

STROLL[®]

Sewall's Point



»»
Reflecting
ON
2025
««



DELIVERING NEIGHBORHOOD CONNECTIONS

SPECIAL EDITION

Explore the Treasure Coast

SPECIAL EDITION

THE DOLPHIN BAR

JENSEN BEACH, FLORIDA

A FLORIDA TREASURE

27.2391° N/
80.2117° W

Perched along the Indian River in Jensen Beach, The Dolphin Bar & Shrimp House blends Old Florida charm with a rich Hollywood past; once home to screen legend Frances Langford. Today, it's a favorite for riverfront views, warm hospitality, and coastal classics like Baked Stuffed Shrimp and Dolphin à la Dolphin.

Lunch highlights include Tropical Tacos and the 50+ item Salad Bar, with Happy Hour daily from 3–7 PM. Enjoy live music Wednesdays, Fridays, and Saturdays, plus Ladies Night on Wednesdays, Trivia Thursdays, and a lively Sunday Brunch featuring a Mimosa & Bloody Mary Bar. Private event bookings are welcomed year-round.

Founded:

2000

Cuisine:

Seafood, Steakhouse Favorites & Florida-Inspired Comfort Food

Vibe:

Scenic Waterfront Dining with Timeless Charm

Known For:

Baked Stuffed Shrimp, Riverfront Views, and Frances Langford's Historic Outrigger Restaurant

1401 NE Indian River Drive, Jensen Beach, FL | (772) 781-5136 | DolphinBar.com

The Dolphin Bar & Shrimp House

Restaurant • Bar • Events

OPEN TO THE PUBLIC

The Nest – Where Every Visit Feels Like Home

Prime meats, fresh seafood, and cocktails crafted to perfection in a setting that's both inviting and unforgettable.

\$12 Happy Hour cocktails
3-6pm daily

Panoramic river views that make every meal a special occasion

Make The Nest your weekly escape—or your place to celebrate life's best moments.

UNDER NEW OWNERSHIP

The Nest

8735 S. Ocean Dr. Jensen Beach, FL
772-229-7575 • nestontheriver.com

WHERE COASTAL LIVING MEETS YACHTING LUXURY

Terraglio Yacht Group is proud to serve the Treasure Coast's luxury community, representing distinguished yacht brands and brokerage listings with integrity, precision, and discretion. Whether purchasing, selling, or exploring new models, our team ensures every detail exceeds expectation. Our Stuart-based team combines personalized guidance with decades of expertise to deliver a seamless yachting experience, on the water and beyond.



TYG
TERRAGLIO
YACHT GROUP

Monterey Location

2300 SE Monterey Road
Stuart, Florida 34996
(772) 224-8800
Sales@TerraglioGroup.com

Dixie Location

4595 SE Dixie Hwy
Stuart, Florida 34997
(772) 224-8800
Sales@TerraglioGroup.com

Lauderdale Location

1515 SE 17th Street Suite A133
Fort Lauderdale, Florida 33316
(954) 625-3789
Sales@TerraglioGroup.com

Imagine your home,
totally organized!

Custom Closets, Garage Cabinets, Home Offices,
Pantries, Laundries, Hobby Rooms and more...



Walk-in Closets

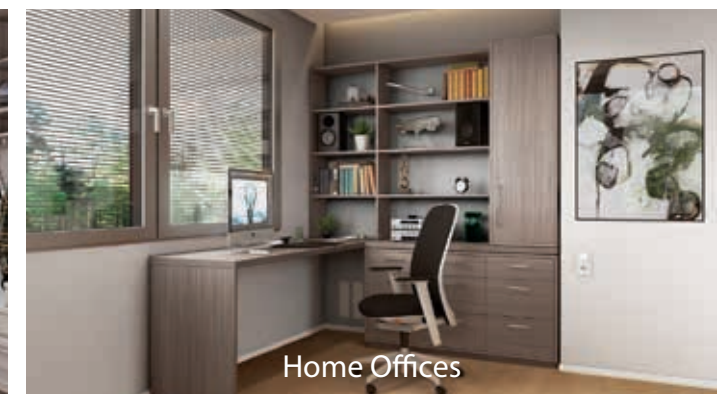
40% Off Plus
Free Installation

PLUS TAKE
AN EXTRA **15% Off**

Terms and Conditions: 40% off any order of \$980 or more, 30% off any order of \$680 or more, on any Closets, Garages, Home offices, or other products with any complete unit purchase. Take an additional 15% off any order of \$980 or more. Free installation with any complete unit order of \$850 or more. Not valid with any other offer. Offers and prices are subject to change without notice. With incoming order, at time of purchase only. Offer Expires on 1/25/26.



Laundries



Home Offices



2024 © All Rights Reserved. Closets by Design, Inc.

Call for a free in home design consultation

772-248-4268 BL

closetsbydesign.com

Locally Owned and Operated! Licensed and Insured: CGC1509325 & MC1900055

 **ClosetsbyDesign®**

Dultmeier
PHOTOGRAPHY

Diane has photographed our family several times over the years. She has always been extremely professional, capturing beautiful portraits that we have cherished. She's flexible, creative and has a wonderful way of putting nervous family members at ease. Our first session was when my son was in pre-school at Bridges Montessori and we just finished his senior session. She captured his personality perfectly!

-Jennifer Atkisson-Lovett

MICHAEL
Class of 2025

Get your free guide!



Family Owned and
Operated
To Serve You Better

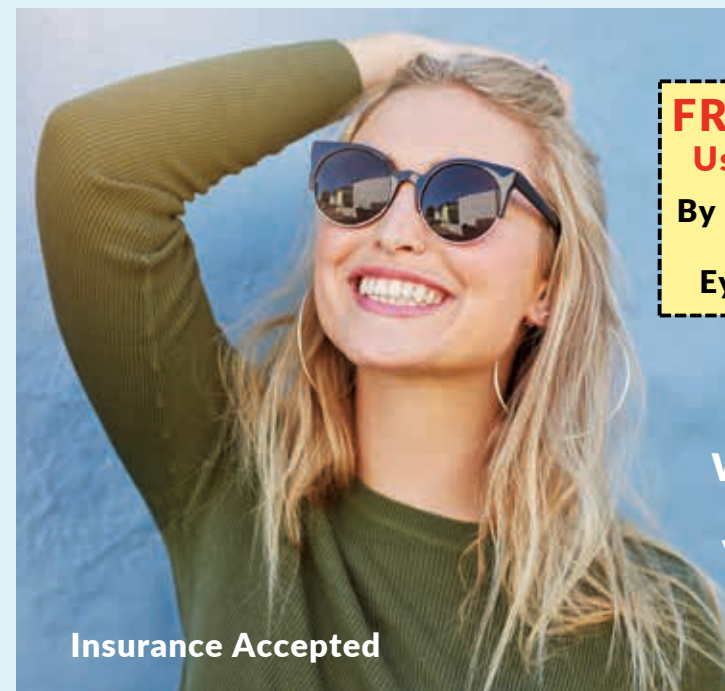
SCHMIDT'S
OPTICAL & HEARING
The Most Trusted Name In Optical and Hearing

Celebrating
48 Years In
Martin County

1 Hour Service
Even Specialty Lenses

Our Sales Are Better!
Why Pay More?

We Are Proud
Of Our Service!



Insurance Accepted

FREE Eye Exam
Using ANY Dr RX
By Receiving \$49 Off
Your Designer
Eyewear Purchase

\$60-\$170 OFF
Designer Eyewear
Plus
Free 2nd Pair
(Including Progressives)

50% Off
Lenses Only
We re-lens your
frames while
you wear them

Complete Eyewear
Single Vision \$28
That's 2 for \$56
Progressive \$74
That's 2 for \$148

Largest Showroom In FL Eyewear and Sunwear

Full Collections and The Only Licensed Luxury Dealer In Martin County. Buy New!

