers desserts from their sister restaurant La Crema down the way in Rosemary Beach, including the

popular chocolate fondue, served with pound cake, marshmallows and fresh fruit. There's also the cookie sandwich — whipped espresso cream sandwiched between two warm triple chocolate chip cookies.

Don't miss the Seacrest ceviche made with fresh Gulf shrimp, lime-chili broth, avocado, cucumber, guajillo oil, cilantro and pickled onion. Tacos, ceviche and cold drinks are a perfect match for a sun-filled day on the beach. Happy hour is daily from 3 to 5 p.m.

The dining experience at LaCo is more than just great food; it's about immersing in the laid-back coastal vibes of Seacrest Beach. With its airy, sun-drenched dining space steps away from the Gulf of Mexico, LaCo offers diners the perfect setting to unwind and savor every moment.

Stop by to savor all the flavors, especially Chef Tim's favorite current dishes, the blackened Mahi Mahi and the Ribeye Asado, an eight-ounce barrel-cut ribeye grilled medium rare with red chimichurri and green chili whipped potatoes.

LaCo
Latin Coastal Kitchen
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Grant Blackwell and his team advocate for homeowners

BY TESS FARMER

Twenty-five years ago, Grant Blackwell moved his young family to Destin from Mississippi where he had been a commercial property insurance specialist for 12 years. Blackwell had visited a friend who recently purchased a condo and listened to him go on and on about the lack of insurance options in Destin. A month later, Blackwell quit his job and moved his family to Florida with a plan to build an insurance agency specializing in providing insurance for new home and condo buyers.

Blackwell's timing was ideal, as realtors began selling homes in new neighborhoods including Destiny, Kelly Plantation, Regatta Bay and several smaller new communities. The condo tower craze in Destin and Panama City Beach was booming and realtors found Blackwell's positive attitude and aim to please refreshing. His business—now called Coastal Insurance—took off as he was able to add valuable new team members.

Flood insurance was extremely complicated and with Blackwell's formal degree in real estate and insurance, he became the local flood insurance expert, which only fueled faster growth for Coastal Insurance. In Coastal's second year, the agency was named FEMA's National Flood Insurance Agency of the Year.

In the early 2000s, the little scenic Highway 30-A saw its real estate boom. Communities like Watercolor and Watersound had lotteries to even get a parcel, so the writing was on the wall: Coastal needed an office on 30-A. In 2003, Coastal opened its 30-A office and like Destin, the timing was perfect, and this location enjoyed rapid growth as well.

With seven years of success and a promising future, the real estate crash of 2008 put the brakes on the growth of all businesses in the area, including Coastal.

Just as things began to come back to life, the Deep Horizon oil spill tapped the brakes again. In 2012,



Grant Blackwell with the Coastal Insurance team

Blackwell and Coastal invested in the future with the hiring of Kim Shahid and Jessica Millsaps, and the new iteration of Coastal was born. Today, Shahid is one of the largest individual homeowner insurance agents in the country and Millsaps has risen to sales operations manager. Coastal now has over 20 senior agents on both the new business team and customer service teams.

The future is bright for Coastal and the communities it serves along the Emerald Coast. Coastal

and Shahid won both Agency and Individual Agent of the Year Impact Awards for 2023.

This year, Coastal announced their Community Insurance Initiative, which is a consumer-advocate consulting-based program that aims to teach homeowners how to lower their premiums and improve their insurance coverage. This unprecedented community advocacy program called the Homeowner Insurance Initiative promises to reduce collective premiums across the community by \$1million and potentially more.

Blackwell's efforts have had a tangible impact on the lives of many Florida homeowners. By ensuring fair treatment and just premiums, he helps mitigate the financial burden for homeowners and fosters greater accountability within the insurance industry. His advocacy work also contributes to a broader movement seeking to create a more equitable and transparent insurance market in Florida.

Blackwell has always been motivated by serving his community and gives back every chance he gets. He and his wife, Robin, lived in Grayton Beach for 20 years, where Blackwell served as president of the Grayton HOA for 12 years. Grant's business interest extends beyond Coastal to building an annual show house featured on the new real estate reality TV show Southern Sands, with Blackwell and Coastal serving as production partners.

Coastal looks forward to years of serving as the community's insurance advisor. The team is poised to partner with homeowners seeking insurance advice or looking to explore new insurance options. Blackwell has set Coastal apart by creating a true partnership and serving as an advocate during another tumultuous time in the local market.

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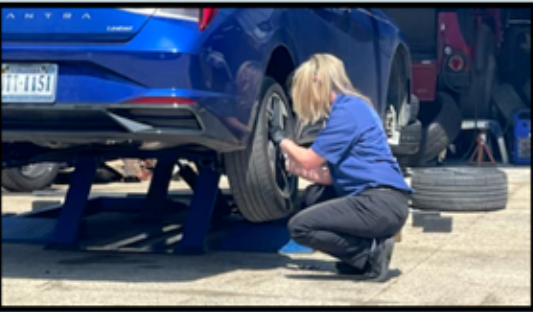
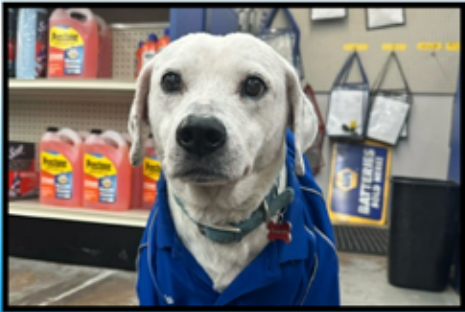
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A Family Legacy

Meet Cami Fletcher, the new innkeeper at Rosemary Beach Inn

BY TESS FARMER

With her background in hospitality and a passion for creating unforgettable guest experiences, Cami Fletcher is set to bring a fresh and vibrant energy to the beloved inn in the heart of Rosemary Beach.

Fletcher's journey in the hospitality industry began at the age of 11. Her parents Miriam and James Dillon were owners and operators of Rosemary Beach's first restaurant, Summer Kitchen. The restaurant moved to various locations as the iconic beach town grew and developed. Still owned and operated by the Dillons, Summer Kitchen now operates out of the ground floor of the Rosemary Inn building at the end of Barrett Square.

The Rosemary Beach Inn, originally called The Pensione, was established in the early 2000s as part of the master-planned community of Rosemary Beach. Since its inception, the Inn has become a cornerstone of the community. Initially built to provide luxurious accommodations for visitors, the Inn quickly gained popularity for its exceptional service and prime location. It serves as a retreat for travelers seeking a peaceful, coastal escape with easy access to the beach, local shops and dining establishments.

