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Gulf World Marine Institute: Marine Mammal Rescue, One Turtle at a Time

By BRITTANY KIRKE

Panama City Beach is a unique and well-equipped area to see success in programs that rescue, rehabilitate, and release. One such organization is Gulf World Marine Institute Inc. (GWMI). As an established 501c3 nonprofit organization, they serve as the only long-term marine mammal rehabilitation and the largest sea turtle rehabilitation facility in northern Florida. They are responsible for conducting permitted activities through the National Marine Fisheries Service (NMFS) and the Florida Fish and Wildlife Conservation Commission (FWC). Their main response area covers South Walton beaches to the St. Mark's River and has some of the highest numbers of marine animal strandings in North America.

Although it is a unique organization separate from Gulf World Marine Park, Lauren Albrittain stated that the park is the "largest asset provider" and acts as a "sister company"



for GWMI. Gulf World Marine Institute Inc. has three core programs as their focus. The first is to lead, assist, and manage the recovery and rehabilitation of stranded, sick, or injured marine mammals and sea turtles. The second is to serve as an environmental educational tool for the local and national community. And through their third core

program, they strive to help facilitate marine and oceanographic research on a local and national level.

A major part of GWMI'S program is to bring awareness to the locals and tourists of the Florida Panhandle who may stumble upon a situation with a stranded marine mammal or sea turtle and not know how to properly assist the animal.

Lauren Albrittain and Secret Holmes, the two main contacts for the organization who remain "dedicated to the nonprofit" end of things both stated that if there is a stranded mammal or sea turtle washed up on the beach, do not attempt to send it back

GULF WORLD
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Tribute Wall On View in Panama City Beach

On May 13, the Goldstars Tribute Wall™, a traveling monument honoring the fallen (and their families) from the wars in the Gulf, Iraq, and Afghanistan, will be arriving at Ebro Park, north of Panama City Beach. At 10 a.m. it's kickstands up for a volunteer escort from Ebro Park to Harley-Davidson of Panama City Beach, where the wall will be on view after setup, 24 hours a day, until the morning of May 16. This wall is a sobering reminder of the lives sacrificed in these recent wars, with a gold star to represent each of the lost servicemembers.

Why a tribute wall? Because it's a symbol through which to pay tribute to our countrymen who stepped forward, put their lives on the line and defended the many freedoms we cherish. It's because of the soldiers, sailors, airmen and Marines who never returned home to their loved ones. For this, we must never forget the importance of the Tribute Wall.

We need the Tribute Wall because it is an affirmation of our respect

TRIBUTE WALL
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GULF WORLD

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into the water. Please call the Florida Fish & Wildlife Conservation Commission at (888) 404-3922 or dial #FWC if you see a stranded or deceased dolphin,

whale, or sea turtle. GWMI will then respond as quickly and safely as possible to ensure that the animal gets the care it needs. For ease of assistance, please have a description of the animal's size, location, and what has occurred. Also report if you see a marine mammal or sea turtle acting out of the normal, purposefully

beaching themselves, or caught in fishing gear or marine debris.

In addition to assisting those who can make an impact on the lives of these stranded mammals, GWMI places a great importance on respecting the habitats in which these marine species live. Part of the success of this program can be attribut-

ed to having a healthy and stable working relationship with the local and state-wide sea turtle nesting programs, local pier management organizations, and other environmental protections programs. Both the National Marine Fisheries Service and the Florida Fish and Wildlife Conservation Commission have

written documents in support of the work that GWMI has done and continue to do as they work towards the mission of the organization.

If you would like to volunteer with Gulf World Marine Institute Inc., please visit www.GWMI.info to begin the application process.



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TRIBUTE WALL

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and gratitude to the men and women who died in the service for our country, including soldiers such as Sgt. 1st Class Nathan Chapman, from Joint Base Lewis-McChord's own 1st Special Forces Group. He was the first American soldier killed in support of Operation Enduring Freedom in Afghanistan on Jan. 4, 2002. This soldier, and the generations who came before and after, exemplify the very best in all of us. Like him, many have served with honor and put the welfare of the nation before their own. They remind us that true freedom comes with a high price.

We need the Tribute Wall to remind us of the fallen and

keep the spirit of our heroes alive. We need the Tribute Wall so we never allow our Gold Star mothers and fathers to feel forgotten. They represent the legacy of their sons and daughters who died in the service of our nation. They carry with them a grief that most of us will never know or understand. However, in the midst of their pain, they are beacons of sunshine. They strive to keep the memory of our great soldiers, sailors, airmen and Marines alive by working to help veterans, soldiers and their families.

