

R *the thirty-a* REVIEW

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



Inside:
Walton County takes big steps to
be good stewards of the landscape



Also Inside:
LadyWorld '25



Also Inside:
Attycats



Summer House



Lauren Skowlund, Chris Skowlund, Melissa Skowlund and Kara Skowlund at the grand opening of the new Summer House Lifestyle location in Watersound Town Center.

INSIDE:

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

THE DOG KULA

NUTRITION • WELLNESS • APOTHECARY

HOLISTIC SOLUTIONS for PET WELLNESS

Premium Pet Food & Treats
Toys • Supplies • Training
Herbal & Homeopathic Remedies
Nutritional Consultations • Monthly Pack Walks

HOURS OF OPERATION

MON-FRI
10:00a-6:00p

SATURDAY
10:00a-5:00p

SUNDAY
11:00a-4:30p

VISIT US TODAY!

4935 EAST COUNTY HIGHWAY 30A
SANTA ROSA BEACH • FL 32459

850.534.0009



THEDOGKULA.COM



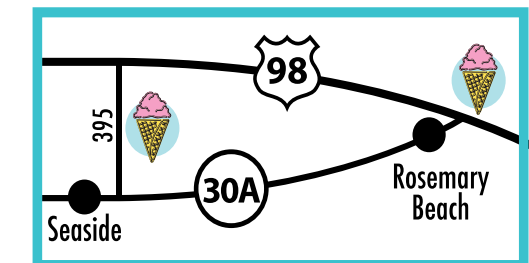
30A Cookies & Cream

30AVENUE AT INLET BEACH & WATERCOLOR CROSSING



ice cream • cookies
cookie & ice cream cakes • milk shakes
custom cakes – pickup or delivery!

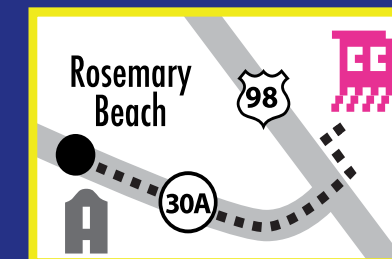
WaterColor 850-231-2552
30acookiesandicecream.com



LOCATED AT PUBLIX PLAZA AT WATERCOLOR CROSSING
AND 30AVENUE AT INLET BEACH

ATTYCAT'S ARCADE

FAMILY ENTERTAINMENT AT
INLET BEACH IN 30AVENUE!



12805 US HWY 98 EAST, C100 & B101
INLET BEACH 32461



curate

...Where Artwork Stirs The Soul



Anna Sweet, Donuts, 36 x 24



Francisco Bartus
Love, 40 x 40



Josef Kote, Exploring The Depths, 50 x 40



Stephen Harlan, It's Raining, 30 x 60



Plaid Columns, Scenic 30-A, 30 x 25



Steven Quartly, Momentous Light, 48 x 60



John-Mark Gleadow, G.O.A.T., 24 x 48



Simon Kenevan, Enlightened, 48 x 36



**FROM CUSTOM
FIREPLACES, QUARTZITE
KITCHENS TO POOLSIDE
PAVERS. HARD ROCK HAS
GOT ALL YOUR STONE
NEEDS COVERED.**

MOBILE OFFICE

8255 Wards Lane
Semmes, AL 36575
251-645-3439

**VISIT OUR NEW SHOWROOM
IN SANTA ROSA BEACH!**

316 S Co. HWY 83 S
Santa Rosa Beach, FL 32459

www.hardrockstoneandtile.com



NURTURE OUR NATURE

A Shared Responsibility

With over 40% of our land preserved for nature, Walton County is well known for our pristine landscapes. The recently launched Keep Walton County Beautiful initiative empowers residents and visitors alike to make a positive impact through beautification, litter prevention, waste reduction and recycling. Together, we'll continue to improve this unique environment for generations to come. Get involved at KeepWaltonCountyBeautiful.org.



letter from the publisher

CELEBRATING THE STORIES OF 30-A



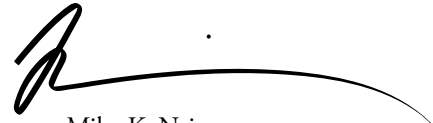
As summer envelops our fine beach town, there is no shortage of people, places and things to enjoy on 30-A. Within the pages that follow, we invite you to keep abreast of the excitement.

Whether it's an afternoon or evening of family fun at an old fashioned arcade (Attycat's), a beautiful meal at one of the area's famous seafood establishments, or a stroll to look at the local's finest artwork, this issue is sure to provide all these details and more.

The history and character of South Walton beach is one woven with interesting stories. At Thirty-A Review, we pride ourselves on continuing to tell these stories and celebrating the living legacy that makes 30-A and the surrounding area so special and noteworthy.

Until next issue, we wish you a lovely summer holiday and hope that the summer brings you new stories to tell as well.

Cheers,


Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



Advertise with
The Thirty-A Review
magazine.

Call (404) 907-6427
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 2004-2025.

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

about the cover

Pictured

Lauren Skowlund, Chris Skowlund, Melissa Skowlund and Kara Skowlund at the grand opening of the new Summer House Lifestyle location in Watersound Town Center.

Party Vendors : Guitarist: Mari Larson, Mobile Bar: Tipsy Mule Bar, Florist: Emerald Coast Florals, Food: Ambrosia, Cookies: Sweet Henrietta's

Photography

Lauren Deusing with LA Free Film

Also Pictured

Authentic Walton | The LadyGang: Becca Tobin, Keltie Knight and Jac Vanek | Chris and Jennifer Webb, owner's of Attycat's with their son Atticus.



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

Contributing Writers

Jessica Holthaus Badour

Tess Farmer

Taylor Sheekley Petrick

Tom Fitzpatrick

Dr. Bart M. Precourt, D.C

Kimberly Watson Sewell

Franklin Watson

Ad Sales:

miles@thirtyareview.com

404-907-6427

Distribution:

Distro Data



14



20



26



16



22



28



34

contents

12 local theatre, dance, music, etc.

Theatre and Events in July and August

14 dining

Cava & Cakes combines two indulgences at Gulf Place

16 dining

Capt. Anderson's Restaurant has served the community for more than 65 years

18 local artist

John-Mark Gleadow's art touches on emotional connections of literary classics

20 local home

Summer House Lifestyle opens new, larger interior design studio and lifestyle boutique

22 local business

Attycat's Arcade brings family fun to 30-A

26 girl talk

Popular podcast team creates LadyWorld music and entertainment weekend at the beach

28 authentic walton

Walton County takes big steps to be good stewards of the landscape

30 wellness

Lawn Toxins: Are your kids and lawn at risk?

32 legal eagles

Pre-marital estate planning

34 turf talk

The key to a perfect takeaway

Theatre and Events in July and August



SEASIDE
MONDAYS
Children's Theatre
An enchanting fairy tale brought to life by The REP Theatre! Step into the magical storybook world of Rumpelstiltskin where young Biddy, a humble peasant girl, must spin straw into gold. There is only one problem. Biddy has no magical powers! In a desperate race against time, Biddy forms an unlikely alliance with the mischievous trickster Rumpelstiltskin, who promises to help—if she can solve his mysterious riddle. This captivating twist on a beloved classic is packed with adventure and humor. A complimentary event made possible by the Merchants of Seaside. 6:30-7:30 p.m. Central Square.

TUESDAYS
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. Central Square.

Kids Improv Bootcamp
Level up with Kids Improv Bootcamp! The REP not only performs and shares stories, but also shares the craft of storytelling and theatre arts with local and visiting students ages 5-12. In the 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, improv students advance to the next stage in the Friday Friends and Finale showcase, where they show off their new and improved skills. 2-3:30 p.m. 216 Quincy Circle. Advanced registration is required. Tickets: \$25 and \$20 for REP Members

WEDNESDAYS
Live music with DJ30A
Enjoy an evening of music with DJ30A in the Seaside Amphitheater from 6 – 8 p.m. This complimentary music session invites you to relax and enjoy the music.

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

Kids Improv Bootcamp
Level up with Kids Improv Bootcamp! The REP not only performs and shares stories, but also shares the craft of storytelling and theatre arts with local and visiting students. In the 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, improv students advance to the next stage in the Friday Friends and Finale showcase, where they show off their new and improved skills. 2-3:30 p.m. 216 Quincy Circle. Advanced registration is required. Tickets: \$25 and \$20 for REP Members

FRIDAYS
Central Square Cinema
(starting July 11)
Grab your blankets and chairs and head to the Seaside Amphitheater for a family movie under the stars. The movie begins at 8 p.m., weather permitting.

SPECIAL EVENTS
July 4 celebration, block party and concert
July 4
The annual Independence Day Celebration in Seaside has fun taking place throughout the day! The block party is held from

9 a.m. -12 p.m. with The Rep Performance in front of the Post Office at 9 a.m., Emerald Coast Theater Company Musical Performance at 10 a.m., bike decorating contest at 11 a.m., a hot dog eating contest at 11:30 a.m., Sinofa Gulf Coast Pops concert at 7 p.m. and fireworks on the Gulf at 8:30 p.m.

Labor Day Weekend Concert
Aug. 31
Details to come! 6-8:30 p.m. at Central Square.

