

the thirty-a REVIEW



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

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AND KELLI PREGOURT BRING
MORE JOY TO 30-A WITH
THE DOG KULA

Inside:
Create your dream wedding with
Sandestin Golf and Beach Resort!



Inside:
Curate Gallery in Rosemary Beach



Inside:
LUXE 30A Keeps Properties
Looking Their Very Best



INSIDE:

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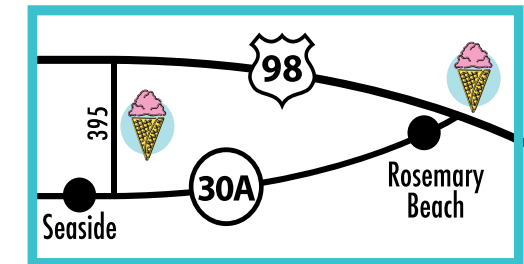
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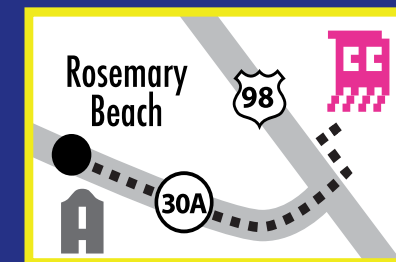
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curate

Located in the heart of Rosemary Beach, Curate 30A is a destination for exceptional art and inspired collecting where our passion for sharing fine art is contagious. We curate distinctive pieces that add beauty and personality to any space. Whether you're a seasoned collector or just starting out,

we help you build a collection that reflects your personality and style. Through bespoke in-home consultations, we bring the gallery experience to you. And our artist events feature an amazing opportunity to engage, create relationship, and watch live demonstrations for a truly personalized touch.



Stephen Harlan . Fog, 25 x 50



Tim Lotton
Copper Blue Free Form



Anne Packard
Together, 40 x 40



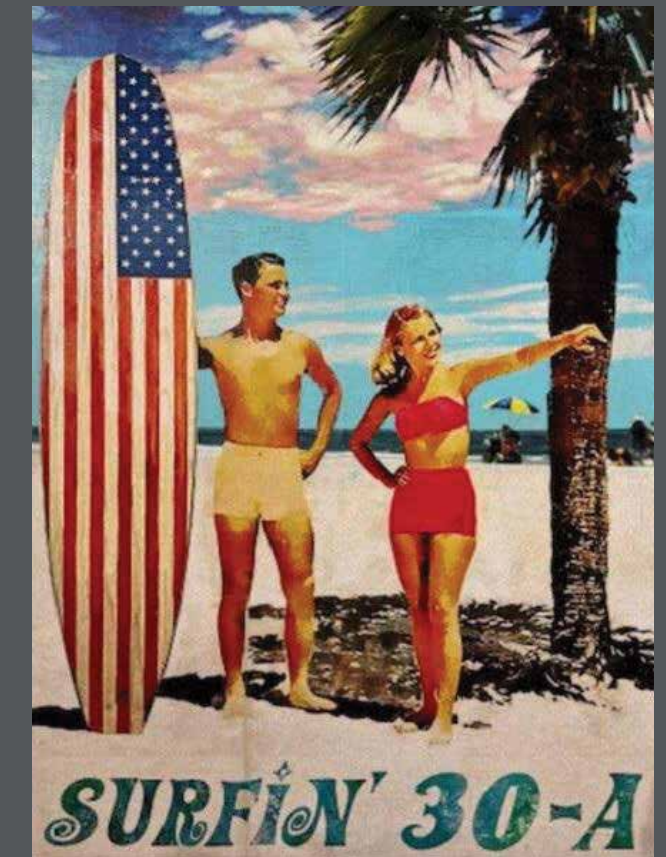
Simon Kenevan . Solace, 20 x 38



Steven Quartly . Unending Breath and Light, 30 x 60



Josef Kote . Consistency, 48 x 48



Plaid Columns . Surfin' 30A, 40 x 30



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

UPCOMING SHOWS

Plaid Columns	March 1-8	Simon Kenevan	July 2-9
Stephen Harlan	April 4-5	Steven Quartly	July 29 - Aug 5
John Mark Gleadow	June 24-27	Tim Lotton	TBD

At Curate 30A, we believe that art is not just something you own - it's something you live with and love.
 rosemary beach, fl · across from the pearl · 850-231-1808 · [Browse at curate30a.com](http://Browseatcurate30a.com)

Modern Charm, Historic Beauty



Surrounding a picturesque lake in DeFuniak Springs are nearly 200 historic buildings, many of which were part of the once-thriving Chautauqua Assembly. Nearby, Main Street is home to quaint restaurants, boutiques, and seasonal celebrations. Hop around treasure-filled antique shops before sitting down to an incredible meal.



DISCOVERIES THAT FEEL FAMILIAR

Encompassing Paxton, DeFuniak Springs and Freeport, these Walton County communities are filled with rich history and natural beauty. Take a tour of classic architecture or climb to Florida's highest point of elevation. Spend a peaceful day on a lake, in a natural spring, or by the Bay. Each new discovery greets you with a warm, small-town welcome.

Start exploring at [AuthenticWalton.com](https://www.AuthenticWalton.com).

letter from the publisher

SPRING VIBES



Spring break at the beach is a great time to chill with family and friends. The white sandy beaches, turquoise waters and warm pleasant breezes make 30-A and its surrounds a delightful place to wind down and welcome the summer months to come.

On the pages that follow, we capture the essence of the finest people, places and things that make up 30-A and South Walton Beach. From Authentic Walton's community treasures, to fine dining and great pub food, to Rosemary Beach's latest art installation and more, we are confident you will not only learn more about our fine community, but be inspired to try new adventures along the way.

But perhaps most importantly, this issue is about the people that make our community great. The dreamers and visionaries who combine high quality and hard work to create a special alchemy that allows us to kick off our shoes, put our feet in the sand and dream a little bit ourselves.

Until next issue, we wish you a lovely spring.

Warmly,

Miles K. Neiman

View the entire publication online at www.ThirtyAReview.com



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about the cover

Pictured

Dog KULA, a holistic pet store in Santa Rosa Beach founded by Dr. Bart and Kelli Precourt, offers healthy food, treats, accessories, a full apothecary of alternative healing products and a community dedicated to the well-being of pets.

www.thedogkula.com

Photography

Ruth Alcantara

Also Pictured

Curate Gallery

LUXE 30A



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

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Theatre and Events in March and April



Easter celebration and easter egg hunt at Seaside

ALYS BEACH

TUESDAYS

Wine & Song at NEAT

Live music and special wine tastings. 5-7pm.

SPECIAL EVENTS

Spring Fling

March 27
Family-friendly event at the Alys Beach Amphitheatre from 4–6 p.m., presented by the Merchants of Alys Beach.

Good Friday Concert

April 18
Held in the Alys Beach Amphitheatre from 6–8 p.m., presented by the Merchants of Alys Beach.

SEASIDE

MONDAYS

Jack and the Beanstalk

A favorite fairy tale, Jack and the Beanstalk is brought to life by The

REP Theatre for a Children's Theater performance at 6 p.m. at the Seaside Amphitheater! Join Jack, a quick-witted youngster with a talent for mischief, as he trades the family cow and sets off on a daring quest that will take him to the top of an enormous beanstalk reaching up to the clouds. This is a complementary event made possible by the Merchants of Seaside.

TUESDAYS

Huck & Lilly

Join Huck & Lilly for a fun-filled evening of characters and music for kids and the grown-ups who love them! 6 p.m. in the Seaside Amphitheater, weather permitting.

FRIDAYS & SUNDAYS

Central Square Cinema

Grab your blankets & chairs and head to the Seaside Amphitheater for a family movie under the stars. The movie begins at 7:30 p.m., weather permitting.

SPECIAL EVENTS

SEASIDE® Easter Celebration

April 20
Join us at the Seaside Amphitheater for an unforgettable Easter celebration on Easter Sunday! Bring the whole family for a day filled with complimentary photos with the Easter Bunny, live music, face painting and exciting activities for kids. The Easter Egg Hunt has over 25,000 eggs and kicks off at 1 p.m., promising an egg-citing adventure for children of all ages. Don't miss out on the festive atmosphere and cherished memories waiting to be made at our Easter eggstravaganza in Seaside! 11 a.m. – 2 p.m.

