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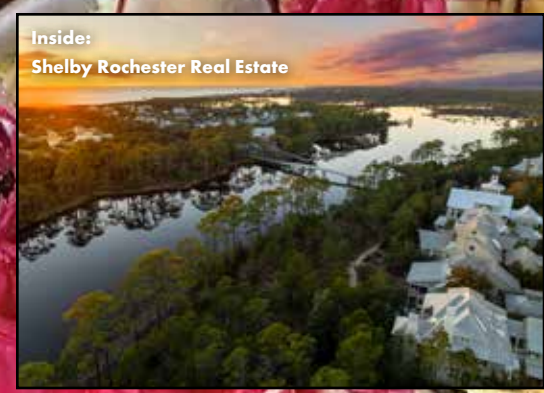
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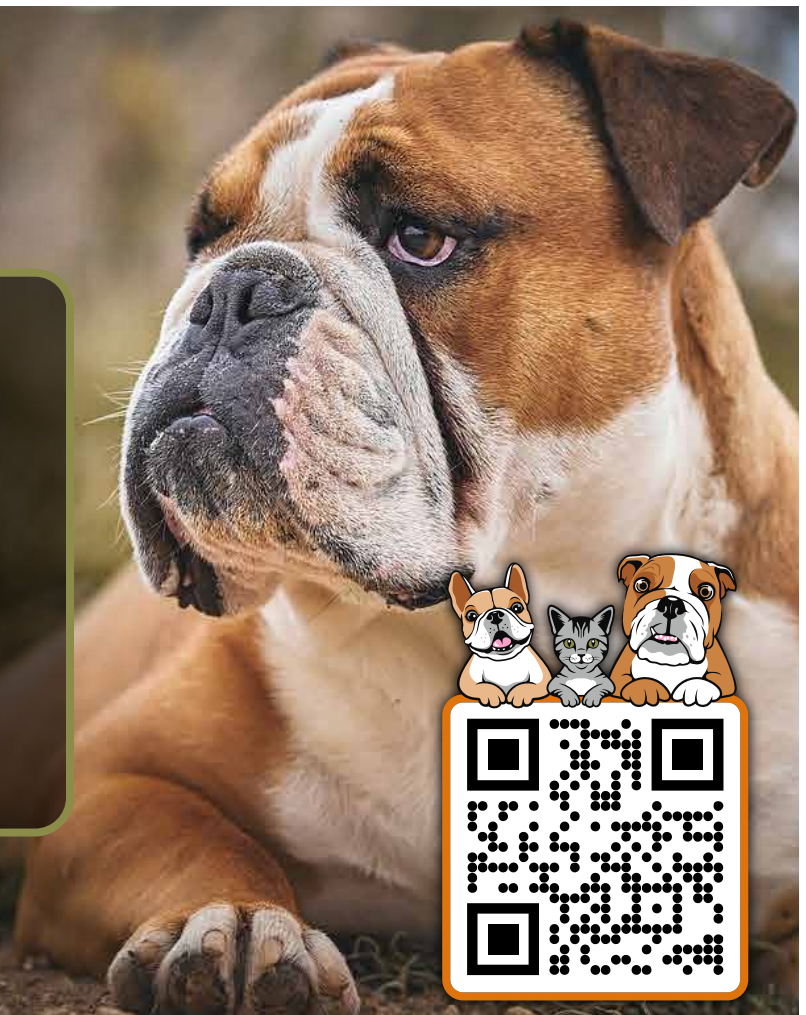
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letter from the publisher

SUMMER ON 30-A



The summer on 30-A is full of wonderful things to do and events to enjoy. The restaurants and shops are filled with people and South Walton is bustling with beach goers. It's a great time to unwind with friends and family and to enjoy the delicious offerings up and down 30-A.

In this issue of the Thirty-A Review, we invite you to peruse and explore the various gems that make up the people, places and things in our fine community. You will find the magazine filled with some of the best that our community has to offer. We hope you enjoy reading about them as much as we have enjoyed bringing them to you.

Until the next issue, we wish you good health and the very best. Happy beach going.