ROSEMARY BEACH
TUESDAYS
The Enchanted Carnival of Magic

Step right up! Come one, come all to Pittman Production's 2025 Enchanted Carnival of Magic! Share a whimsical evening of pure imagination with International Award-Winning, husband-and-wife magical variety duo, Julian and Melody Pittman. The Enchanted

Carnival of Magic is where the impossible and the absurd collide - and nothing is ever quite what it seems! 7 p.m., St. Augustine Green/Owners Pavilion.

WEDNESDAYS
Snow White
Enjoy another well-loved classic fairytale brought to life by The REP Theatre. Join Snow White on her thrilling adventure through the enchanted forest as she escapes the clutches of the Evil Queen. Along the way, she befriends seven lovable dwarfs and discovers the true meaning of friendship and kindness. This enchanting version of the classic Brothers Grimm fairytale features a heartwarming story, unforgettable characters, and many laughs. 6:30 p.m., St. Augustine Green/Owners Pavilion

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. Enjoy popcorn and the best hot dogs on the beach from Dog Man Du. Face painting starts at 5 p.m., movie at 8 p.m. on Eastern Green.

FRIDAYS
Trucker Hat Bar
Join us for some crafty fun on the green! Create your very own custom trucker hat to commemorate your trip to the beach. This event is for children and teens only. Hats are limited to 150 each week. 9 a.m. – 12 p.m., East Long Green

SPECIAL EVENTS
Fireworks!
July 2
Join us for a star-spangled celebration, with fireworks from the Western green! 9. p.m.

July 4th bike parade and block party
July 4
Start bright and early with a bike decorating contest and breakfast at 7:30 a.m. followed by the bike parade at 8:30 a.m. and a block party from 8:30 -10:30 a.m., where the winners of the bike decorating contest will be announced. Special sweet treats will be available from Kona Ice as well as face painting, airbrush tattoos, balloons, colored hair spray and more.

Labor Day Weekend Concert
Aug. 30
Featuring Rumours ATL: A Fleetwood Mac Tribute. 7 p.m., St. Augustine Green

ALYS BEACH
TUESDAYS
Wine + Song at NEAT
Enjoy an evening of wine tastings and live music. 6 p.m.

SPECIAL EVENTS
July 4 celebration
July 4
Start out the day with a donut eating contest, sponsored by Charlie's Donuts at the Alys Beach Amphitheatre at 9 a.m. Then enjoy a Fourth of July concert with Bay Kings Band and fireworks Show Presented by the Merchants of Alys Beach from 6-9 p.m. at the Alys Beach Amphitheatre.

Back to School event
August 6
Enjoy a back to school event with The Story of Us, a Taylor Swift Tribute Band, Presented by the Merchants of Alys Beach from 5-7 p.m. at the Alys Beach Amphitheatre

Labor Day Concert
Aug. 31
The Labor Day Red, White, and Blues Concert will feature Blue Mountain Blues, presented by the Merchants of Alys Beach. Alys Beach Amphitheatre, 6-8 p.m.

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.
SEASIDE® Farmers Market
Seaside Amphitheater
Tuesday and Saturdays from 9 a.m. – 1 p.m.



Bubbles and sweets

Cava & Cakes combines two indulgences at Gulf Place

BY TESS FARMER

Just steps from the white sand beaches and turquoise waters of Scenic Highway 30-A, a new kind of celebration is taking root—one that combines the joy of freshly-baked sweets with the effervescent charm of sparkling wine.

Cava & Cakes, a boutique dessert and coffee shop founded in 2022, has quickly become a beloved stop, offering cupcakes, custom cakes, croissants, coffee—and of course,

perfectly curated pours of Cava.

The idea for Cava & Cakes was born from a mix of travel, passion and talent. Owners Will and Alison Nazarowski teamed up with seasoned baker Jillian Raines to turn a dream into reality.

“Will has always loved Cava, I’ve always loved cupcakes and Jillian’s baking is something really special,” said Alison Nazarowski.

“After a trip to Spain, we were inspired to bring the flavors and feel of that experience back home—to create a place that feels festive, indulgent and joyful,” she added.

Their vision has clearly resonated. Within a year of opening, Cava & Cakes expanded into a larger kitchen space in Gulf Place to keep up with demand.

Located on Spires Lane, a buzzing corner of the emerging Gulf Place food scene, the new shop offers room to grow both their bakery operation and their presence as a celebratory destination on the west end of 30-A.

Cava, the Spanish sparkling wine made using the same method as Champagne, is central to the concept. Its crisp, fruity flavors and delicate bubbles make it a natural partner to sweets—and a memorable way to mark a moment. Whether you’re toasting a milestone, wrapping up a vacation, or treating yourself after a sun-soaked beach day, Cava adds that special touch.

“Cava is fun, festive and pairs beautifully with our desserts,” said Nazarowski. “We wanted to create a place where people could celebrate the big moments—or the

little ones—with something indulgent and memorable.”

The bakery menu reflects that ethos. Jillian’s cupcakes are the star of the show, crafted fresh daily with premium ingredients and thoughtful flavor pairings. The six house cupcake flavors—Wedding Cake, Chocolate Wedding Cake, Birthday Cake, Cookies & Cream, Peanut Butter Cup and Chocolate Lovers—offer something for everyone, while seasonal flavors rotate throughout the year to reflect local ingredients, tastes and celebrations.

In addition to cupcakes, the shop features a growing menu of baked goods, including buttery croissants and muffins, all made in-house.

For coffee lovers, Cava & Cakes proudly serves a full coffee bar menu featuring espresso, iced lattes, cold brew and house drip coffee—all made with beans from Manatee Coffee Company, a Florida-based roaster that supports manatee conservation efforts.

“The coffee is a huge part of the experience here,” said Alison. “We wanted everything we serve to have heart and purpose, and Manatee Coffee is not only delicious, but it supports a cause we love.”

But Cava & Cakes isn’t just about daily indulgences—it’s quickly become a go-to destination for custom celebration cakes. Jillian’s artistry and attention to detail have made her a sought-after cake designer for birthdays, weddings, anniversaries and gender reveal parties. With a growing number of custom orders, the new Gulf Place kitchen has allowed the team to expand their offerings and better serve clients throughout 30-A and beyond.

“There was a real need on this side of 30-A for custom cakes and special treats,” said Raines. “We’re honored to help families celebrate the moments that matter most.”

The charm of Cava & Cakes lies not only in the quality of its offerings, but in its atmosphere—bright, welcoming, and made



Six house cupcake flavors plus seasonal rotating flavors offer something for everyone.

Photos by Brittany DeKlye Photography

Cava is fun, festive and pairs beautifully with our desserts. We wanted to create a place where people could celebrate the big moments—or the little ones—with something indulgent and memorable. - Alison Nazarowski, owner

for memory-making. Whether you’re sipping a cold brew on the patio, ordering a cake for a milestone celebration or clinking glasses of bubbly with friends, it’s a place that captures the essence of joy at the beach.

“We are honored to play a small part in making memories together here in one of the most beautiful beaches in America,” said Nazarowski. “It means so much to us when people choose Cava & Cakes to help celebrate their special moments.”

With its sparkling spirit, coastal charm and irresistible treats, Cava & Cakes is redefining how we celebrate—one cupcake and one glass of bubbly at a time.

Cava & Cakes
118 Spires Lane Unit 1A, Gulf Place, Santa Rosa Beach
Monday 7 a.m. to 10 a.m.; Tuesday through Saturday 7 a.m. to 7 p.m.
Closed Sunday
850-931-2253
www.cavaandcakes.com



Cupcakes are the star of the sweet treat menu.



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

Fresh seafood, family tradition and coastal nostalgia

Capt. Anderson's Restaurant has served the community for more than 65 years

BY TESS FARMER

For more than six decades, Capt. Anderson's in Panama City Beach has stood as a landmark for fresh seafood, family tradition, and coastal nostalgia. Since opening in 1958, the restaurant has been a beloved staple, drawing generations of families to enjoy the finest Gulf Coast seafood while soaking in the sights and sounds of the bustling docks at Grand Lagoon.

The Patronis family, with their Greek roots and strong ties to the community, have been the heartbeat of Capt. Anderson's, making it a destination not just for its delicious food, but for its deep commitment to preserving the coastal ecology of the area.

Since opening in 1958, the restaurant has been a beloved staple, drawing generations of families to enjoy the finest Gulf Coast seafood while soaking in the sights and sounds of the bustling docks at Grand Lagoon.

Working hand-in-hand with fishermen and others who make their living harvesting the Gulf and Bay waters, the family has maintained a steadfast dedication to protecting the natural bounty of the region. This philosophy has been woven into the very fabric of Capt. Anderson's, making it a place where fresh, local seafood isn't just a menu feature, but a core principle.

It is this legacy of sustainability and dedication to fresh ingredients that has set Capt. Anderson's apart. Known for serving more fresh, local seafood than any other restaurant in Florida, the restaurant has earned the praise of national publications and the loyalty of its customers, many of whom return year after year.

"The sight of the fishing fleet unloading their catch just outside the restaurant is one of the many ways we continue to connect diners to the rich history and tradition of the Gulf Coast," said Anna Patronis Moon, granddaughter to one of the original Patronis founders.

As one of the largest seafood restaurants in Florida, Capt. Anderson's has grown over the years to accommodate up to 725 guests, with the restaurant serving over 250,000 diners six nights a week during its 11-month season.