AKONI ARMANI EXCHANGE BALMAIN BOLLE BOTTEGA VENETTA BOUCHERON CAROLINE ABRAM CARRERA
CARTIER CAVIAR CAZAL CHROME HEARTS CLICKS COACH COCOSONG COLORS IN OPTICS COSTA DIOR DITA
DOLCE & GABANA ETNIA BARCELONA FENDI FYSH GUCCI GUESS KIDS DESIGNERS LAFONT LAMARCA LINDBERG
LOEWE MAUI JIM MICHAEL KORS NINE WEST OAKLEY OLIVER PEOPLES ONGUARD SAFETY PERSOL PORSCHE
PRADA PUMA RALPH LAUREN RAYBAN REVO SAINT LAURENT SERAPHIN SERENGETTI SILHOUETTE SOSPIRI
TIFFANY TOM FORD TORY BURCH VAURNET VERA BRADLEY VERA WANG VERSACE ZIENA

HEARING CARE

Offering Full Service - No Stress
Free QUALITY Hearing Evaluations
Free QUALITY Consultation
Technology Upgrades/Trade In
Tinnitus Treatment
No Pressure Visits
Free Adjustments
Onsite Repairs

Digital Hearing Aids
Clear & Affordable Comfort
\$1499 (or \$749.50 Per Ear)
Less Than Costco for Name Brands

Located INSIDE Schmidt's Optical & Hearing
Not Affiliated With Schmidt's Hearing In Front Of Lowes
Proudly Serving Our Community Independently

Guaranteed Lowest
Prices
On All Levels and Brands



VOTED #1
YEAR AFTER
YEAR

(772) 283-2622 Optical
(772) 286-4327 Hearing
2341 SE Federal Hwy Stuart, FL 34994

Eye Exams
by Dr. Suivski & Associates
(772) 283-4240

PREFERRED PARTNERS

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

AESTHETICS/PLASTIC SURGERY

Oceana Aesthetics
(772) 324-9515
www.oceanaaesthetics.com

AIR CONDITIONING

Sharkey Air
(772) 220-2487
stuartair.com

AIR CONDITIONING/REFRIGERATION

Choice Mechanical and Refrigeration
(877) 224-6324
www.choicemech.com

ANIMAL CLINIC

Palm City Animal Medical Center
(772) 283-0920
PalmCityAnimalClinic.com

ART GALLERY AND GIFT BOUTIQUE

Martin Artisans Guild
(910) 233-0860
MartinArtisansGuild.org

AUTO & MARINE DETAILING/CERAMIC COATING

Lio's Quality Detailing
(772) 348-9559
www.liosqualitydetailing.com

AUTO DETAIL & CERAMIC COATINGS

Zen Auto Concepts
(772) 463-8500
zenautoconcepts.com

AUTOMOTIVE SERVICE & REPAIR

A. Greco's European Automotive
(772) 283-2227
AGrecoAutomotive.com

BAKERY

Tea Party Bakery
(772) 600-7875
teapartybakery.com

BANQUETS & EVENTS

The Nest
(772) 229-7575
www.nestontheriver.com/

BOAT LIFTS AND DOCKS

America Strong Construction
(561) 284-9628
americastrongconstruction.com

CLEANING - RESIDENTIAL & COMMERCIAL

Neat and Repeat Cleaning
(772) 220-7915
neatandrepeat.com

CLOSETS & STORAGE SOLUTIONS

Artistic Closets
(772) 692-8447
ArtisticClosets.com

CLOSETS/HOME OFFICES/MURPHY BEDS

Closets by Design
(772) 210-5398
palmbeach.closetsbydesign.com

COMPUTER, HOME & BUSINESS I.T. SOLUTIONS

TeamLogicIT
(772) 266-3111
TeamLogicIT.com/TreasureCoastFL

CONCIERGE MEDICAL

Zen Medicine
(772) 888-2830
www.zenmedicinefl.com

DENTIST

**Drs. Tom and Shannon Galinis |
Aesthetic Dentistry of Palm City**
(772) 283-8350
GalinisAesthetics.com

Michael Benedetti DMD

(772) 283-1605
benedettidental.net

DINING & BAR

Conchy Joe's Restaurants Inc.
(772) 334-1131
DolphiBar.com

DOCKS AND SEAWALLS

America Strong Construction
(561) 284-9628
americastrongconstruction.com

Kings Marine Construction LLC

(772) 281-6135
kingsmarineconstructionllc.com

DRAINAGE SOLUTIONS

Duck Drainage and Foundations
(561) 222-5627
duckdrainageandfoundations.com

FINANCIAL ADVISOR

Kenyon Capital Group LLC
(772) 291-9359
kenyoncapitalgroup.com

FLORIST

A Goode Florist
(772) 692-2424
AGoodeFlorist.net

FRAMING

Modern Edge Frameworks LLC
(772) 600-5806
modernedgeframeworks.com

FUNERAL & CREMATION SERVICES

Martin Funeral Home & Crematory
(772) 223-5550
Martin-Funeral.com

HAIR STYLIST / SALON

Foxy Hair by Paige
(772) 215-5653
foxyhairbypaige.com

HEALTH/ WELLNESS

OSI Health Center
(772) 349-7169
osihealthcenter.com

HEARING & AUDIOLOGY

Schmidt's Optical and Hearing
(772) 283-2622
SchmidtsOandH.com

HOME REMODELING & HOME IMPROVEMENT

All Coast Design, Build, Remodel, Inc.
(772) 510-4182
allcoastdbr.com

HOSPICE

Treasure Coast Hospice
(772) 403-4500
treasurehealth.org

IMPACT WINDOWS AND DOORS

Kamrell Windows and Doors
(772) 288-6205
kamrell.com

LANDSCAPE MAINTENANCE AND IRRIGATION

In Control Landscape
(772) 288-1866

MARINE CONSTRUCTION

America Strong Construction
(561) 284-9628
americastrongconstruction.com

OPTICAL / FASHION EYEWEAR

Schmidt's Optical and Hearing
(772) 283-2622
SchmidtsOandH.com

OYSTER BAR & SEAFOOD RESTAURANT

Crabby' Oyster Bar
(772) 232-6991
CrabbysOysterBar.com

PAINTING/REMODELING

Professional Williams Painting LLC
(772) 200-8801
professionalwilliamspainting.com

PANTRY ESSENTIALS

Joanna's Pantry
(772) 444-3376
JoannasPantry.com

PAVER INSTALLATION & SEALING

Torres Interlocking Pavers
(772) 621-0387
torresinterlockingpavers.com

PAYROLL SERVICES

Certified Payroll Advisors
(772) 208-9655
certifiedpayrolladvisors.com

PERSONALIZED GIFTS

Crafted The Store
(772) 486-3684
CraftedTheStore.com

PET SITTERS

Gretchen Farricker - Pet Care
(772) 240-4351
facebook.com/walkies.and.wags

PHOTO BOOTH/EVENT ENTERTAINMENT

Foto Fun Photobooths
(772) 530-0133
FotoFun.info

PHOTOGRAPHER

Dultmeier Photography
(772) 223-0451
dultmeierphoto.com

PLUMBING / SEPTIC

Cooke's Plumbing & Septic
(772) 287-0651
callcookes.com

REALTOR

Anne Warner & Sean Quinn
(772) 713-7223
myfloridainsider.com

Berkshire Hathaway Florida Realty

Teague Taylor
(772) 215-7115
teaguetaylor.com

Keller Williams Treasure Coast

Mona Leonard
(772) 530-6131
monaleonard.com

RESTAURANT - ITALIAN

Piatto Divino
(772) 872-6971
Piattodivino.com

RESTAURANTS

The Nest
(772) 229-7575
www.nestontheriver.com/

RETIREMENT LIVING

Sandhill Cove Retirement Living
(772) 220-1090
www.SandhillCove.com

ROOFING

Solace Roofing
(772) 446-3096
solaceroofting.com

SCHOOL - PRIVATE

Bridges Montessori
(772) 221-9490
BridgesMontessori.net

SEAFOOD AND SPECIALTY MARKET

Joanna's Pantry
(772) 444-3376
JoannasPantry.com

SHUTTERS/WINDOW TREATMENTS

Architectural Plantation Shutters
(772) 286-2699
apshutters.com

SLEEP APNEA SOLUTIONS

Ocean Sound Sleep
(772) 214-1900
oceansoundsleep.com

YACHT BROKERAGE

Terraglio Yacht Group
(772) 224-8800
theterragliogroup.com

Manage Your Business With Confidence.



Your Technology Advisor



Our approach to managed IT services focuses on delivering the highest levels of availability and security anytime, anywhere. Whether you need immediate help with your computer systems or are looking for managed IT services to keep your technology up and running, trust your technology to TeamLogic IT.

- Cybersecurity
- Cloud
- Remote Workforce
- Networking Services
- Data Backup and Recovery
- Business Continuity
- Hardware and Software Procurement
- Relocation Services
- Project Consultation

Move forward with The **Color** of Confidence®.

Call Today
772.266.3111

TeamLogic IT
TeamLogicIT.com/TreasureCoastFL
ffender@teamlogicit.com
300 Colorado Avenue, Suite 210, Stuart, FL 34994

RESIDENTIAL AND COMMERCIAL MAINTENANCE CONTRACTS

Are you cool and comfortable?

Benefits of preventive maintenance:

- Improves heating and cooling system performance
- Reduces energy costs
- Extends life of equipment
- Helps prevent costly breakdowns
- Improves system safety

Your Home Service Plan may include:

- Two Seasonal Maintenances
- Preferred Pricing on service, repair, installation & after-hours charges
- Priority Emergency Service within hours of your call
- Longer life for your valuable heating and air conditioning systems

Air Conditioning | Heating | Duct Cleaning | Sanitizing & Sealing

We support Molly's House!