Guests begin their day with breakfast at Summer Kitchen downstairs and walk out into the picturesque town to begin their adventures.

Fletcher attended the University of Central Florida and worked in marketing and management throughout the years, but ultimately returned to the family business. Most recently, she was assistant manager for Summer Kitchen, where she formed connections with guests and visitors. Her career has spanned various roles, all providing the experience that has equipped her with an understanding of the nuances of hotel management.

Her genuine love for people and her commitment to personalized service is an extension of the same love and



Rosemary Beach Inn is a striking pink building in the heart of Rosemary Beach that offers personalized services and convenient beach access.

dedication her mom, Miriam, has put into the Rosemary Beach Inn. Miriam Dillon is still very much involved in the operations of the Inn, but is happy to pass the torch to her daughter.

Over the years, the Rosemary Beach Inn has continually upgraded its facilities to meet the evolving needs of its guests. Modern amenities, including high-speed fiber internet, updated guest rooms, streaming TV services and enhanced guest amenities, have been added while preserving

Travelers are gravitating towards unique and boutique accommodations that offer a distinctive charm and personalized service. The Rosemary Beach Inn continues to stand out with its historic significance, unique architectural features and its proximity to the Gulf. Personalized touches such as wellness itineraries (guests enjoy complimentary access to the Rosemary Beach Fitness Center, including the sky pool for lap swimming, and a 10 percent discount on spa services at Vivo Spa) and custom amenities (custom blended, aloe-based bath products; eucalyptus shower bombs, a Flow Water station, Swell Snacks: organic craft

dehydrated foods, TV entertainment system with current area events, local dining and shopping information, and streaming channels, all enhance the guest experience.

The evolving preferences of travelers are reshaping the landscape of coastal vacations and inn stays. Fletcher and her team continue to emphasize sustainability, wellness and authentic local experiences, while offering personalized services and convenient beach access. As these trends continue to develop, destinations will need to adapt and innovate to attract and delight guests, creating memorable and enriching experiences.

"Cami brings her innovative approach to the Inn and we are just delighted she can continue our family's legacy in Rosemary Beach, a community we've poured so much heart and soul into over the years," said Dillon.

The Rosemary Beach Inn remains a beloved destination for travelers from around the world. Its commitment to providing a blend of luxurious comfort, personalized service and a unique cultural experience has solidified its reputation as a fixture in Rosemary Beach.

By staying true to its roots and continually evolving, the Rosemary Beach Inn ensures each guest's stay is memorable, reflecting the timeless allure and vibrant spirit of this coastal gem.

The Rosemary Beach Inn remains a beloved destination for travelers from around the world. Its commitment to providing a blend of luxurious comfort, personalized service and a unique cultural experience has solidified its reputation as a fixture in Rosemary Beach.

the Inn's historic charm and character.

"The best way to create memorable experiences is by connecting with guests on a personal level," said Fletcher. "Whether it is someone's first stay or tenth stay with us, it's our job to make them feel at home and welcomed."

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Photos by Amanda Summe Photography

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Should you burn bridges?

How a new mindset can lead to better health

BY DR. BART M. PRECOURT

Should you burn bridges? Absolutely! Especially your health bridges. I know that sounds crazy, yet read below to see why not only is it a good idea, it's where your best life is.

The concept behind burning your health bridge starts with the basic idea that you must cross certain bridges throughout your life to discover what's on the other side. If you are looking for better health, more vitality, to overcome disease or have more energy, then you are going to have to go to a place that you are currently not at. You have to cross the bridge.

Most people rarely cross the bridge. Rather, they talk about what's on the other side and why it's not good for them. Will crossing the bridge be comfortable? No! And that's how you know you are crossing a health bridge. It's not easy, not comfortable and often not convenient. Yet ... for those that are willing to be uncomfortable, do some hard work and be a bit inconvenienced, then the sky's the limit.

What does this look like? It may entail giving up alcohol for sixty days. Cross that bridge, see what's on the other side. Sleep better, feel better, maybe lose some weight, participate in life more. Unless you cross this bridge, you may never know.

There are three health bridges to cross: The bridge of thinking, eating and moving.

The "Thinking Bridge"

This is always an interesting one, as it requires us to have some admission that our current thought process might not be awesome. Maybe we are thinking too small, maybe we get triggered too easily. Anger, jealousy, personal judgment, lack of self-worth all fall into this category.

What's the fix? It's rather simple, yet that does not mean easy. Start by choosing to believe that the future looks bright. That regardless of the current situation, emotion or event that is taking place, all of this information, these emotions are data. Data to use to make better decisions and better actions. When our minds continuously operate from this space, then yes... the future looks bright!

Like the other bridges of health, you will most likely have to repeat this commitment over and over. Eventually, with enough experience on the other side, you start to see the evidence that the future is bright, then eventually you burn the bridge! You decide that you will no longer see things from a negative perspective, you will choose to avoid energy leaks like gossip and complaining.



Dr. Bart Precourt

The "Eating Bridge"

This one often gets twisted up. Sometimes we believe that if we halfway do something, it's better than nothing. This may look like only drinking on the weekends, cutting back a bit, etc. It's equivalent to going halfway across the bridge but never really finding out what's on the other side. At some point, we need to make some hard commitments. Go all in on a diet, 30 days no sugar, 21-day cleanse, no alcohol for a month. It doesn't matter what it is, yet it will need to be something on the other side of the bridge. Something that challenges your comfort zone, like giving up a vice and going all in. Going to a place you haven't been. This is where the best version of you resides. Having support and accountability is key.

The "Movement Bridge"

So often the thought is, "If I move for an hour in the morning, I am good." That is a lie that is often portrayed and here is why: sitting is the new smoking,

and an hour out of a 24-hour day is not going to cut it. So what needs to change? The opportunities are endless — maybe it's committing to a program like 75 Hard, or yoga for 30 days.

If you are looking for better health, more vitality, to overcome disease or have more energy, then you are going to have to go to a place that you are currently not at.

What would happen if you went all in with no excuses on exercise? Would you feel better, move better, sleep better or maybe balance your hormones? You will have to cross the bridge to find out.

Will this be easy? Most definitely not. Will it be beneficial? Absolutely. The most common excuses for not moving or exercising is "lack of time and lack of energy." So what bridge does that require you to cross? Go to bed earlier and get up earlier.

What would happen if you got more sleep and exercise? If you don't know already, than that's a bridge for you to cross. Most people do not regret getting more sleep and exercise.

Should we burn some bridges down? Heck yes!!

I've watched and helped thousands of people burn down bridges. For some, it was the burning the bridge from alcohol, fast foods, sugar, procrastination or complaining. No one ever regrets it and it only happens when we experience life on the other side.