"The dishes are an ode to the region, with charcoal-broiled red snapper, grouper and steaks taking center stage,



The seafood platter at Capt. Anderson's includes a stuffed deviled crab, scallops, golden fried shrimp, fresh fish and the option to add broiled Florida lobster.

along with fried crab fingers, grilled Bay shrimp and a range of homemade breads, desserts and our famous Greek salad," added Patronis Moon.

For the Patronis family, the restaurant's menu is a reflection of their Greek heritage, with flavors that span generations and cultures, bringing together family traditions and fresh, local ingredients.

The family's hands-on approach to the restaurant's success is something to behold. For nearly five decades, founders Jimmy and Johnny Patronis took alternating shifts to ensure Capt. Anderson's ran smoothly. One brother worked the day shift, while the other worked the night shift, switching roles the next day.



The dining room, which can accommodate large parties and families, overlooks the docks.

The tireless commitment to their work and the restaurant's customers created a standard of excellence that continues today, as the next generation of Patronis family members steps in to continue the tradition.

Their dedication has become a model for the staff, many of whom have been with Capt. Anderson's for over 25 years. It is this consistency and loyalty that has helped make Capt. Anderson's not just a restaurant, but a Gulf Coast institution.

Capt. Anderson's commitment to their guests has not gone unnoticed. Over the years, it has garnered numerous accolades, including being named one of America's Top 50 Restaurants, winning the "Best Seafood Restaurant" award from Southern Living and receiving Wine Spectator's "Award of Excellence."

For 15 consecutive years, Capt. Anderson's also claimed Florida Trend's Golden Spoon Award before being inducted into the Florida Restaurant Hall of Fame in 2005—an honor reserved for only the most distinguished eateries in the state.



The classic dish surf-and-turf at Capt. Anderson's.

Patronis Moon is also the resident sommelier and is on hand to help guide guests through the wine list, ensuring the perfect pairing for every dish.

"Whether you're savoring a perfectly grilled piece of red snapper or indulging in a decadent dessert, the wine list is sure to elevate the dining experience," added Patronis Moon. "We source wines from all over the world to bring a unique experience to our diners here."

Beyond the accolades and the famous dishes, what truly makes Capt. Anderson's special is the atmosphere. Located on the Grand Lagoon, the restaurant offers breathtaking views of the docks where the fishing fleet unloads its daily catch. Guests can sit back and take in the sights and sounds of the water while enjoying a meal that connects them to the heart of the Gulf Coast.

Whether dining in or ordering online ordering for carry-out, in every bite, there's a piece of history, a taste of the Gulf and a family legacy.

Capt. Anderson's Restaurant & Waterfront Market
5551 N. Lagoon Drive on Historic Grand Lagoon,
Panama City Beach
850-234-2226
Open Monday-Saturday at 4 p.m.; closed Sunday
www.captandersons.com

DR. BART PRECOURT D.C.
HOLISTIC DOCTOR

SERVICES

Functional Nutrition • Lab Testing
Chiropractic & Acupuncture

Gut Health • Adrenal Fatigue
Hormones • Sleep
Anxiety/Depression

balance HEALTH STUDIO

Providing safe & effective methods to create better health naturally

BALANCE30A.COM 850.231.9288

ADVERTISE WITH US

the thirty-a REVIEW
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



HELLO SUGAR IS AN AIRSTREAM CANDY BOUTIQUE WITH A VARIETY OF FRESH COTTON CANDY FLAVORS AND TONS OF NOVELTY CANDY TO CHOOSE FROM

Follow us on Instagram or call to find out where we are located for our current pop up and book our Airstream or cart service for your Birthday Party, Wedding, or Event

@HELLOSUGAR30A
(850) 866-0729

Shelf Life

John-Mark Gleadow's art touches on emotional connections of literary classics

BY JESSICA HOLTHAUS BADOUR

Behind the hyperrealism of the oil paintings John-Mark Gleadow constructs is a vision blending technical precision with storytelling. The heart of these stories often centers on other media: books, music, movies and television series.

Gleadow's now-iconic Bibliotheque Series renders "shelves" of vividly-painted book spines, arranged by theme, personal connection or commission. For nearly two decades, this work has brought him widespread recognition, not only for its masterful execution, but for its emotional resonance.

"I was trying to make the portraiture more interesting," he recalls about starting the works that would become the Bibliotheque Series. "The book spines were just a creative way to do that. It gained popularity quickly."

The Delaware native did not set out to become an artist. Following a congressional nomination to West Point, he majored in mechanical engineering. He loved the design aspect of engineering, then took an intro to painting course and found himself painting on weekends. A prize in an undergraduate art show, and encouragement from his father, nudged him in a new direction.

"My parents were very supportive," he says. "I started out doing the starving artist thing for a while, submitting work all over God's creation."

By the time he received his BFA in Painting in 1999, Gleadow sold his first work and was represented by a gallery in D.C. Early paintings focused on stills and portraits. Since then, he's created more than 40 major works in the series, each taking roughly six months to complete.

He is often questioned about how he achieves such details using "only" oil paints.

"Some think there must be 'cheating' involved, digital or otherwise. I do use a straightedge ruler, but beyond that, it's three weeks of graphite drawings, very thinly done, before I paint," he explains. "The drawing is no longer visible after the layers of paint are completed. My originals

are always painted on a panel, then photographed and printed on canvas as limited editions."

While Gleadow's pieces are collected across the U.S. and abroad, he has a special connection to Florida's 30-A.



"Creation" oil on panel, 24"x 48" available at Curate30a.

"We spend a few months in Florida each year, and my son and daughter are always trying to get us to move here full time," he said.

Despite his success, Gleadow remains grounded: "We always tell the kids, 'This is not normal or typical.' I get called a genius at a show, and then come home and take out the trash," he quips. "This is just dad."

Curate30a Gallery has represented his work since its inception, a natural continuation of a long-standing relationship with gallery owner Gary Handler.

"John-Mark is one of the most technically gifted and conceptually rich artists we've had the honor to represent,"

Handler says. "His work resonates deeply with our collectors—not just because of its visual brilliance, but because of the stories it tells. That emotional connection is what art is all about, and John-Mark delivers it time and again."

Gleadow notes his music pieces in particular seem to resonate with 30-A'ers.

"The music pieces seem to transport people," he says. "It takes you back to a different place, and for each person, that's a unique journey."

Indeed, music plays a big role in Gleadow's life and work. His Bibliotheque paintings often feature iconic

albums and musicians alongside literary classics. He's taken on commissions as varied as a French collector's homage to comic book heroes and family pieces, where each member selects their favorite titles to include.

For this summer's show at Curate30a, Gleadow plans to unveil a Florida-centric piece, "Creation," along with a surprise created specifically for the region.

"I think these will resonate with the audience here," he says. "It's a thoughtful community, and the kind of people who connect deeply with the work."

That connection is made even more impressive by the fact that Gleadow is colorblind, a fact that often surprises collectors when they see his bold palette.

"I think my colorblindness pushes me to use more saturated colors so I can differentiate them," he explains. "I keep the colors in the same place on my palette and sometimes my family helps describe a shade so I can 'see' it with them."

Now based in the Shenandoah Valley of Virginia with his wife, teenage son and daughter, Gleadow works from his "man cave" studio in the mountains.

Looking ahead, he's exploring new formats of single-book paintings, allowing collectors to build a custom "bookshelf" over time. He continues to push himself with larger, more numerous portraits in his works, too.

For aspiring artists, he advises, "Go with your heart and your vision," distinguishing yourself by representing the world as you see it. "You really need to follow with your gut on most things in life and artwork should be no different."

John-Mark Gleadow and his wife, Susan, standing in front of a display of his artwork, including a bookshelf painting.

John-Mark Gleadow and his wife, Susan.

John-Mark Gleadow at Curate30a
72 Main St., Rosemary Beach
Open Mon-Sat 10 a.m.-9 p.m., Sunday 12-9 p.m.
850-231-1808
www.curate30a.com
info@curate30a.com
www.johnmarkgleadow.com/

NO WORRIES We're on beach time.

Ever wonder what resort-style senior living is *really* like? At Watersound FountainsSM, live the life you love with laid-back luxury in an exclusive setting that's redefining active, independent living for those 62 and better on the Emerald Coast near 30A. No limits, no restrictions, and no hesitation.

**WATERSOUND
FOUNTAINS**
EXTRAORDINARY SENIOR LIVING

Call 850-601-3174 to keep your toes in the sand.

Find your place in the sun starting at \$3,995
(includes a \$475 monthly credit for amenities, dining, and more).