Cheers,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



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about the cover

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Dishes from LaCo Latin Coastal Kitchen
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Also Pictured

Shelby Rochester Real Estate



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A Personal Approach to Wealth and Legacy

Forty Years of Sunset and Story

Bud & Alley's marks a milestone as Seaside's gathering place evolves without losing its soul

BY ZANDRA WOLFGRAM

At Bud & Alley's Waterfront Restaurant, the ritual begins as it always has. The sun lowers toward the Gulf. Conversations soften. Glasses rise. And from above, a bell rings — a simple signal that, for 40 years, has marked the close of another day and the continuation of a shared tradition.

This year, that moment carries added meaning.

The Seaside landmark celebrated its 40th anniversary in January, gathering its entire staff on the rooftop deck for a toast honoring four decades as a cornerstone of Scenic Highway 30A. The milestone is both a reflection and a reaffirmation — of place, of purpose and of the people who have made Bud & Alley's far more than a restaurant.

It began, as many great coastal stories do, with a pair of dreamers and a stretch of sand still finding its identity.

In 1986, founders Dave Rauschkolb and Scott Witcoski — then 24-year-old surfing buddies — opened the doors to a casual Gulf-front restaurant in a town with barely a dozen houses. The name itself set the tone: a playful nod to Witcoski's cat, Alley, and Seaside founder Robert Davis' dachshund, Bud.

From the start, Bud & Alley's felt different. It was approachable, unpretentious and rooted in its surroundings



— a place where fresh seafood, good company and a front-row seat to the Gulf were all part of the experience.

Few could have predicted the staying power.

"As Seaside has grown over the years, it's truly enhanced Northwest Florida in so many ways," Rauschkolb said. "It's been wonderful to be able to play a role in everything that's happened up to this point."

Over four decades, Bud & Alley's has grown alongside Seaside, evolving thoughtfully while holding fast to its founding spirit. What began as a single restaurant has expanded to include The Taco Bar and



The Pizza Bar, all operating under the same roof — a seamless extension of the original concept and its welcoming, come-as-you-are ethos.

Yet for all its growth, the core remains unchanged.

Fresh, regional seafood. Ingredients sourced with intention. A commitment to quality that helped pioneer the farm- and sea-to-table movement along 30A long before it became a culinary buzzword.

And, perhaps most importantly, a sense of place.

"For me, this milestone is really about gratitude," Rauschkolb said. "I'm thankful for our dedicated staff, past and present ... and especially to the generations of loyal patrons who have gathered here with their families — and now their grandchildren."

That generational connection is part of what sets Bud & Alley's apart. It is not uncommon for guests to return year after year, marking milestones of their own — engagements, anniversaries, family vacations — against the backdrop of those same Gulf sunsets.

The restaurant has also become a hub for community life. Signature events like wine dinners, New Year's Eve celebrations and gatherings tied to the 30A Songwriters Festival help define Seaside's social rhythm, often with a philanthropic thread supporting local nonprofits and causes.

Recognition has followed. Over the years, Bud & Alley's has earned a place in Florida Trend magazine's Golden Spoon Hall of Fame, been named among the Top

20 Restaurants in Florida and garnered accolades for both its seafood and its sunset views. In 2024, it was included in Southern Living's list of the "17 Most Legendary Restaurants in Florida."

Still, accolades feel secondary to experience.

Because what defines Bud & Alley's is not just what is served on the plate — it is what happens around it.

It is the rhythm of a dining room that moves easily from casual lunches to celebratory dinners. The hum of conversation drifting out toward the water. The unmistakable sound of that bell, signaling a pause — a shared acknowledgment of the moment.

As part of its 40th anniversary, the restaurant has introduced a refreshed website and a commemorative logo, with plans for a public celebration later this year. But in many ways, the most meaningful celebration happens daily.

Four decades on, as the sun dips below the horizon and the Gulf reflects the last light of the day, Bud & Alley's continues to do what it has always done best: bring people together.

Not just to dine, but to gather. To mark time. To return — again and again — to a place that feels both timeless and entirely of the moment.

Good food. Good people. Good times.

Some traditions, it turns out, only grow stronger with age.

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LaCo's Scallop Aguachile

EXECUTIVE CHEF: TIM ANTIGNANE



Tim Antignane

As someone who appreciates a menu driven by fresh ingredients, Chef Tim finds himself right at home at LaCo in Seacrest Beach. He strives to make every guest feel like a member of the LaCo family by serving up creative dishes with a whole lot of love.