Freedom is an accepted norm, but it comes with a high price. We must never let the sacrifice of the thousands who gave it their all be forgotten. We cannot forget that our country has committed our greatest treasure



— our sons and daughters — to defend our freedom.

To participate in the escort, be at Ebro Park for 'kickstands up' at 10 a.m. For more infor-

mation on this local event, contact Jackson at joshua.jackson@ferman.com. To learn more about the Tribute Wall generally, visit www.tributewall.org.

Reservations online at www.friendsofcamp Helen.org or call (850) 890-6981

Community

Paving the Path: Mobility Greatest Challenge for PCB

FROM THE OFFICE OF
MAYOR SHELDON

The City of Panama City Beach has experienced unprecedented growth over its 50-year history, and like many cities and counties, keeping pace with infrastructure is a challenge.

Fifty years ago, 1,370 people lived inside the city limits. Today, the population hovers around 14,000 full-time residents, but during the summer up to 100,000 visitors and several thousand commuters traverse the city on any given day. This influx of drivers puts a greater strain on Panama City Beach's roadways, especially for east-west drivers.

During the City's strategic planning process last year, transportation/mobility was identified as the City's greatest opportunity for improvement. A citizen survey supported that finding.

"We are aware of the issues and have been working on them through our various public and private partners," said Mayor Mark Sheldon. "We are happy to say that three segments of the

Front Beach Road Community Redevelopment Area (CRA) will get started this year, and we are close to opening the second phase of Philip Griffiths Sr. Parkway, which was conceived years ago as a 'loop road' bypass."

The Front Beach Road CRA project includes the installation of a multimodal transportation system which will see the resurfacing and widening of Front Beach Road and other feeder roads; burying utilities; and adding tram/bicycle lanes, sidewalks, lighting, drainage ponds and landscaping. Segment three, which kicks off in May, will include a roundabout at Front Beach Road and State Road 79.

As more segments of the 8.1-mile roadway are completed, the city will look at establishing a transit system to reduce the number of vehicles on Front Beach Road. Officials will also look at expanding parking.

"Front Beach Road is our main street," said Sheldon. "Every visitor and local resident travels on this strip of commercial development, hotels/condos and residential property.



That is why it is so important to keep traffic flowing. A future trolley system will assist us greatly in getting vehicles off this road."

The Philip Griffiths Sr. Parkway (formerly called Bay Parkway) is a limited-access road connecting State Road 79 with Nautilus Street. It is seen as a potential game-changer for taking traffic off Panama City Beach Parkway in the busy Pier Park area.

The City completed Phase 1, a 1.4-mile loop in 2017, connecting 79 to North Pier Park Drive. Construction on Phase 2, which connects the existing parkway to Nautilus, began in 2020 and will be completed this summer. The parkway also includes the walking/biking path as part of Gayle's Trails.

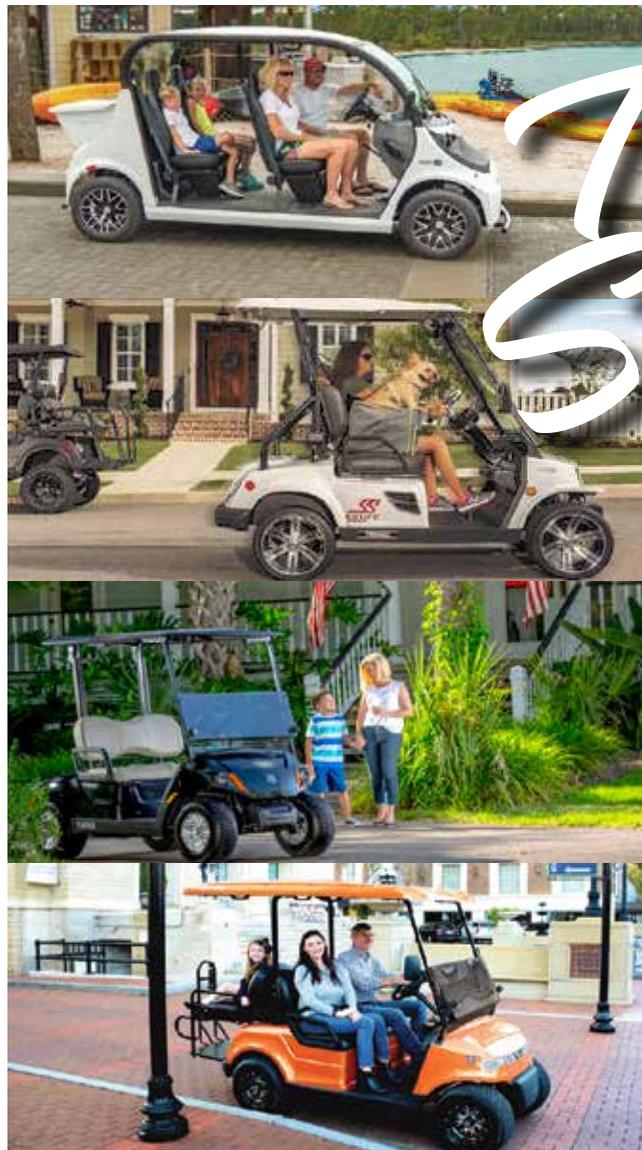
The Parkway will not have any traffic signals or stop signs and is being constructed to