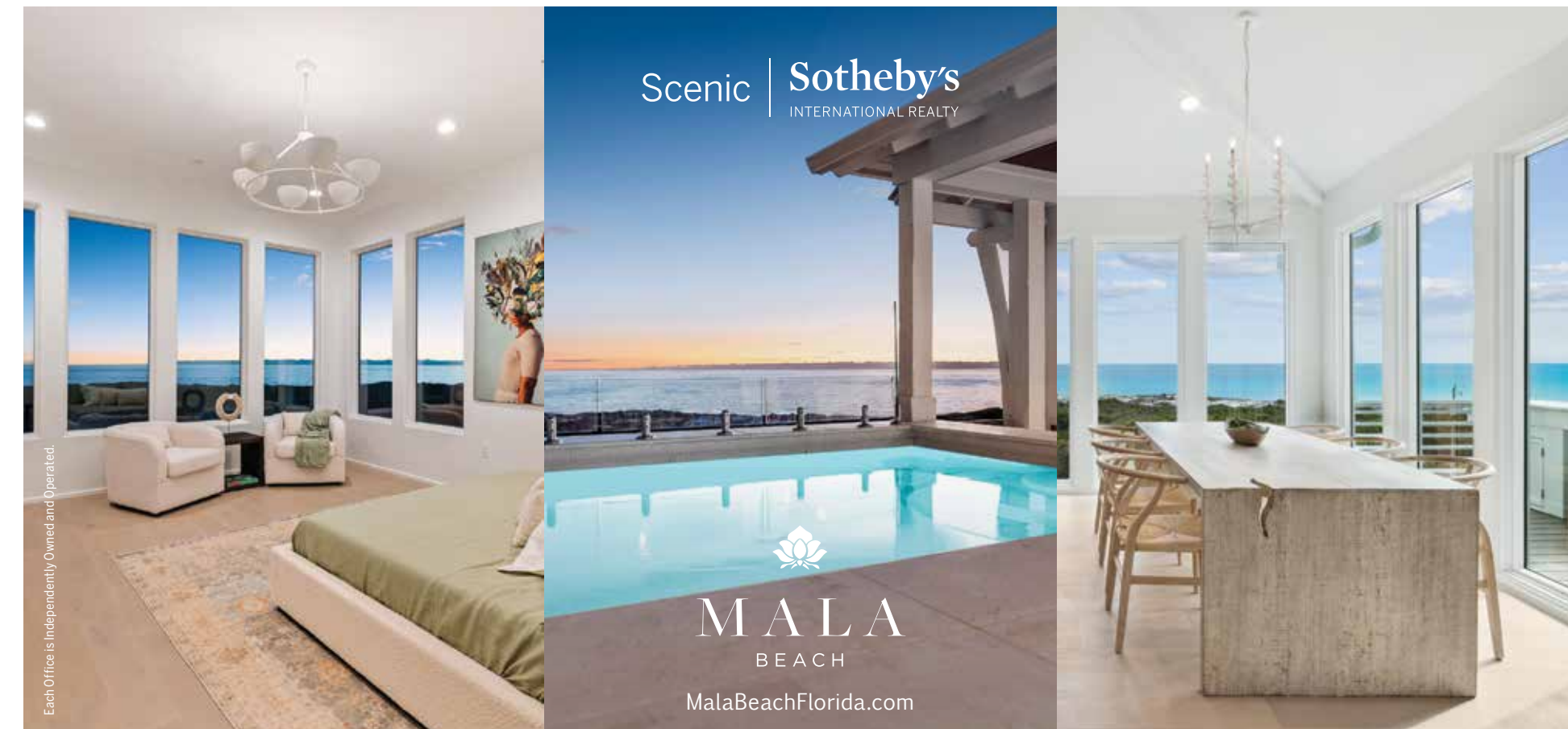
watersoundfountains.com

65 Origins Parkway, Inlet Beach, FL 32461

WATERSOUND is a service mark of The St. Joe Company and is used under license.
FOUNTAINS is a service mark of Watermark Retirement Communities LLC and is used under license.



2501-WWF-9204A



Mala Beach is a seven-home Gulfside community featuring luxurious custom finishes in Inlet Beach.

Tom Fitzpatrick Broker Associate | 850.225.4674 | tom@scenicsir.com | tom.scenicsir.com

A Design Experience

Summer House Lifestyle opens new, larger interior design studio and lifestyle boutique

BY TESS FARMER

After 12 successful years in Uptown Grayton Beach, Summer House Lifestyle has officially opened the doors to its stunning new location in Watersound Town Center. The expanded space is more than just a move—it represents a bold step forward for the beloved interior design studio and lifestyle boutique founded in 2011 by designer Melissa Skowlund.

The new storefront, nestled in the heart of Watersound, spans an impressive 4,100 square feet, nearly doubling the brand's former retail space. With more parking, a thoughtfully-designed interior, and an attached design bar, the new location offers clients an elevated and personalized experience, whether they're browsing the boutique or collaborating one-on-one with a designer.

"We want to provide an experience that is more than just a storefront, but a place that helps to create beauty large or small in the lives of our customers," said Skowlund. "Watersound is the perfect location for our existing clientele and offers them an all-in-one experience within the town center."

The decision to relocate was rooted in the desire to bring back the charm and inspiration of in-person shopping, something Skowlund feels has been missing in recent years.

"We have been shopping online for too long," she said. "Our customers desire more connection in their design process and also to restore the special ritual of a shopping day out with friends or family."

Those values are evident the moment visitors step through the door. The space is refined, serene and beautifully appointed—reflecting the timeless elegance that has become synonymous with the Summer House Lifestyle brand.

From white linen couches and natural stone accents to woven textures and whimsical wallpapers, the boutique is curated to inspire. Each corner of the showroom is organized by room, creating immersive vignettes that allow guests to experience the way a finished space might look in their own home.

"Whether you are redesigning a single space or furnishing an entire home, our boutique offers an immersive, room-by-room experience that helps you see all possibilities," said Skowlund.



Textiles, luxe fabrics and more await shoppers at Summer House Lifestyle.

The newly-introduced design bar is a standout feature of the Watersound location. It's here that clients can work directly with the Summer House Lifestyle design team to explore finishes, textiles and furnishings in a collaborative, creative setting.

Skowlund's design talents have taken her beyond her home and the beaches of South Walton. The Summer House Lifestyle portfolio spans the nation, with projects that include Gulf-front homes along 30-A, a 400-acre horse farm in Nashville, a sleek ski retreat in Park City and a waterfront estate in Greenwich, Connecticut. The

team has also worked on commercial interiors, including the iconic Fonville Press in Alys Beach.

"We've had the honor of working on some amazing projects and partnering with a talented team of subcontractors and local vendors who help make our clients' visions come to life," said Skowlund.

"Our team of designers is truly the heart of Summer

Summer House Lifestyle isn't just redefining home design along the Emerald Coast—it's reinventing the very experience of shopping and creating spaces with heart.

House Lifestyle," said Skowlund. "Each person brings their own unique talent and perspective, and together we've created something really special over the years. I've always believed that teamwork makes the dream work, and that belief has shaped every part of our company culture."

"The success and longevity of Summer House Lifestyle wouldn't be possible without the incredible dedication, creativity and collaboration of our team—they are the reason we continue to grow and inspire," she added.

In addition to interiors, the boutique offers a curated

collection of home décor, floral arrangements, fragrances, tabletop items and an ever-evolving assortment of clothing and accessories.

Shoppers can find pieces from beloved brands like Anna Beck Jewelry, Autumn Cashmere, Brochu Walker, Eberjey, Krewe Eyewear, Nation LTD and TWP Clothing. Newer additions to the boutique include Ann Mashburn and Karen Adams Designs, expanding the store's appeal to fashion-forward clientele.

Gift wrapping services, elegant merchandising and thoughtful details throughout the store further enhance the customer experience.

Skowlund's vision is clear: to create a welcoming, sophisticated space where beauty and function coexist—and where customers feel seen, inspired and cared for.

"We want to help clients achieve a level of sophistication and beauty that complements their personal taste without feeling as though they need to go over-the-top to do so, or adhere to industry trends that will quickly change," said Skowlund.



The boutique has added clothing and accessories that match the breezy coastal lifestyle.

With its stylish new Watersound Town Center location, Summer House Lifestyle isn't just redefining home design along the Emerald Coast—it's reinventing the very experience of shopping and creating spaces with heart.

Summer House Lifestyle
26 Origins Main Street, Suite 100, Inlet Beach
Monday-Friday 10 a.m. to 5 p.m.
Saturday from 10 a.m. to 3 p.m.
Closed Sunday
www.summerhouselifestyle.com

Photos by Lauren Deusing from LA Free Film

BEST *of the* BEST

DAVID YURMAN

KWIAT

ERICA COURTNEY

OSCAR HEYMAN

PAUL MORELLI

ALEX SEPKUS

KONSTANTINO

MARCO BICEGO

HENRI DAUSSI

JUDE FRANCES

SIMON G

OMI GEMS

SYLVIE

LAUREN K

KIMBERLY COLLINS

PICCHIOTTI

GUMUCHIAN

HULCHI BELLUNI

ANNAMARIA CAMMILLI



McCASKILL & COMPANY

— Finest Jewelry & Watches —

13390 Highway 98 West | Destin, FL 32550

(850) 650-2262 | McCaskillandCompany.com

Entertainment Destination

Attycat's Arcade brings family fun to 30-A

BY TESS FARMER



Chris and Jennifer Webb, owner's of Attycat's with their son Atticus.

For families visiting or living along Highway 30-A, entertainment options that cater to all ages—and don't require a drive to Destin or Panama City Beach—have always been in high demand. That's exactly what inspired Chris and Jennifer Webb to open Attycat's Arcade, a vibrant new hotspot in 30-A in Inlet Beach, where the fun of modern arcade games, classic treats and family bonding all come together under one roof.