Call 772-220-2487 • 24 HOUR EMERGENCY SERVICE

7862 SW Ellipse Way Stuart, FL 34997 | www.SharkeyAir.com | Lic. #CAC049289 Lic. #CAC1816853

SHARKEYAIR



IMPORTANT PHONE NUMBERS

- 911 EMERGENCY
211 Suicide Prevention
220-7000 Martin County Sheriff's Office
- 220-7170 Martin County Non-Emergency/After Hours
781-3378 Sewall's Point Police Department
- 287-2455 Ext 12 Town Manager, Bob Daniels
287-2455 Ext 14 Town Clerk, April C. Stoncius, MMC-RML0
287-2455 Ext 18 Chief of Police, Tina Ciechanowski
772-529-0958 Vice Mayor Frank Fender
772-529-0849 Commissioner Dave Kurzman
772-780-1207 Commissioner Vinny Barile
772-529-0827 Commissioner Kaija Mayfield
772-287-2455 Commissioner Frank Tidikis
287-2455 Ext 15 Bldg. Official, Jack Reisinger
287-2455 Ext 10 Admin. Asst., Chrystal Gomez

- SCHOOLS
- 232-3500 Jensen Beach High School
219-1685 Stuart Middle School
219-1640 Felix A. Williams Elementary School
221-9490 Bridges Montessori School
419-5750 Clark Advanced Learning Center
286-0932 Redeemer Lutheran School
287-6975 St. Joseph Catholic School
675-7005 The Pine School

- MARTIN COUNTY NUMBERS
- 287-2002 American Red Cross
463-3211 Animal Services
221-1442 Utilities & Solid Waste
287-5400 Florida Power & Light



strollmag.com

Delivering Neighborhood Connections
© 2026 The N2 Company, Inc.

CREATIVE TEAM The N2 Company Design Team

CONTRIBUTORS The Residents of Sewall's Point
AT LARGE

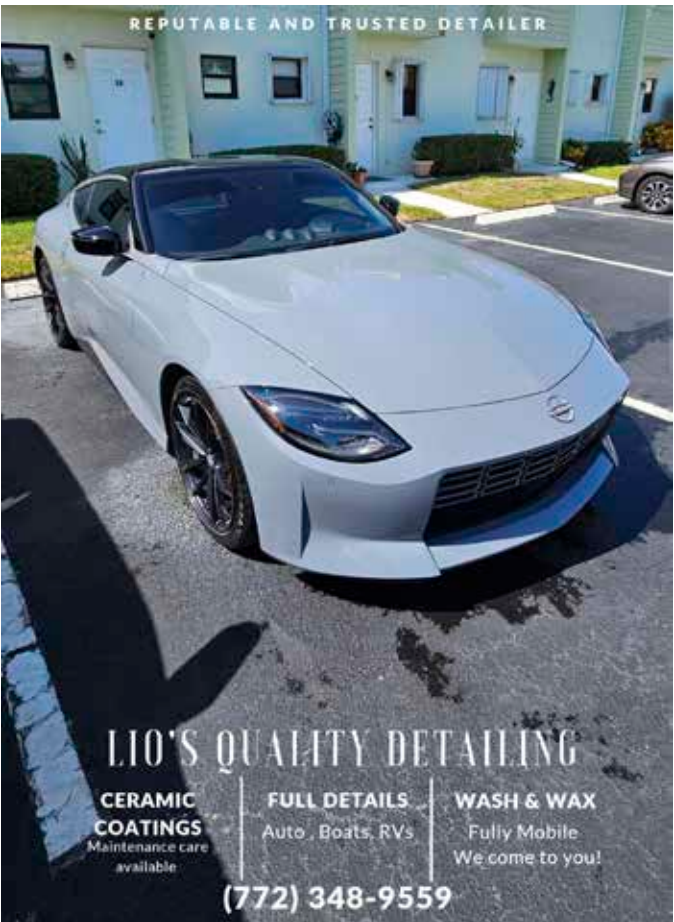
We are always looking for residents to follow up on leads, find great stories and send us ideas. Let's celebrate the great things happening in the community! No contribution is too small. Please email Todd.Braun@n2co.com with your pictures, suggestions, or requests.

Your Culinary Playground

Premium Kitchenware and Exquisitely Prepared Food



2485 NE Dixie Hwy, Jensen Beach, FL 34957
772.444.3376 | joannaspantry.com



LIO'S QUALITY DETAILING

CERAMIC COATINGS Maintenance care available

FULL DETAILS Auto, Boats, RVs

WASH & WAX Fully Mobile We come to you!

(772) 348-9559

Sewall's Point LIVING

DISCLAIMER: This publication is also known as Sewall's Point Living, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

We're proud to showcase businesses that share our commitment to fostering local connections. When perusing our pages, keep an eye out for the "Local Sponsor" icon to identify articles highlighting these valuable partners. Please note that businesses profiled may have provided free products and / or services for the review.



Client: Choice Mechanical and Refrigeration
Size: 1/4
Location: Sponsorship

CONTRIBUTORS



Todd Braun
Publisher
772-217-5533
Todd.Braun@n2co.com



Diane Dultmeier
Photographer
Family Spotlight | Cover
Diane@dultmeierphoto.com



Mona Leonard
Content Coordinator
Resident Writer, Living Spaces
MonaLeonardRealtor@gmail.com



Ali Hooker
Resident Writer
Resident Recipe
AliHooker@aol.com



Anne Warner
Welcome Committee & Writer
Precious Pets
Anne@WaterPointe.com



Sean Quinn
Resident Writer
Sponsor Spotlight
SQuinn@WaterPointe.com



Phoebe Duncan
Resident Writer
Kids Korner



Caroline Gorman
Resident Writer
In the Point



SANDHILL COVE
RETIREMENT LIVING

MORE SUN. MORE FUN. MORE CHOICES.

At Sandhill Cove, the living is easy – not just because of our relaxing community in Palm City but also because our lifestyle is completely maintenance-free. With amenities for healthy, active seniors and the guarantee of health services with *LifeCare*®, you'll have everything you need to make the most out of life.*

To learn more about our resort-style community, call 772-874-3073.

*See contract for details.

1500 S.W. Capri Street | Palm City, FL 34990 | SandhillCove.com

Managed by Life Care Services® 

PUBLISHER'S NOTE

Hello, Residents of Sewall's Point

Happy New Year!

AS WE WELCOME 2026, I'm grateful for another year of connection, community, and the shared stories that make Sewall's Point such a special place to call home. January always feels like a fresh start—a moment to reflect on the past year while looking forward to the opportunities ahead. And what a year it was! From inspiring family features to lively local events, our community continued to shine in ways big and small.


This month, we kick off a new year of storytelling, celebrating the people, pets, and places that make our town unique. I'm excited to continue bringing you the moments that matter, whether it's introducing you to a new neighbor, spotlighting a trusted local business, or simply sharing the everyday joys of life in Sewall's Point.


To our loyal readers and incredible sponsors: thank you for your continued support! You're the reason this publication thrives, year after year. Here's to 2026, may it be filled with health, happiness, and plenty of meaningful connections!

With appreciation,

Todd Braun

Publisher
Todd.Braun@n2co.com
772.217.5533 cell/text

 **Follow us on Instagram**
@strollsewallspoint.

 **Like us on Facebook**
@strollsewallspoint.



LOCATE THE LOGO

AND THE WINNER IS... RICHARD BIRKENWALD!

How to Win:
Somewhere in one of the advertisements, we've hidden an image of the Sewall's Point logo. It will be hidden in plain sight ... all you have to do is Locate the Logo. Just email Todd.Braun@n2co.com or call 772-217-5533 and identify the ad with the logo. You'll be entered into a drawing to win a prize donated by the participating sponsor!

We will be giving away a prize each month. The winner will be determined in a random drawing and announced in the following month's issue.





Before

After

Paver installations- Pool decks/ Driveways/ Walkways/ Patios
Paver Repairs • Retaining Walls
Pressure Washing and Paver Sealing / Soft wash House washing
Pool Deck-o-Drain repairs/ Installation

TORRES
Interlocking Pavers

772-370-5134
772-621-0387

HURRICANE SEASON IS HERE IS YOUR ROOF READY?

Protecting Sewall's Point, One Roof at a Time

At Solace Roofing, we specialize in tile and metal roofs built for the coastal climate of Sewall's Point. Based in nearby Stuart, we handle replacements, repairs, and storm damage with expert craftsmanship and premium materials. As a GAF-Certified and Owens Corning Preferred contractor, we're trusted across the Treasure Coast for lasting protection and peace of mind.



- Metal Roofs
- Tile Roofs
- Shingle Roofs
- Flat Roofs
- Roof Replacements
- Roof Repairs



SOLACE ROOFING
CRAFTSMEN WHO CARE
Licensed & Insured | CCC1333278 | CBC1265724

Give Us A Call Today!
772.275.3982
www.solaceroofing.com

CELEBRATING THE HEART OF SEWALL'S POINT

Our 2025 Featured Families



AS WE WRAP UP 2025,

we're grateful for the incredible families who opened their homes and hearts to our *Stroll Sewall's Point* community this year. From long-time residents to newly arrived neighbors, each family shared stories that highlighted the warmth, character, and connection that make our town so special. Whether they showcased local traditions, memorable travels, or the everyday moments that bring their households joy, every feature helped strengthen the bonds that define Sewall's Point. Thank you to all of our 2025 featured families for being an essential part of our neighborhood story.

Introduce yourselves by being featured in the next available issue! Email us at Todd.Braun@n2co.com. Arrangements will be made to have you and/or your family professionally photographed.