Florida Department of Transportation standards to allow for future four-laning. The road will be turned over to FDOT for maintenance.

In addition, the St. Joe Company, Tallahassee Memorial HealthCare Inc. and the Florida State University College of Medicine recently announced their intent to develop a health-care campus on an 87-acre parcel just off the parkway. The campus, which will eventually include an emergency center and a 100-bed inpatient facility, will be located on the southeast corner of State Road 79 and Philip Griffiths Sr. Parkway.

The City continues talks with FDOT and lobbying efforts with State officials to see Panama City Beach Parkway widened and additional lanes added.

"This has been desperately needed for a long time," Sheldon said. "We know more and more people are continuing to discover our beautiful beaches. We are optimistic about improvements to Panama City Beach Parkway."



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PCB Chamber New Member Spotlight

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Recently, one of our leaders, Tyler Nobles, relocated to Panama City Beach with the desire to serve and bring harmony to the lives of individuals, families, and businesses on the Gulf Coast. Today, we are excited to announce that this dream is now a reality. We are prepared to bring harmony to the lives of the Gulf Coast with innovative SmartHome, SmartSecure, and audio video solutions.

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a smile and to completing our installations to the highest of standards. We believe every little thing matters. A lot. And we remind ourselves of that daily. Every interaction, every installation, every feature of your system function is there to serve you. That doesn’t happen by accident, it is intentional. And we are committed to deliver on each aspect of your experience with us. We call it The Chorus Way!

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 Community

Grand Lagoon Living: A Rodeo is Coming to Town!



BY MARTA ROSE-THORPE,
GRAND LAGOON LIFE

The 2021 PC Beach Fishing Rodeo will be hosted by Capt. Anderson's Marina, Bay County's largest and oldest privately-owned marina, from September 24 to October 10, 2021. Not since the Billfish Tournament has an event of this style and magnitude taken place in the Grand Lagoon, also known as the 'East End' of the beach. This event encompasses seventeen amazing days of the best fishing our wonderful Gulf Coast has to offer, with two daily weigh-ins along with prizes,

daily entertainment, bounce houses, obstacle courses, corn-hole competitions and Jenga, concerts and live entertainment, and all the best Gulf Coast culinary offerings and beverages available.

I recently had the pleasure of sitting down with Tournament Director Joe Laymon to learn the details and behind-the-scenes particulars of this exciting inaugural event. How did this all begin? What is the origin of the PC Beach Fishing Rodeo?

"There was no tournament in our area any longer," begins Joe. "So, the question arose, why was there no tournaments any longer? I remember how fun the Billfish Tournament was... it was a good time for everyone. I started to ask around, what had happened to it? and the response was that the anglers just hadn't been catching the fish that they once had."

But it seemed that everyone in the community wanted to see a fishing tournament happen again on the east end of the

beach. "We're the only part of the beach – the east end – that actually has the opportunity to host this type of an event and offer the boating life with quick access to the Gulf," he explains, "which is one of the reasons many people come here." Both locals and visitors get joy out of being at Capt. Anderson's Marina, he observes. "There's a breath of life that exists in the fishing and charter industry and being on or near the water every day. I've seen fathers, sons and grandfathers coming back over and over...multiple generations. It's the most interesting entertainment that's out on the beach."