Cross the bridge, you're worth it!

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

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Glow Up

Kathy Lamb, owner of Glow MedSpa, offers tips for flawless summer skin

BY JESSICA HOLTHAUS BADOUR



The Glow MedSpa team includes (from left): Seneca Letke, Kathy Lamb and Kristen Baggett.

“First and foremost, I tell everyone to use a good sunscreen,” Lamb says (noting GLOW carries seven types). “Different products work for different people, find one you like and wear it every day.”

She recommends a good Vitamin C serum in the morning, before applying sunscreen and makeup.

“It’s an antioxidant that stimulates collagen and brightens your skin,” Lamb said. “Next, I encourage finding a summer-safe retinol for nighttime use. Straight Retin-A can be much too harsh in the summer, however, a high-quality retinol can be very effective and non-irritating.”

Lamb recommends starting this routine in your 20s to 30s and beyond. As we age, our cell turnover slows, so these two products in your daily routine will help freshen your face regularly (and can help those

with acne). It’s also important to thoroughly wash your face, especially in the summer. Lamb suggests a two-part cleansing; first with a makeup wipe, then a facial cleanser before the retinol application.

When it comes to professional treatments, GLOW MedSpa offers several summer-safe options.

The boutique medical spa specializes in the highest-quality aesthetic services, also offering injectables (like Botox and Filler) and laser facial treatments along with Hydrafacials, peels and microneedling.

Lamb says microneedling is one of their most popular.

“The microneedles create microinjuries in the skin, which stimulates collagen and elastin production,” she said. “This helps minimize any scars, fine lines and wrinkles and it’s summer-safe, with minimal down time – you might be a little red for a day, but can resume normal sunscreen and makeup the day after.”

Microneedling is best scheduled in a series of three treatments, once a month for three months, to keep skin looking good—perfect for a summer timeline.

The Hydrafacial is another treatment she recommends that can be done year-round. This facial treatment is good for all skin types as it cleanses, exfoliates and hydrates the skin. The application includes a very light acid treatment to remove dead skin, brightening your face. It’s safe on your skin to have a Hydrafacial every 4-6 weeks.

PRX Derm Perfexion is Lamb’s third summer recommendation, offering beautiful skin without the peel. Made with TCA and hydrogen peroxide, the product is skin-safe for any time of year. It’s done in a series of four, once a week, and she recommends annual treatments.

“It’s like a chemical peel, but with no photosensitivity. You cannot normally do a chemical peel in the summer as it could create more pigment than you started with,” she said. “However, the PRX gives you the same benefits—helping with wrinkles, pigment, brown spots and fine lines with no down time. Later the same day, your skin looks amazing, and you can apply makeup if you’d like.”

The boutique medical spa specializes in the highest-quality aesthetic services, also offering injectables (like Botox and Filler) and laser facial treatments along with the Hydrafacials, peels and microneedling. The team of professionals who work alongside Lamb include Dr. Robin Zarate, Medical Director; Kristen Baggett, Master Aesthetician who specializes in skincare; and Stacey West, ARNP, CRNA Injector, who is a Registered Nurse Anesthetist and Seneca Letke, Senior Master Aesthetician.

Awarded “Best Medical Spa” on the Emerald Coast for three years running, GLOW opened in 2018. GLOW Med Spa is open Monday to Friday by appointment. Book online, call or text to set up your next appointment. They accept new clients anytime – and, if you mention this article, you’ll receive a 10% discount on a Hydrafacial (good now through September).

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Harlan's Place Foundation

Building community in Santa Rosa Beach

BY TESS FARMER

The journey began with a simple yet profound desire. "It was to ensure that our son Harlan, who has Down syndrome, can lead an independent life in an environment that mirrors the opportunities available to individuals without disabilities," said Michael Carey. "As parents, like so many others, our dreams for Harlan, who's just six years old



Harlan Carey, who inspired Harlan's Place Foundation

now, extend far beyond the boundaries that society sometimes places on those with differing abilities."

Realizing Harlan's journey towards independence requires thoughtful planning and support, Michael and his wife, Marina, founded Harlan's Place Foundation.

"We envisioned a place where Harlan, and others like him, can flourish, make choices, and experience the richness of life in a setting that respects their unique strengths and aspirations," Carey said. "We recognized that, as parents, our concerns extended not only to Harlan's present but also to his future, particularly regarding housing and care when we are no longer able to provide support."

The 501(c)3 foundation is driven by a commitment to creating living environments that go beyond traditional notions of disability care.

"We aim to foster communities where individuals

Our vision encompasses a state-of-the-art, fully-furnished 60-unit independent living complex—a sanctuary infused with warmth and compassion that also boasts safety features, providing constant communication with loved ones on activities and achievements.

- Michael Carey, founder of Harlan's Place Foundation

like Harlan can thrive, make choices and build connections, mirroring the opportunities available to everyone," Carey said.

Carey, who is owner and founder of Stock & Trade furniture and design company, had a development order for multi-family housing behind the Stock & Trade building in the heart of Santa Rosa Beach.

"I realized the power to create this vision lay within my own grasp," he added.

Casting aside former plans for a housing development, he founded Harlan's Place Foundation. The land and transformative project, coupled with a pre-approved development order, stands poised to break ground in early 2025.

"Our vision encompasses a state-of-the-art, fully-furnished 60-unit independent living complex—a sanctuary infused with warmth and compassion that also boasts safety features, providing constant communication with loved ones on activities and achievements," said Carey.

At Harlan's Place, residents will not only find a home but also a tapestry of life-enhancing amenities. A truly holistic vision encompassing a serene pond, walking track and dynamic recreational center, to resident assistants and counseling programs steeped in Christian principles. Every aspect of the community is designed to foster growth, independence and joy.

"Our mission is deeply personal but extends to all families facing similar concerns," said Carey. "We believe each individual, regardless of ability, has the right to live a life filled with purpose, dignity and independence."

Through the Foundation, the Careys seek to address not only the immediate needs of those with Down syndrome, but

also the long-term considerations of housing and care that concern so many families.

"As we embark on this journey, we invite the community to join us in building a future where individuals with Down syndrome can live in environments that nurture their potential, celebrate their uniqueness and provide the safety and care they deserve," said Carey.

The Foundation will host its first community fundraiser in Santa Rosa Beach, Harlan's Place Gatsby Gala, taking place September 21. It will be an enchanting evening filled with live music, dancing and an air of excitement to support a very worthy cause.

"Together we can create a world that embraces diversity, inclusion and the belief that everyone has the right to a life of independence and fulfillment. We all thrive in community and we look forward to all the partnerships here in Santa Rosa Beach and beyond to support something so close to our hearts," said Carey.