1. Our 2025 High School Grads. Photo courtesy, Diane Dultmeier Photography
2. The Whitbeck-Regan Family. Photo courtesy, Diane Dultmeier Photography
3. Austin & Valerie Flaugh. Photo courtesy, Diane Dultmeier Photography
4. Reverend Tara Shepley & Reverend Joe Shepley. Photo courtesy, Houghton Photography





- 1. The Murrays.
Photo courtesy, Diane Dultmeier Photography
- 2. The Gallagher Family. Photo courtesy, Diane Dultmeier Photography
- 3. The Benedetti Family. Photo courtesy, Diane Dultmeier Photography
- 4. The Blumenauers. Photo courtesy, Diane Dultmeier Photography

Your neighborhood financial advisor



KENYON
CAPITAL GROUP, LLC

772-291-9359
2893 SE Ocean Blvd
(in Stracuzzi Plaza)





1



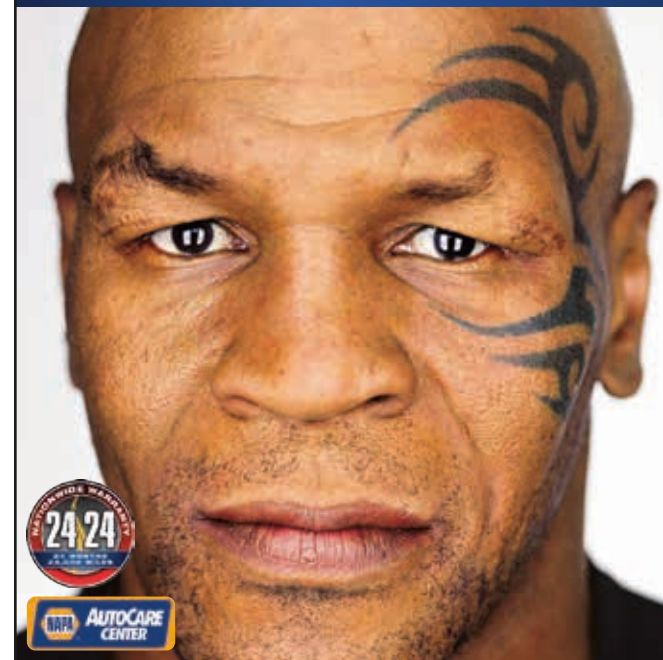
1. The Santa-Eulalia Family. Photo courtesy, Diane Dultmeier Photography
2. The Laughrey Family. Photo courtesy, Diane Dultmeier Photography

2



Client: Professional Williams Painting LLC
Size: 1/2
Location: Standard

YOUR AUTOMOTIVE DEALER ALTERNATIVE



A. GRECO'S EUROPEAN AUTOMOTIVE



1410 SE Ocean Blvd, Stuart, FL
772-283-2227
www.AGrecoAutomotive.com



FRENCH DRAINS | SUMP PUMPS | BASINS
CHANNEL DRAINS | GRADING | UNDERGROUND GUTTERS

Residential | Commercial | HOA

FREE INSPECTIONS



Locally Family Owned & Operated for 30 years
Licensed & Insured

561.222.5627 | DuckDrainageandFoundations.com



DELIVERING NEIGHBORHOOD CONNECTIONS

Share Your Stories, Photos & Moments with Stroll Sewall's Point!

One of the things that makes *Stroll Sewall's Point* so special is that it's created by our residents, for our residents. Every month, your stories, photos, celebrations, and recommendations bring this publication to life. If you've ever thought, "*I should send this in!*"—this is your sign to do it!

We've made contributing easier than ever. Whether you want to share an upcoming milestone, feature your family, brag about your pet, or recommend a favorite local business, submitting content takes just a few minutes.

What You Can Submit

- **Family Features** – Introduce yourself, your family, or nominate a neighbor.
- **Pet of the Month** – Share your furry, scaly, or feathery friend.
- **Community Moments** – Photos from holidays, events, gatherings, or daily life in Sewall's Point.

- **Milestones & Celebrations**
 - Birthdays, anniversaries, retirements, accomplishments.
- **Local Business Recommendations**
 - Refer a trusted business you love.

If it matters to you, it matters to the neighborhood.

Why Your Submissions Matter

Stroll Sewall's Point is successful because of **you**. Your stories foster connection, spark conversations, and help us celebrate the people who make this community feel like home. Whether you share once or throughout the year, your contributions help shape each issue.

Have an Idea We Should Feature?

I'd love to hear from you! If you have a unique story, project, or neighbor doing something remarkable, feel free to reach out.

How to Submit Content

Submitting is quick and simple. Just scan the appropriate QR code and complete the short form. You can upload photos directly from your phone.

- **FEATURED FAMILY | MEET YOUR NEIGHBOR**



- **PET OF THE MONTH | PRECIOUS PETS**



- **COMMUNITY EVENTS | SEWALL'S POINT OF VIEW**



- **LOCAL BUSINESS RECOMMENDATION FORM**



If you prefer, you can also email content directly to me at Todd.Braun@n2co.com.

Contact Information

Todd.Braun@n2co.com
772-217-5533 cell/text

Every home has a story. Let me help you tell yours.



TEAGUE TAYLOR BROKER ASSOCIATE, GRI

As a third generation Sewall's Point resident and Martin County Realtor, I keenly understand the area and the Real Estate market. My combination of expert local knowledge, uncompromising integrity, and unparalleled professional insight greatly benefits both sellers and buyers. I am devoted to providing the best and most comprehensive repertoire of Real Estate services available. When you are ready to list your property or purchase anew, experience the comfort of working with a professional. Contact me now for assistance.



**BERKSHIRE
HATHAWAY**
HomeServices
Florida Realty

**LUXURY
COLLECTION**

(772) 692-8857 Direct Office • (772) 215-7115 Mobile
TeagueTaylor@bellsouth.net
www.teaguetaylor.com

© 2022 BHH Affiliates, LLC. An independently operated subsidiary of HomeServices of America, Inc., a Berkshire Hathaway affiliate, and a franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate. Equal Housing Opportunity.



New Year's Resolutions

RESIDENT WRITER, CAROLINE GORMAN



Since it is the new year and people have started making their resolutions and goals for the year, I decided to research New Year's resolutions and find out more about them.

New Year's resolutions were first introduced over 4,000 years ago in ancient Babylon during a 12-day festival named the Akitu festival. Much later in the 17th century, the first written record of personal New Year's resolutions was compiled by Anne Halkett, a Scottish memoirist.

Some of the most common New Year's resolutions are in the areas of finances, health and fitness, and lifestyle changes. Some more unique New Year's resolutions are sewing 1 sequin onto every piece of clothing you own, only buying pants with buttons or zippers, turning all your high heeled shoes into flats, eating more tacos, going an entire year without telling someone random on the other side of the phone "I love you", and stop blaming the dog for every weird or gross thing you do.

Research has shown that less than 10% of New Year's resolutions are still active by March 1st. There are many reasons for this, including unrealistic expectations and not taking the resolution seriously enough. Setting long-term and more realistic goals are something that may work better than New Year's resolutions.

In summary, there are so many things you can achieve each year. Whether these things are long-term goals or New Year's resolutions, you can always improve.

What will be your next New Year's resolution?



CALL TO SET UP A CAMPUS TOUR!

Ages 6 weeks to 8th grade
Infant • Toddler • Primary • Elementary • Middle School
Extended Day • After School Clubs

BRIDGES
MONTESSORI

A BRIGHT HORIZONS MONTESSORI SCHOOL

772-221-9490 • www.BridgesMontessori.net
 51 SE Central Parkway, Stuart, FL 34994

THE BRIDGES DIFFERENCE:

- Hands On Learning
- Small Classes
- Differentiated Curriculum
- Enrichment Opportunities
- Related Arts



KAMRELL

Impact Windows & Door Specialist

Hurricane Season Is Coming - Are You Ready?
→ Call today for a free installation quote!

Already have impact products, but unsure of their condition?
 → Call our office to learn more about our window and door assessment.

772.271.7992

LICENSED AND INSURED CGC -061180

25 YEARS
 ★★★★★

Client: Piatto Divino
Size: 1/4
Location: Standard

FOTO FUN
Photobooths



ELEVATE YOUR EVENT WITH ENTERTAINMENT & MEMORIES

772.530.0133

@FotoFunPhotoBooths

FOTOFUN.INFO

AESTHETIC DENTISTRY OF PALM CITY

Featuring Drs. Shannon and Tom Galinis

RESIDENT WRITER, SEAN QUINN



Drs. Shannon & Tom Galinis

complex reconstructions and implant restorations, Drs. Tom, Shannon and the team focus on delivering long-lasting, functional, and natural-looking results. But as patients increasingly sought ways to look refreshed and feel their best, the Galinis’ recognized the importance of treating the surrounding facial structures as well. “A beautiful smile is about so much more than teeth,” they explain. “Bone, soft tissue, fat pads, and muscles all change as we age. When these structures are in harmony, your dental results look even better—and more natural.”

Where Therapeutic Care Meets Aesthetics Interestingly, their foray into facial aesthetics began not with cosmetics, but with therapy. Botox was originally introduced to help patients struggling with bruxism (clenching and grinding). By relaxing overactive muscles, patients experienced relief from facial pain, tension, and headaches.