Joe knew putting on a fishing tournament was going to require a lot of work, so he and Capt. Mike Sullivan, owner of Capt. Mike Charters at Capt. Anderson's Marina, put their heads together and began brainstorming a 17-day tournament. They looked at the 73-year-old Destin Fishing Rodeo to provide the template. "It seemed like a no-brainer to make a fishing

tournament span three weekends, in case one or more of the weekends has inclement weather," he states. The longer event will also give people a better opportunity to attend and better fit it around their schedules by having that many more days to choose from.

Opening Night of the PC Beach Fishing Rodeo is Friday, September 24. "From day one, we're going to have weigh-ins. At 12:01 a.m. on September 24, boats are taking off and fishing. They'll be back by 12 noon for their first weigh-in. Leader boards will be filled with the different species of fish, the sizes in weight, and the different divisions. The competition literally begins at the Kick-off Party with food vendors that will offer oysters, seafood, pizza, and burgers. Local live entertainment plays until 9/9:30 p.m. that night, with corn hole, Jenga, and an obstacle course for young people. Florida Watersports will showcase kayaks and paddleboards; Legendary Marine will feature their boats. We'll have T-shirts and hats for the PC Beach Fishing Rodeo for sale."

Joe and Mike decided to include the whole community in this event. "Not one entity is profiting," he states. "We want to allow the local establishments and retailers to participate... we want everyone to be proud of and involved in this." The Rodeo's Schedule of Events includes fun "Rodeo After Parties" throughout the seventeen days at Sisters of the Sea, Pelican's at the Sheraton PCB Resort, Hunts Oyster Bar, The Upper Deck, Buster's Boardwalk, Dreamers Bar & Grill, Barracuda Beach, Patches Pub, Hammerhead Fred's, and an Axe Throwing party one night at Capt. Anderson's Marina. Sunday, October 10 – the final night of the Fishing Rodeo

– merges with the Grand Lagoon's Pirates of the High Seas festivities with pirates, live entertainment, fireworks, and an Awards Ceremony immediately following the final weigh-in.

"Anyone can be a part of this Rodeo," says Joe. "Just go to the website at PCBeachFishingRodeo.com, check out the registered charter boats, and contact them directly to book a trip. All boats will book one to two trips per day." Fish categories will include (categories may be added or taken off prior to the start of the tournament due to fishing regulations): King Mackerel, Spanish Mackerel, Vermilion Snapper, Black Snapper, Amberjacks, Wahoo, Mahi Mahi, Gag Grouper, Red Grouper (and all other Grouper, and all Tuna. Registration Divisions include Pier / Jetties / Surf / Bridge - \$25 (under 15 free); Kayak / Paddleboard - \$50; Private Recreational Boat - \$275; Charter Boat - \$350; and Head Boat - \$375. Prizes will be awarded daily, with monetary prizes given at the final Awards Ceremony. Kids 12 and under get a rod and a reel for weighing in a fish.

Sponsors include Host Sponsor: Capt. Anderson's Marina; Weigh-In Sponsor: Half-Hitch Tackle; Boat Sponsor: Legendary Marine; Non-Motorized Vessel Sponsor: Florida Watersports; Food Sponsors: Hunts Oyster Bar, Paparazzi Gourmet Deli, Dockside Market & Grill; Beverage Sponsor: The Upper Deck Bar & Grill; T-Shirt Sponsor: Howell Tackle; Hat Sponsor: Hunts Oyster Bar; Rod & Reel Sponsor: Tarpon Docks Seafood; Banner Sponsors: Innovations FCU, Florida Watersports, SC Rowe, Miller Marine; others to come.

For additional details please contact Tournament Director Joe Laymon at (850) 258-4834.

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By JULIE MCCONNELL, UF/IFAS EXTENSION BAY COUNTY

May 20th is World Bee Day celebrating the roles of bees and other pollinators internationally. European honey bees always seem to be in the spotlight, but did you know there are over 300 bee species found in Florida? There is a great variety of size, shape, color, and behavior among these insects, and most

are fantastic pollinators of fruits, nuts, vegetables, and wildflowers but are often overlooked.

Native Florida bees are broken down into nine broad categories; sweat bees, leafcutter bees, mason bees, bumble bees, carpenter bees, long-horned bees, mining bees, plasterer bees, and cuckoo bees. I certainly cannot cover all of them in this article but would like to introduce you to a couple and hopefully pique your interest beyond the famous honey bee!