Scallop Aguachile

Servings: 6

Prep time: 40 minutes

Ingredients

- 1 pound fresh diver scallops
- 2 cups fresh squeezed lime juice
- 1 tablespoon Worcestershire Sauce
- 2 medium serrano peppers - seeds removed
- 1 loosely packed cup cilantro leaves and tender stems (about 1 small bunch)
- 1/2 an English cucumber
- 1/2 teaspoon salt
- 2 garlic cloves - whole

Plating Garnishes

- English cucumber - diced
- Radish - thinly sliced
- Red onion - thinly sliced and rinsed with cold water
- Avocado - cubed
- Cilantro - torn
- Tostadas

Instructions

1. Peel the foot off of the scallops
2. Slice the scallops into 3/8-inch slices, place them in a mixing bowl and refrigerate.
3. In a blender, combine lime juice, Worcestershire, serrano, cilantro, cucumber, salt and garlic. Blend on high for 1 minute.
4. Transfer scallops to a shallow coupe bowl.
5. Pour blended mixture over the scallops.
6. Allow aguachile to marinate for 30 minutes in the refrigerator.
7. Arrange garnish ingredients to your liking and serve with tostadas.

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Tides of Memory

BY SIMON KENEVAN

There are certain places in the world that, despite being separated by oceans and continents, somehow speak the same language.

For me, discovering life along 30A felt strangely familiar from the very beginning. Long before I ever painted its dune lines, shifting light, or quiet stretches of shoreline, I recognized something deeper — the rhythm of a coastal community that mirrored the world I grew up in along the seaside in the United Kingdom.



Simon Kenevan

Perhaps that is why the sea holds such a profound place in my work.

I have long been fascinated not only by water itself, but by everything connected to it — especially saltwater environments and the constantly changing world that exists where land and sea meet. Tide, weather, atmosphere, shifting light, erosion, growth, calm, violence, beauty — the coastline is never truly still. It is endlessly evolving, sculpted moment by moment by forces far greater than ourselves.



Catching Time 36x72 oil

My formative years were spent by the sea. Those early memories remain vivid even now: the arrival of summer visitors bringing excitement and energy to sleepy coastal towns, beaches suddenly alive with laughter and movement, restaurants and harbors buzzing with life. There was always a certain joy in witnessing it all — not just for the visitors themselves, but for the locals who genuinely loved sharing the beauty of the place they called home.

And then, just as suddenly, the season would end.

The crowds would disappear, the air would cool, and the coastline would quietly return to itself. The beaches in winter always felt somehow more honest to me — peaceful, reflective, almost sacred in their stillness. Fifty years later, I find that same feeling here along 30A. Beneath the growth and popularity, there remains a deep connection between the people and the landscape itself. That connection is something I instinctively understand because it has shaped my own life.



Hope Arisen 48x60 oil

As a painter, my life has become a continual exploration of those changes and the emotions they evoke.

I am drawn to the way early morning light softens a shoreline, the way incoming weather alters color and mood, or how a quiet stretch of water can create an overwhelming sense of calm. These are fleeting moments, yet they often leave a permanent emotional imprint on us. In many ways, my paintings are attempts to hold onto those moments a little longer.

But beyond the visual beauty, I think I am also searching for something less tangible — an understanding of why people feel so instinctively connected to the sea in the first place.

There is something deeply restorative about coastal environments. People may describe it differently — peace, perspective, clarity, freedom — but I believe most of us feel it when we stand near the water. The noise of life softens. Our thoughts slow. We breathe differently. The sea has an extraordinary ability to heal in ways both subtle and profound.

That feeling has stayed with me my entire life.

Painting allows me to revisit those moments of stillness and connection, but more importantly, it gives me the opportunity to share them. That is perhaps the greatest privilege of what I do. Through paint, texture, light, and atmosphere, I hope to create work that resonates on an emotional level — not simply as a depiction of a place, but as an experience remembered or felt.

I have never been interested in merely painting what the eye sees. What compels me is the possibility of expressing something deeper: the emotional memory of a place, the spiritual pull of the shoreline, the intimacy we feel when nature reminds us of our place within it.

If my work succeeds in any meaningful way, I hope it is in helping people reconnect with those feelings — and perhaps bringing a small, lasting sense of the sea's healing presence into their everyday lives.