“From there, it was a natural progression,” says Dr. Shannon. “The same tools that improve comfort can also enhance balance and rejuvenation. Our goal is never to change how someone looks, but to help them look like the best version of themselves.” Today, the practice offers conservative, strategically planned treatments such as Botox® and dermal enhancement—always grounded in anatomy, dental function, and natural proportions.

The Art of Subtle Enhancement The Galinis’ emphasize that the most beautiful results are often the most understated. “You can’t just give everyone long, square, bright-white teeth,” Dr. Shannon says with a smile. “A rejuvenated smile must match the patient’s facial tone, proportions, age, and bite. Every design is individualized.”

This is where Total Facial Aesthetics shines: dental and facial treatments work together to restore youthful harmony. Bright new veneers paired with collapsed lip support or worn dentition, paired with refreshed skin tone, can create imbalanced results. Addressing both creates a cohesive, naturally revitalized appearance.

A Commitment to Longevity and Maintenance Just like oral health, facial rejuvenation requires thoughtful maintenance. “The aging process doesn’t stop,” Dr. Shannon notes. “Some treatments last longer than others, but personalized upkeep is always part of our long-term care plan.”

Leaders in the Field Dr. Shannon is a nationally recognized educator, serving as a faculty member of the **American Academy of Facial Esthetics (AAFE)** for the past eight years. She trains medical professionals across the U.S. in facial anatomy, aesthetic procedures, facial ultrasound, TMJ, and orofacial pain. Dr. Tom brings nearly three decades of expertise in Comprehensive Care Dentistry, dedicating his career to providing patients with the very best that modern dentistry offers.

Together, they blend clinical precision, advanced tools, and a deeply personalized approach to deliver elevated care.

Where Technology and Personalized Care Meet Digital dentistry has transformed the experience at Aesthetic Dentistry of Palm City. Three-dimensional scanning, guided implant surgery, in-office milling, and modern facial rejuvenation technologies allow for procedures that are more predictable, more comfortable, and more efficient than ever. “The future is incredibly exciting,” they share. With advancements in growth factors, exosomes, peptides, and regenerative techniques on the horizon, patients can expect even better options

for maintaining their facial harmony and oral health. Aesthetic Dentistry of Palm City welcomes new patients and invites the community to experience their warm, knowledgeable, and comprehensive approach. To speak with a team member or schedule an appointment, please contact their office.

CONTACT INFORMATION
2812 SW Mapp Rd
Palm City, FL 34990
(772) 283-8350
galinisaesthetics.com

“Here at Aesthetic Dentistry of Palm City, we pride ourselves on combining advanced technology with exceptional customer service to deliver the highest standard of personalized dental care. We are honored to be the Treasure Coast’s most trusted choice for modern, comfortable dentistry—enhanced by conservative, natural-looking facial rejuvenation.”

—DRS. TOM & SHANNON GALINIS

Client: Aesthetic Dentistry of Palm City
Size: 1/2
Location: Standard



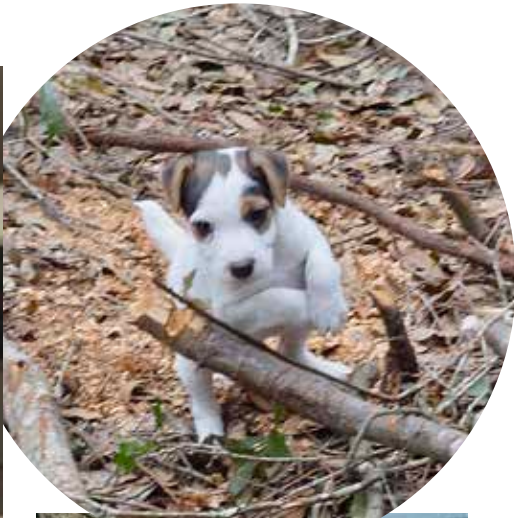
For more than 28 years, Aesthetic Dentistry of Palm City, led by husband-and-wife team Drs. Tom and Shannon Galinis, has served the Treasure Coast as a trusted provider of comprehensive, modern dental care. What sets their practice apart is a philosophy they call **Total Facial Aesthetics**—an innovative

blend of dentistry and facial rejuvenation that considers not just the teeth, but the entire facial structure that supports a beautiful, confident smile. **A Smile That Goes Beyond the Teeth** At Aesthetic Dentistry of Palm City, the foundation is—and always will be—exceptional dentistry. From routine hygiene appointments and porcelain crowns to

Meet Scout, a 7 year old Jack Russell Terrier

Proud Humans:
Michael Brown &
Lisa Rose

Home: NE Sewall's
Landing Way



Client: Martin Funeral Home & Crematory
Size: 1/2
Location: Standard

Walkies & Wags!



Walking, Check-Ins, Feedings, Dietary Restrictions,
Geriatric, Overnights & Transport
Proudly serving the Sewall's Point area!

Owner, Gretchen Farricker
772-240-4351



Some pets come into our lives as companions, but a few become much more—true partners, confidants, and steady sources of joy. For Michael Brown, a retired U.S. Army Warrant Officer, Scout has become exactly that.

Scout joined the family at just eight weeks old, coming from a breeder in Gainesville, Florida. Michael chose his name with purpose—wanting something that connected to his Army roots. “Scout” was the perfect fit: strong, sharp, loyal... and, as it turns out, a perfect match for his personality.

A classic Jack Russell Terrier, Scout is always alert and ready for action. “As a formidable hunting dog, he’s always on the hunt,” Michael says with a smile. Whether it’s tracking lizards in the backyard or scanning the neighborhood on his daily walks, Scout approaches every moment with enthusiasm. But despite his high energy, he’s also a constant, grounding presence. “We do almost everything together,” Michael adds. “He’s been by my side in some of my darkest days and gives me the hope and happiness that keep me going.”

Scout and Michael even share their own set of inside jokes—imaginary games that only the two of them understand. It’s just one of the many ways their bond shows itself. And yes, Scout is spoiled... but in the best possible way. “He has a great life,” Michael admits. “Sometimes I wish I were him.”

Loyal, spirited, and endlessly devoted, Scout is more than a pet—he’s family. And for Michael and Lisa, life simply wouldn’t be the same without him.

Do you have a Precious Pet that you would like to introduce to your neighbors? Please contact resident writer Anne Warner at Anne@waterpointe.com to have your special family member featured!

You are invited to attend:
Martin County Open
Studio Tour
Opening Reception
hosted by
The Elliott Museum
825 N.E. Ocean Blvd., Stuart, Florida
(on Hutchinson Island)
February 5th
from 5:30 pm to 7:30 pm
Our sincere gratitude for Sponsorship to
THE Seefried CENTER
A perfect opportunity to pick which artists
you want to visit during the tour!
Suggested \$5 donation at the door



Strong Foundations for Your Waterfront Dreams

Boat Docks • Boat Lifts • Seawalls
Authorized Hurricane boat lift installer

Safeguard Your Shoreline, Enhance Your Lifestyle
772-281-6135
dan@kingsmarineconstructionllc.com



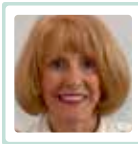
KINGS MARINE CONSTRUCTION

Kingsmarineconstructionllc.com
License #: mc2500008

Continental Chicken

From Ali Hooker’s Kitchen

RESIDENT WRITER, ALI HOOKER



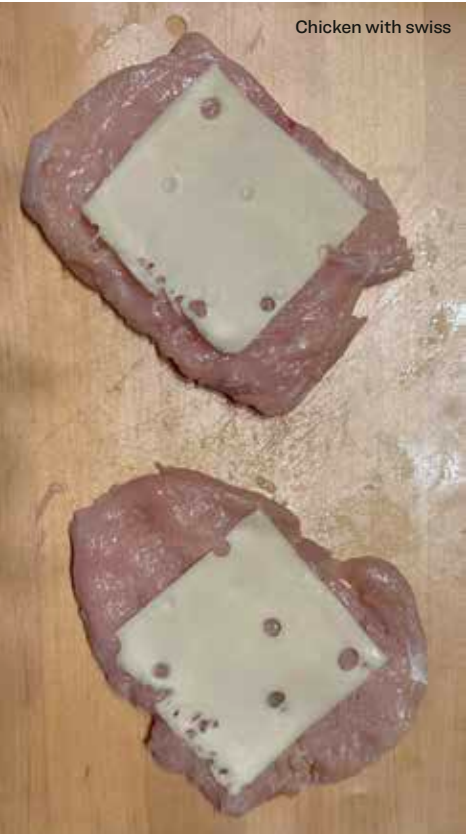
This recipe is from our boating days in the 80's. We would fly up to the North Channel in Canada on Friday night to our boat, and our friends would have a dinner prepared for us when we got there. Bruce was an exceptional cook, as his father was a chef. This recipe is one to fix in the morning, and then you're done except for the pasta and serving it. It is better than chicken cordon bleu in one way because it has a wonderful gravy/sauce for pasta or mashed potatoes - whatever your choice of starch. Enjoy!



Ready to serve!