Opened in 2024, Attycat's Arcade is a colorful, lively escape from the sun or the rain. Whether you're looking for something to do on a rainy afternoon, a "sunburn recovery day," or an evening of fun after dinner, the arcade is quickly becoming the go-to gathering place for families up and down 30-A.

"There was a need for indoor family activity along 30-A," said co-owner Chris Webb. "Families shouldn't have to drive to enjoy a little old-school arcade fun."

The arcade was designed with intention and heart. The retro look is from the creative mind of David Digregorio from Central Idea Agency, a local graphic design company. The name Attycat's was a nickname given to the Webb's son Atticus as a boy, by the iconic long-time local soccer coach CD Harris. Atticus, who is now in college, still makes appearances at the arcade to lend a hand and help keep the gaming spirit alive.

"Going to arcades was a great pastime with our kids," said Chris Webb. "Now, we're enjoying watching other families create memories of their own here at Attycat's."

Inside, the atmosphere is pure fun. Neon lights glow, tickets whirl from machines to digitally arrive on game cards and the walls echo with laughter and the sounds of arcade games being played by kids and grown-ups. From the classic "Down the Clown" to the latest video games, there's something for everyone, including games of skill, racing simulators, claw machines and nostalgic favorites such as skee-ball.

But Attycat's Arcade isn't just about the games—it's a full family destination. The space includes two iconic brands under one roof: The Great American Cookie Company and Marble Slab Creamery make it a sweet treat haven. After working up an appetite battling it out in a game of NBA Hoops, families can fuel up with a fresh-baked cookie, ice cream cones, sundaes or custom ice cream sandwiches. And for the adults? A well-curated selection of local

touches. With the arcade's energetic environment and the irresistible combo of cookies and ice cream, it's no surprise that party bookings are already growing.



One of the most charming and unique traditions at Attycat's Arcade is the "ice cream toss"—a fun, spontaneous challenge for guests willing to catch a flying scoop of ice cream flung across the room. It's just one of the many whimsical ways the arcade creates joy and encourages laughter.

"It seems we're in the business of providing smiles, and we wouldn't have it any other way," Webb said with a laugh. "It makes the everyday challenges of being a small business owner worth it."

As small business owners rooted in the community, the Webbs understand the importance of building a place that brings people together. The blend of family values, nostalgic fun and community is what makes Attycat's Arcade more than just another entertainment stop—it's an experience, a memory-maker and a welcome addition to the area.

"There's something timeless about arcades," added Webb. "We loved them as kids and as parents, and now we get to share that same joy with our community. At the end of the day, we just love seeing families with smiles on their faces."

Attycat's Arcade
12805 US Hwy 98 E, C100, Inlet Beach
850-641-0100
8 a.m. – 10 p.m. daily
www.attycatsarcade.com

Going to arcades was a great pastime with our kids. Now, we're enjoying watching other families create memories of their own here at Attycat's. – Chris Webb, co-owner

craft beers and seltzers gives grown-ups something to enjoy while the kids play.

"It's the little things that make the experience great for the whole family," said Webb. "Whether it's a scoop of ice cream or a cold beer, we want parents and grandparents to enjoy themselves too."

The Webbs have created a space that goes beyond entertainment—it's a place to celebrate. Attycat's Arcade offers private event and birthday party hosting, complete with games, prizes, available hot dog service from local favorite DogManDu, sweet treats and personalized

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

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 Seagrove Beach, FL 32459

Board Certified
Real Estate Attorney

REAL ESTATE

"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

THE MARKET SHOPS

TENTH ANNUAL

BLOODY MARY

FESTIVAL

PRESENTED BY SOUTH WALTON FLORIDA

POWERED BY STEP ONE GMC FORT WALTON BEACH

SATURDAY, OCTOBER 11, 2025 | 11 AM - 2 PM

\$60 IN ADVANCE | \$75 AT THE DOOR

TO PURCHASE TICKETS, VISIT THEMARKETSHOPS.COM

PROCEEDS BENEFIT Habitat for Humanity

30A UP EATS

FACES

Disillery

COURTYARD

THE UPS STORE

SANDESTIN

850

RESIDENCE

THE MARKET SHOPS

BOUTIQUES & EATERIES

LEGENDARY

TALLAHASSEE

30A

PROFIT

Mingle

REVIEW

BankPlus

TICKET INCLUDES:

BLOODY MARYS
by the area's top restaurants and
your vote for the Best in South Walton

CRAFT BEER
by Idyll Hounds

BUBBLY BAR

SPIKED SELTZERS
by Palm Folly

LIVE MUSIC & DJ

LIVE STREAMING
of SEC Football

LOCAL EATS & SHOPPING

PHOTO BOOTH

CIGAR BAR

CUSTOM TRUCKER HAT BAR

9375 EMERALD COAST PARKWAY, MIRAMAR BEACH, FLORIDA | Located at the Entrance to Sandestin Golf and Beach Resort | themarketshops.com

LUXE 30A Vacation Property Management



Don't be just another number. Our Boutique Property Management Company is designed with your property in mind. We offer...



- **BETTER** Communication
- **BETTER** Care for Your Property
- **BETTER** Client and Customer Service
- **BETTER** Revenues

Bigger isn't Always Better, Better is BETTER

Who We Are

"Homes Are What We Know", the LUXE 30A team has over three and half decades of Property Management, Luxury Home Building, and General Contracting Experience creating 30A's Premier Home Management Company, LUXE 30A.

For a FREE rental comparison and more



Join the LadyGang

Popular podcast team creates LadyWorld music and entertainment weekend at the beach

BY TAYLOR SHEEKLEY PETRICK

The popular LadyGang podcast, hosted by Keltie Knight, Becca Tobin and Jac Vanek, have partnered with Topeka, innovators of the boutique music vacation weekend, to create LadyWorld presented by e.l.f. Cosmetics.

Featuring a lineup of most listened-to podcasters, comedians, iconic musicians, curated activations and much more, the three-day destination retreat will take place at Seascapes Resort from September 26-28.

LadyWorld is a revolutionary entertainment experience that blends the best of podcasting, music and reality television into one immersive destination festival.

Whether you're a podcast aficionado, a music enthusiast or a die-hard reality TV fan, LadyWorld offers a unique, destination retreat where attendees can experience their favorite creators, performers, and personalities like never before.

LadyWorld is more than an event, it's a world of exclusive content, live experiences and endless entertainment, all centered around female-driven creativity and empowerment.

Days are filled with different activities ranging from pickleball and beach yoga, to gifting suites and horoscope readings.

Evenings are set with live podcast recordings, comedy, music performances, bonfires, silent disco parties and more with the biggest names in pop culture including comedian and Giggly Squad co-host Hannah Berner, Dancing with the Stars champion Kaitlyn Bristowe, Vanderpump Villa's Stassi Schroeder and many others.

"After years of hustling, girl bossing, and trying to have it all—we're scheduling an official vacation," Knight said. "LadyWorld is your no-pressure playground: a weekend where the only thing on your to-do list is joy. Just sunshine, sisterhood, and seriously good vibes. Think of it as a summer camp for your grown-up inner child."

To kick off the first evening of the event weekend on Friday, September 26, guests will gather at the Seascapes venue when the doors open at 3 p.m. for a V-VIP Cocktail Hour. Attendees will then take their seats to enjoy a lineup of live shows and podcasts from

The LadyGang, Ashley Hesselstine and Rayna Greenberg of the Girls Gotta Eat podcast, and reality star and author Stassi Schroeder. The night will conclude with a live performance from five-piece pop rock band The Maine.

On Saturday, September 27, the doors will open again at 3 p.m. for various Pregame Activities before former Bachelorette and podcaster Rachel Lindsay and E! News host Justin Sylvester takes the stage.

Comedian and Giggly Squad co-host Hannah Berner will then take the stage for a hilarious set followed by live music from Mark McGrath of Sugar Ray, Chris Kirkpatrick of *NSYNC, O-Town, LFO and BBMak. Attendees are invited to a post-show, "Sip N Sing" Beachside Sing-along with podcaster and former Bachelorette Kaitlyn Bristowe, presented by Spade and Sparrows.

The weekend will culminate on Sunday, September 28 with more pregame activities kicking off at 3 p.m. followed by a performance from stand-up comedian, actress, and writer, Gina Brillon. Ria and Fran from the Chicks in the Office podcast will then take the stage before Kaitlyn Bristowe closes out the evening.

"We are thrilled to innovate and create the next big thing in podcasting by creating the ultimate ladies' retreat featuring a curated lineup of friends and performers we've grown alongside and been inspired by over

the past decade," Knight said.

In honor of LadyWorld's celebration of music, empowerment and unapologetic fun, 21Seeds Infused Tequila has been named as the official cocktail partner of the highly anticipated three-day event. Festival-goers can look forward to three signature cocktails made with 21Seeds' celebrated award-winning tequila.

Weekend passes are available online at ladyworld.co. Various levels are available depending on whether guests are planning to attend as a "Solo Lady" or with a group of two-10 people. Based on group size, attendees will also have the option of purchasing a Cove, a reserved seating section at the venue where guests can enjoy live performances and have food, drinks and

merchandise delivered right to their seats.

Ticket holders will be granted access to a private Facebook group and monthly planning zooms where members get to interact with the LadyGang hosts and get personal help making their plans and meeting other attendees.