Simon Kenevan's work explores the emotional and spiritual connection between people and coastal environments through luminous landscapes inspired by a lifetime beside the sea. His paintings are available through Curate 30A in Rosemary Beach, Florida. He will be an artist in residence this summer at the gallery – July 8-15. Stop by and meet him in person!

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During Women's History Month in March, Santa Rosa Golf & Beach Club Celebrates the Women Preserving Its Past

BY TESS FARMER



In recognition of Women's History Month this March, Santa Rosa Golf & Beach Club is celebrating the women-led efforts behind a newly unveiled history page on its website — an immersive collection that tells a story far larger than the club itself. Designed for history enthusiasts and the broader community alike, the history page chronicles the origins not only of Santa Rosa Golf & Beach Club, but of the once-sleepy town of Santa Rosa Beach, long before it became the vibrant coastal destination it is today.

Long before emerald waters and sugar-white sands drew visitors from across the country, Santa Rosa Beach was sparsely populated, defined by open land, unpaved roads and a small, close-knit community seeking connection. There were no formal gathering places, just families, resilience and a shared vision for something more. Out of that desire, Santa Rosa Golf & Beach Club was born.

That early era of dunes and screened porches, sandy trails and simple pleasures is vividly recalled in the personal accounts and archival materials now preserved by the club's History Committee. The history page sets the scene for life along the Gulf Coast in the mid-20th century, offering readers a sensory glimpse into the community

spirit that ultimately led to the club's founding in 1967. Together, these preserved stories form a record intended to be shared and appreciated for generations to come.

From its beginnings in the 1960s, Santa Rosa Golf & Beach Club was shaped by a pioneer mindset rooted in collaboration, volunteerism and pride of ownership. That spirit proved essential not only in establishing a golf and beach club in an undeveloped area, but in sustaining it through decades marked by natural disasters, financial challenges and periods of uncertainty. The principles instilled by the club's founders continue to guide its future today.

"At its core, this is a story about people," said the club's History Committee. "A spirit of volunteerism and stewardship has always defined Santa Rosa Golf & Beach Club. Time and again, members have come together to ensure the success and preservation of what was built."

Over the past two years, that legacy has been formally captured by a dedicated History Committee composed of club members Karen Schoonover, Thea Berkhout, Susan Lucas, Heidi Holmes and Debra Wynn—a group of women committed to safeguarding photographs, personal

recollections, and foundational documents that bring the early days of Santa Rosa Beach vividly to life.

Committee member Susan Lucas, daughter of founding member Harold Lucas, recalls visiting Santa Rosa Beach as a toddler, spending summers in a small concrete block home typical of the time — without phones, television or air conditioning. "Every moment was spent on one of the most beautiful beaches in the world," Lucas said. "Back then, hardly anyone lived here. It was quiet and untouched, and those days became the sweetest family memories."

The new history page invites readers into that world — a tale of emerald water, green fairways, gleaming white sand and legendary sunsets. A place shaped by challenges and celebrations alike, by engaging characters, and by a community that believed in creating something lasting, together.

Santa Rosa Golf & Beach Club thrives today because of the continued dedication and stewardship of its members—the same qualities that once transformed an undeveloped stretch of coastline into a place of camaraderie and belonging.

Welcome to the story of our home.

For more information or to explore the history page, including the prologue, visit santarosaclub.com/history.

About Santa Rosa Golf & Beach Club
*Santa Rosa Golf & Beach Club is an award-winning, member-owned golf course and private beach club located on Scenic Highway 30A in Santa Rosa Beach, Florida. Set along the sugar-white sands of South Walton, the club spans more than 85 acres and offers members and their guests access to championship golf, dining and beach amenities. The club features an 18-hole, par-72 championship golf course, a private beach club with pool and beach access, and multiple dining venues, including *Vue on 30a*, the club's signature restaurant*



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The 30A Equation

Why a quiet stretch of Florida coastline has become America's most compelling second-home address.

BY SHELBY ROCHESTER

Drive south on Highway 331, cross the bay over a long bridge, and at the end of a final mile of pines and palmetto the road bends, the air goes briny, and you are on it: a two-lane ribbon of pavement that runs only twenty-six miles, bordered on one side by the Gulf of Mexico and on the other by some of the most carefully preserved coastal forest in the country. This is Scenic Highway 30A. The people who own here will tell you they didn't buy a house — they bought the road itself. The rhythm of it. The way it stitches together sixteen small beach neighborhoods. The impossible blue of the water. The cottage porches and the bicycle paths and the simple confidence of a place that has chosen, on purpose, to remain small.

