

# FOLEY {local}

FOLEY AND BALDWIN COUNTY

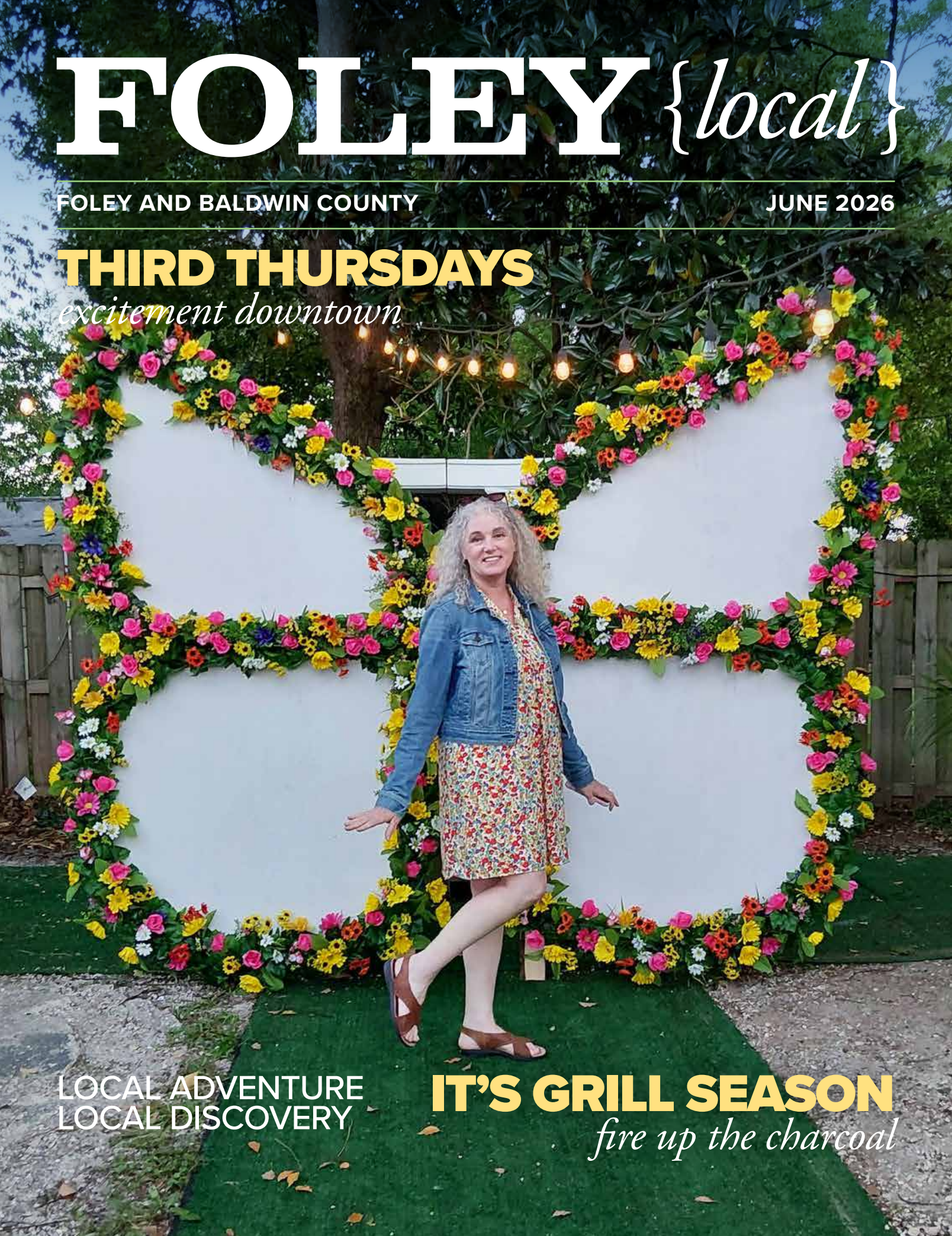
JUNE 2026

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# Inside {local} June '26

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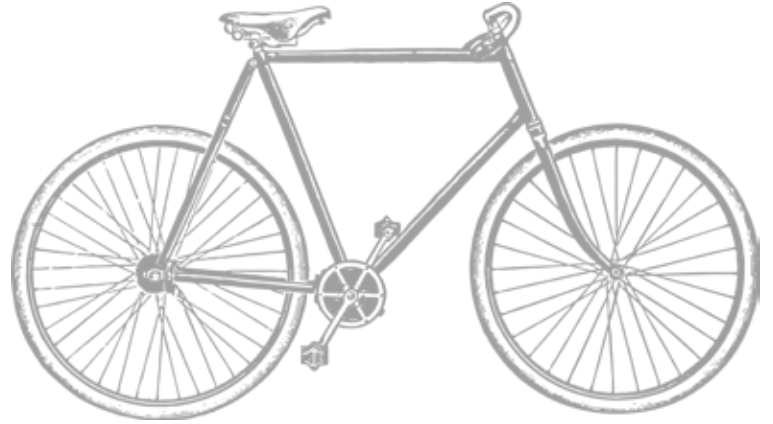
## BUILDING COMMERCE DOWNTOWN

Bringing energy and visibility to the Foley's historic district

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## DELICIOUS AND EASY

If you love BBQ, add these delicious ribs to your menu



**LOCAL FOCUS**  
**SERVICE DIRECTORY 14**  
**FAITH & WORSHIP PAGE 15**

**ON THE COVER:** *Paige Palmer, a volunteer for Foley Main Street.*  
*Photo was provided by Darrelyn Dunmore*

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# DOWNTOWN FOLEY VIBES

BY LINDA WILLIFORD

Downtown Foley marks the gateway to the Gulf Coast, where the City of Foley, Alabama, meets coastal Alabama and blends the history and memories along its trails and sandy beaches. While Foley has a deep history, it is confidently stepping into the future, expanding and growing into a community that residents cherish and that visitors are drawn to on their way to the beaches. Foley is becoming a destination.