The Ladygang, left to right: Becca Tobin, Keltie Knight and Jac Vanek

Those planning to attend the three-day event will have the opportunity to reserve a condo or villa on property that is only a short walk away from the venue, beach and activities.

To learn more about LadyWorld, visit ladyworld.co.

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

the thirty-a REVIEW

ADVERTISE WITH US

the thirty-a REVIEW

Call (404) 907-6427 for rates and information

miles@thirtyareview.com www.thirtyareview.com

visit our website for current and past issues

ENTERTAIN. EDUCATE. INSPIRE.

SINFONIA

GULF COAST

SINFONIA INITIATIVES

Link Up IN PARTNERSHIP WITH CARNEGIE HALL

Paint the MUSIC

Sinfonietta Strings & Intermediate Strings

Sinfonia Youth Orchestra

Musicians in Schools

Guest Artists in Schools

Live orchestra performances for students

Ensembles in Residence in the schools in partnership with Florida State University

Educational outreach remains at the forefront of Sinfonia's mission. Since it was established in 2007, Sinfonia Gulf Coast has introduced music to more than 200,000 children in Okaloosa, Walton, and Bay Counties.

Your support is instrumental to our success. Donate today to help Sinfonia bring music, education, and the arts to our schools. SinfoniaGulfCoast.org | 850.460.8800



SEASON PRESENTING EDUCATION SPONSORS

STJOE Community Foundation

ROBERT M. FERGUSON MEMORIAL FUND FOR MUSIC EDUCATION



SILVER SANDS PREMIUM OUTLETS A HOWARD GROUP AND SIMON CENTER

Working Together to Protect Paradise

Walton County takes big steps to be good stewards of the landscape

BY THE WALTON COUNTY TOURISM DEPARTMENT

With nearly 40 percent of the land preserved for conservation, Walton County is well known for its pristine, natural landscapes. Mindfulness of this beauty is even built into how local leaders maintain and promote the destination. Look no further than the county’s motto: Pride. Preservation. Conservation.

In an effort to further protect our natural settings and the communities they surround, the Walton County Tourism Department recently announced the launch of Keep Walton County Beautiful.

KWCB serves as an official affiliate of Keep America Beautiful, the national nonprofit that inspires and educates people to improve their communities. Since 1953, KAB has envisioned a country in which every community is a clean, green and beautiful place to live.

The new KWCB affiliate is a registered nonprofit organization that is funded through the Walton



South Walton is home to more than 200 miles of hiking and biking trails, from paved pathways along Scenic Highway 30 to wooded paths surrounded by natural habitats. Photo provided/Perdue Photography LLC

Walton County is truly a special place. Through Keep Walton County Beautiful, all of us can help play an essential role in nurturing this stunning destination.

-Matt Algarin, tourism director.

County Tourism Department. It is governed by a Keep Walton County Beautiful board that represents the general population.



Inlet Beach is a true beach lover’s paradise. With the area’s largest regional beach access, a beach chair, sunscreen, and a good book are all you really need to mix up the perfect recipe for relaxation. Photo Courtesy Walton County Tourism Department

Heading up the day-to-day efforts of KWCB is Cecilia Canut, a marketing specialist for the Tourism Department.

“This is such a huge opportunity for Walton County, being able to join forces with Keep America Beautiful,” says Matt Algarin, Tourism Director. “Walton County is truly a special place. Through Keep Walton County



With easy access to South Walton’s rare coastal dune lakes and the Gulf of Mexico, Topsail Hill Preserve State Park is full of activities like kayaking and stand-up paddleboarding. Photo by Moon Creek Studios.

Beautiful, all of us can help play an essential role in nurturing this stunning destination.”

KWCB’s mission is to engage locals and visitors alike to not just protect these local environments, but to enhance them as well. Everyone with an interest in this mission is encouraged to play an active part – from neighborhood associations and church or school groups

to businesses, corporations and estates.

KWCB will work to create a strong network that empowers us all through county-wide initiatives such as beautification, litter prevention, waste reduction and recycling.

KWCB will lead coordinated efforts such as tree planting campaigns, beach and roadway cleanups, litter prevention campaigns and more. They also plan to create a more sustainable community through initiatives like ongoing education in local schools and

green business resources.

As the old saying goes, it takes a village. Over the years, it has taken an incredible amount of work to keep Walton County’s natural beauty thriving. And now these cumulative, ongoing efforts will allow us all to protect our resources so that everyone can enjoy them for generations to come.



WaterColor is home to one of South Walton’s most picturesque coastal dune lakes, Western Lake. You can rent a kayak or stand up paddleboard (SUP) from the WaterColor Boathouse and spend your days paddling the lake, or hike and bike your way through Grayton Beach State Park and Point Washington State Forest. Photo by Visit South Walton.

Anyone looking to learn more or explore ways of getting involved is encouraged to visit KeepWaltonCountyBeautiful.org or call the Visitor Information Center at 1-800-822-6877. Sign up for the KWCB e-newsletter to receive information about events, future cleanups and resources. You can also follow KWCB on Instagram, Facebook and Twitter/X @KeepWCBeautiful for timely updates.

Photos by Walton County Tourism Department

30A’s only custom bakery

CAVA • CUPCAKES • COFFEE BAR • CUSTOM CAKES
Santa Rosa Beach, FL • 850.931.2253 • cavaandcakes.com • [f @cavaandcakes](https://www.facebook.com/cavaandcakes) • [@cavaandcakes](https://www.instagram.com/cavaandcakes)



THE Sweetest PLACE IN PARADISE!

A Gulf Coast LEGEND

An extensive selection of fine Wines and Champagnes unrivaled in our part of the world. Explore the Legendary Captain’s Cellar @CaptAndersons.com



Capt. Anderson’s
Restaurant & Waterfront Market
DINE EARLY AND WATCH THE FLEET UNLOAD
850-234-2225 • 5551 N. Lagoon Drive • CaptAndersons.com



When the grass isn't greener

Lawn toxins: Are your kids and dogs at risk?

BY DR. BART M. PRECOURT, D.C.

Most people now understand there's a strong connection between gut health and overall well-being. But have you ever considered the link between soil health and your environment? It's just as vital.

After 30 years in healthcare—and traveling the country teaching doctors how to heal the gut and restore the microbiome—I've come to realize something powerful: what we do to our soil, we do to ourselves. As a novice farmer, I've witnessed firsthand how the health of the soil mirrors the health of the gut. And sadly, both are under attack.

Want to protect your kids, your pets
and the planet?

Start with your own backyard.

Gut and soil: The root of it all

A thriving gut microbiome supports digestion, immunity and mental well-being. Similarly, healthy soil nourishes crops, supports biodiversity and helps detoxify the planet.

But when we drench our lawns with pesticides, herbicides, mosquito sprays and chemical fertilizers, we destroy these delicate microbial ecosystems. Even at so-called "safe" levels, repeated exposure creates a toxic burden that builds up over time.

In the body, this microbial imbalance can trigger autoimmune issues, anxiety and vulnerability to infection. In the soil, it's just as disruptive—fueling issues like toxic blue-green algae blooms in ponds, lakes and rivers. These blooms are often described as "toxic pea soup" and carry neurotoxins that affect both people and animals.

And here's what's even more concerning: these toxins can become airborne. Dogs, kids and adults alike can be exposed not just by swimming or touching contaminated water—but by breathing in aerosolized toxins on warm, breezy days.

Quick-fix culture, long-term damage

We've been conditioned to default to quick fixes—antibiotics for every sniffle or Roundup for every weed—without pausing to consider the long-term cost.

But the damage from repeated low-level chemical



Dr. Bart Precourt

exposure often goes unnoticed until it becomes something more serious. The cumulative toll, not the single exposure, is the real danger.

Toxins unleashed: glyphosate & antibiotics

Glyphosate—the active ingredient in Roundup—is a registered antibiotic, not just a weed killer. It wipes out not only unwanted plants, but also beneficial bacteria in the soil and the gut. The same goes for overused antibiotics in medicine.

I've seen this microbial destruction show up in humans as skin flare-ups, autoimmune disorders,

weight gain, mood swings and fatigue. And in dogs? Chronic itching, gut dysfunction, kidney and liver stress—even sudden organ failure.

Even when used in "acceptable" quantities, these chemicals stack up. And when glyphosate-soaked soil runs off into water systems, it fuels those blue-green algae blooms that can kill dogs within hours.

At risk: pets and people

Picture your dog happily running through a lush lawn or lapping water from a nearby pond. It looks harmless—but those green spaces are often saturated with lawn chemicals. These toxins are absorbed through paws or ingested through grooming and drinking, leading to gut microbiome damage, systemic inflammation, and even life-threatening illness.

Kids and adults are also vulnerable. Constant exposure to lawn sprays, mosquito fogging and synthetic pesticides has been linked to increased rates of autoimmune conditions, neurological symptoms and chronic inflammation.

This isn't fear-mongering—it's a wake-up call. The doses may be "small," but the exposure is daily.

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, call 850-231-9288 or email drbart@drbartprecourt.com



You know the minute you walk in the door
we are different. We smell like fresh baked bread
and cookies, house made sides and entrees.