For an out-of-state buyer evaluating a second home or vacation rental, that confidence matters. It is the kind of long thinking that creates durable value.

Scarcity, Built In

What separates 30A from nearly every other coastal market in the United States is that the supply is finished. The corridor is hemmed in by the Gulf to the south and Point Washington State Forest to the north — more than fifteen thousand acres of protected pine and cypress that will never be developed. The coastal dune lakes that thread between the cottages — a geological rarity found in only a handful of places on earth, and nowhere else in such density — are themselves protected. What is here is special.

That single fact rearranges the math. In most markets, the question a buyer must ask is what will this neighborhood become? On 30A, the question is which version of this beautiful place is right for me?

Sixteen Towns, Each With a distinct feel and look

Drive the length of 30A and you cross what feels like a curated tour of American coastal architecture. Rosemary Beach borrows from the Caribbean — terracotta tile, dark shutters, side streets like Spanish villages. Alys Beach is its



dazzling counterpoint, an all-white dream of stucco courtyards and pocket parks. Seaside, the New Urbanist original, looks like a picture book of front porches. WaterColor and WaterSound bring a more residential Lowcountry feel, with deep pine canopies and dune-lake frontage. Grayton sits oldest and least manicured, a holdout of Florida cracker cottages and bohemian quiet. Seagrove has a mix of concrete cottages, large homes with inviting front porches and miles of beach.

For an investor, these differences are not aesthetic trivia. They map directly to who rents, what they pay, how booked the calendar stays, and how the home performs

over a two, ten, or twenty-year hold. A bicycle-anchored second home in WaterColor will not draw the same week-long family vacation that a Rosemary Beach courtyard home will. Both can be excellent investments — but they are not the same investment, and the right answer depends entirely on the buyer.

Why the Numbers Have Worked

For roughly a decade, 30A has compounded value in a way that few coastal markets have matched. The drivers are by now well understood: Florida's lack of a state income tax,



accelerating Sun Belt migration, the post-2020 normalization of remote and hybrid work, a short-term rental market that consistently runs near capacity in season, and — crucially — that fixed supply. Demand keeps arriving.

Short-term rental income is a meaningful part of the story, but not the whole of it. For many owners, the financial return on a 30A home is best understood as a stack: a tax-advantaged ownership structure, recurring rental yield in the weeks you choose to make the home available, and capital appreciation. Each layer is modest on its own. Together, they have historically produced returns that justify the entry price.

It is worth being honest about what has shifted recently. Inventory is no longer the crisis it was in 2021, and buyers now have the luxury of choosing. Local short-term rental regulation continues to evolve. None of this is unique to 30A, and none of it has reshaped the fundamental thesis — but a serious buyer should walk in clear-eyed about operating costs and rental compliance and should work with an agent and CPA who can model the actual after-tax economics of a specific home rather than a market average.

The Lifestyle Dividend

The reason most people end up on 30A is not the spreadsheet. It is what happens on the porch at six o'clock

in October, when the air finally cools and a neighbor walks past with a paper cup of coffee and waves. It is the bike ride to the farmers' market on Saturday morning. It is Thanksgiving when three generations are under one roof and someone — usually one of the older kids — declares that this is the place they want to bring their own children one day.

A second home on 30A tends, over time, to become the family's anchor address, even when the primary residence is in Nashville or Birmingham or Dallas. The lifestyle, more than any cap rate, is what people are buying.

"A second home on 30A tends, over time, to become the family's anchor address."

Practical Notes for the Considering Buyer

Visit in October or November and shoulder season tells you more than peak ever will. Walk the streets at sunset and notice what kind of life is actually happening. Look at homes within easy walking distance of either the beach or a town center — proximity does most of the work on rental income and on resale. Buy the house that fits the life you actually want to live here, not necessarily the one that pencils best on a rental comparison sheet. The best decision, in our experience, tends to deliver both.

The Long View

A second home is, almost by definition, a long-term decision. Few coastal corridors in the country offer the combination 30A does: stunning views, quaint communities, exceptional cuisine and entertainment, a market where the supply curve is limited, an environment designed with unusual care, a state tax climate that rewards ownership, and — quietly underneath all of it — a culture of repeat visits and multigenerational use that turns the home itself into something closer to an heirloom. Markets like this are rare. They tend to be appreciated most by the people who arrived early and held on.