Spring Ballet

April 27
Join us at the Seaside Amphitheater at 6:30 p.m. as we celebrate Spring with Ballet Pensacola's performance of Don Quixote on the Amphitheater Stage. Bring your lawn chairs and blankets; seating in the grass is first-come, first-served. This event is complimentary and open to the public.

WATERCOLOR

MONDAYS

Live music at WaterColor Beach Club

Enjoy live music on the pool deck, as well as special chef and drink features from 2-5 p.m.

Live Music at Gather Kitchen + Bar

3 - 6 p.m.

TUESDAYS

Live Music at Gather Kitchen + Bar

3 - 6 p.m.

Live music at WaterColor Beach Club

Enjoy live music on the pool deck, as well as a special Chef and drink features from 5-8 p.m.

WEDNESDAYS

Live Music at Gather Kitchen + Bar

3 - 6 p.m.

THURSDAYS

Live Music at Gather Kitchen + Bar

3 - 6 p.m.

Live music at WaterColor Beach Club

Enjoy live music on the pool deck, as well as special chef and drink features from 5-8 p.m.

Trivia at Gather Kitchen + Bar

(held every other Thursday)
Mar. 6, 13, 20, 27 & Apr. 3, 10, 17, 24 from 6-8 p.m.

FRIDAYS

Live Music at Fish Out of Water

6 - 9 p.m.

SATURDAYS & SUNDAYS

Brunch & Live Music at Fish Out of Water

11 a.m.- 1 p.m.

SPECIAL EVENTS

Flamingo Spring Break Kick-Off Party

March 10
WaterColor Beach Club hosts a vibrant, flamingo-themed "Pink-Me-Up" to kick off spring break in style! The lively pool deck party offers drink specials for both adults and kids, plus games like limbo with prizes for the winners. Enjoy a cocktail demonstration and live music as you soak up the fun, pink-hued atmosphere. 10 a.m. – 5 p.m.

Easter Egg-stravaganza

April 20
At WaterColor Inn Pool, bring the whole family for a day of Easter fun! Enjoy kids' craft stations from 10 a.m. – 4 p.m. and don't miss the highlight of the day—the Easter Egg Hunt starting at 3 p.m. Registration not required.

ROSEMARY BEACH

TUESDAYS

Step right up! Come one, come all, to Rosemary Beach's St. Augustine Green/Owners Pavilion for 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! March 11, 18, 25, April 1, 8 & 15 from 7-8 p.m. For the finale, The Pittmans will give attendees a behind-the-scenes glimpse of magic.

WEDNESDAYS

Enjoy well-loved classic fairytale Snow White brought to life by The REP Theatre at the St. Augustine Green/Owners Pavilion. 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, making it a delightful experience for the entire family. March 12, 19, 26 and April 2, 9 & 16. The show starts at 6 p.m.

THURSDAYS

Bring the family for a wholesome and fun movie night under the stars on the Eastern Green. Blankets and lawn chairs are welcome! Come early and get your face painted by one of our talented artists and enjoy popcorn and the best hot dogs on the beach from DogManDu! Face Painting starts at 4:30 p.m., movie starts at 7:30 p.m.

FRIDAYS

Join us for some crafty fun on the East Long green! Create your very

own custom trucker hat with items from the trucker hat bar to commemorate your trip to the beach complete with custom Rosemary Beach patches! 9 a.m. – noon.

SPECIAL EVENTS

Easter Celebration

April 20
Join us on the Western Green for the largest egg hunt on 30-A with over 40,000 easter eggs! The annual egg hunt kicks off at 9:45 a.m.! Enjoy a complimentary mimosa from our friends at Summer Kitchen Café and get your photos taken with the Easter Bunny at Gigi's immediately following the egg hunt. Bring your own basket.

FARMER'S MARKETS

Grand Boulevard Farmers' Market

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

30A Farmers' Market

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

Watersound Town Center Farmers' Market

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

SEASIDE® Farmers Market

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



Farmer's Market at Seaside

Love What You Eat

Food, health and community intersect at Raw & Juicy

BY TESS FARMER

For over 20 years, Jenifer Kuntz has been a driving force in the South Walton community, blending health, wellness and connection through her beloved brand, Raw & Juicy. What began as a humble juice and smoothie shop on Airstream Row in Seaside has evolved into a multi-location anchor of 30-A, with flagship operations in Alys Beach and now in Grayton Beach.



In addition to breakfast and lunch, the Alys Beach location of Raw & Juicy is offering daily dinner service.

were nurtured during her time in Colorado. At Alfalfa's, a popular health food retailer in Boulder, she discovered the transformative potential of plants and food, honing her skills at the juice bar and embracing the ethos of holistic living.

Her serendipitous arrival in Santa Rosa Beach came as she was passing through on her way to New York. Captivated by the natural beauty of the Gulf Coast, multiple events led to Kuntz deciding to stay. She quickly became an integral part of the area, teaching yoga long before dedicated studios existed, and later launching the juice bar at Balance Health Studio, where she would rush home to make fresh juice during classes for students to enjoy post-practice.

Raw & Juicy's roots on Seaside's Airstream Row set the foundation for its enduring reputation as a destination for clean, fresh, and sustainable food. Over time, Kuntz expanded her vision, opening a flagship location in Alys Beach and transforming the historic "Backyard of Love," formerly Hibiscus Café, in Grayton Beach just a year ago.

The Alys Beach location has become synonymous with elevated dining, hosting the renowned Super Club series, led by Executive Chef Michael Sichel. With over 25 years of international culinary experience, Chef



Sichel has crafted a garden-led menu that highlights partnerships with local and regional farmers and fishermen. This season, Raw & Juicy Organic Juice Bar and Cafe at Alys Beach will offer daily dinner service, inviting guests to savor seasonal dishes inspired by the flavors of the Gulf Coast.

Kuntz's journey to becoming a cornerstone of the 30-A lifestyle began far from the sugar-white sands of the Gulf Coast. Raised in Alaska, her adventurous spirit and deep appreciation for the healing power of food

Meanwhile, the Grayton Beach location stays true to the brand's origins, offering signature smoothie bowls, whole-food smoothies, teas, and juices. This cozy, community-centered space is a hub for wellness, hosting events like yoga and sound healing sessions, embodying Kuntz's commitment to fostering connection and holistic health.

The Grayton location also serves as a gallery for local artistry, featuring the stunning work of renowned pearl artist Wendy Mignot. Known for her handcrafted designs that blend natural elements with coastal elegance, Mignot's jewelry perfectly complements the ethos of Raw & Juicy, where sustainability and beauty go hand in hand. Together, the café and art create a serene and inspiring atmosphere, inviting visitors to savor wholesome food while discovering unique treasures that celebrate the spirit of South Walton.

Kuntz's entrepreneurial journey has been marked by resilience and an unwavering dedication to her mission. From her early days crafting juices for yoga students to expanding Raw & Juicy into two vibrant locations, she has remained steadfast in her vision: creating spaces where food, health, and community intersect.

Beyond her restaurants, Raw & Juicy has become a trusted name in event production and catering, serving everything from wedding parties to nonprofit fundraisers. Whether hosting intimate dinners or large gatherings, the team's focus remains on delivering memorable experiences that reflect Kuntz's ethos of sustainability and wellness.

As Raw & Juicy welcomes visitors this spring, the brand continues to innovate and grow. The Alys Beach



Black Angus petite prime strip is served with mushroom Bourguignon for dinner at the Alys Beach Raw & Juicy location.

Raw & Juicy's roots on Seaside's Airstream Row set the foundation for its enduring reputation as a destination for clean, fresh and sustainable food.

location's fresh new menu, paired with its daily dinner service, promises to delight diners, while the Grayton Beach location remains a sanctuary for the community, offering wholesome food and wellness events.

Through it all, Kuntz's pioneering spirit and passion for health, adventure, and connection shine brightly. Her legacy is more than just a business—it's a testament to the power of building community, one juice, one meal, and one shared moment at a time.

Raw & Juicy
Alys Beach
147 La Garza Lane, Alys Beach
850-909-0230

85 Defuniak Street, Grayton Beach
850-231-1734
rawandjuicylife.com

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Where Everybody Knows Your Name

Idyll Hound Proper in Inlet Beach is a community hub with plenty of food and brews

BY TESS FARMER

Nestled in the bustling 30Avenue in Inlet Beach, Idyll Hound Proper has quickly become a favorite gathering spot for both locals and visitors. Known for its lively atmosphere, extensive beer selection and versatile menu, the restaurant strikes a balance between casual comfort and elevated dining, making it a go-to destination on the east end of 30-A.