Harlan's Place Foundation
2668 Highway 98 Suite 1100, Santa Rosa Beach
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Visit www.harlansplace.org for tickets to Harlan's Place Gatsby Gala and learn about sponsorship opportunities.



The Carey family on the beach



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Creativity, Connection and Community

Photographer Chandler Williams tells stories through powerful images and videos

BY TESS FARMER

Chandler Williams is a prominent photographer and entrepreneur, best known as the founder of Modus Photography, a distinguished photography studio renowned for its unique and captivating visual narratives.

Born and raised along the Panhandle in Freeport and South Walton, Williams developed an early passion for the arts, particularly photography, inspired by the natural beauty and vibrant culture of his surroundings.

"Through my work, we have had the privilege of bringing together diverse communities, celebrating their unique cultures and fostering understanding through visual art," said Williams.

Chandler's projects often highlight social issues, cultural events and personal stories, contributing to a greater sense of unity and shared humanity.

Founded 10 years ago with a vision to connect people through the power of visual storytelling, Chandler has grown from a small studio into a well-respected name in the photography industry.

"The journey has been one of creativity, innovation and unwavering dedication to our clients and their stories," added Williams.

Williams' entry into his craft began with his deep appreciation for the ocean and coastal landscapes, which is evident in much of his work. His distinctive style combines elements of fine art and commercial photography, capturing the essence of his subjects with a blend of technical precision and artistic vision. This unique approach has garnered him a loyal following and numerous accolades within the photography and arts community.

New studio opens in Santa Rosa Beach

Williams opened a new studio space in Santa Rosa Beach this year with the goal to continue to foster a collaborative environment for artists and clients alike.

The new studio, also available for other creatives to rent, is among a collective group of artists and entrepreneurs based in the same vicinity, creating a hub of creative genius.

Modus Photography has grown into a reputable brand, known for its ability to tell stories through visuals, whether for individual clients, commercial projects or large-scale events.

Looking ahead to the next decade, Williams continues to set his focus on artistic pieces that go beyond traditional

photography. His fine art collection is designed to evoke emotion and provide a deeper connection to the viewer. He also tells stories in motion through video production, bringing events, projects and personal milestones to life.

He'll also offer workshops, teachings and collaborations, including in person, one-on-one classes, portfolio reviews, immersive international workshops, print workshops and in-studio local education collaborations.

Williams continues to push the boundaries of the medium, exploring new techniques and embracing innovative trends, all while maintaining a deep connection to the natural and cultural elements that inspire his work and dedication to inspiring the next generation.

Recently he joined local residents and founders of the non-profit Kids for Kilimanjaro, Jim and Kristi Sumpter, on their sojourn safari and expedition to Mount Kilimanjaro, the highest peak in Africa. Williams joined the group to document the remarkable climb, bringing awareness to the non-profit's mission to fund educational opportunities for the children of the Kilimanjaro guides and porters.

Through this partnership, Chandler Williams aims to shed light on the non-profit's efforts and the challenges and triumphs experienced along the way, as well as the incredible landscapes of Kilimanjaro. This collaboration underscores Williams' commitment to community engagement and social responsibility.

With his keen eye for detail and a passion for storytelling, Williams created a compelling visual narrative of the expedition. The photography captured is currently on display in the new Santa Rosa Beach studio and emphasizes the human stories behind the climb, the local tribes and communities, and the environmental significance of Kilimanjaro.



"The Journey Begins Wide" photo by Chandler Williams.

Beyond his professional achievements, Williams is also dedicated to giving back to the community, often engaging in projects that promote environmental conservation and support local artists. When you buy a piece of art from the Modus gallery, 10 percent of the net profit will go to one of their local non-profit partners. His commitment to both his craft and his community underscores his role as a leader and visionary in his field.

"As we celebrate this significant milestone, I extend my heartfelt thanks to clients, partners and community members. Their trust and support have been integral to our success and we look forward to continuing this journey with you, capturing the moments that matter and telling the stories that connect us all."