If you want a fresher fish, you'll have to catch it yourself!

market30a.com



113063 Highway 98 East, Suite M. Inlet Beach, FL . 850.502.4100. OPEN DAILY 9am - 6pm

Mindful marriage

Pre-marital estate planning

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON

When contemplating marriage, remember that love may be blind, but it is wise to proceed with both eyes wide open. This wisdom is never truer than when that marriage will form a blended family. After all, both parties are blending their respective assets and, oftentimes, their respective children.

It is estimated that one in three remarriages end in divorce, especially when children are involved. So, how does a couple “unblend” their assets when things do not work out as planned? Further, if the remarriage stays intact when one spouse dies, what happens with the assets of the deceased spouse?

In light of these realities, the parties should consider negotiating and signing a premarital agreement that addresses these issues before saying “I do.”

Once the premarital agreement is signed, it takes affect when the marriage is legal. The agreement should clarify asset ownership during the marriage, asset disposition upon divorce, spousal support and asset division upon death.

Once those details are covered, be mindful to ensure that the agreement will withstand future legal challenges. To help make the agreement bullet-proof, ensure that both parties:

- Provide full written disclosure of their assets and liabilities;
- Provide adequate time for negotiation and reflection well in advance of the wedding day;
- Ensure that the agreement is voluntary and not unconscionable (i.e., unfair);
- Ensure that each party understands the consequences of the agreement; and
- Ensure that each party has independent legal representation.

While, admittedly, not very “romantic,” a premarital agreement can start the remarriage off on the right footing. Not only will both future spouses know what their future rights and responsibilities will be, but their children will know the rules of the road, too.

When it comes to assets, certain rights that attach only after the marriage is official need to be addressed. One common asset that requires careful attention is your retirement fund. If it is an ERISA retirement



Kimberly Watson Sewell and Franklin Watson

fund, then your surviving spouse is automatically the primary beneficiary, even if your own children have been designated as your primary beneficiaries. Accordingly, your premarital agreement should address this and provide that your new spouse agrees to “waive” these ERISA rights after the wedding.

Another area of concern involves gifts or an inheritance received after the wedding. For example, if you will inherit the family business from your parents, then this needs to be addressed in your premarital agreement to insure that it will be your “separate property” when received.

Naturally, the estate plans of both parties will need to be created or revised after the wedding so that they are consistent with the agreed disposition of assets upon the death of one spouse or after the deaths of

both spouses. Thereafter, careful attention is required to ensure that all separate and marital assets are titled and designated to pass as planned.

If you are married already, consider a “post-nuptial agreement” to address all of the “premarital agreement” matters.



For more information, please contact
Watson Sewell, PL at 850-231-3465

CAPTAIN
your own family sight seeing adventure

Great Boats at Great Prices!

~ 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

SHELL ISLAND
Boat Rentals & Tours

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)

Blue Dolphin Tours
Come Swim with the Dolphins!

Come Swim With Dolphins!

BLUE DOLPHIN TOURS

TOUR TIMES AND INFO
9am, 11am, 1:30pm, 3:30pm
It is around Shell Island, just 20 miles to the east of 30A.
2, 3 & 4 hour tours available!
850.236.FINS
RESERVATIONS ARE REQUIRED

Swim with the Dolphins | Snorkel Grass Flats | Explore Shell Island

PRIVATE BOAT FOR JUST YOU & YOUR FAMILY
(we have several boats available to accommodate larger families)
RESERVE NOW ON-LINE
30adolphintours.com

only \$59.00 per person

Blue Dolphin Tours
3601 Thomas Drive | Panama City Beach
Treasure Island Marina
30adolphintours.com

Crucial first movement

The key to a perfect takeaway

BY TOM FITZPATRICK

The takeaway is arguably the most critical part of a golf swing. Arnold Palmer emphasized just how important those first two feet of the swing are, noting that it sets the stage for everything that follows. A poor start to your swing will result in compensations throughout the swing, leading to a myriad of offline shots.

Many professional golfers understand this and often rehearse the takeaway before executing the shot. Notice them on TV—they take the club back for just a few feet before returning the club to address. They know that getting this first movement right is essential for maintaining control and accuracy.

Common takeaway mistakes among amateur golfers

vital. The body's core, particularly the belly button and obliques, should initiate the movement. This prevents the common error of using just the hands and arms, which can lead to a host of problems.

The handle should start back on an inside track while the club head moves on an outside track. It's called keeping the club head outside the hands. I like to feel the grip almost brush my right pant leg on the way back. It automatically sets the club head outside the handle.



A common fault is to whip the clubhead inside causing the hands to separate from the chest.

include:

- Rolling the clubface open (or shut)
- Whipping the club inside, causing the hands to move away from you
- Lifting the club up with no turn
- Turning the body too early, no arm speed

These lead to a lack of synchronized movement between the arms and body. It's frustrating if you do not know how to solve it. Understanding these mistakes helps to appreciate what a good takeaway should look like. Otherwise, you may get stuck in a rut of bad golf for many years of your golfing life.

The Key

A successful takeaway ensures that your hands move inwards while the club head moves outwards.

This synchronicity between the body and the club is

Likewise, I like to feel the grip almost brush the pant leg on the way down. That way I know the club will likely return to impact in that same position it held at address.

Medicine Ball Drill

Using a 6-pound medicine ball, golfers can feel the correct movement and connection between the core and the club. The takeaway is not just purely hands and arms, but involves the entire body. We first stumbled on this amazing exercise years ago while at Lake Nona. I have fond memories of tossing the ball back and forth with golf legend Seve Ballesteros. Try this in your driveway or gym. It is one of the best drills to build a rhythmic swing. Simply underhand toss the medicine ball to another person fifteen feet away.

StraightAway Training Aid

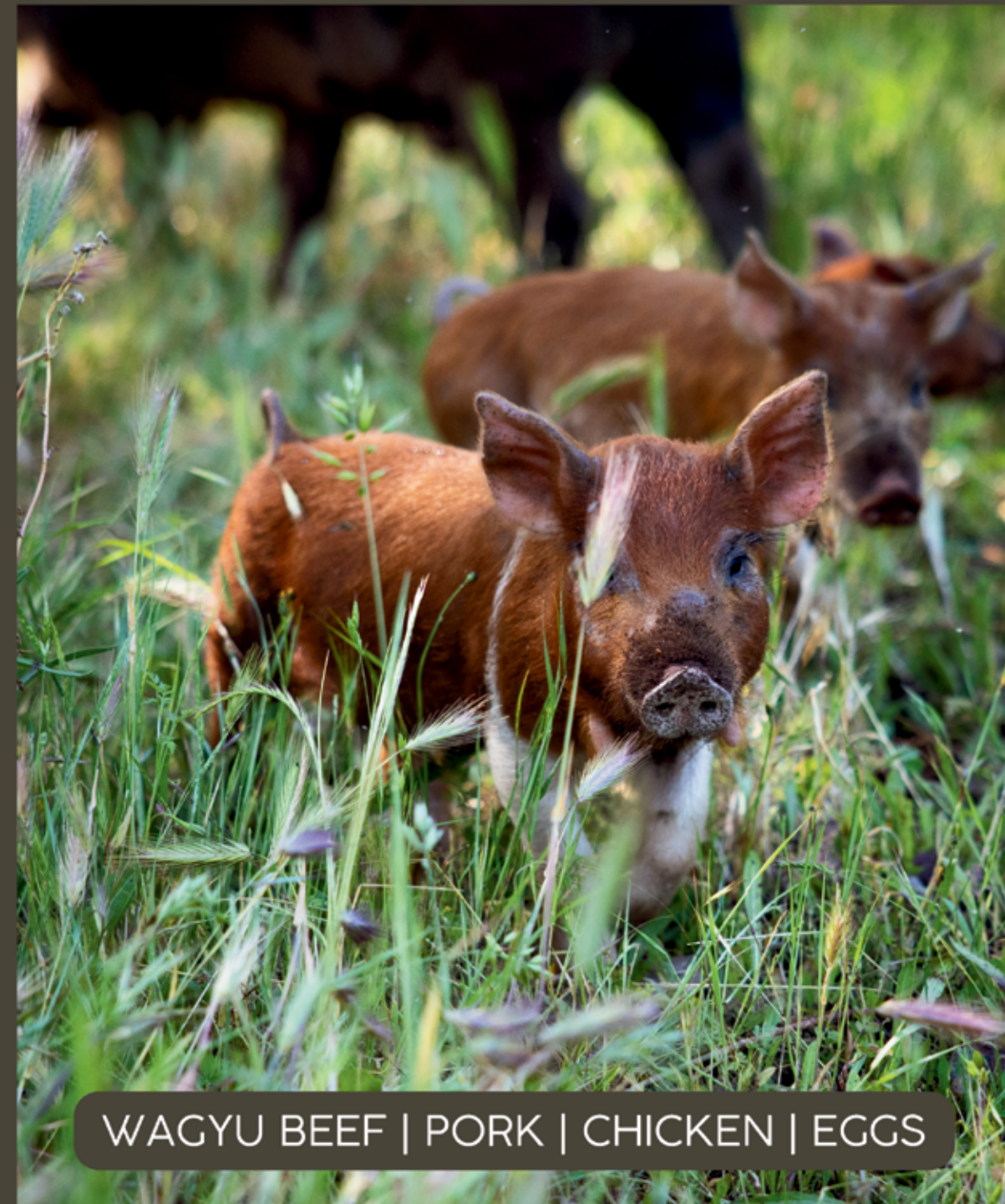
A popular new training aid is called the StraightAway, designed by David Leadbetter. This simple, effective training aid snaps onto the shaft and guides you into the correct takeaway position. The indicator will show you when your hands properly move inside and the club head stays outside. The StraightAway Swing Aid helps guide you to a proper start, setting the stage for straighter shots.