With over 30 beers on tap, including brews from local favorite Idyll Hounds Brewery, Idyll Hound Proper delivers a true craft beer experience. The restaurant's licensing partnership with the brewery ensures a rotating selection of popular and seasonal beers, appealing to connoisseurs and casual drinkers alike.

We always envisioned the place as the neighborhood 'Cheers' bar. Our locals are very important to us.



The Idyll Hound Proper has a creative specialty cocktail menu.

"We always envisioned the place as the neighborhood 'Cheers' bar," said owner Dan Tinghitella. "Our locals are very important to us."

Idyll Hound Proper's vibrant atmosphere is complemented by mural art and an open-concept space that spills onto a green area where kids play corn hole and live

music adds to the energy. This family-friendly environment welcomes guests straight from the beach for lighter fare, like poke bowls and fresh salads, while also offering a robust dinner menu featuring locally-caught seafood and expertly-prepared steaks.

The restaurant's famed burger is a crowd favorite, offering a satisfying option for under \$20, while their fine steaks and seafood cater to more refined tastes. With daily happy hour and weekend brunches, complete with live music and bottomless mimosas, as well as gluten-free menu options, there's truly something for everyone. Chef Nick Walton's culinary expertise shines throughout the menu, combining approachable comfort food with fresh, local ingredients.

Idyll Hound Proper has cultivated a loyal local following, thanks in part to its commitment to the community. Regular "Founders Club" events honor their local patrons and the restaurant gives

back by providing weekly lunches to students at the neighboring O'Hana School. Idyll Hound Proper also supports other local schools including Seaside Neighborhood School.

"Our local support has been so great to have and we make every effort to reciprocate," Tinghitella said.

Operated by Tinghitella's local restaurant group, which also includes 3 Sons Barbecue and Ghost Crab Pizza, Idyll Hound Proper is carving out its place as a central hub for the Inlet Beach community.

Whether you're a sports fan, a trivia buff, or a live music lover, there's always something happening. Trivia nights bring out the competitive spirit, live music fills the air with energy and multiple screens ensure you won't miss a moment of the big game.

With its welcoming vibe, thoughtfully-curated menu, and dedication to the people it serves, Idyll Hound Proper is quickly becoming to Inlet Beach what Summer Kitchen was to Rosemary Beach in its early days—a true cornerstone of the community.



The U.F.C. burger features two smash patties topped with seared park belly, American cheese and bacon jam.

Whether you're grabbing a beer and burger, enjoying a family dinner, or unwinding with live music on the green, Idyll Hound Proper delivers an experience as vibrant and diverse as 30-A itself and a reflection of what makes the local community so special.



Nashville Hot Chicken Mac & Cheese is topped with tangy slaw.

Idyll Hound Proper
12805 US-98 E10130Avenue, Inlet Beach
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Rosemary Beach Sculpture Exhibition

An outdoor showcase set amidst the town's parks and gardens

BY JESSICA HOLTHAUS BADOUR

Nestled along the emerald coastline of Florida's scenic highway 30A, Rosemary Beach is more than just a picturesque seaside town. It's a place where art, architecture and nature converge, a harmony that finds its ultimate expression in the Rosemary Beach Sculpture Exhibition (RBSE).

Now in its fourth iteration, this biennial outdoor showcase transforms the town into an open-air gallery, celebrating contemporary sculpture while enhancing Rosemary Beach's natural beauty and New Urbanist charm. From now through October 19, 2025, the fourth RBSE promises to be a visual feast. Nine sculptures (selected from nearly 50 submissions) adorn the town's parks, greens and gardens. The selection criteria focused on pieces that harmonize with Rosemary Beach's architectural elegance and coastal serenity.



"The sculptures reflect themes of community, joy and connection," says Alisa Ghazvini, RBSE Committee Chair. "Some evoke the ocean's forms, while others celebrate togetherness and happiness."

Artists are integral to the RBSE experience, having engaged with the community during installation and opening events. Visitors can explore the exhibition at their leisure with a free catalogue and enhanced Otocast audio tour with commentary from the artists and guided tours, upon request.

The RBSE was conceived in 2015 when Tom Kramer, inspired by a European outdoor sculpture exhibit, returned home with a dream to bring public art to Rosemary Beach. With the support of his wife, Mary Zahner, the Rosemary Beach Property Owners Association (POA), and community partners, Kramer launched the first RBSE in 2017. It featured 11 sculptures with the self-guided audio tour via the Otocast app.

Over the years, the RBSE grew in scope and ambition. By its second exhibition in 2019, the event had expanded to 16 sculptures, included guided tours, artist panel discussions and student engagement projects, like the Lionfish sculpture crafted from Gulf debris to raise environmental awareness. The 2021–2022 event theme, *Caring About Tomorrow: Exploring Environmental Interdependence Through Public Art*, continued to spotlight the intersection of art and environmental stewardship.

When Kramer relocated in 2021, it seemed the RBSE might lose momentum. However, that's when Rosemary Beach resident and arts enthusiast Alisa Ghazvini took the reins. With decades worth of leadership experience in education and nonprofit organizations, Ghazvini assembled a new committee of seven dedicated volunteers to continue the RBSE's mission. "I hated to see it end," Ghazvini recalls. "I started talking to people and together, we built a great committee. We made it happen this year, even without the original group, by leaning on each other's strengths and figuring out the ins and outs as we went along."

This collaborative spirit has become a hallmark of the RBSE. Committee members bring diverse talents, from art connections and event management to communications and fundraising. Key contributors include Gary Handler, whose art-world ties expanded the exhibition's network, Burt

Beusch who had managed a sculpture garden in the past, and Stacy Parks, who revamped the RBSE's website and social media presence for this year's event. The committee's efforts have also inspired a broader embrace of public art along 30-A.

"When Tom started this in 2017, you'd be hard-pressed to find outdoor sculptures here," notes Ghazvini. "Now they're everywhere, from Watersound Parkway to the new underground museum. This exhibition was the impetus that got it all started."

But the RBSE isn't just about aesthetics; it's about fostering connections. The exhibition's student engagement



Nine sculptures were selected for the exhibition that reflect the themes of community, joy and connection.

program continues to inspire young artists, while events like the Patrons Celebration Party bring together donors, artists and art lovers in celebration of creativity.

"People have told me how joyful the sculptures make them feel," Ghazvini shares. "They add to the environment here in a way that uplifts everyone who sees them."

The RBSE thrives thanks to the generosity of donors and the steadfast support of the Rosemary Beach POA. Funding comes entirely from private contributions, with Fractured Atlas serving as the RBSE's fiscal sponsor, allowing donations to be tax-deductible. Each exhibition has left a lasting legacy by adding select sculptures to the town's permanent collection. Today, six sculptures grace Rosemary Beach year-round, including the iconic Colors of My Mind, George Rodrigue's Blue Dog, donated the first year by his widow, Wendy Wolf.

As the RBSE prepares to welcome visitors to its fourth exhibition, it remains a testament to the power of art to unite, inspire and enhance the places we call home. Under Ghazvini's leadership and with the continued support of the Rosemary Beach community, the RBSE is poised to fulfill its vision of becoming the premier outdoor art exhibition in the Southeast—a reflection of the enduring beauty and spirit of Rosemary Beach itself.

Rosemary Beach Sculpture Exhibition
Open through Oct. 19
Location: Throughout Rosemary Beach
Admission: Free and open to the public
rosemarybeachsculpture.com

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



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Tom Fitzpatrick



Featured 30A Local Golf Columnist



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Great Catch

"Big John" charter boat continues to make memories on the water

BY JESSICA HOLTHAUS BADOUR

The "Big John of Florida" charter boat has been a Destin staple since 1993 with its most recent owners, Denis and Holly LaBarre, taking over in 2022. The boat's name honors local fishing legend, Charles Johnson, fondly remembered by the boat's previous owner who was his best friend.

"In 2020, we came to Florida in our RV and it broke down, and we fell in love with the area," Holly says. "We bought a condo and thought getting a charter would be a great way to spend our pre-retirement years. It was a dream come true."

A dream mixed with a touch of fate, perhaps? Holly saw an ad for the Big John posted in The Destin Log. The ad described that, "All someone has to do is buy it and put some lipstick on it"—and that's exactly what Holly did. The engine and other mechanical parts were new, but the boat's interior bore a strong scent of its fishing history. The couple overhauled it, repainting and adding new fiberglass. While they kept the boat's name, they added a sailfish design to the stern, enhancing its curb appeal from the dock.