There is still time to be one of those who enjoy experiencing the 30A area in a home of your own.

Shelby Rochester is a real estate agent with Scenic Sotheby's International Realty, the leading luxury brokerage along Scenic Highway 30A. She represents buyers and sellers across South Walton's coastal communities and writes frequently about market trends and the long-term value of place.

A second home on 30A tends, over time, to become the family's anchor address.

Bluewater Plastic Surgery

BY JOHN APPLETON

Choosing to have plastic surgery is a personal decision - one that deserves thoughtful reflection, education, and preparation. Whether you are considering a facial procedure, body contouring, or breast surgery, understanding what to expect before, during, and after treatment can make the journey more comfortable and your outcome more successful. At Bluewater Plastic Surgery, we believe informed patients experience smoother recoveries and more satisfying results, which is why we walk you through each phase with clarity and support.

We listen, we plan, we deliver superior results.

The process truly begins long before the day of surgery. Your first and most important step is selecting a board-certified plastic surgeon with experience in the procedure you are seeking. Not all practices are the same, and your safety, comfort, and goals should guide every conversation. Dr. Clark formally completed a cosmetic fellowship after his plastic surgery and has focused on cosmetic surgery for more than 25 years. During your consultation, I review your medical history, evaluate your anatomy, talk through your desired outcome, and help establish realistic expectations. We discuss timelines, recovery, possible scarring, and costs, ensuring all questions are addressed. A successful surgical experience often starts with preparation - this may include adjusting medications, avoiding smoking in the weeks before surgery, arranging time off work, preparing your home for recovery, and securing someone to assist you in the first 24 hours. Planning ahead tends to ease anxiety and sets the stage for a smoother experience both physically and emotionally.

On the day of your procedure, cosmetic surgeries take place in an outpatient setting under general anesthesia or IV sedation, overseen by a board-certified, experienced anesthetist. You will arrive at our certified surgical facility, meet with the care team, review your plan, and complete a pre-operative check. Surgical time depends on the type of procedure, ranging from under an hour to several hours. Afterward, you will spend time in a recovery suite while our staff monitors



Dr. Clark with patient

your comfort and progress. When ready, you will return home with a responsible adult and clear post-op instructions. Our team remains available .

Recovery looks different for everyone. Some swelling, bruising, or discomfort is expected in the early days, but medication and proper aftercare help these symptoms improve. Follow-up visits are scheduled to ensure you are healing well, remove sutures when appropriate, and adjust instructions as needed. Depending on the procedure, compression garments, surgical bras, or dressings may support ideal healing. While many patients begin to see changes

within weeks, final results develop gradually over several months as tissues settle and the body completes its healing process. Maintaining healthy habits, protecting your skin, and following the outlined recovery plan help preserve your long-term outcome.

Ultimately, plastic surgery is not only about the physical transformation - it is about confidence and timing that feels right for you. When the journey is approached with education, planning, and skilled care, the experience tends to feel empowering rather than overwhelming.

To schedule a private consultation and explore your options, contact Bluewater Plastic Surgery today. As a board-certified plastic surgeon, my practice is dedicated exclusively to cosmetic surgery, and I have performed thousands of procedures over the last 25 years. My highest priorities are patient safety and superior results. With more than 300 five-star reviews, I let my patients' experiences speak for themselves. Dr. Clark is a diplomate of the American Board of Plastic Surgery, a member of The Aesthetic Society and a board member of the Florida Society of Plastic Surgery.



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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 Seagrove Beach at Balance Health Studio. For more information or a consultation, visit www.balance30a.com, call 850-231-9288 or email drbart@drbartprecourt.com

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A Modern Swing

Using ground force to generate club speed

BY TOM FITZPATRICK

Hitting long drives revolves around increasing ball speed, which requires high clubhead momentum. Some of the ways we generate speed are not new. Others are newly discovered, such as how we use the ground, push into it and away from it. This has really amped up pro golfers' quest for distance.

To generate a high ground reaction force during the downswing, try sinking into your lead leg at the very end of the backswing. Using the ground in this way encourages better body rotation overall, which leads to retaining the angle between your arms and club shaft well into the downswing. Pro Tip: Remember that your body must lead the arms through impact in order to maintain your wrist angles.