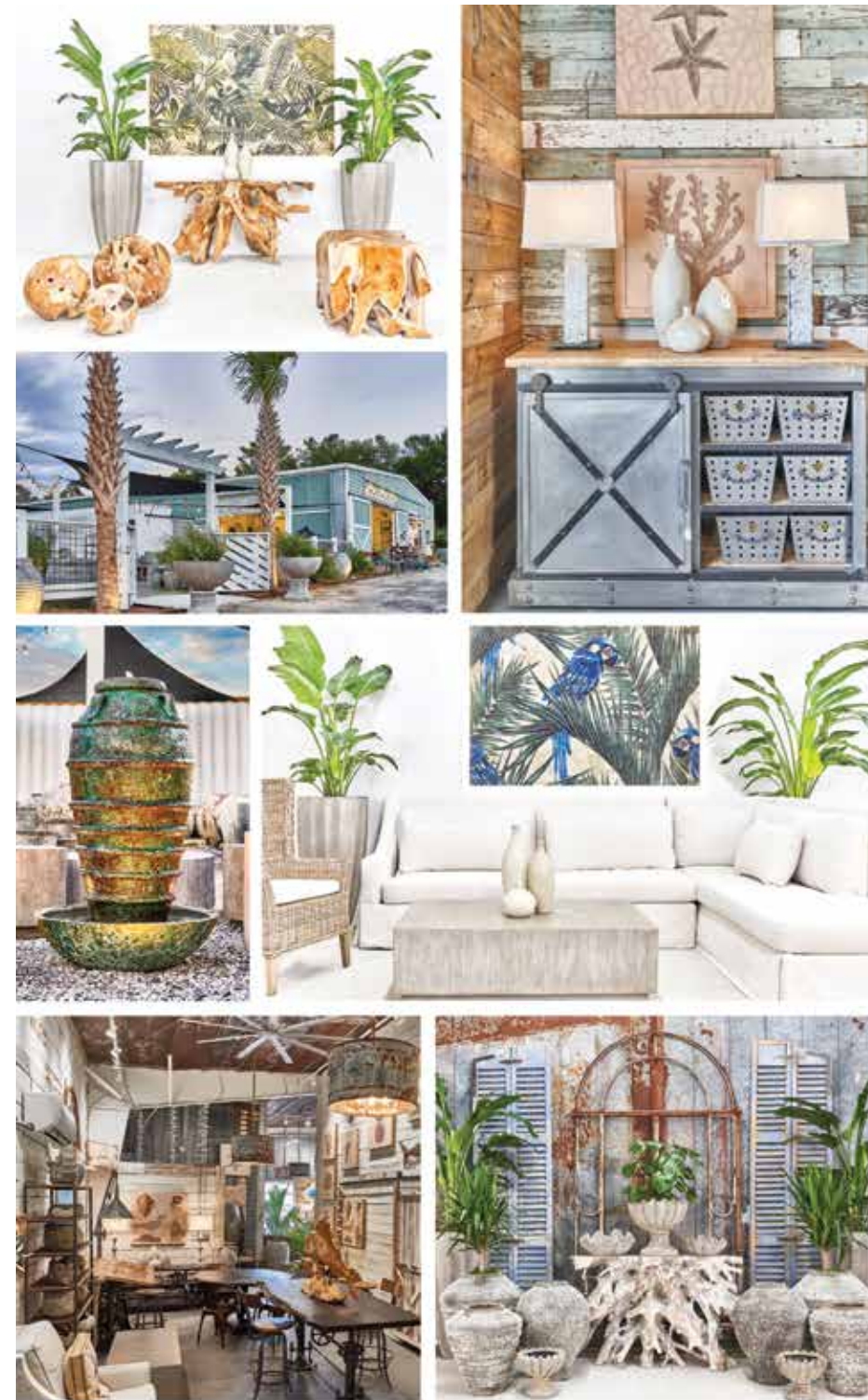


Chandler Williams.

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Authentic Walton

Exploring the Rich Heritage of the Historic Florida Chautauqua Assembly

BY TESS FARMER

In Authentic Walton, within the heart of Walton County and just a short drive from the beach, there lies a gem of history and culture that has left an indelible mark on the region: the Historic Florida Chautauqua Assembly. Steeped in tradition and significance, the place has served as a beacon of enlightenment and community engagement for over a century.

As visitors take in the sights of this timeless haven, they are greeted by a tapestry of stories, ideas and legacies that continue to shape the landscape of Walton County, Florida. This year, 2024, marks the bicentennial anniversary of the Florida Chautauqua Assembly.

The Florida Chautauqua Association was founded in 1993 by citizens of DeFuniak Springs, Florida, who wanted to bring the original assemblies held here from 1885 to 1928 back to life.

The Florida Chautauqua Assembly traces its roots back to the late 19th century when the Chautauqua Movement swept across America. Originating from the Chautauqua Lake region of New York, this movement aimed to provide education, culture and entertainment to rural communities. As the movement gained momentum, it found its way to the Panhandle of Florida, landing in DeFuniak Springs, where it took root and flourished.

DeFuniak Springs was selected for its central location, natural beauty and well-developed infrastructure, including a railroad connection and hotel accommodations. The residents embraced the vision of the Chautauqua Movement and welcomed the opportunity to host the Assembly in their town. Their enthusiasm and support were instrumental in ensuring its success and fostering a sense of community spirit



The Chautauqua Hall of Brotherhood stands as a testament to its enduring legacy, housing artifacts and exhibits that chronicle its storied past.

Florida Chautauqua Assembly, the town further solidified its reputation as a hub for intellectual discourse, artistic expression and social progress.

The Chautauqua Assembly quickly became a focal point for intellectual discourse, artistic expression and social reform. Visionaries, scholars and performers from across the nation converged here, sharing their knowledge and talents with eager audiences. From lectures on literature and science to concerts and theatrical performances, the Assembly offered a diverse array of programs designed to stimulate the mind and nourish the soul.

The impact of the Chautauqua Assembly reverberates throughout Walton County and beyond. Not only did it provide access to education and culture in an era marked by limited opportunities, but it also fostered a sense of community and unity. Families would gather under the iconic Chautauqua Auditorium, forging bonds that transcended social barriers and geographical boundaries.

The Assembly also played a pivotal role in promoting social justice and equality. At a time when segregation and discrimination were rampant, the Chautauqua platform provided a forum for progressive ideas and activism. Trailblazers such as Booker T. Washington and Susan B. Anthony graced its stages, inspiring audiences to confront injustice and strive for a more equitable society.

Today, the spirit of the Historic Florida Chautauqua Assembly lives on, inviting visitors to immerse themselves in its rich heritage and timeless wisdom. The Chautauqua Hall of Brotherhood stands as a testament to its enduring legacy, housing artifacts and exhibits that chronicle its storied past. From vintage photographs to original manuscripts, these treasures offer a

glimpse into a bygone era while highlighting the enduring relevance of the Assembly's ideals.

The annual Florida Chautauqua Assembly Festival ensures that the tradition continues to thrive in the modern age. Each year, visitors are treated to a diverse lineup of speakers, performers and workshops, celebrating the arts, humanities and sciences. Whether you're a history enthusiast, a lover of culture, or simply curious about the world around you, the Assembly offers something for everyone.

Visiting the Historic Florida Chautauqua Assembly is more than just a journey through time; it's an opportunity to connect with a living legacy that continues to shape the fabric of Walton County. In Authentic Walton, amid the tranquil beauty of Northwest Florida, you can walk in the footsteps of visionaries and pioneers, gaining insights that transcend generations.



By hosting the Florida Chautauqua Assembly, the town further solidified its reputation as a hub for intellectual discourse, artistic expression and social progress.

The Historic Florida Chautauqua Assembly stands as a testament to the power of ideas, community and progress. As visitors venture to this historic landmark, they embark on a journey of discovery and enlightenment that will undoubtedly inspire a new generation of thought leaders and dreamers.

Authentic Walton invites guests to immerse themselves in the wonders of the Chautauqua experience and discover why its legacy continues to endure in Walton County to this day.

For suggested itineraries and upcoming events, visit AuthenticWalton.com.

that became synonymous with the Chautauqua experience. DeFuniak was already known for its cultural and educational institutions, including the Chautauqua Auditorium and the Florida Chautauqua Hall of Brotherhood. By hosting the



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In With the New NatureWalk at Watersound Origins blends lifestyle and community

BY CHRISTOPHER MANSON

John Manrique, Senior Vice President of Marketing for Kolter Homes LLC, says anyone considering a move in the near future should consider the affordability of new homes—specifically, Kolter’s NatureWalk at Watersound Origins—versus purchasing an existing home.

“There is a perception that new construction costs so much more than used homes, but given the inventory challenges in many markets, that’s not the case,” he says. “When you also factor in the warranties and benefits of new versus used appliances, used fixtures, worn floors (and the like), the value is even better.”

NatureWalk at Watersound Origins is Kolter’s second new home development in the 30-A area.

“Based on the positive market response to our first community in the region—NatureWalk at Seagrove Beach—we pursued another opportunity...with some refinements,” Manrique said.