Denis, an experienced fisherman originally from the Northeast, brought his expertise from shark fishing off Montauk, N.Y., to the abundant waters of the Florida panhandle. The couple has worked hard to learn the best fishing spots and techniques for the local waters.

"Within an hour, you're in open water catching decent-sized fish," Holly explains. "If we head out farther, we'll reel in sailfish, blue marlin, swordfish, yellowfin and blackfin tuna. The farther out you venture, the bigger the catches get—and the bigger ones are always so exciting."

"You never know how the Gulf of Mexico will behave," she adds. "A three-day trip forecasted for 2–3-foot seas can unexpectedly turn into 8–10-foot swells. It's challenging, but part of the adventure. Once you're out there, you adapt."

Big John can accommodate overnight adventures, with room to sleep up to eight guests. Their most popular charter is the six-hour trip, which balances fishing time with the flexibility for other vacation activities. A four-hour option is ideal for first-timers or families with young children.

notes that while they always catch something, not all the fish are keepers. Quotas for certain species can close seasons early, requiring attention. Holly attends Charter Boat Association meetings to stay informed about these changes, which aim to improve environmental stewardship and prevent overfishing in the Gulf.



Captain Reid, Captain Denis and Deckhand Corey.

The Big John team includes Captain Reid Phillips and Deckhand Corey Livesay, who collaborate with Denis to ensure memorable trips. "Reid's knowledge of local fishing spots is invaluable, and we even have a logbook from the previous owner to guide us," Holly shares.

Fishing regulations, which change throughout the year, add complexity to the fishing operations. Holly

Behind the scenes, there's significant effort involved in preparing for and wrapping up each trip. Fluctuating diesel costs and maintenance are constant challenges. "When guests see the fuel dock bill, they're shocked," Holly laughs. "But we do this because we love it. These trips, fishing, it's our passion."

For two years running (2024 and 2025), Big John of Florida has been voted the best fishing experience in Destin. The business offers family-friendly and corporate day-long charters, as well as overnight and multi-day excursions. Their 52' Custom G&S Fiberglass Sport Fisherman, re-powered by twin Cummins Turbocharged Diesel Motors, is equipped with modern amenities and comfort. This includes Starlink internet, air conditioning, a



Denis and Holly LaBarre.

large bathroom, a microwave, a fridge, and sleeping quarters for up to eight.

"The Big John of Florida offers more than a fishing trip; it's about creating lasting memories," Holly says.

Whether you're a seasoned angler or a first-timer, Big John promises an unforgettable day (or longer) out on the water. Book your next adventure today and experience the thrill of deep-sea fishing here in the panhandle.

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Exquisite Transformations

PayFin Enterprises provides seamless renovation services

BY JESSICA HOLTHAUS BADOUR



Whether updating a single room or revamping an entire home or business, the team continues to learn about the latest products, trends and materials.

dedicated staff,” Stetsenko explains. “We focus on educating our team about the latest products, trends and customer service techniques. This ensures we can guide each of our clients through options—good, better, best—tailored to their needs, budget and expectations.”

This dedication extends to the network of skilled installation crews. Having worked with many of these professionals for years from Navarre to Mexico Beach, Stetsenko says they know exactly where and which crew to assign for each project. Whether it’s a high-end mosaic tile installation or a large-scale commercial endeavor, their meticulous attention to detail ensures that every job meets the highest standards.

Additionally, PayFin prides itself on staying ahead of industry trends, offering innovative materials and techniques that

blend beauty and functionality. Recent advances, such as scratch-resistant and water-resistant flooring, are particularly popular among clients renovating rental properties or second homes.

“We pay close attention to how properties will be used,” Stetsenko notes. “Understanding whether a renovation is for personal use or rental purposes helps us recommend the best materials and designs for durability.”

We pay close attention to how properties will be used. Understanding whether a renovation is for personal use or rental purposes helps us recommend the best materials and designs for durability.

Founded with a vision to simplify the renovation process, PayFin has grown steadily over the years, operating in the background of its three companies. Renovation Flooring remains its flagship brand, recently expanding its reach with two state-of-the-art showrooms in Miramar Beach and Inlet Beach. Elite Cabinet Designs also added another dimension last year with its new showroom, offering custom-designed cabinetry and accessories for kitchens, bathrooms and beyond.

“We aim to provide a pleasurable and efficient buying experience,” says Evgeniya Stetsenko, Marketing Director. “Our comprehensive services – from demolition to installation – allow us to support clients at any stage of their renovation journey, whether residential or commercial.”

Services extend beyond private homes, handling renovations for condos, rental properties, hotels, doctor’s offices and even some of the local military installations. With an e-commerce platform, products can be delivered nationwide, ensuring that clients across the U.S. have access to high-quality materials.

And what sets PayFin apart? Its top-notch team: “Our biggest competitive advantage is our knowledgeable and

With financing options available, clients can approach their renovations in phases, tackling immediate priorities while keeping future goals in mind.

As PayFin looks to the future, the company is poised for



continued growth. Outdoor living spaces are a key area of focus, with weatherproof cabinetry and brick pavers becoming increasingly popular. On the commercial side, PayFin plans to expand its work with large builders and tackle more extensive projects.

“No project is too small or too large for us,” Stetsenko affirms. “From replacing carpet in a single room to designing an entire outdoor patio, we have the resources and expertise to make it happen.”

With an in-house designer guiding clients from concept to completion, PayFin ensures every project is both creative and practical, tailored to the unique needs of each customer.

At its core, PayFin Enterprises is about more than just renovations—it’s about creating spaces that reflect the dreams and lifestyles of its clients. By combining top-notch products, skilled craftsmanship and unparalleled customer service, PayFin’s three companies have built a reputation as a trusted partner in transformation.

Whether you’re planning a minor update or a complete overhaul, PayFin Enterprises is ready to bring your vision to life. As they continue to innovate and grow, one thing remains constant: Their commitment to excellence and their passion for turning houses into a dream homes.

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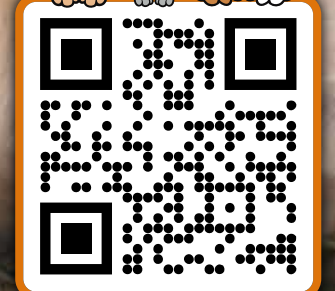
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Say "I Do" to Sandestin

Your Dream Wedding on Florida's Emerald Coast

BY APRIL SARVER

Imagine your wedding day framed by sugar-white sand, emerald waters and endless blue skies. At Sandestin Golf and Beach Resort, we create unforgettable weddings with breathtaking backdrops and elegant venues to suit your style and vision.

Whether you dream of a romantic beach ceremony at sunset, an intimate garden celebration or a grand ballroom affair, Sandestin offers a diverse array of venue options. Our resort's newest additions—the exclusive Burnt Pine Clubhouse and Beach Club—bring elevated charm to your big day. Burnt Pine's lush grounds and luxurious interiors provide a sophisticated setting, while the Beach Club boasts unparalleled Gulf views, perfect for a beachfront celebration.

Customizable Experiences for Your Perfect Day

Sandestin's wedding specialists work closely with you to personalize every detail, from décor and menus to entertainment and accommodations. Choose from various ceremony and reception venues, including The Grand Sandestin Ballroom, The Bayview Terrace or the picturesque Grand Lawn adjacent to the whimsical Village of Baytowne Wharf.

Our experienced culinary team curates menus tailored to your tastes, ranging from coastal-inspired fare to gourmet multi-course dinners. Beyond the wedding day, your guests can enjoy a full resort experience, with spa services, championship golf, world-class dining and vibrant nightlife all within walking distance.

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A wedding at Sandestin is more than just an event—it's a shared experience that creates lasting memories for you and your guests. With more than 1,000 accommodations, including



beachfront condos, homes, villas and the luxurious Hotel Effie Sandestin, Autograph Collection, everyone can relax and reconnect, turning your special day into a destination celebration.

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At Sandestin, our food and beverage options are as diverse and delightful as the couples we serve. From signature cocktails at your beachfront reception to multi-course plated dinners in elegant ballrooms, our



catering team crafts exceptional culinary experiences. Indulge in local Gulf Coast flavors, gourmet hors d'oeuvres, or custom-themed menus that reflect your personal tastes. Whether you prefer a casual buffet or a refined sit-down meal, we bring your vision to life with impeccable service and attention to detail.



Start planning the wedding of your dreams today. Visit Sandestin.com/weddings or contact our wedding team at 877-352-3028 to schedule a personalized tour.