We often hear the phrase “slow your swing down” and there are benefits in doing that. But new studies counter it. A faster backswing generates a more synchronized powerful downswing. Putting speed into the backswing stretches your arms and hands away from your body at the top of the backswing. That translates into a wide swing arc. Arms that are in close cannot transfer momentum out to the clubhead. So keep arm width as a goal.

The Power of the Pause is true in public speaking, and also in golf. A slight pause when the club changes direction allows you to synchronize your body, arms and club. Much like a baseball batter, you want to feel in complete control of where the club is at the top. Stretched arms with a pause will help your downswing sequence of the lower body moving first, followed by the upper body, then the arms extend off the chest, and finally the wrists release.



Stretch your arms out wide and point your sternum to the sky to open the chest.

Start the downswing by first stretching the muscles in the lead shoulder. Keep your lead arm straight and stuck momentarily to your upper chest. (The sensation is to turn into your lead arm.) Next, apply ground force by pushing your back foot away from the target. This gets your center of mass moving forward. Gary Player's trademark walking of the back foot over the lead foot as he swung through the ball



Above: Gary Player's power drill is to push off the back foot, then step over the front foot
Below: Gary Player with Matthew Fitzpatrick of 30-A Beach Properties.

did just that.

A simple balance board is great for generating faster body rotation. Slam your back foot down as you stretch your arms wide and point your sternum to the sky. Then slam your lead foot down to open the hips to the target. This is one drill to do on a regular basis.

If you slice the ball, the club naturally slows due to an out-to-in path. Maximize momentum with an in-to-out approach. Key in on feeling the mass of the clubhead below the shaft when starting down. A good visual is to hit balls with an alignment rod flat on the ground at a 35-degree angle. This will force you to strike the inner quadrant of the ball.



On a balance board, slam your right foot down into the board to open the hips on the backswing. Then slam your left side down into the board to open the hips through impact.

Biomechanics and ground force studies show that by properly swinging fast your swing will improve.

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.scenicisr.com



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A Financial Union

Post-marital estate planning

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON

Marriage is a contract that has more potential financial consequences than anything else most people experience in a lifetime. You do not have to accept the standard default provisions the law offers for inheritances, contracts, medical decisions, property and divorce. Through the savvy use of post-marital estate planning, you can craft a different roadmap for yourself and your family.

Post-nuptial Agreements

Many people think you can only enter into a marital agreement before marriage, a pre-nuptial agreement. In reality, you and your spouse can create a post-nuptial agreement, regardless of whether you have a pre-nuptial agreement. Some of the reasons people decide to get a post-nuptial agreement include:

- **Birth of a baby.**
After you have a child together, you might want to sit down and talk about how you will raise the child, if the marriage breaks down. The stakes are obviously higher when you have a child, and it is usually better to talk about these issues when you are not yet facing the specter of divorce.
- **Marital misconduct.**
What if one spouse commits marital misconduct, like infidelity or abuse? You might decide to continue living together but under agreed-upon conditions, or stay married but live separately, or divorce. You should cover all the essential terms for any arrangement you choose. Sometimes people choose one of the first two options, but eventually divorce, so your agreement should anticipate that possibility.
- **Financial changes.**
If either of you experiences significant financial changes for the better or worse, you might want to enter into a post-nuptial agreement. If you discover after the wedding that your spouse has financial skeletons in the closet, you should also consider a post-nuptial agreement to protect your financial future. In this situation, you should both pull your respective credit reports and review them together before agreeing on terms.
- **Taxes and business ownership.**
These are additional reasons to consider a post-nuptial agreement. What if you enter your family's business after getting married? You and your family members want your interest in the company to pass to your children, not to your spouse. Put this provision in a post-nuptial agreement. You can also handle things like filing status for taxes in these agreements.



Kimberly Watson Sewell and Franklin Watson

The Divorce Process

If you are anticipating or going through a divorce, you need to get your ducks in a row for the future. Try to visualize the long-term future without your spouse and what that will mean for the inheritance of your loved ones. Realize that in many states a divorce automatically nullifies existing wills and living trusts, so you should immediately review and update your current estate plan and beneficiary designations. Note: Regardless of what the laws of your state say, if your ex-spouse remains the designated beneficiary of your ERISA retirement plan at your death, then your ex-spouse will inherit your retirement plan.