Chicken smashed



Chicken with swiss



Chicken rolled with bacon



Ingredients

Ingredients

- 4 chicken breasts (halved & boned)
- 1 pkg. dried beef (2 ¼ oz.)
- 8 slices bacon (preferably lean & smoked)
- 2 cans cream of mushroom soup
- ½ cup sour cream mixed with ¼ cup flour
- 8 slices Swiss cheese
- ½ pkg. Egg Noodles cooked
-

Instructions

1. Pound chicken flat ¼” thick.
2. Put 1 slice Swiss cheese on chicken and roll.
3. Roll a slice of bacon around outside to secure.
4. Arrange dried beef on bottom of greased crock pot.
5. Place chicken rolls on top.
6. Mix soup and sour cream together and pour over chicken.
7. Cook on low 7-9 hours. Serve over noodles.

Enjoy!

I’d love to hear from you! If you have made one of my recipes, please drop me a note and let me know how you enjoyed it at alihooker@aol.com.

Do you have a secret family recipe that you’d like to share? Please contact Ali at alihooker@aol.com in order to share your favorite dishes.



Dried beef in slow cooker



Chicken in slow cooker



Chicken covered with soup mixture

SAVE THE DATE!

The Secret Gardens Tour 2026 grand gardens and classic cars

RESIDENT WRITER, BONNIE STOEPELMAN



Saturday, March 21, 2026 10:00 am – 5:00 pm

Be part of this unique opportunity to view glorious gardens AND over 25 classic cars AND support our local community. We offer this every other year.

This year, we have 3 Grand gardens that flow from the river to the road and another incredible garden. The gardens will be showcased with about 20+ cars which include Corvettes (1959-2023 C1, C2 & C8), a 1927 speedster (and if you are lucky, the driver who broke a Bonneville land speed record), and other vehicles.

Our spectacular gardens include the following:

- **007 Bond Compound** (there could be some hidden surprises). This garden will be lined with about 20 Corvettes, which range from 1959-2023 C1, C2 & C8. Other cars include Rolls-Royces, Ferraris, and a boom box truck that looks like a SWAT team on steroids.
- **Indiana Jones Estate** (lush, exotic trees and tropical plants that are one of a kind-watch out for poisonous darts or dinosaurs). Meander from the river to the road.
- **Sound of Music**, a tranquil garden sanctuary with paths, arches, fountains, and a gazebo where you can rest your soul, along with tea, lemonade, and restrooms. Get some ideas for your own garden!



- **Alice in Wonderland**, a grand, whimsical garden flowing from the river to the road with a cottage. These gardens are very varied and lovely, with statues and a sense of humor. (Bet you can't count the number of different plants!). Other classic cars will line the driveway.

Stroll along the extensive gardens, some with music and Plein Air painters. Master Gardeners will be available at each garden to answer horticultural questions (although some of these plants are indeed exotic!).

The Secret Gardens Tour supports The Garden Club of Stuart's civic budget, which includes student scholarships, Blue Star Markers, Possum Long Memory Lane Gardens, and many other local congenial community organizations.

This is our only fundraising event held every other year. In between years, we host the Community Flower Show at no cost to the public. We sincerely hope this benefits the organizations and brings a smile to your face in donating to this worthy cause! Thank you ahead of time for attending this event!

gardenclubofstuart.org

The Garden Club of Stuart
proudly presents
2026 SECRET GARDENS TOUR

Grand Gardens & Classic Cars

3 STUNNING WATERFRONT ESTATES & ONE VERY SPECIAL GARDEN
20+ Classic Cars on exhibit at the gardens, plus music and plein air artists on-site.

The Garden Club of Stuart funds student scholarships and other local worthy causes.
www.gardenclubofstuart.org

Save the Date!

Saturday, March 21, 2026
10:00am-5:00pm

\$37 Members / \$40 General Public
if ticket is purchased before 12/31/25.
(\$45 on/after January 1, 2026)

BUY YOUR TICKETS EARLY AT PAYPAL

A PREMIER PLASTIC SURGERY PRACTICE LOCATED ON THE TREASURE COAST

★★★★★
"Dr Blumenauer is a perfectionist and is very compassionate to his patients. He and the staff treated me like family. I would recommend them to everyone."

Oceana Aesthetics
BEAUTY BY BLUMENAUER MD
PLASTIC SURGERY

★★★★★
"Dr. Blumenauer's attention to detail, care, and ability to deliver fabulous results sets him apart from other surgeons in this area."

renuvion EMFACE EMSCULPT MORPHEUS8 LUMECCA

Dr. Brian Blumenauer is a Board certified plastic surgeon specializing in :

Face Lift	Hair Transplant	Breast Lift
Neck Lift	Rhinoplasty	Thigh/ Arm Lift
Brow Lift	Facial Resurfacing	Body Lift
Eyelid Lift	Breast Augmentation	Tummy Tuck

DR. BRIAN BLUMENAUER MD
844 SE OCEAN BLVD
STUART FL, 34994

CALL TO SCHEDULE YOUR COMPLIMENTARY CONSULTATION **772-324-9515**
OR VISIT OCEANAAESTHETICS.COM

Selling Homes For More!

772-530-6131
monaleonardrealtor@gmail.com

Mona Leonard
the mona leonard group

KELLER WILLIAMS
Luxury
INTERNATIONAL

A GOODE FLORIST

DELIVERY TO STUART, PALM CITY & JENSEN BEACH

**FRESH FLOWERS
ORCHIDS & PLANTS
GIFT SETS
WINE
WEDDINGS
SYMPATHY**

(772)692.2424
www.agoodeflorist.net

SAVE THE DATE!

The 5th Annual Garden Expo bigger & better than ever!

RESIDENT WRITER, LISA OSTER



SATURDAY, MARCH 7, 2026 – 9 AM TO 3 PM

New Location*

MEMORIAL PARK, 300 SE OCEAN BLVD, STUART, FL
The Jensen Beach Garden Club's much-loved **Garden Expo** is growing — literally! Now in its 5th year, the popular spring event is moving to **Memorial Park in downtown Stuart**, offering more space, more food trucks, and more fun than ever. Visitors can enjoy free parking, an easy shuttle service, and free raffle prizes every hour throughout the day.

With more than 30 plant and garden vendors, this year's Expo will showcase the best local vendors offering lush tropical plants, native species, vibrant orchids, and unique finds like bonsais, herbs, and outdoor art. Stock up on gardening supplies, learn from live presentations, and enjoy hands-on demos. It's a fun and educational day for all plant lovers, from beginners to seasoned pros! Presenters include sessions on succulents, vegetable gardening, anthuriums, and everything you wanted to know about the C-44 Reservoir and Storm Water Treatment Area. It's a full day of shopping, learning, and celebrating everything green and blooming.

More than just a garden show, the Garden Expo helps the community grow, too, thanks to the many sponsors and volunteers. One hundred percent of Expo proceeds fund college scholarships for local students pursuing horticulture and environmental studies, as well as camperships for children attending the Florida Oceanographic Society and Environmental Studies Center summer programs. The Club also supports Junior Master Gardener programs and the House of Hope Community Gardens.

"This event has truly blossomed," said Dana von Rinteln, JB Garden Club President. "Each year we see more people discovering the joy of gardening, learning from our experts, and taking home something beautiful." Don't miss this incredible day of plants, community, and fun—see you at the Expo!

Follow the Jensen Beach Garden Club on Facebook and Instagram, or visit www.jensenbeachgardenclub.com/garden-expo



OCEAN SOUND SLEEP

SIMPLY BETTER SLEEP

Simple Solutions for Snoring and Sleep Apnea

Do you snore?
Are you laying awake at night from a bed partner that snores?

Led by **Dr. Askeland**, a seasoned dental practitioner with over 14 years of experience in sleep medicine, we are dedicated to helping our patients achieve optimal results and live happier, healthier lives.

SERVICES

- CPAP alternatives
- Sleep Apnea Testing | Treatment
- Oral Appliance Therapy
- Snoring Treatment

CALL TODAY! (772) 214-1900

OCEANSOUNDSLEEP.COM • 915 SE OCEAN BLVD STE 6 • STUART, FL 34996

Consequences of Untreated Obstructive Sleep Apnea

- Stroke: 73.3%
- Poor Sleep*
- Mood Disturbance*
- Daytime Sleepiness
- Loud Snoring
- Obesity*
- Gastroesophageal Reflux Disease (GERD)
- Nocturia
- Sexual Dysfunction*
- Diabetes Type II*
- Heart Disease
- Sudden Death
- Congestive Heart Failure*
- Cardiac Arrhythmias
- Coronary Artery Disease
- Hypertension
- Heart Stress

- Laser Etched Personalization
- Fun Gifts • Unique Items
- Endless Possibilities!

CRAFTED THE STORE

UNIQUELY HANDMADE BY TARA BEEK ROBINSON

VOTED BEST ARTS & CRAFTS STORE

craftedthestore

Harbour Bay Plaza
in Between Chico's and J.McLaughlin
3766 SE Ocean Blvd., Stuart, Florida
www.craftedthestore.com | craftedthestore@gmail.com
772.486.3684

DETAILING • CERAMIC • PPF

FOR THE LOVE OF CARS

ZEN

AUTO CONCEPTS
PAINT PROTECTION FILM | CERAMIC | DETAILING

SETTLE FOR NOTHING LESS THAN EXCELLENCE FOR YOUR CAR

zenautoconcepts.com
772-463-8500
zenautoconceptsandsolutions@gmail.com
4109 SE Commerce Ave | Stuart, FL 34997



HEALTHY LIVING

THE BRIGHTSIDE OF WINTER

Shorter days and chilly weather can take a toll on mood and energy. From light therapy to mindful routines and nourishing meals, here's how to stay balanced and boost your well-being through the winter months.