Your forever starts here.

April Sarver is the Director of Marketing and Communications for Sandestin Golf and Beach Resort and mom of a recent Sandestin groom.

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The Dog KULA

A Holistic Haven for Pets and Their Families

BY TESS FARMER

In the heart of South Walton, a unique and heartwarming venture has opened its doors, changing the way pet owners think about their furry companions' health and wellness. The Dog KULA, a holistic pet store founded by Dr. Bart and Kelli Precourt, is not just a retail space, but a community dedicated to the well-being of pets. Offering healthy food, treats, accessories and a full apothecary of alternative healing products, The Dog KULA is a culmination of the Precourts' decades-long passion for health, wellness and their deep love for animals.



Dr. Bart and Kelli Precourt created the holistic pet store and community of pet well-being.

The Dog KULA opened at the end of 2024, but the vision behind it has been years in the making. Dr. Bart and Kelli are no strangers to South Walton, where they've been pillars of the community since founding Balance Health Studio in 2006. Known for their holistic approach to health and wellness, the couple has now extended their expertise to animals.

Their journey began with their own pack of eight dogs, some of whom faced significant health challenges, including paralysis and neurological issues. Through alternative therapies and nutrition, the Precourts successfully healed their dogs, discovering a wealth of knowledge along the way. This personal journey inspired them to create The Dog KULA, a space where other pet parents could learn, find resources and take a holistic approach to their pets' health.



The store features multiple lines of raw dog food, carefully-vetted brands of treats and a comprehensive selection of supplements.

The word "KULA" is a Sanskrit term meaning family, community, or tribe, and that's exactly what The Dog KULA embodies.

"It's a place where love, intention and holistic care come together for the pets who bring so much light to our lives," said Kelli Precourt. The store is more than just a shopping destination; it's a hub of education and empowerment."

Walking into The Dog KULA, visitors are greeted by an array of thoughtfully-curated products designed to support every aspect of a pet's health. The store features multiple lines of raw dog food, carefully-vetted brands of treats, and a comprehensive selection of supplements. The apothecary includes the entire line of Standard Process Veterinary Formulas, crafted with human-quality ingredients to address injuries, illnesses and chronic conditions.

"Our mission is to change the lives of families and their animals with whole foods and nutritional support," said Kelli. "We believe that, given the proper nutrition, we have the amazing capability to impact our pets' health."

The entire team at The Dog KULA is deeply knowledgeable, offering guidance to pet parents who want to understand the profound connection between nutrition and wellness. For instance, something as simple as adding a third of a cup of fresh vegetables to a dog's diet can significantly improve health outcomes.

"Our animals are the same as us—we become what we put in our bodies," Kelli said. The Dog KULA empowers customers to make informed decisions, offering tools and education to support their pets' overall well-being.

The Precourts have been raising dogs for over 30 years, focusing particularly on their bulldogs, a breed prone to health conditions. Their dedication to healing and wellness has translated into a way of life. Whether through their chiropractic practice at Balance Health Studio, their organic café Prema, or now The Dog KULA, the Precourts remain steadfast in their mission to support their community—human and animal alike.

Dr. Bart's background in chiropractic care and holistic health plays a significant role in the ethos of The Dog KULA. Just as he treats his human patients with alternative

therapies and nutrition, he brings the same philosophy to pet care, creating a seamless connection between the health of families and their furry companions.

It's a place where love, intention and holistic care come together for the pets who bring so much light to our lives. The store is more than just a shopping destination; it's a hub of education and empowerment.

The Dog KULA, as the name implies, is about creating a community. The store serves as a gathering place for pet lovers to share experiences, learn about holistic practices and find support in caring for their pets. Events include dog walks, workshops and partnerships with local veterinarians. Partnerships with wellness experts are planned to further The Dog KULA's mission.

The local community, already familiar with the Precourts' other ventures, has warmly embraced this new addition.

"The support from our community has been incredible," says Kelli. "It's amazing to see how many people are interested in taking a more holistic approach to their pets' health."

As The Dog KULA prepares for its first full season, the Precourts are excited to welcome visitors and locals alike. The store is stocked with fresh new products and an ever-expanding selection of resources to help pets thrive.

With their dedication to health, their love for animals and their unwavering commitment to community, Dr. Bart and Kelli Precourt are transforming the way pet care is approached in South Walton. The Dog KULA is a movement toward better health and happier lives for pets and their families.

Whether you're a seasoned pet parent or just beginning your journey, The Dog KULA is ready to welcome you into their tribe. As Kelli puts it, "Together, we can create a world where our pets thrive, just as we do."

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A pillar of excellence in financial services John McHugh honored as a Distinguished Leader for 2025

BY TESS FARMER

The Emerald Coast has long been celebrated for its beaches, vibrant communities, and entrepreneurial spirit. This year Destin local John McHugh, a leader in the financial services sector, has been recognized on the national stage as a Marquis Who's Who Distinguished Leader Honoree for 2025. This prestigious accolade follows their inclusion as a Marquis Who's Who Honoree in 2024, in the area of Financial Advisory, cementing their reputation as a standout in institutional asset management.

Of the 1.6 million Global Marquis Who's Who Honorees, only a small fraction achieves the distinguished leader designation. This elite recognition is reserved for those who have demonstrated exceptional contributions to their field and community. Being honored for both categories highlights not only the firm's expertise, but also their dedication to excellence in the field.

For the Emerald Coast, this achievement is doubly significant: McHugh's firm stands as the only institutional asset manager headquartered in the region, a testament to their pioneering spirit and commitment to serving the local community while making a mark on the national financial landscape.

With over 25 years of experience, McHugh has been a pillar of excellence in financial services advisory. As president and chief investment officer of WealthTrust Asset Management LLC, he manages client portfolios and collaborates with advisors to deliver data-driven results recognized by his 4- and 5-Star Morningstar Strategies.

McHugh has built a career marked by innovation, integrity and an unwavering commitment to his clients. His leadership has not only elevated his firm to the forefront of Institutional Asset Management, but has also positioned the Emerald Coast as a hub for sophisticated financial services.

"Institutional Asset Management is about more than numbers—it's about strategy, vision and creating lasting value," McHugh said. "Being recognized as a Distinguished Leader is a reflection of the trust our

clients place in us and the hard work of our entire team."

Institutional Asset Management involves managing large-scale investments for organizations such as corporations, endowments and pension funds as well as business owners and high net worth individuals. The work requires a deep understanding of market trends, risk management, and strategic allocation to achieve financial goals. Being the only firm of its kind on the Emerald Coast, WealthTrust Asset Management bridges the gap between local expertise and global financial strategies.

By combining a client-first approach with cutting-edge industry knowledge, they have built a reputation for delivering results that exceed expectations.

McHugh's journey in finance is marked by milestones that reflect both professional and personal dedication. His inclusion in Marquis Who's Who recognized their long-standing contributions to the financial services sector. The Distinguished Leader Honoree title for 2025 underscores their continued impact on the industry.

He combines A.I. Technology and Quantitative Analysis to identify opportunities and verify their reliability. By analyzing mountains of data — from stock prices and trading volumes to news and sentiment — the approach pinpoints trends and stocks with high potential.

"Ultimately, this synergy benefits clients by delivering potentially more consistent and reliable investment outcomes instilling confidence that client portfolios are managed with cutting-edge precision," added McHugh. "Confidence that every decision is backed by robust analysis and a forward-looking approach."

Beyond his professional accolades, McHugh has worked to enrich the Emerald Coast community. From mentoring aspiring financial professionals to supporting local initiatives, he embodies the values of service and leadership.

As 30-A and the Emerald Coast continue to grow and attract businesses and residents from across the

country, the presence of a premier institutional asset management firm adds to the region's appeal. The honoree's work not only strengthens the local economy but also serves as an inspiration for others to pursue excellence in their respective fields.

"We're proud to call the Emerald Coast home," McHugh said. "Our mission has always been to deliver world-class financial services while staying rooted in the values of our community."

For the Emerald Coast, this honor represents more than individual achievement; it shines a spotlight on the region's potential to nurture and sustain leaders who make a difference on a global scale.

McHugh's journey serves as a reminder that with vision, dedication, and a commitment to service, anything is possible—even from the beautiful shores of the Emerald Coast.



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Authentic Walton Flavor

Walton County's tastiest spots for your next culinary adventure

BY THE WALTON COUNTY TOURISM DEPARTMENT

Encompassing the neighborhoods of Freeport, Paxton, DeFuniak Springs and the crystal clear waters of Morrison Springs, Authentic Walton's welcoming communities are filled with incredible historic treasures and pastoral landscapes in Walton County.