The interior of the Venice Model.

Manrique says the target clientele for the Watersound development is both local and out-of-

NatureWalk has a resident-only amenity center with a fitness studio, pickleball courts, outdoor social spaces and a resort-style pool.

market buyers that value “the benefit of a new community, flexibility to have a home that is ‘built around you,’ and prefer a location that’s closer to 30-A’s beautiful beaches, outdoor recreation and unique lifestyle.”



An aerial shot of the resort-style pool and gathering space at NatureWalk at Watersound Origins.

NatureWalk offers three features that make it unique to the 30-A area.

“First, it is a gated new home community two miles off 30-A with prices starting in the mid \$500s,” says Manrique.

“Second, NatureWalk has a resident-only amenity center with a fitness studio, pickleball courts, outdoor social spaces and a resort-style pool, all for a community of just 450 homes.”

“Finally, and perhaps the biggest differentiator, is Kolter Homes’ floorplan flexibility. That means, in addition to including top-name features that home shoppers value, NatureWalk (offers) the opportunity to reconfigure the floorplan to best fit your needs with a variety of options—adding a bedroom, a summer kitchen, extending the garage, choosing a deluxe owners’ bath and more.”

Additionally, NatureWalk’s on-site design studio allows customers hundreds of selections from which to choose—flooring, counters, countertops, kitchen packages and more.

NatureWalk officially opened for sales in 2021.

“We look forward to serving the area’s new home shoppers for as long as we have opportunities to build here,” says Manrique.

This is his tenth year with Kolter Homes and Manrique has been involved with the NatureWalk communities since 2015.

“This area has an unmatched outdoors lifestyle and relaxed vibe,” he said.



The interior of the Orchid Model.

He enjoys paddleboarding on the Coastal Dune Lakes and grabbing a post-jog breakfast at Raw & Juicy in Alys Beach.

The NatureWalk website includes videos, virtual tours, detailed floor plans, area points of interest, community videos and amenities, new home listings, photos and much more.

Discover more at kolterhomes.com or call 850-270-5277. To schedule a tour, call 888-476-3017 or email information@kolter.com.

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Resort-Style Senior Living

Watersound Fountains brings high-end senior living to 30-A

BY JESSICA HOLTHAUS BADOUR

PHOTOS BY JACK GARDNER PHOTOGRAPHY



With four signature restaurants and an indoor golf simulator, Watersound Fountains is luxury senior living.

Opening its doors in early April of this year, Watersound Fountains fills a gap for senior living here along 30-A. The new 148-apartment community in Inlet Beach is just a mile off Scenic Hwy. 30-A, offering high-end, resort-style independent living to golden agers here in the panhandle. It is the first free-standing independent living community in 30-A, where members have full range of how they want to live their lives.

"A big draw for our members is having so many options and choices. People generally don't understand what 'resort-style senior living' looks like – or even what independent living is like," explains Melissa Adams, executive director of Watersound Fountains. "Many envision something institutional; it's nothing like that, it's truly like living at a resort. Visitors will often say, 'Wow, I did not know this was possible!'"

"My job is to support our members' days – however they choose to enjoy them," she adds. "It's about your preferences, your desires."

At the time of this interview in early May, there were 22 members living in the community (many more now at the time of this publication)! Adams has gotten to know all of them – and their families.

"Being in the Origins neighborhood, many members have chosen this location because their friends and families have homes, or are building homes, in the surrounding neighborhoods," Adams says. "Keeping our families and friends close is important, and we include them in events here. Friday night dinners have become very popular!"

There are four signature restaurants, which serve fare ranging from upscale steak dinners to casual grab-and-go

meals, all prepared in-house daily. The kitchen sources local ingredients and products, currently offering beers on-tap from the Odd Pelican Brewery up the road, meats from a local Wagyu farm and plenty of local seafood and fresh produce.

Additional on-site amenities abound, with a swimming pool, fitness studio, salon and spa, wellness center, indoor golf simulator and outdoor putting green. The pet-friendly environment also offers a dog park. There is a bustling community calendar with optional activities throughout the day, every day. For folks who don't drive, they can take a short walk or golf cart ride to nearby restaurants, shops, entertainment and the beach, of course—or use on-site transportation to get where they want to go. Concierge services provide access to information and coordination for the things they wish to do, from dinner reservations to concert tickets, to finding community activities.

"We've had several people move here from out-of-state, who don't know about all the resources available," Adams said. "There is a couple moving here soon who are passionate about volunteering, so once they arrive, we'll share all the area locations where you can volunteer your time." Watersound Fountains also offers preventative healthcare, with exam space and concierge services with a physician and physician's assistant. They coordinate care as needed or can become a member's general practitioner.

"We're the only community within a 15-20-mile range where members have full control of how they want

to live their life," Adams says. "But we know some people need certain levels of care, and that's important. At some point, someone here may need additional care than we can provide. We have great relationships with the local assisted living and memory care community here; if and when the time comes, I can help make those arrangements."

Watersound Fountains prides itself on relationships within the 30-A community and inclusion of local resources. One example is the Coastal Seniors of South Walton, whose members are enjoying their new relationship with Watersound Fountains' pool.

"This is a great group of active seniors. They don't have a dedicated center and are now using our pool for classes, with our members also attending," Adams says. "This integrates our residents fully within the local community."

Unique to Watermark is the 360Well program, which offers opportunities for health, education and exploration with a focus on individual interests and objectives.

Members can also enjoy enriching classes through Watermark's award-winning Watermark University or exciting day trips organized through the Extraordinary Outings program.

"With Watermark, there is always something new to discover," Adams says. "On any given day, members can attend a painting class or wine tasting, or take a trip to the beach with their neighbors. Our events are tailored to their unique interests, which creates an environment where everyone can thrive."

Managed by Watermark Retirement Communities (a top-10 senior housing provider in the U.S.), Watersound Fountains was developed via a joint venture with The St. Joe Company, Watermark Retirement Communities and BRW. The community was designed by Chancey Design. Contact the community today to learn more about their one- or two-bedroom condos available, with reservations being accepted throughout this year.

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Rain Plan

Your guide for a 30-A rainy day from an in-the-know realtor

BY SHELBY ROCHESTER

Even when drops fall on 30-A, there's still plenty of activities for everyone! Below is a list to inspire you to enjoy everything 30-A has to offer, rain or shine.

Books and Music

If you're in the mood for a good book to enjoy now or take to the beach later in the week, Sundog Books and Records in Seaside or Hidden Lantern in Rosemary Beach both have excellent selections to browse and bring back home. Grab a cup of coffee or a cup of tea at Amavida in Seaside or Rosemary and settle into a good book.