Tom Fitzpatrick is a David Leadbetter certified instructor. He is an active broker realtor with Sotheby's Realty. Reach him at 850-225-4674 or visit tom.scenicsir.com



Above: Drill - Push the grip back with the left hand only until it contacts the right arm.
Below: A gentle turn with your core helps initiate a proper backswing

Sonny's Farm
REGENERATIVE FARMING



WAGYU BEEF | PORK | CHICKEN | EGGS

**Healthy Land.
Happy Animals.
Honest Food.**



relax you're *home*



337 Western Lake Drive
WaterColor

\$6,100,000
5 Beds | 7 Baths | 5,297 SF
Classic WaterColor home with views of the lake,
state park, and Gulf.



4100 E. County Hwy 30A # 1304
One Seagrove Place

\$1,110,000
2 Beds | 2 Baths | 870 SF
Gulf-Front condo with panoramic views.



227 Sand Hill Circle
WaterColor

\$6,100,000
4 Beds | 1 Bunk | 5.5 Baths | 4,984 SF
Located across from the beloved Frog Pool



Lot 2 Jeep Road | Lots 6 & 7 Old Trail
Inlet Beach

\$800,000 | 5.11 Acre Homesite
\$1,690,000 | 10.24 Acre Homesite
Development opportunity
near Lake Powell & the Gulf



432 Pine Needle Way
WaterColor

\$4,235,000
5 Beds | 5.5 Baths | 4,256 SF
Ideally located in the Forest District of WaterColor.



Lot 13 Shingle Lane
WaterSound Beach

\$9,500,000
0.23 Acre Homesite
Opportunity to construct the largest
Gulf-Front home in WaterSound Beach.



4402 Southwind
Sandestin

\$2,450,000
3 Beds | 2 Baths | 2299 SF
Elegant Gulf Front Condo with Beautiful Views



Marianne Grant and Blake Cooper
Real Estate Advisors

850.585.0621 | ma@mariannegrant.com
850.218.0202 | blake@blakecoopersales.com
grantandcoopergroup.com

1701 E County Highway 30A
Santa Rosa Beach, FL 32459

WATERSOUND®
REAL ESTATE

ADVERTISE WITH US

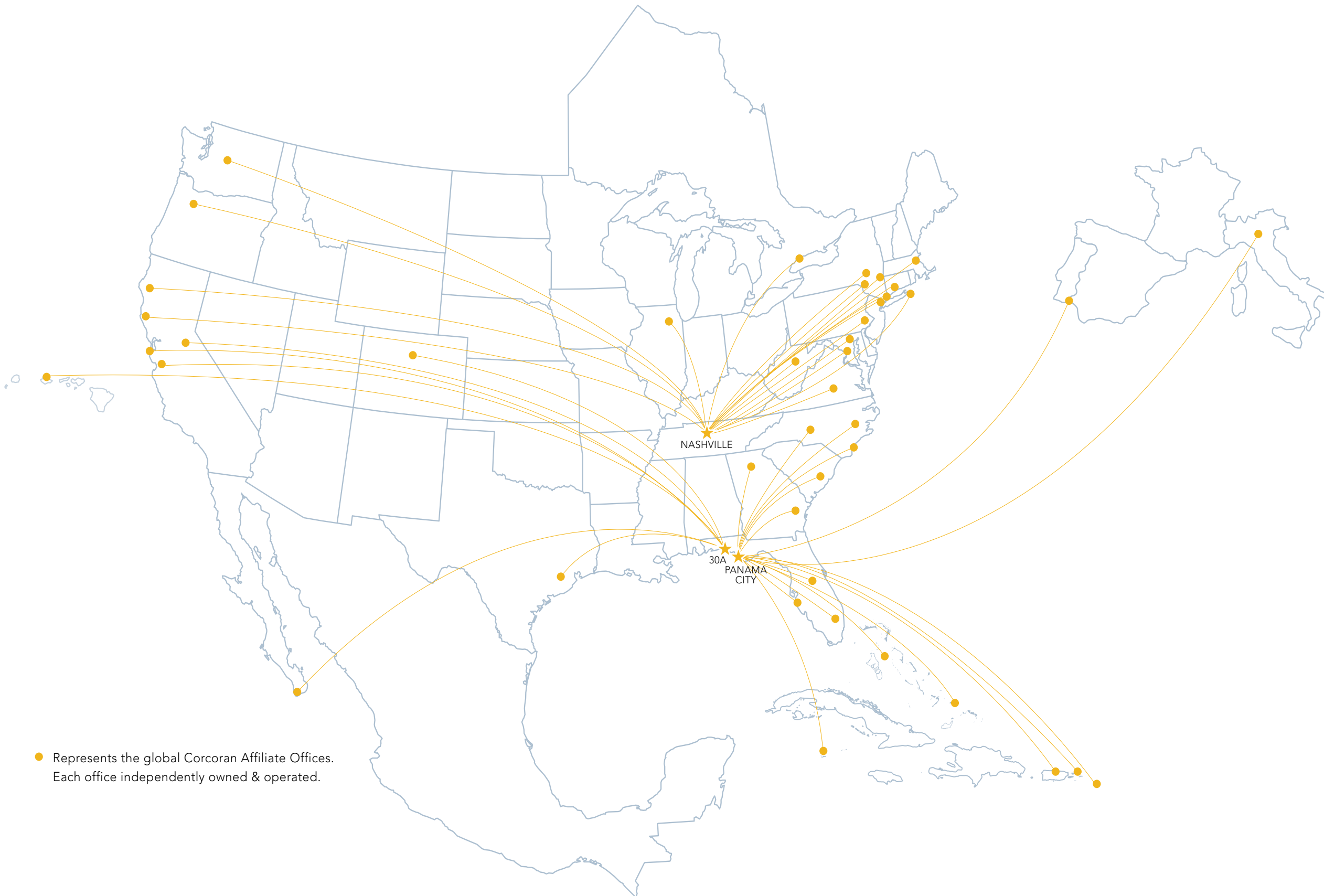
**the thirty-a
REVIEW™**
a review of 30-A's finest people • places • things

Call (404) 907-6427
for rates and information

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

Local by design. Connected by distinction.

From 30A to anywhere your life
leads, we offer local expertise with
a world of reach.



Who We Are:

WealthTrust Asset Management is proud to be the only institutional investment management firm on the Emerald Coast, dedicated to your financial empowerment and security. Our Strategies are utilized by Clients and Advisors throughout the United States



Navigating Wealth Management: A Partnership with WealthTrust Asset Management

Empowering Your Financial Future

With over 25 years in the financial services industry, WealthTrust Asset Management stands out as a trusted partner in wealth management. Founded by Mr. John McHugh, who holds a business degree from the University of Missouri, the firm leverages extensive experience from prestigious institutions like Merrill Lynch and Wells Fargo. This background enriches our understanding of market dynamics and investment strategies.

Tailored Financial Solutions

WealthTrust believes in personalized financial strategies tailored to diverse client needs—be it individuals planning for retirement, family offices, institutional investors, or non-profits. The firm is dedicated to providing strategic guidance with a focus on transparency, integrity, and disciplined investment philosophies.

A Commitment to Excellence

WealthTrust meticulously selects high-quality equities while employing rigorous risk management to ensure wealth preservation and growth. Their CPA-audited performance numbers have earned them 4- and 5-star Morningstar rankings. Notably, their WealthTrust DBS Long Term Growth ETF (WLTG) has gained recognition from the New York Stock Exchange for its innovative use of artificial intelligence.

Enhancing Financial Literacy

Beyond asset management, WealthTrust is committed to advancing financial literacy, collaborating with other advisors and clients to promote informed decision-making and financial success. They believe that an informed client is a lifelong client, fostering comfort and trust in their investment strategies.

Harnessing AI for Investment Success

Artificial intelligence plays a crucial role in their investment process by enhancing data analysis, predictive analytics, risk management, and portfolio optimization. AI tools help identify trends, assess risks, automate routine tasks, and even personalize investment strategies to align with client goals.

Join Us in Your Financial Journey

At WealthTrust Asset Management, we invite you to explore a comprehensive approach to achieving your financial aspirations. Visit www.wealthtrustam.com for more information or to schedule a consultation, and check out our ETF at www.wealthtrustetf.com.

WealthTrust Asset Management, LLC is a SEC Registered Investment Advisor. Information presented is for educational purposes only intended for a broad audience and does not provide recipients with information or advice that is sufficient on which to base an investment decision. All investments involve a degree of risk, including the risk of loss. Past performance is not a guarantee of future results. Additional disclosures and links to Morningstar reports can be found on our website, www.wealthtrustam.com (<http://www.wealthtrustam.com/>).



John G. McHugh
PRESIDENT - CHIEF INVESTMENT OFFICER

850 460-8440
JOHN@WEALTHTRUSTAM.COM
WWW.WEALTHTRUSTAM.COM