A great way to explore these communities is by enjoying the wide variety of cuisine, where you'll find everything from food trucks serving up international fare to casual dining. The Walton County food scene is home to delicious eats for every palate, and we've put together some of Authentic Walton's tastiest spots for your next culinary adventure.

Start any day off right with a pastry from Perla Baking Co in DeFuniak Springs. Whether you order their fresh, flaky croissants or herby pesto chicken sandwiches, you can taste the handmade difference in Perla's house-baked breads and pastries.

Featuring a full coffee menu with beans courtesy of Amavida Coffee Roasters, you can also indulge in the freshest-brewed coffee Authentic Walton has to offer. This part of Florida is also a paradise for Southern soul food. When you step foot in Fannin's Family Restaurant, you feel the love in every bite. Come on in for a plate lunch, down-home hospitality, and delicious DeFuniak Springs casual eats!

Nick's Seafood Restaurant has been serving ultra-fresh seafood since 1963. This local favorite is known for stunning sunsets, friendly staff and top-notch seafood. Whether you want it boiled, fresh, or live, Nick has something straight off the dock.

When you want a meal that's healthy but still packed with flavor, try V Pho Vietnamese Cuisine! One of our favorite new downtown DeFuniak Springs restaurants,



Fried Shrimp at Nick's Seafood Restaurant.

V Pho serves up authentic Vietnamese cuisine with ultra-fresh ingredients. And with plenty of vegan and vegetarian options, the non-meat-eaters in your group can enjoy the brothy pho and tangy vermicelli, too.

La Terraza Mexican Restaurant is a hidden DeFuniak gem. Half specialty Hispanic grocery store and half restaurant, this spot is a true taste of Mexico in Authentic Walton. Enjoy street tacos with homemade hot sauce and fresh tortillas made to order, and don't miss the homemade chicharrones when they're on special!

While we love our sit-down restaurants, some of the best food in town is served on wheels. Tons of fan-favorite DeFuniak Springs food trucks pop up weekly at Last Stop Brew Vault. From Thai 2 Go's nutty pad thai and Rise and Swine food truck's juicy pork belly burger, check out Last Stop's pop-up schedule for daily tasty eats.

After a day in the sun, there's nothing better than a cold drink and hot, oven-fresh pizza. For some of the best pizza in Walton County, stop by LC's Pizza & Subs in Freeport, where everything is made fresh daily.

A trip to Freeport isn't complete without a sit-down dinner at Nick's Seafood Restaurant! Located at the Choctawhatchee Bay's north end, Nick's has been

serving ultra-fresh seafood since 1963. This local favorite is known for stunning sunsets, friendly staff, and top-notch seafood. Whether you want it boiled, fresh, or live,

Nick has something straight off the dock.

If you're looking for fresh seafood and prime cuts of meat to throw on the grill, T's Catch Seafood Market is the place to be. This locally owned and family-operated Freeport seafood market has everything you need for a fancy dinner at home or fresh, delicious meals to go. Locals rave about their steamed shrimp lunch plate and seafood gumbo.

Craving a taste of fine-quality Walton County chocolate? Indigenous Chocolate makes the smoothest small batch, luxury artisan chocolate this side of the Bay. What started as an at-home chocolate business in Alys Beach has blossomed into a full-blown production facility in Freeport. Their products are sold along 30A, but treat yourself to a tasting by appointment only at the Freeport shop.

When it comes to Freeport food trucks, Sports to



Smoked tuna dip at Nick's Seafood Restaurant waterfront restaurant in Freeport.

Geaux is serving up a hearty helping of Louisiana flavor on wheels. Catch them all around Freeport, and check their social media to see where they're popping up each week. From their award-winning gumbo to crispy fried gator bites, it's a blast of true Cajun flavor.

Authentic Walton is filled with tasty bites suited for every craving and occasion.

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Industry Standard

McNeese Title remains a cornerstone of the local real estate industry

BY JESSICA HOLTHAUS BADOUR



McNeese Title recently relocated its office to The Summit building in Miramar Beach.

This April, McNeese Title, LLC marks its 22nd anniversary of providing trusted title services throughout the Florida Panhandle. For over two decades, the company has exemplified its tagline, “The Standard by Which Others are Measured.”

Most recently, in March 2024, McNeese Title relocated its Destin office to Miramar Beach’s Summit Building, ensuring accessibility while maintaining its exceptional service. With unparalleled experience, a cohesive team and a community-focused ethos, McNeese Title remains a cornerstone of the local real estate industry, collectively offering nearly 175 years of expertise.

Richard, an attorney with over four decades in real estate closings, built McNeese Title rooted in expertise and exceptional service. He and his wife Demetria have a knack for hiring and retaining top talent, evident in their Director of Operations Peggy Owens, who was the company’s first employee and has been with McNeese Title since day one.

“With over 30 years’ experience, Peggy has worked every position in the title industry,” Richard says. “Her knowledge helps set us apart. If there’s an issue, she’s seen it before and knows how to fix it.”

Today’s management team includes Owens along with Cindy Kelley (Miramar Beach Manager, 20 years), Julie Barbeau Johnson (Seagrove Manager, 14 years), and Lydia Pelegrina (Post-Closing Manager and Marketing Director, 11 years).

Kelley, who started as a Mortgage Processor/Originator, joined McNeese Title in 2004 as a closer and now manages the Miramar Beach location.

“Our employees’ collective experience ensures you’re in the best hands,” Kelley says.

Johnson, who also started as a closer in 2000, highlights why people choose McNeese Title over other options: “We offer extensive local expertise, a track record of smooth and efficient closings and a dedicated team that navigates complex title issues with clear communication and timely updates. This ensures a positive experience for buyers and sellers alike, as well as realtors. It’s top-tier guidance every step of the way, with a positive and rewarding experience from start to finish.”

Pelegrina began her career as a senior at Niceville High School in 2001. Today, she considers McNeese Title family.

“A lot of companies say that, but here, it’s

reality,” she says. “We rely on each other every day. Peggy and Richard’s knowledge gives us the confidence to handle anything.”

“The basics of real estate transactions can be handled by any title company, but the way we handle the entire process—with knowledge, accuracy, and personal attention—makes all the difference.”

“I’m proud that our management team has been with us for as long as they have,” Richard adds. “Their expertise and capabilities allow me to sleep better at night.”

That confidence is crucial in an industry where no two days are the same. When it comes to resolving troublesome title issues (e.g., wild deeds, unsatisfied mortgages, helping realtors craft precise contract language), McNeese Title’s team has handled it all. Richard regularly teaches continuing education classes for Realtors®, sharing his expertise and earning widespread respect.

“When Richard talks, people listen,” Pelegrina says. “Last year, he taught more than two dozen classes and is continuously asked to speak. His name carries weight in this community, and it makes working for him a privilege.”

Beyond expertise, McNeese Title prioritizes cybersecurity, equipping itself with state-of-the-art software to protect clients’ sensitive information and staying ahead of emerging IT challenges.

“In this line of work, we’re targets for scammers trying to access bank accounts,” Richard explains. “We were the first in the Panhandle to use certain security software platforms and remain proactive to prevent problems before they happen. It’s not a matter of ‘if,’ but ‘when.’”

The team also believes in giving back, supporting organizations like the Emerald Coast Association of Realtors® and Alaqua Animal Refuge (among others). Richard and Demetria McNeese are committed to causes benefiting real estate and their community, including investing in the Realtor® Political Action Committee (RPAC).

As they reflect on their success, McNeese Title remains guided by its core values: Experience, reliability, and personal touch.

“Our goal is to make every client feel special,” Richard says. “Any title company can handle a transaction, but our knowledge, accuracy, and personal attention make all the difference.”

Whether it’s the team’s expertise, the freshly baked cookies in the office, or the McNeeses’ deep community commitment, one thing is clear: McNeese Title isn’t just a title company, it’s a trusted partner in the 30A and Destin real estate markets.

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Happy Homeowners

Karen Otten continues to showcase the magic of 30-A

BY JESSICA HOLTHAUS BADOUR

In 2004, Karen Otten left the corporate hustle of New York for the tranquil charm of Florida's Emerald Coast. Visits to her sister, who had settled near Rosemary Beach, opened her eyes to the possibility of permanent relocation.