Family Game Nights/Puzzle Building

How about a family game night or puzzle building evening? Ducky's in Seaside and The Blue Giraffe 30A in the Crossings at Inlet Beach have some fun puzzles and games to keep the kids laughing and memories made of simple times at the beach together.

Arts and Crafts

Prefer an outing where you can express your creative side and bring your own masterpiece home?

Rock, Paper, Scissors or The Shard Shop in Grayton Beach host a creatively fun time for the family or small group events where artistic masterpieces can be created and treasured for years to come.

Ice Cream or Smoothie Social

Blue Mountain Beach Creamery, For the Health of It in Blue Mountain Beach, Candy Bar in WaterColor or Sugar Shack in Rosemary Beach will satisfy the sweet tooth with plenty of delectable sweet options.

Art Galleries Tour

Take a stroll through the various galleries along 30-A. Justin Gaffrey Gallery in Blue Mountain Beach, Mary Hong Art Studio in Grayton Beach, The Blue Giraffe Gallery in Inlet Beach and Fusion Art Glass in Seaside offer a diverse range of artwork to admire, from paintings to sculptures to glass art.

Cooking Class

Embrace the rainy day by learning a new skill. Sign up for a cooking class at places like Roux 30A in Grayton Beach or Contact Swiftly Catered. It's a fun way to spend time indoors and you'll get to enjoy delicious food.

Spa Day

Treat yourself to a pampering session at Happy Nails in Grayton Beach or The Pearl Spa in Rosemary Beach. From massages to facials to manicures, there are plenty of options to help you relax and unwind while the rain falls outside.

Check out indoor markets like The Big Chill near WaterSound Beach or Grand Boulevard in Sandestin. You can browse shops, grab a bite to eat and even catch live music performances, all without worrying about the rain.

Indoor Fitness

Stay active indoors by attending a yoga class at Studio30A (yogastudio30A.com) or hitting the gym. Many fitness studios along 30-A offer indoor classes that are perfect for rainy days. Try Grayton Beach Fitness for a day pass or TreadFormer 30-A. They offer a 1, 3, 5 and 10 class pack which are good for a year, if you plan to visit 30-A often. They offer a combination of Pilates, Stretching, HIIT and others. It's a great way to stay active and energized during your vacation.

Movie Marathon

Set up a cozy movie marathon in your vacation rental. Stock up on popcorn and snacks, pick out a couple movies to stream and spend the day lounging around and enjoying some cinematic entertainment. If you'd prefer a larger screen, Grand Boulevard has AMC Classic Boulevard 10 and Pier Park has The Grand 16 Movie Theater.

Wine Tasting

Head to a local wine shop or wine bar for a tasting session. NEAT in Alys Beach and Wine World in WaterColor offers a wide selection of wines to enjoy while you wait for the rain to pass.

Explore Indoor Markets

Check out indoor markets like The Big Chill near WaterSound Beach or Grand Boulevard in Sandestin. You can browse shops, grab a bite to eat and even catch live music performances, all without worrying about the rain.

Shelby Rochester is a Global Real Estate Advisor and happy to discuss plans for investing in 30-A. When she's not selling homes, Shelby is water rescue training with her Newfoundlands and savoring the scenic lifestyle communities along 30-A, with her cheerful pugs and her majestic Newfoundlands by her side.

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A look inside 30-A's premier property management company

Top interview questions to ask a potential property manager

BY PAUL NIES

Choosing the right property manager can greatly enhance your rental income. They free up your time by managing all details, from late-night emergencies to difficult tenants. A good property manager also takes care of maintenance, minimizing risks while preserving your property's value.

A property management company helps homeowners find property managers. When seeking a new vacation rental property manager, it's more than okay to ask plenty of questions. It shows you're ready and committed.

Preparing interview questions in advance will not only streamline the process but will help you stay focused on the most relevant topics.

Michael Emerick, co-founder of Oversee, an award-winning local vacation rental company, explains questions every property owner should ask their potential property managers.

"Interviewing rental property managers isn't easy because homeowners tend to forget the most important questions. Or maybe they just don't know," said Emerick. "This list will help! Also, do some pre-interview groundwork. Conduct background research on potential managers and compile a list of key questions to ensure a productive meeting. Get the answers you're looking for by asking the right questions."

Here are some questions to get started:

What is your experience in managing vacation rentals?

Why it matters: Experience can indicate familiarity with market trends, potential issues and have efficient management practices. Look for a company with a proven track record in the vacation rental industry.

How do you market vacation rentals?

Why it matters: Effective marketing is crucial to maximizing occupancy and revenue. Ask about their strategies for online listings, social media, SEO and partnerships with online travel agencies.

What is your fee structure?

Why it matters: Understanding all fees, including management fees, maintenance costs and additional charges, helps you accurately compare companies. Make sure the fee structure is transparent and competitive.



Oversee's Owner/Operator Michael Emerick and wife, Kaitlyn, daughter, Lemon, and son, Rook.

How do you handle maintenance and repairs?

Why it matters: Quick and efficient maintenance is essential for guest satisfaction and property upkeep. Ask about their process for routine maintenance, emergency repairs and how costs are managed.

What kind of insurance do you carry?

Why it matters: Make sure the company has adequate insurance to protect against liabilities, damages and other risks associated with rental properties. This is crucial for financial protection. I wish more homeowners were asking me these things.

How do you screen potential guests?

Why it matters: Proper screening can prevent issues with guests who might damage your property or violate rental policies. Ask about their criteria and process for vetting guests.

What are your policies on guest communication and support?

Why it matters: Prompt and effective communication is key to a positive guest experience. Understand their approach to handling guest inquiries, complaints and emergencies.

What technology do you use to manage properties?

Why it matters: Modern property management software can streamline operations, improve booking efficiency and enhance guest experience. Learn about the tools they use and how they benefit you as an owner.

Is your company solvent?

Why it matters: Solvency refers to a company's ability to meet its financial obligations. This requires responsible money management and smooth operations, ensuring all long-term debts are covered and monthly payments are made on time.

What sets you apart from other property management companies in the area?

Why it matters: Knowing what makes a property management company unique helps you find the best fit for your needs. It could be innovative practices, exceptional customer service or specialized expertise that gives them an edge over the competition.

Good luck and happy interviewing!

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Blended family basics

Protecting your inheritance

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON

Are you a member of a blended family, either directly or indirectly? If not now, then you may be in the future. If so, you are in good company. Did you know one of three Americans is a blended family member? In fact, there will always be blended families as long as there are divorces and deaths among married couples. Regardless of the composition of your blended family, this fact of life presents unique social, psychological, economic and legal challenges.