BY CAROLINE EDWARDS



AS THE DAYS GROW SHORTER and the weather turns colder, many of us notice a shift in our mood and energy. Seasonal affective disorder, or SAD, is more than just the winter blues. It is a recognized form of depression linked to reduced sunlight and changes in daily rhythms. The good news is there are practical ways to lift your spirits and stay balanced through the darker months.

Light is one of the most potent tools for fighting seasonal lows. Even a short walk outside can boost serotonin levels and improve mood. For those in regions with limited daylight, light therapy lamps mimic natural sunlight and can be incorporated into your morning routine to start the day on a brighter note.

Exercise is another key ally. Gentle stretching, yoga, or a brisk indoor walk helps stimulate the release of endorphins and boost energy. Pairing movement with outdoor time, like a weekend hike or a lunchtime stroll, maximizes the benefits while keeping the mind engaged and refreshed.

Nutrition also plays a role in maintaining emotional balance. Seasonal produce rich in vitamins and minerals, staying hydrated, and moderating consumption of processed foods and sugar can help stabilize energy and mood. Warm, comforting meals with nutrient-dense ingredients provide both physical nourishment and emotional satisfaction.

Mindfulness practices, such as meditation, journaling, or setting aside quiet moments, can help reduce stress and promote mental clarity. Creating daily routines with consistent sleep, set meal times, and self-care rituals helps the body and mind maintain a sense of stability.

Even in the coldest months, small intentional steps can create meaningful change. By embracing light, movement, thoughtful nutrition, and mindful habits, it is possible to counteract the winter blues and maintain well-being until the days grow longer and brighter again.

SEWALL'S POINT #1 REAL ESTATE COUPLE in our opinion.



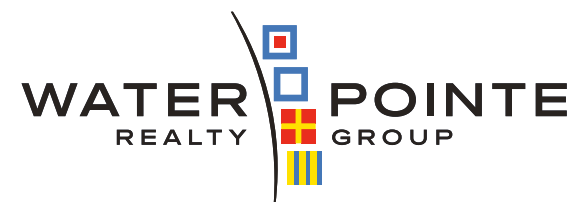
MEDITERRANEAN STYLE in CASTLE HILL

Perched at the top of Castle Hill in prestigious Sewall's Point, this custom Mediterranean-style home is loaded with potential and curb appeal. Built in 1992, the residence features an open kitchen, upstairs & downstairs master suites, and spacious living areas that flow to a large, screened porch and expansive balcony. This 4 bedroom home sits on a large lot with a lush garden and private

backyard with room for a pool. Take advantage of this opportunity to update and personalize a property in one of the Treasure Coast's most desirable communities. 2019 Roof. 2022 HVAC duct replacement and 2022/2024 A/C changeout. 2023 electrical panel. Various impact windows and doors installed since 2020.

MLS#M20051874

4 Bedrooms | 4 Baths | 2-Car Garage | 3,416 Living Sq Ft | 4,492 Total Sq Ft



Anne Warner, REALTOR®

Cell (772) 713-7223

Anne@WaterPointe.com



Sean Quinn, REALTOR®

Cell (772) 486-6883

SQuinn@WaterPointe.com

www.MyFloridaInsider.com | AnneAndSean@WaterPointe.com

SEE BACK PAGE FOR CURRENT REAL ESTATE STATS



LOW
TESTOSTERONE?

REGAIN STRENGTH
& DRIVE

COMPLIMENTARY
CONSULTATION

Integrative/Functional/Holistic Medicine | Medical Weight Loss
Ketamine Therapy | Medical Marijuana
Natural Bio-Identical Hormone Replacement

FREE
Consultation
with a Licensed
Provider

ZenMedicineFL.com

888-570-HEAL (4325)

520 SE Dixie Hwy. Stuart, FL 34994

808 N. Parrott Ave. Okeechobee, FL 34973



FINANCIAL FITNESS

This is The Year!

Take control of your finances in 2026 by turning big goals into achievable steps.

BY CAROLINE EDWARDS

The start of a new year is an ideal time to take intentional steps towards your financial goals. However, ambitious goals, such as buying a home, paying off debt, or building a retirement fund, can feel overwhelming without a clear plan in place. A timeline approach breaks big-picture objectives into actionable, achievable steps.

5-Year Vision: Begin with the long-term. What do you want to achieve five years from now? Maybe it's owning a home, funding a child's education, or reaching a specific savings target. Write it down, visualize it, and use it as your guiding star.

1-Year Milestones: Next, translate your five-year vision into one-year goals. What concrete steps can you take in the next 12 months to move closer to your vision? This could include setting up an emergency fund, paying off high-interest debt, or investing a fixed percentage of income.

6-Month Checkpoints: Break your annual goals into shorter intervals. Every six months, review progress: Are savings on track? Did unexpected expenses derail your plan? Adjust as needed. These checkpoints create accountability and prevent minor issues from snowballing into larger setbacks.

Monthly or Weekly Actions: Finally, translate milestones into everyday habits, such as setting up automated savings, tracking spending, or scheduling regular financial check-ins with your partner or family. These small actions compound over time, turning lofty goals into realistic achievements.

Key Principles Along the Timeline: Prioritize goals, automate where possible, track progress visually, and remain flexible. Life changes, and so should your plan. A timeline isn't a rigid contract; it's a roadmap that empowers you to take control of your finances without feeling overwhelmed.

By layering goals across timelines, even ambitious financial objectives become approachable. With each checkpoint and milestone, you'll see your progress and your confidence grow.

CERTIFIED

PAYROLL ADVISORS

FRANCHISE OPPORTUNITIES AVAILABLE



- FIRST TO MARKET
- RECURRING REVENUE
- LOW OVERHEAD



- NO MIN. EMPLOYEE COUNT
- EMPLOYEE ONBOARDING
- PAY-BY-PAY WORKERS COMP
- DIRECT DEPOSIT
- ALL TAX FILINGS
- HUMAN RESOURCES

772-208-9655

HELP@CERTIFIEDPAYROLLADVISORS.COM

CERTIFIEDPAYROLLADVISORS.COM



TRANSFORM YOUR *Dreams* INTO THE HOME YOU'VE ALWAYS WANTED



FULL HOME REMODEL
KITCHEN REMODEL
BATHROOM REMODEL
CUSTOM MILLWORK
ADDITIONS | CUSTOM METALWORK
OUTDOOR LIVING SPACES

JOHN A. OSBORNE
ALLCOASTDBR.COM | 772-510-4182
SHOWROOM & DESIGN CENTER LOCATED AT:
2427 SE DIXIE HIGHWAY STUART FL 34996
LICENSE # CRC1334610



Treasure Coast Hospice
A TREASURE HEALTH SERVICE



We're Here When You Need Us

 **HOSPICE CARE**

 **GRIEF SUPPORT**

 **PEDIATRIC CARE**



Treasure Coast Hospice has earned the Gold Seal of Approval® for hospice accreditation from The Joint Commission.

 **VISIT US ON THE WEB**
www.TreasureHealth.org

Licensed since 1982, Treasure Coast Hospice complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 772-403-4500. (Spanish) ATANYSION: Si w pale Kreyòl Ayisyen, gen sèvis fè gratis pou bay asistans langaj gratis pou ou. Rele 772-403-4500. (French Creole)

ATTENTION NEW RESIDENTS!



Anne Warner, Welcome Committee

Welcome to the Neighborhood

Did you recently move to Sewall's Point? We'd like to welcome you to the neighborhood!

Sewall's Point resident Anne Warner volunteers as our Welcome Committee to welcome you to the neighborhood. Anne works with the sponsors of STROLL Sewall's Point and other local businesses to create a warm and welcoming basket of gifts just for you! Some wonderful gifts and coupons are included to help you acclimate to the community and find the best local businesses and service providers.

If you're new to Sewall's Point or have noticed new neighbors moving in, please email us at SewallsPointStroll@gmail.com.

We'd love to make arrangements to deliver your welcome basket!

EDITOR'S NOTE: If you are a resident business owner and would like to donate a gift or coupon to be delivered to your new neighbors, please get in touch with us!

Google
Reviews ★★★★★

"After 40 years in construction, I can confidently say ASC is among the best. From our first meeting, they were professional, on time, and provided a clear, detailed proposal. Even with a scaled-back project, they were just as dedicated. ASC stuck to their timeline, starting as promised after Labor Day and completing the job in nine days. The communication, professionalism, and execution have restored my faith in contractors. I highly recommend America Strong Construction for any dock work. A solid five stars, and I'll hire them again without hesitation!"