Mining bees make their nests in the ground which are many times mistaken for burrows of pest species. This solitary yet gregarious bee will build a tunnel in bare ground to create a nest. The tunnel is lined with

an excretion from the female which makes it waterproof. She collects pollen and nectar which is deposited in the chamber to sustain the larva that will hatch from the single egg laid inside. The larva will go through four instars before entering a prepupa then pupal stage before emerging as an adult the following spring nine months later. There is no social structure with communal brood rearing in this solitary bee life cycle, however, it is common to find nesting sites from multiple females grouped together which is why they are described as gregarious. Miner bees are generalist flower visitors which provides pollination services for many plants including milkweed, persimmon, blackberry, rose, tomatoes, and clover to name a few.

Another interesting type of solitary bee is the leaf cutting bee. As the name implies, these bees cut out pieces of leaves from plants that are used to create nests. The leaf is rolled



used by other insects. The female creates multiple chambers or cells in a nest, but each one holds only one egg. She provisions each cell with a loaf of pollen and nectar for the larva. Leaf cutter bees emerge in the spring after overwintering as a young adult bee. There are over 25 species of leaf cutter bees in Florida that pollinate many crops including wildflowers, fruits, vegetables, and alfalfa.

To see more photos like these from UF, and learn about more Florida bees please visit Bees of Florida <https://edis.ifas.ufl.edu/pdffiles/IN/IN128500.pdf> and UF/IFAS Featured Creatures <http://entnemdept.ufl.edu/creatures>.

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Humble House to Open Second Transitional Home

Nearly 1 in 10 Americans age 12 or older struggle with substance abuse, involving alcohol or illicit drugs according to the Substance Abuse & Mental Health Services Administration. When you look at the great work being done by the Bay County Sheriff's Office, it's unfortunately not difficult to wrap your mind around that statistic. Addiction is a bondage that destroys lives, families, and communities and we are working daily to make a difference in the lives of women across the Florida panhandle.

Humble House Ministries Inc. was established in September 2020, and the need continues to grow. The first phase of our ministry has been providing a Transitional Housing Program that is based on the Word of God, free of charge to those without the ability to pay. Our six available beds are all full. We currently have a waiting list of eight women and sadly, we have had to turn away more than 20 women. These are numbers that continue to grow as our court systems restart after COVID.

"It has been a joy to see what God has done through our community supporters this past 6 months, in addition to the residents' lives," says Rachel Duvall, Founder & CEO. "We want each house to be a home for our ladies. We make sure they find a meaningful job, establish life skills, and a solid foundation in Jesus Christ so that when they leave, they just need to move their body and belongings."

Resident Casey says, "Humble House, to me, is a place of new beginnings. I was nameless, broken, addicted, and alone. Since I have been here, I finally feel like I belong. I am very thankful to God."

So, here's the new news. We are opening our second Transitional House in May, which will double the occupancy capabilities, allowing us to include women and their children. We are inviting all community groups, individuals, and community members to help support #womenhelpingwomen in northwest Florida. Registry for the home's needs list can be found here: Target Gift Registry > Organization Name > Humble House

For more information visit humblehouseministries.org or call (850) 628-1021.



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Community

Amberjack and The Great Red Snapper Count

May is Amberjack time! This year our AJ season will be May 1 through May 31 and August 1 thru October 31. Make reservations soon for your trip to catch those large and fun and great-eating fish. Amberjack are great grilled, fried, or smoked!

The Great Red Snapper Count is in and it is great news for red snapper enthusiasts!

The quest for more accurate information on the quantity of Red Snapper in the Gulf really began in earnest in 2007-8 when the red snapper seasons were cut by NOAA from 196 days to 65 days. Our charter boat captains and private angler organizations began working together to bring to the attention of NOAA's SE Regional managers and scientists the seeming lack of accurate science when it came to the abundance of red snapper.

Our Bay County Chamber of Commerce led the way to help us inform local, state and federal officials and agencies of the disconnect between NOAA's data and what we were seeing



resolve this decades-old issue that was negatively affecting jobs and tourism.

Now all the Gulf States have their own data collection programs which have shown significant differences in the numbers of fish harvested when compared to NOAA data.

The Texas Gulf Council Rep., Dr. Greg Stuntz of the Harte Institute of Texas A & M, led scientists from universities across the Gulf to design a better data collection plan.