In this article, we consider some fundamental legal challenges, so you can address them now to protect everyone you love and everything you have later. Specifically, how will you disinherit your ex-spouse, provide for both your new spouse and your own children, and protect the inheritance from unintended consequences?

Disinherit your ex-spouse

Problem 1: If you have minor children, than your ex-spouse will remain the legal guardian over their “person and their purse” until they reach the age of majority under state law. While only a legal finding of “unfitness” by a court order will keep your ex-spouse from parenting your minor children, your estate plan can provide that someone of your own choosing will manage any inheritance for your children. Without careful planning, your ex-spouse could actually inherit from you through the estates of your children should they die single and childless.

Problem 2: Unless you have “cleaned up” the beneficiary designations to your ERISA retirement plan (e.g., 401k), then your ex-spouse will inherit the proceeds, if he or she is still the designated beneficiary. That was the ruling by the U.S. Supreme Court in Egelhoff v. Egelhoff, 532 US 141 (2001). Consequently, one of the first steps post-divorce should be to update the beneficiaries of your life insurance and retirement plans.

Provide for Your New Spouse

Likely you exchanged some solemn vows on your wedding day. For example, you likely promised to take care of your new spouse physically and maybe even financially. Even if you did not exchange such traditional vows, the laws of your state exchanged them for you...absent a premarital agreement...defining your mutual rights and responsibilities as married individuals.

So, how do you honor your new responsibilities to your

new spouse, if you pre-decease that spouse? You do so through very careful estate planning, including careful attention to detail regarding asset titles and beneficiary designations. Many families, blended and original, have been torn apart when the estate planning legal documents were not coordinated with the asset titles and beneficiary designations.

For example, your estate plan may provide for your children, but your assets may be arranged to pass directly to your new spouse. Alternatively, your new spouse could be cut out of the inheritance to a degree you did not intend. Surely you do not want your inheritance to be consumed in a courtroom through legal fees as your new spouse and your own children fight it out.

Provide for Your Own Children

After a divorce or the death of a parent, children can become bitter, better, or just adrift. When a new stepparent enters the picture, let alone stepsiblings, things can get especially interesting. Therefore, it is only prudent to make flexible plans now that will accomplish your objectives.

Accordingly, arrange for the inheritance to be protected both for and from your own children as needed. Otherwise, your lifetime of work and thrift can disappear through the potential squandering, divorces, lawsuits or bankruptcies of your children.

Protect the Inheritance

Did you know you can make the inheritance you leave to your new spouse and to your own children “heir” tight? Outright distributions simply transfer the inheritance directly to a beneficiary and provide absolutely no protection. Staggered distributions are the same as outright distributions in terms of no protection when two or more transfers are made directly to a beneficiary upon reaching certain ages.

In contrast, consider creating a long-term discretionary trust to last throughout the lifetime of a beneficiary, providing income and with principal, as needed. All along the way, whether a beneficiary is your new spouse or your own children, the inheritance is fully protected for and from them.

The key to a successful discretionary trust is selecting an appropriate trustee with broad discretionary authority. In addition, the non-fiduciary position of “trust protector” can be created to appoint and even remove a trustee if needed to fulfill your objectives. Think of the trust protector as the “guardian angel” over the trust.



Kimberly Watson Sewell and Frank Watson.

Avoiding Unintended Consequences

There are a lot of moving parts when it comes to proper estate planning. There is no one-size-fits-all strategy to meet the legal challenges identified in this article, but here is a simple formula to consider: Qualified Terminable Interest Property (QTIP) Trust = Life Insurance = Blended Family Harmony.

Upon your death, this formula can provide an inheritance for the life of your new spouse, insurance proceeds for your own children and ensure that the remainder of the inheritance for your new spouse will then pass to your own children when your new spouse dies.

Review Your Estate Plan

Failing to review your estate plan can result in a train wreck of court processes for your family and loved ones. Be sure to engage appropriate legal counsel before you pursue any financial or legal strategy to overcome blended family challenges.



For more information, contact:
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Simplify the Swing

How to improve your body pivot motion

BY TOM FITZPATRICK

When trying to improve your golf swing, it's easy to get caught up in club positioning. A better way to approach the swing is to make a great body pivot. A proper body pivot can simplify your swing.

The pivot is the winding up of the body to your back foot, then unwinding to your follow through. The better you learn to wind up, the better you can unwind. This helps you be more in control of the club at the top of the backswing—that's crucial for starting down on the proper swing plane. So many of us force the club out beyond the correct path; even an inch away can cause disastrous compensations.

A good pivot keeps the head centered, allowing you to hit the sweet spot on the clubface. Try these exercises:

(Photo 1.) Elbow Pivot: Hook a club through your elbows behind your back. Turn your core mid-section to the right foot, and then to your left foot. This is a great warm up stretch to loosen up your back muscles.

(Photos 2&3&4.) Corkscrew Pivot: Place your palms on each thigh. Push your hips towards the target so that your left side feels high and your right side low. Now turn into your right heel. As you do let your right hand slide up your right thigh as the left hand slides down. Stop when your hips are 45 degrees open and your shoulders are 90 degrees open. It resembles a corkscrew motion rather than just a turn. The left side feels compressed while the right side of your body expands. On the downswing, the hands slide in the reverse direction on your thighs.

If you are having trouble attacking the ball from the inside, pay attention to the lateral weight transfer. Great players will actually get their lead hip closer to the target at impact than it was at address. That also creates shaft lean where the hands lead the clubhead into impact.

The pivot has three stages of weight transfer:
1 – move into the right heel where your core feels pressure
2- lateral forward transfer to the front of the left foot
3- follow through into the left heel with belt facing target



1. Hook a club behind your elbows for a great stretch.



2. Let the right hand slide up and the left slide down to start your pivot.



3. Move laterally towards your left front foot.



4. Slide the left hand up and the right hand down through impact.

Once you are ready to hit balls, set up with the club hovering an inch above the ground. Your arms should rest on your upper chest with your hands feeling no tension. Start the club back by moving your core into the right heel. Just by turning the hips it's amazing how much rhythm and balance can be acquired. And nothing beats hitting right arm only shots for body sequencing.

For Bryson Dechambeau fans, learn to rely primarily on the body pivot and slow your hands at impact so that the clubhead whips through. The grip actually slows and points towards you as a way to gain distance. That's a major theme of what Stan Utley teaches at his Camp Creek clinics. The grip

slows to create a pendulum swinging motion with the club. Younger players are learning to push up off the ground and pull up with the left side at impact to get as much club head acceleration. They actually get lower on the downswing and increase the spine angle in order to push up at impact!

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