— HERB SARGENT,
SEWALL'S POINT

DOCKS - BOAT LIFTS - SEAWALL - DREDGING
A 5-Star Company You Can Trust.
561.284.9628 | AMERICASTRONGCONSTRUCTION.COM



GET SHUCKED AT CRABBY'S OYSTER BAR

JENSEN BEACH FLORIDA

THE LOCAL'S FAVORITE!

DAILY HAPPY HOUR 3-6PM

½ OFF HOUSE OYSTERS
\$1 OFF ALL BEER, WINE, AND APPS
\$2 DOMESTIC DRAFTS
\$3 OFF SPECIALTY DRINKS



½ OFF HOUSE OYSTERS ALL DAY THURSDAY

MON-WED 11:30-9:00
THU-SAT 11:30-10:00
SUN 11:30-8:00
772-232-6991

1868 NE JENSEN BEACH BLVD.
JENSEN BEACH, FL 34957





tea parties

retail bakery

custom cakes

delicious desserts





THE TEA PARTY BAKERY IN STUART

772-600-7875
2431 SE Ocean Blvd, Stuart, FL 34996
ahouseofsugar@gmail.com
[@teapartybakerystuart](https://www.instagram.com/teapartybakerystuart) Tea House Tea Party Bakery



OSI HEALTH CENTER
STUART'S BIO HACKERS

Stem Cell
Immune System

Healthy Heart
Wound Recovery

Collagen Production
Weight Loss

Our longevity protocol rebuilds a strong and healthy body and helps you:

Decrease Inflammation • Increase Immunity
Feel Better • Look Better • Move Better

Live like a kid again and turn back the clock of time. **Ask about the INFINITY LIFE WARRIOR membership**

Located at
821 Ocean Blvd,
Stuart, FL 34994

(772) 349-7169
osihealthcenter.com



Scan me and discover more benefits.




Courtesy, Karen Bonney



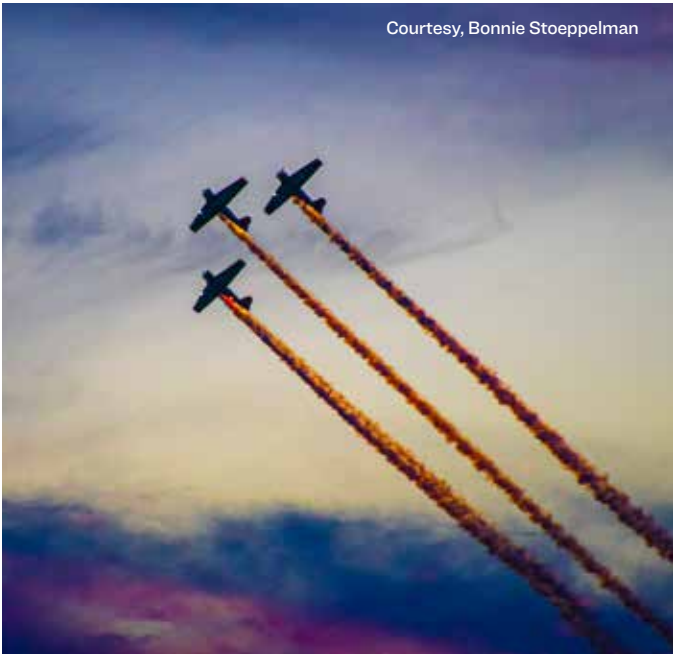
SEWALL'S POINT OF VIEW

*Please enjoy these photos
from the Stuart Air Show!*

WE LOVE TO SEE PICTURES from around Sewall's Point. Share a sunset, a sunrise, wildlife — anything you find interesting. You moved here to enjoy the beauty of Sewall's Point, and that beauty should be shared!

Email your favorite Sewall's Point photos to Todd.Braun@n2co.com or text them to 772.217.5533 from your smartphone (please include your contact information). Remember, when sending your photos, bigger is better! Large digital files make for larger, better-quality photos in print. It is OK to send them from your smartphone — try to send them in the “original size” if your phone offers the option. If you're not sure, ask a teenager.

Courtesy, Bonnie Stoeppelman



Courtesy, Bonnie Stoeppelman



Courtesy, Bonnie Stoeppelman



Courtesy, Bonnie Stoeppelman

MODERN EDGE FRAMEWORKS



Custom Framing
Photo Editing & Printing
Delivery + Installation

2601 SE Ocean Boulevard, Stuart | Cedar Pointe Plaza
www.ModernEdgeFrameworks.com | 772-266-8814

WHO DO YOU RECOMMEND?

*Receive a free \$50 gift card to a local restaurant
when your referral becomes a sponsor!*

This publication was built upon referrals from the neighborhood.

We carefully vet every one of our sponsors to ensure they will properly serve you and your family. Our advertising partners are well-established and really rely upon word-of-mouth recommendations to grow and sustain their business. We are looking for the best of the best!

If you've had a great experience with a local business or service provider, please scan the QR Code to submit their information. I will connect with them to see if they are a good fit for the residents of Sewall's Point. As an alternative to completing the online form, you are also welcome to email me at Todd.Braun@n2co.com or text me at 609-617-8300.



Please SCAN QR Code to submit your favorites!

Professional Home & Office Cleaning since 1991

772-220-7915 NeatandRepeat.com

NEAT & REPEAT
HOME & OFFICE CLEANING

Serving Martin County, Port Saint Lucie, and Palm Beach County

Over & Over We've Got You Covered!

LICENSED • BONDED • INSURED



Client: Artistic Closets
Size: Full
Location: Standard

REAL ESTATE
RESOURCE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

The information contained herein has been obtained through sources deemed reliable by The N2 Company, but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification. Supplied by Anne Warner and Sean Quinn. E mail: AnneAndSean@waterpointe.com.com. Cell: 772.713.7223

Address	List Price	Sale Price	Sold Date	DOM	Beds	Baths	Sq Ft
104 Abbie Court	\$1,495,000	\$1,375,000	11/13/25	13	4	2	3,175
6 Copaire Road	\$1,250,000	\$1,190,000	11/13/25	10	4	3	2,366
7 Lantana Lane	\$1,285,000	\$1,225,000	11/12/25	59	3	3	2,950
9 Lantana Lane	\$1,050,000	\$1,000,000	10/08/25	59	3	2	1,836
104 Hillcrest Drive	\$2,650,000	\$2,350,000	10/03/25	85	4	3	3,628
2 Palm Court	\$895,000	\$800,000	10/02/25	56	3	2	2,470
16 E High Point Road	\$3,200,000	\$3,000,000	09/30/25	75	3	4	4,163
20 Riverview Drive	\$6,823,000	\$5,488,000	09/22/25	31	5	4	5,389
11 Castle Hill Way	\$2,149,000	\$2,050,000	09/19/25	109	4	6	4,191
10 Copaire Road	\$1,625,000	\$1,550,000	09/10/25	93	4	3	2,502
5 S River Road	\$7,495,000	\$6,900,000	09/08/25	242	6	6	5,904
3 Heritage Way	\$990,000	\$920,000	09/03/25	89	3	2	2,248
1 Riverview Drive	\$925,000	\$870,000	08/25/25	53	3	2	1,882
31 NE Lofting Way	\$7,900,000	\$7,025,000	08/18/25	166	6	6	8,429
104 Abbie Court	\$1,125,000	\$900,000	08/12/25	5	4	2	3,175
107 Abbie Court	\$2,349,000	\$2,250,000	08/06/25	29	5	5	3,930
6 W High Point Road	\$1,995,000	\$1,700,000	07/28/25	114	4	4	4,419
65 S River Road	\$8,900,000	\$8,545,000	07/14/25	133	5	6	14,395



SEWALL’S POINT
#1 REAL ESTATE COUPLE
in our opinion.

Sean Quinn & Anne Warner, REALTORS®
C: 772.486.6883 | C: 772.713.7223

AnneAndSean@WaterPointe.com | MyFloridaInsider.com
3727 SE Ocean Blvd., Ste. 100, Stuart, FL 34996



We specialize in hair extensions,
blonding, color corrections, dimentional
color, Balayages and Keratins.

Call or text Phone: 772-215-5653



Same Compassionate
Care, Exciting New
Leadership —
Welcome Dr. Lanzi!

Cosmetic and Family
Dentistry

Dr. Michael Benedetti

Located in downtown Stuart since 2001

benedettidental.net • (772) 283-1605
400 SE Osceola Street, Suite 3, Stuart, FL 34994





We Love Our Lawns!

Landscape/Irrigation Design, Installation & Maintenance

772.288.1866



Call today for a FREE Estimate!

Commercial & Residential

Licensed & Insured



Timeless Shutters.
Tailored to Your View.

Designed for distinction, Installed with precision.

Exclusive Offer

Mention this ad for
10% OFF
YOUR ENTIRE ORDER
AS A THANK YOU FOR
SUPPORTING LOCAL

Architectural
Plantation Shutters

FREE IN-HOME CONSULTATION

772-286-2699

info@apshutters.com



Client: Palm City Animal Medical Center
Size: 1/2
Location: Inside Back Cover

SEPTIC TANKS PUMPED



with Visit Our Website
License CFC# 056684

- Drainfield Repairs/Replacements
- Lift Stations
- Grease Traps

24/7

772-214-3661