In the meantime, Sea Grant and former President Trump's Secretary of Commerce, Wilbur Ross, together with Congress had been listening. Between

on the water. Our local charter fishermen led 2 different rallies in DC with anglers - commercial, for-hire, and private - from all over the nation to bring this matter directly to legislators, as well as issues with other species.

We needed an independent scientific study, separate from the NOAA process. Then-Governor Rick Scott personally contacted other governors and State fishing agencies across the Gulf as well as our Florida Fish & Wildlife Commission, encouraging them to work together to

Sea Grant & Congress, they appropriated \$12 million to make The Great Red Snapper Count happen.

The plan was implemented to accomplish this never-before-attempted in-depth study of the abundance of Red Snapper.

Now we know there are at least 3 times as many Red Snapper in the Gulf than first thought by NOAA scientists.

We do not know where this will lead concerning our fishing allocations and seasons,

but you can tune in to the Gulf Council's meetings during the Reef Fish Committee's issues and even send the council your comments on the subjects they discuss.

Go to www.GulfCouncil.org and choose the Meetings drop down box for more info.

Just so you know, right now our Federal boats' head boat and charter boat season will begin June 1 and go through August 2 at 12 midnight. The private anglers and state charter boats will have their season determined by the FWC. You can check out their website at www.myFWC.com and go to saltwater fishing regulations to find the latest info. The state regs for Red snapper 2021 season will be determined at their May 12-13 meeting. Tune in to see your Commission in action!

Your participation in the process is always a good thing!

When planning your fishing trip, remember Capt. Anderson's Marina...

Where the fish are always biting and the kids are always smiling.

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The 516 Project: Bringing Help and Hope

BY BRITTANY KIRKE

A gift bestowed on Bay County, the 516 Project is a faith-based 501c3 non-profit construction ministry lifting the spirits of those in need.

Janna Roland and her husband, Tommy, made the move to Panama City Beach from Virginia with a mission in mind: spread love and bring peace to those in need. After Hurricane Michael in October of 2018, the community has grown stronger by coming together to help one another. This experience also showed how hard it can be to make ends meet in a

difficult situation. Having small things to help such as a roof built over your head or a ramp to assist with access can make a world of difference to the right person. People helping people can be a saving grace in its own right. The Roland family wants to reach the people who may have “fallen through the cracks and can’t get the assistance they need.”

Janna and Tommy have plans to extend the work being done in Virginia and intend to be able to bring additional teams together in our area. There are several projects that the 516 Project



takes on, from mowing lawns to building roofs. Janna said that their goal is to “have a team from Virginia come down and

put together a kickoff weekend” where there would be several projects to split up for everyone.

They are always in search of volunteers to assist with these projects and are looking to broaden their reach in the area. Projects take place year-round. The 516 Project is also family-friendly, so, feel free to bring the kids along and show them what community service means to those they share it with.

If you or anyone you know would be willing to assist others in the community, visit their website to get involved. Our readers are also encouraged

to submit applications for individual or community needs on their organization’s website, www.516project.org.

While those at the 516 Project and the churches they are involved with wish they could assist everyone who applies, that isn’t necessarily feasible. However, they will do the best they can to help and pray for those in need even if they cannot work on your home.

“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.” - Matthew 5:16

Know Your Neighbor:

The World’s ONLY Biker Comedy Hypnotist!

BY MARTA ROSE-THORPE

Gary Michaels moved to Panama City Beach from Lexington, Kentucky in 2020. Central Kentucky, where he lived, is one of the most beautiful places in the world, he feels. “It’s a black hole... there’s something about the feel, the people, the surroundings – it will definitely suck you in. I love Kentucky!”

For years he had been coming to the Thunder Beach Bike Rally, which he loves, and his daughter and grandkids were here. “I wanted to move to a tourist town where I could perform every night,” he recalls of the urge to move south. “I’ve always loved Panama City. I first came to PCB in the late nineties. I had lived in Miami for exactly one year, and it was bizarre! It was hot, but no place for a country boy. I worked at three radio stations and did two comedy shows twice a week – and sang in two bands.”

After that Gary had to move north to get back to the south. He left Miami for Dothan, AL where he lived for two years, and sang in a band “that we just threw together,” while still coming down to PCB during Thunder Beach. He finally left Dothan to go back home to Lexington, and that is when he met April.

