

# Spring Update

The SEASIDE® Institute continues to inspire livable communities

By Aleis Tusa  
Marketing Director,  
The Seaside Institute

Throughout the pandemic, the Seaside Institute has remained focused on its mission with the development of a new website at seasideinstitute.org and updated programming to include virtual options.

### 2020 Recap

In 2020, the Seaside Institute honored Michael Lykoudis, the Francis and Kathleen Rooney Dean of Notre Dame's School of Architecture, with the 28th Annual 2020 Seaside Prize. During the Prize weekend, attendees heard from Michael Dennis, John Torti, Marianne Cusato, Barbara Littenberg and Michael Lykoudis. All spoke on different topics related to architectural education.

In February 2020, the Institute hosted the Transportation Summit and Expo, which featured alternative transportation solutions and displayed the Walton County Mobility Plan concepts for the public to experience and provide their insights. The two-part event included a workshop and expo, bringing together the general public, experts and speakers with international influence to discuss key elements of transportation planning, parking, and traffic management. The expo provided autonomous vehicle rides from BEEP along with alternate modes of transportation, alternative fuels, environmentally friendly resources and road concepts for 30A that accommodate multi-modal forms of transportation. The Institute's mobility committee, which includes Reynolds Henderson (Chair), Jared Schnader (Calstart) and Bradley Touchstone (AECOM), continues to identify opportunities to provide support and educational opportunities regarding Connectivity.

Fall 2020 welcomed the Institute's first virtual symposium: Transforming Communities through New Urbanism Pt II: Preparing for a Resilient Future, which covered topics crucial to understanding the planning and building processes, as well as the opportunities to be more resilient against disasters. The Institute gathered a stellar lineup of experts in the field of disaster recov-

ery including: two former associate directors of FEMA; insurance, water and energy experts, along with urban and city planners. Victor Dover, nationally recognized as an innovator in city planning, neighborhood design and street design, moderated a panel discussion on emergency preparedness.

### On the Horizon for 2021

The Institute has some remarkable programs planned for 2021, both virtually and in-person.

The Institute will present three book launch events throughout the year, bringing authors and audiences together virtually to discuss New Urbanism concepts and how they apply to communities locally and across the globe. Check the Institute's website seasideinstitute.com for dates and registration links.

On March 24-25, 2021, the Seaside Institute will co-host Gulf Coast Energy Network's Sustainable Town Planning 2021, bringing together planners, architects, builders, developers, engineers, and other professionals to discuss the latest trends in construction, architecture and town planning. The two-day event will be presented locally at the WaterColor Lake House. Visit the Institute's website to register (required).

The Institute has decided to postpone the 29th Annual Seaside Prize until 2022 when large gatherings are safer, as the event is best experienced in person.

Additional programming for 2021 will include:

- Transforming Communities Part III
- Celebration of Seaside's 40th Anniversary
- Aging with Grace

The Seaside Institute's Board of Governors remains focused on furthering the Institute's mission to inspire livable communities. Our Board of Governors reflects a diverse group of professionals nominated and elected by the Board of Governors and serve a minimum term of three years. In 2020-2021, the Institute welcomed several new Board members: Ann Daigle, Elizabeth Case, Doris Goldstein, Carl Tricoli and Jeff Zehnder. They join current members: Victoria Lee (Chair), Laurance Davis (Vice-Chair), Reynolds



The Seaside Prize event in 2020 honored Michael Lykoudis. From left to right; Steven Peterson, Michael Dennis, Michael Lykoudis, Theresa Lykoudis, Barbara Littenberg

Henderson (Secretary), Daryl Davis (Treasurer/Founder), Robert Davis (Founder), John McGinty and Scott Merrill.

Additionally, in 2020, the Institute expanded its staff to include Aleis Tusa, director of marketing and Bailey Dybas, development coordinator.

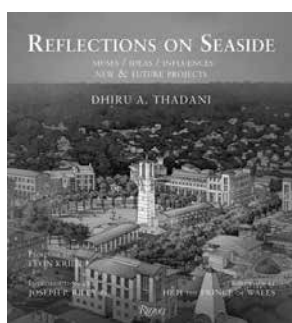
Join us on our journey to help people create great communities. For more information or tickets, please go to our website at seasideinstitute.org.