"Every time I came down here, it didn't matter the time of year—everyone was happy, and the sun was shining. I thought, 'Where am I?' she says, laughing. The allure of a slower pace and idyllic surroundings planted the seed for her move here.

With a degree in business management and a career resume that included working for the NFL's advertising and design department, Otten is no stranger to high-profile, demanding roles. She recalls the exhilaration of standing on the field with [Texans owner]

Bob McNair and the thrill of rebranding team identities. But the corporate grind eventually lost out to the idea of beachside living. "It was really special, but exhausting," she says. Seeking a change, she traded her high heels for flip-flops to explore the opportunities awaiting her in Florida.

Otten's entry into real estate began with Alys Beach, a nascent development at the time. She joined a team that was building from the ground up—literally. "There were no roads, no pools, just plans for the first 16 houses," she explains. Collaborating with world-renowned architects, Otten thrived in this environment, where vision met ambition. She even closed on Alys' first Gulf-front lot during the Deepwater Horizon oil spill, a testament to her tenacity and relationship with her client.

Otten eventually found her professional home at Rosemary Beach Realty (RBR), where she's been watching the community grow and thrive. Located in the heart of town center, the RBR office is often the first stop for visitors smitten by the area's charm. Rosemary Beach, with its bikeable streets, tree-lined boardwalks, and lively community, is often compared to a movie set.

"People walk in and ask, 'How do I buy a house here?'" Otten says.

One of her favorite things is giving newcomers a



Karen Otten's entry into real estate began with Alys Beach. She joined a team that was building their business from the ground up—literally.



Photo by Dore Warren

more with Otten's guidance. "We became fast friends," she says, emphasizing the human connection at the heart of her work.

With Rosemary Beach nearing its capacity for build-out, inventory is limited and Otten likens finding the perfect property to a scavenger hunt. Nearby communities like Alys Beach and Origins offer more opportunities, but the market remains dynamic.

"We're seeing a shift," Otten notes. "More

people are looking for primary residences instead of vacation homes. Buyers from places like Miami find the prices here very reasonable, which is great for us."

The real estate landscape reflects broader economic trends: "This last year was a year of waiting—interest rates, the election, a new administration. There's a pent-up demand to buy, but activity has slowed. It'll be interesting to see what 2025 continues to bring our way," Otten says, remaining optimistic. "When real estate here does well, the whole community benefits. It's a trickle-down effect."

Looking ahead, Otten and the RBR office are excited about what's next. Whether helping longtime clients, welcoming new faces, or navigating the ever-changing market, Otten's commitment to excellence and connection remains unwavering.

"This area's quality of life is unmatched. It's an amazing place to live and work," Otten says.



Karen Otten

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 850-502-9074
 karen@rosemarybeachrealty.com
 rosemarybeachrealty.com

golf cart tour of the community. She pauses at the Post Office, overlooking the bustling Town Center. "It's so lively and wonderful," she describes. "Real estate is something you have to feel, and people often look at me with wide eyes and ask, 'Is this for real?'"

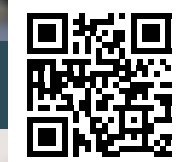
RBR's neighboring sister company, Rosemary Beach Cottage Rental Company, enhances the seamless experience for clients (and walk-ins). Whether providing maps, recommending handymen, or helping with POA details, Karen and her team prioritize every person who walks through the front door. "Even if it's not our sale, we want everyone to be happy. That's what

makes this office so special," she notes.

The focus for Otten goes beyond the transaction; it's about cultivating relationships and helping clients find not just a house, but a lifestyle. "If I wouldn't spend my own money on a property, I'd never suggest it to a client," she says. "It's not about the sale; it's about trust."

That philosophy has paid off. One client who started with a single property has since purchased four

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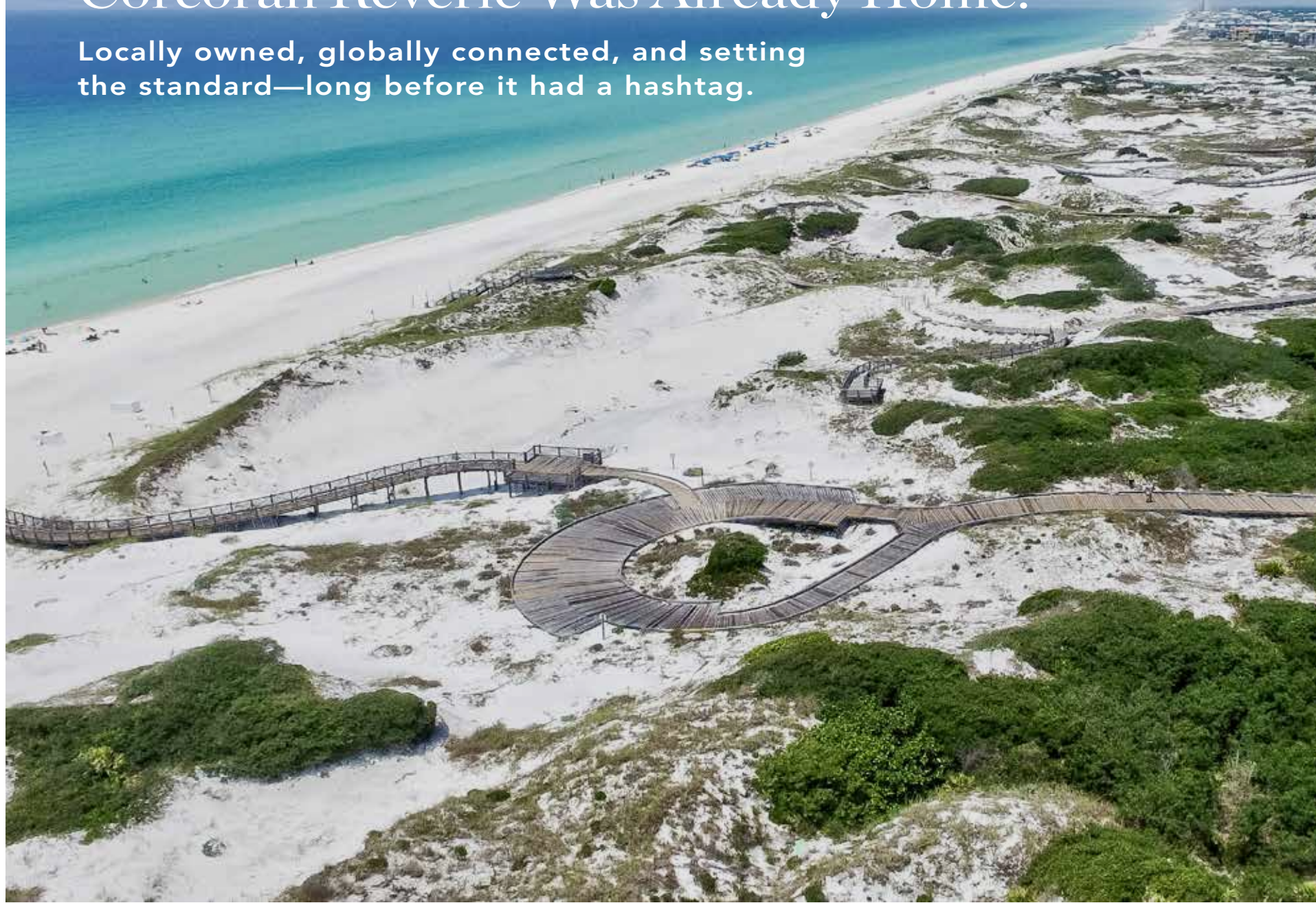
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Stress-free beach living

LUXE 30A redefines home management services and luxury property care

BY TESS FARMER

On the glistening shores of 30-A and Destin, where breathtaking Gulf-front homes dot the coastline, one name stands out in luxury home management, LUXE 30A. This concierge-style home management and rental service, founded by Nashvillian Keith Batson, offers an elevated, hassle-free approach to maintaining and managing high-end properties.

Batson, a third-generation homebuilder with deep roots in the construction industry, brings a legacy of craftsmanship and expertise to LUXE 30A. Before relocating to Santa Rosa Beach, Batson honed his skills building fine homes alongside his father and grandfather in Nashville. With decades of experience in custom home building, Batson has designed a boutique-style service that caters to the unique needs of luxury homeowners on the Gulf Coast.

“We are your experienced, local source and single point of contact,” says Batson. “Our mission is to provide peace of mind by ensuring your home is well-maintained and protected at the highest levels of service and professionalism.”