“At Bike Week a few years ago, I met a group of girls,” his story goes. “I went to Georgia to visit one of them. That night I met April (who hails from Covington, Georgia, 40 miles east

of Atlanta) and I hypnotized her... and the next night. We became friends and all hung out.” She was seeing someone at the time, but eventually the other relationships didn’t work out, and the two finally ended up together. “April is by far the best partner and friend that you could ever hope for,” says Gary. “I was married once, 32 years ago, and I thought I’d never get married again.” The two have plans to tie the knot soon.

Gary’s been in show business for most of his life, with a long resume of talents and skills. “Anything in the entertainment world that you can think of, I’ve probably done it,” he offers. From his commercial voice-over artist work he is one of the most recognized voices in the nation, as well as an accomplished magician, comedian, narrator, radio and TV personality, actor, master of ceremonies, and he’s also sung in rock and southern rock bands and a country band called “Saddletramp.”

So how does one begin one’s career as a Biker Comedy Hypnotist? I wonder aloud. “I’ve suffered from depression for many years,” he shares. “People would ask, how did you get through it? It got to the point where I couldn’t afford to keep seeing my doctor – but I needed help; I needed medication. I decided I wanted to figure out a way to deal with the depression without medication, and I found hypnosis. I would go on YouTube and watch lectures on

hypnotism. I would research it for hours. In my research I came across some comedy hypnosis and thought, I can do this!

“I started mixing comedy and acting with hypnosis – and then I started practicing. Next thing you know I’m starting to hypnotize people. I used it for myself to deal with my depression but found a way to incorporate it into a stage act with magic. It just morphed and evolved from there – and it keeps evolving.”

Gary then explained some interesting fun facts to me on hypnosis. “On one end of the bell curve, there is 2.14 percent of the population that can never be hypnotized. 68 percent of the population is ‘average subjects.’ Five to ten percent are above-average subjects. And 2.14 percent of people are Somnambulistic – the BEST hypnotic subjects. They have an incredible ability to focus; these people go very fast and deep into hypnosis.”

Hypnosis can happen immediately, he shares, and voice has a lot to do with it. Hypnosis is a common state of mind; we are all in a hypnotic state of mind 70% of the day. No one, he says, will ever do something under hypnosis that goes against their morals, values, and beliefs. Everyone has a different type of personality.

So, what’s up next for this multi-talented entertainer? “Maybe doing several shows on the Good ‘Ol Boys Cruise in

2023 – you never know! I enjoy making people laugh. If I can do something that makes you laugh and makes you remember the fun, then I’ve accomplished what I want to accomplish. You can do the same bit every night, but each person is going to have

a different response, because each person is different.”

To book Gary Michaels for your next corporate event, cruise ship act, casino act, bike rally, or private party, visit him online at GaryMichaels.net.

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 Community

Not Too Shabby by Marisol Opens New Location at 30Avenue

If you are like most of us, then you already know who Marisol Gullo of Not too Shabby is, but in case you don't, let me introduce you. Marisol Gullo, a twenty-year resident of South Walton county, is an attorney by trade and owns and operates her two stores, Not too Shabby by Marisol along with her husband Tony and their eleven-year-old son, Joshua. Marisol was honored with the South Walton Artist of the year award in 2017, and her stores have won Destin VIP Best Furniture and accessories for 2018, 2019, and 2020.

Her newest location is in the beautiful 30Avenue plaza located in Inlet Beach. We had a chance to catch up with her recently to discuss what's new in her life and her predictions for what's to come in the world of design this year.

"Well, it's always an honor to win the Destin VIP best of, this was our third year in a row, and being as that is voted on by the



people gives me pride to know we're doing things right," she says. "I have always had a passion for art and design, and with the influx of new homeowners that are moving to the area right now, I've really been fully immersed in the interior design aspect of the stores. We spe-