Darrellyn Dunmore, Executive Director of Foley Main Street, said that a group of merchants started Third Thursday in the Spring of 2025. Dunmore wants to bring energy and visibility to the Foley's historic district. She said, "We want to keep downtown Foley strong and have that community connection." So, together they are planning events with a theme for each month throughout

the year.

Foley Main Street has to be re-credited each year with Main Street America, which is a national nonprofit movement dedicated to revitalizing older and historic downtowns. They work with state-level partners, such as Main Street Alabama. Foley Main Street was accepted into the Main Street Alabama program in 2018. Dunmore was certified as a historic real estate financial professional in 2020.

Dunmore handles economic development for downtown Foley. She says that economic development is the heart of revitalizing downtown. "My goal is to keep energizing, rejuvenating, and keeping downtown Foley as strong as possible. Keeping the heart of our city's identity, keeping the integrity, and keeping the beauty." Dunmore works with existing businesses, the City of Foley, and



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Photo provided by Darrelyn Dunmore.

### < FROM PAGE 6

the board of directors and volunteers to build awareness and drive growth in historic downtown Foley. She recruits new businesses and helps them succeed in their new locations. She keeps the businesses strong by offering training for customer service, training in social media, and AI classes. She also helps design and execute projects such as Cat Alley, the Art Walkways, and the beautiful Courtyard, where you will find the Butterfly Wings art piece, offering a fun photo opportunity for everyone.

Downtown Third Thursday is an opportunity for residents and visitors to experience Foley's charm after hours. From 5 to 7 pm, downtown restaurants and local shops stay open late and welcome guests for an evening of dining, listening to music, shopping, and browsing the streets. Dunmore says, "It's a chance to slow down and enjoy the growing nightlife scene in the heart of downtown Foley." Parking is free.

Currently, 23 businesses are participating in the Third Thursday. Dunmore said, "The core area and starting point is Alston and West Laurel Avenue." She added, "There is a big cluster of business participants also on Orange Avenue."

Each participant in the business will have a QR code you can scan, which will take you to a page showing the business participants' names, addresses, and the special deals and discounts they offer. They also have an electronic map that shows where the businesses are located.

Dunmore spoke of a downtown Foley Passport. This activity involves accumulating points from the businesses. With a certain number of points, the guests can receive a gift card, T-shirts, and/or other items. When doing the Foley Historic Tours, you can also collect points. Dunmore also shared the future plans for a scavenger hunt that would also collect points.

There are other events and activities throughout the year in Foley that you can access at [www.foleymainstreet.com](http://www.foleymainstreet.com). On Third Thursday this month and July, Foley will be celebrating the 250th Anniversary of our Country, with a Happy Birthday U.S.A. theme. Dunmore encourages residents and visitors alike to join the celebrations and the Third Thursday events. She said, "We have to make Foley a destination."

SUNDAYS | 8:15, 9:30 & 11AM

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# Great RECIPES

## Easy Baby Back Ribs

*From the kitchen of Jeff & Karen Bryant*



### PREP:

Remove the thin, papery membrane (silver skin) from the back of the ribs. Apply yellow mustard on the meat as a binder coating the ribs (rub the mustard on with your hands for best result).

### APPLY A DRY RUB:

Use your favorite dry rub recipe or purchase a dry rub and apply liberally on the ribs, patting the seasoning into the mustard to help it adhere to the meat.

Use an indirect cooking method if using a charcoal grill instead of a smoker. Move all your hot coals to one side and place the ribs on the opposite side. Place 2-3 hickory wood chunks (or your favorite wood) on top of the charcoal. Soaking the wood for a few hours in water will add additional smoke and slower cooking. Keep the lid closed to allow the ribs to cook and smoke. A smoke box can be used on a gas grill for similar results.

Allow the meat to cook/smoke on the charcoal grill for 2-3 hours absorbing the smoke from the wood.

### THE WRAP TRICK:

For maximum tenderness finish the ribs in the oven. Pre-heat oven to 275°. Using heavy-duty aluminum foil or two sheets of regular foil, use enough to wrap the rack of ribs, place butter pats along the foil (one tbsp each pat), place the ribs meat side down on top of the pats of butter and wrap tightly, cook until bone pulls easily from the meat (check after 2 hours), or until the internal temperature of the meat is 205°.

Rest the meat. Let the ribs sit for at least 15 minutes before cutting. This allows the juices to redistribute.



OCCUPATIONAL THERAPY



Meredith Watson MS, OTR/L | Mandy Dixon MS, OT/L, CHT | Jamie Sacco CMA

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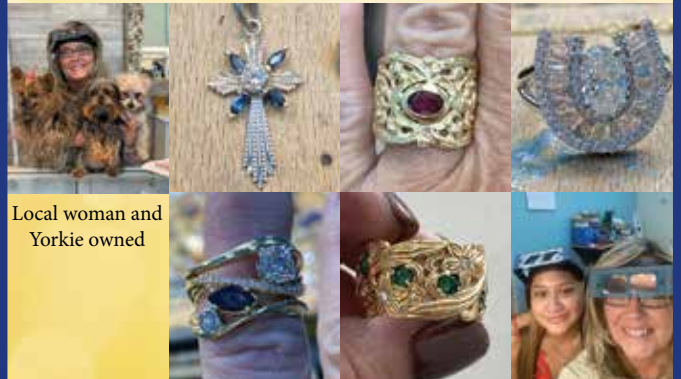
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