LUXE 30A offers fully customizable programs for rental properties, non-rental homes, and home watch services. Each program is tailored to the specific needs of the homeowner, ensuring a seamless and stress-free experience.

For rental properties, LUXE 30A manages every aspect, from marketing and guest relations to maintenance and housekeeping. With a deep understanding of home construction, the team strategically highlights each property’s unique features to maximize marketability and rental revenue.

For non-rental homes, the company provides regular walk-through inspections, preventative maintenance, and repair services, ensuring these properties are always in pristine condition.

For seasonal or absentee homeowners, the home watch management program includes detailed inspections, storm preparation, and post-storm assessments, providing peace of mind even when owners are miles away.

Batson’s background in home building sets LUXE 30A apart. His extensive knowledge of construction management and key relationships here in this market



Keith Batson’s extensive knowledge of construction management and key relationships in this market allow him and his team to address maintenance issues with precision and efficiency.

allow him and his team to address maintenance issues with precision and efficiency.

“Maintaining luxury Gulf-front homes requires a specific understanding of their construction and the unique challenges they face,” explains Batson. “From the sun and saltwater to hurricane-force winds, these properties need consistent attention and preventative care.”

Given the harsh coastal environment, Batson emphasizes the importance of proactive measures to protect luxury beachfront properties:

- Regular inspections. Schedule thorough walk-throughs to identify and address potential issues before they

“Every home tells a story. Our job is to preserve and enhance that story, ensuring that each property remains a source of joy and pride for its owners.”

- Escalate. Preventative maintenance - Keep HVAC systems, windows, and doors sealed and in top condition to prevent damage from humidity and salt air.

- Exterior protection. Invest in high-quality, marine-grade materials and coatings to withstand sun, salt, and wind exposure.

- Storm preparedness. Establish a storm plan that

includes securing outdoor furniture, installing shutters, and conducting post-storm assessments.

- Landscaping care. Opt for salt-tolerant plants and consistent upkeep to maintain curb appeal and avoid erosion.

At LUXE 30A, personalized service is paramount. The team is available 24/7, ensuring that every need—whether from a homeowner or a guest—is met promptly. “You’ll still get a live person on the end of the line when you call in for support,” says Batson. “We think that’s invaluable in today’s world.”

This level of service extends to housekeeping, where attention to detail ensures that homes remain in immaculate condition, and maintenance, where prompt responses and expert solutions preserve the value of the property.

The foundation of LUXE 30A lies in its commitment to excellence, a value instilled in Batson from his years in homebuilding and modeled by his grandfather and father. By combining traditional craftsmanship with modern innovation, Batson and his team have created a service that elevates the experience of owning and renting luxury properties on the Gulf Coast.



“Every home tells a story,” says Batson. “Our job is to preserve and enhance that story, ensuring that each property remains a source of joy and pride for its owners.”

For homeowners along 30A and Destin, LUXE 30A provides peace of mind. With a single point of contact, a deep understanding of coastal home care, and an unwavering commitment to service, LUXE 30A is the trusted partner for maintaining and managing luxury homes. And with Batson at the helm, homeowners can rest assured their investment is in expert hands.

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Health at a Crossroads

How RFK Jr.'s appointment could spark real change in our health

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



Dr. Bart Precourt

For nearly thirty years, I've watched chronic disease skyrocket, environmental toxins infiltrate our daily lives, and Big Pharma tighten its grip on the healthcare system. But for the first time in decades, I feel something different—a wave of optimism sweeping through the healthcare space! And I'm not alone. Across all fields, doctors and practitioners are saying the same thing: the conversation is changing, people are waking up.

First, a special shoutout to all outside-of-the-box thinkers. The mom's (dads too), the holistic practitioners who have been scorned for years, and anyone else who has been willing to stand up, ask questions and willing to walk their own path. Your time has come. You finally have someone in a position of power that hears you.

Leading this charge is Robert F. Kennedy Jr., the newly-appointed Secretary of Health and Human Services. While the mainstream media tries to stir controversy, I see the opposite happening. This has become a welcomed unifying topic. A rallying point for those who have fought for medical freedom, food transparency, and environmental health. The shift is here, and I predict three major changes that will redefine how we approach health, food, and the environment.

1. Top Fast-Food Companies Will Race to Lead

This is a bold prediction without any evidence to support it, other than that "Big Food" follows the money. Giants like McDonald's, Chick-fil-A, Starbucks and Wendy's have fed the public cheap, ultra-processed, chemical-laden food with no accountability.

The truth about toxic ingredients, seed oils and hormone-disrupting preservatives is spreading fast. I predict that at least one of these companies will scramble to rebrand as a "cleaner" fast-food option to retain customers.

McDonald's could lead the charge by returning to beef tallow for fries—a major upgrade over inflammatory seed oils. Chick-fil-A and Starbucks? They might struggle the most, given the sheer amount of synthetic, low-quality ingredients they rely on.

If fast food giants start cleaning up, smaller businesses will be forced to follow. This is where we come in. Our dollars drive the market. Support places that prioritize

I feel something different—a wave of optimism sweeping through the healthcare space.

real, organic, whole food. Reject the garbage. Bad ingredients create bad health.

2. Transparency Will Rock the Boat

We are the wealthiest country in the world, and yet one of the sickest. That's no accident. Autism rates are skyrocketing. Autoimmune diseases are rampant. Chronic illness in children is at an all-time high. Should we ignore the clear correlations between these issues and the explosion of vaccines, pharmaceuticals and environmental toxins?

That time is over. People want answers. Transparency is coming. It will be uncomfortable. People don't like their beliefs challenged. But real change requires discomfort.

Ask more questions. Read the labels. Challenge the

narrative. Demand to know what's going into your body and your children's bodies. If a company fears transparency, that tells you everything you need to know. This is how we all win.

3.) Exposure Will Save Our Health and Our Environment

One of the greatest threats to human health and the environment today is glyphosate— Never heard of it? That's the problem.

Glyphosate, the active ingredient in Roundup, is sprayed on millions of acres of farmland, lawns, and gardens across the U.S. It contaminates our food, our water, our soil—even our pets' paws when they walk on treated grass.

We are being dosed with this toxic chemical every single day. The consequences? Leaky gut, autoimmune disorders, brain fog, chronic fatigue, neurodevelopmental issues, hormonal imbalances...the list goes on. And right here on 30-A, we are some of the biggest abusers of this poison.

Thousands of gallons of glyphosate are sprayed on lawns, golf courses, and community spaces every year, running into our lakes, streams and Gulf waters. It's harming our environment, our health, and even making our dogs sick.

People don't know what they don't know—and that's why exposure and education are critical. Do I think that these Big Pharm powerhouse companies will change their ways? Who knows. But we can. Buy organic. Ditch the chemicals. Protect your family, your pets, and your community.

The Future of Health Starts Now

These are just three of my predictions— and I believe this is only the beginning. The most exciting part? The focus is finally shifting back to health. Stay open, stay excited... The Future Looks Bright!

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



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A Financial Union

Post-marital estate planning

BY KIMBERLY WATSON SEWELL AND FRANKLIN H. WATSON



Kimberly Watson Sewell and Franklin 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.

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.



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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.

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 though the ball did just that.



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.



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

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.



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.

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.

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.scenicsir.com



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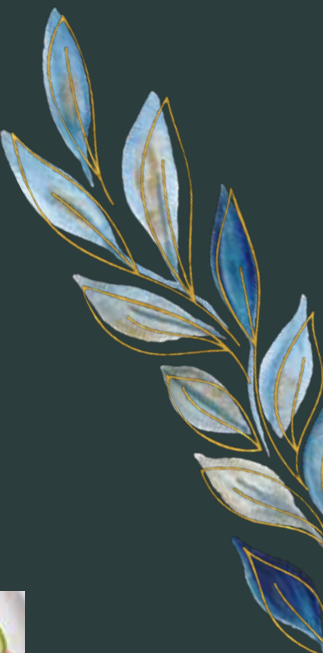
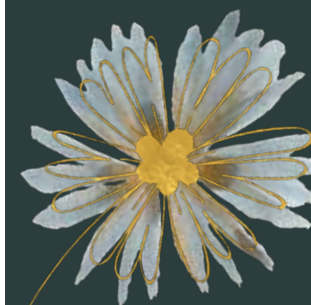


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With over 25 years in the financial services industry, WealthTrust Asset Management stands out as a trusted partner in wealth management. Founded by Mr. John McHugh, who holds a business degree from the University of Missouri, the firm leverages extensive 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.

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