The Seaside Institute is a 501(c)3 non-profit. Our mission is to inspire livable communities. Through edu-

cation, innovation and engaging our community, we are working to improve the quality of life for families and individuals within our local communities, as well as nationally and globally, while at the same time creating an innovative design that not only enhances the beauty of our environment but, preserves it as well.

If you are interested in helping the Institute fulfill its mission contact us at: information@seasideinstitute.org, or call us at (850) 231-2421.

Visit our website at  
seasideinstitute.org



### Reflections on Seaside: Muses/Ideas/Influences

Written by Dhuru Thadan, Foreword by Leon Krier, Introduction by Joseph P. Riley Jr.

The sequel to the critically acclaimed "Visions of Seaside" (2013), "Reflections on Seaside" celebrates the 40th anniversary of the town of Seaside, returning to the place that has inspired countless designers, architects, urban planners and everyday citizens in the search for the ideal home. The Seaside Institute is pre-selling the books now. All proceeds from these direct sales go to support the Institute's mission of Inspiring Livable Communities. Visit seasideinstitute.org/reflections for more information.

## Healthcare and Wellness Survey

As more and more people are calling 30A and South Walton home, one of the biggest concerns is having good access to quality healthcare and wellness programs. The 30A Alliance is working in conjunction with Ascension and the Seaside Institute to gather information on what some of the needs and concerns are regarding how to access medical support and wellness programming for our community.

To help provide appropriate and relevant initiatives/information for our community, the 30A Alliance is looking to better understand your views and interests when it comes to wellbeing initiatives. We would also like to better understand the things that are important to you that affect your quality-of-life experience. We would therefore appreciate your time in completing a brief survey that can be found on our website 30aalliance.com.

### Why are we collecting this information?

We are gathering this information so we can tailor offerings for wellness and wellbeing programs which better meet the needs of our community. The intention is to use the information to help support better medical access and wellness learning.



Ann Daigle



Jeff Zehnder



Carl Tricoli



Elizabeth Case



Doris Goldstein

# Spring Forward

Get out of your quarantine beauty rut with these tips for healthy skin

By Jamie Gummere  
Owner, Blush Beauty Lounge

This article is a bit late. One year, actually. I was supposed to write this for the spring issue in 2020, but then this little thing called COVID happened and the issue was put on hold.

I've now seen clients after they've been inside their homes for months without seeing other humans, and maybe their skincare and makeup routines were put to the side. OK, not maybe, they most definitely were. (Quarantine eyebrows are a real thing).

I've compiled my "back from quarantine" products and tips for spring and summer:

- Use Vitamin C every morning to prevent oxidative and environmental stress on the skin (oxidative

stress leaves the skin lacking luster, brightness, and firmness). I could probably write an entire article on the benefits of Vitamin C, but I'll save you from my rant. Here's what I tell my clients: If you are over the age of 25 and you live anywhere on this planet, you need to wear a Vitamin C. Everyday. For the rest of your life. My favorite is SkinCeuticals CE Ferulic. It's liquid gold.

- See your favorite local aesthetician for monthly or quarterly treatments (I suggest the Hydrafacial and SkinPen micro-needling for low downtime and big results treatments). The Hydrafacial has become the gold standard in every aesthetic room. A deep cleanse, followed by a glycolic/salicylic blend of acids, extractions, and a hydrating finish



leaves skin squeaky clean, hydrated and glowing.

- SPF. You hear it all the time because it's crucial to anti-aging and, more importantly, helps prevent sun damage. Use an SPF that contains zinc oxide for the best UVA protection. My personal favorite is Elta MD (recommended by dermatologists and the Skin Cancer Foundation). Speaking of dermatologists, go see one. It's important to have an annual screening.

- And now, for the fun stuff. We just feel a little peppier with a new blush and gloss. Try Jane Iredale Just Kissed lip and cheek stain in Forever Pink. It's quick, easy, and lightweight for the beach. Pick this up at The Art of Simple in Seaside.

Wishing you all a beautiful spring!



Visit us online at  
blushbeautylounge.com