Wills and Trusts

Independent of the stability of your marriage, you and your spouse should have wills and/or living trusts to control the distribution of your assets when you die. If you do not have a valid will or living trust at death, then you could die “intestate” and the laws of your state would decide who inherits your assets. Not only does that delay any inheritance transferring to your loved ones, but you may be leaving an “unintended inheritance” to attorneys and the probate court system.



For more information, please contact
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Rooted on 30A: A Personal Approach to Wealth and Legacy

A lifelong connection to the Gulf Coast shapes Lynne Wiggins' thoughtful approach to wealth, family, and legacy.

BY LYNNE WIGGINS

Along Florida's 30A, life has a way of creating space—space to slow down, reconnect, and reflect on what matters most. For many, it's a place to escape. For Lynne Wiggins, a homeowner along 30A for almost 25 years, it has long been something more.



Lynne Wiggins

Raised in Alabama, Lynne grew up vacationing along the Gulf Coast, where time spent by the water became a constant thread throughout her life. Her father played a defining role in shaping that experience. As both a financial mentor and steady presence, he instilled in her not only a disciplined understanding of money, but also a deep appreciation for the coast—its rhythm, simplicity, and ability to bring people together.

That dual influence—a strong financial perspective and a connection to place—continues to shape her life and work today.

Recognizing that connection, Lynne recently expanded ARIV Wealth with an office along 30A. The decision represents more than business growth - it reflects an arrival back to the place where family, tradition, and many of life's most meaningful moments have taken shape.

Over the years, those early Gulf Coast traditions evolved into something lasting. Lynne's extended family still gathers in Rosemary Beach, where they recently celebrated 20 years of vacationing together in their family home.

"There's a rhythm to being here," she says. "It naturally brings you back to what matters—how you spend your time, who you spend it with, and what you're building over the long term."

That perspective now defines her work as Founder and CEO of ARIV Wealth, an independent boutique advisory firm in Austin, Texas, that focuses on helping individuals and families align their financial lives with their values and long-term vision.



Lynne and her family celebrating 20 years at Rosemary Beach

Lynne's path to wealth management is both distinctive and deeply experienced. With more than four decades in the financial services industry, she began her career in banking after graduating in business from Auburn University, followed by law school and work as an attorney in private practice and as Trial Counsel for the Securities and Exchange Commission. She has also served as a FINRA arbitrator, expert witness, and counsel for Fortune 500 companies.

Over time, however, her work evolved beyond transactions and legal matters toward helping families navigate complex financial decisions with greater purpose and clarity.

"Early in my career, much of the work was mostly transactional," she explains. "But over time, it became clear that what people truly need is a comprehensive approach—one that connects every part of their financial life to a larger purpose."

That realization led to the creation of ARIV Wealth in 2021.

Designed as a highly personalized firm, ARIV Wealth offers integrated guidance across investment strategy, tax planning, retirement, and estate considerations. Rather than treating those areas separately, the firm approaches them as interconnected pieces of a cohesive plan designed to evolve alongside each client's life.

But what truly distinguishes ARIV is where the process begins.

Instead of focusing first on portfolios or performance, Lynne begins with conversation—seeking to understand each client's values, priorities, and vision for the future.

From there, strategies are developed to serve as a long-term roadmap, helping clients make thoughtful decisions with confidence and clarity.

That philosophy resonates deeply along 30A, where many families balance multiple homes, businesses, and multi-generational priorities. In this setting, financial decisions often carry greater meaning—extending beyond numbers to reflect lifestyle, legacy, and intention.

Having lived and worked across the country, Lynne understands the balance many of her clients navigate: building successful lives while remaining connected to family, tradition, and a sense of place.

In a world often defined by complexity and constant change, Lynne offers something increasingly valuable: a thoughtful partnership grounded in trust, perspective, and long-term planning. Her approach is not about one-size-fits-all solutions, but about building strategies that reflect each client's life in a meaningful and enduring way.

Because ultimately, a well-designed financial plan should do more than manage assets—it should support a life that feels intentional, connected, and deeply lived. After all true wealth is not simply about accumulation, but about arriving at a life aligned with purpose and meaning.

That belief remains at the heart of ARIV Wealth.

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