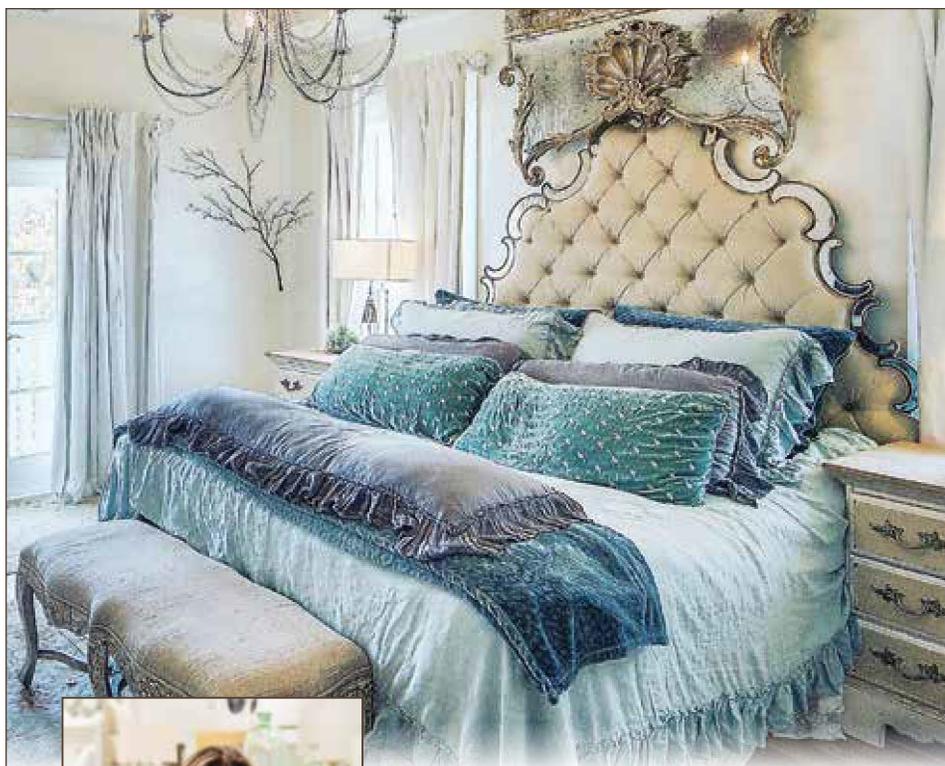
cialize in the look for the area, which many new residents tend to think is a "beachy" look, but it's not. The look for our area is Coastal and believe me when I tell you it's a big difference. It would be unfair though to expect people to know how to put that look together, and that's

why people come to us."

We asked Marisol how she was doing, keeping up with the pace of all the new people moving to town, and if she felt like it would continue or slow down. This was her response. "I've been here for over twenty years; I saw what happened to us in

2009 when the bubble burst and I don't think we are looking at the same bubble. Back then people were just flipping properties with no end users. That's not what's happening here now. These are real end users. These are people leaving those crazy cities that are still on lockdown or cities with a lot of civil unrest happening. These are good people realizing they don't have to live in those places anymore because a lot of people can now work remotely. The challenging part for us is to make sure we continually have plenty of inventory for our customers to go home with right away.

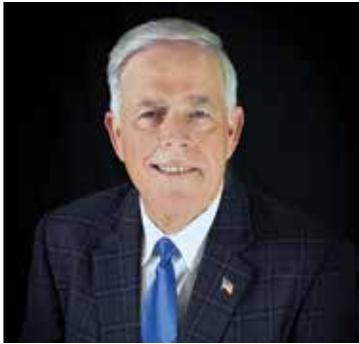
Visit Not Too Shabby by Marisol at their original location in Miramar Beach, 9755 US Hwy. 98 W, Miramar Beach, FL 32550, (850) 419-3976, or their new location at 30Avenue, 12805 US. Hwy 98 E., Inlet Beach, FL 32461, (850) 520-2390. Open Monday-Saturday 10 a.m. to 6 p.m., and Sunday 12-5 p.m.




Not Too Shabby
by Marisol Gullo

30Avenue Design Studio,
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By BILL HUSFELT, SUPERINTENDENT, BAY DISTRICT SCHOOLS

Hands-on learning is at the core of what we do at Bay District Schools and I am SO excited about a new partnership between BDS, the St. Joe Community Foundation and the Guy Harvey Ocean Foundation (GHOF).

The Gulf of Mexico is literally our backyard... our breathtakingly beautiful emerald green backyard and it's an asset we must treasure and protect. That's why we're absolutely thrilled to be able to fund this new water-based learning experience with a \$100,000 grant from our generous, and continuous, partners at the St. Joe Community Foundation. It's also important to celebrate that the GHOF is MATCHING the funding we've received from the St. Joe Community Foundation

New Water-Based Learning Experience

which enables us to do even more with this grant.

Dr. Guy Harvey, the founder of the foundation that bears his name, is a strong believer in preservation, conservation and education. "It is our collective responsibility to preserve our marine environment and maintain the biodiversity of this planet," he said in a statement on the foundation's website.

We couldn't agree more and that's why this partnership is so exciting.

Thanks to the funding we've received, we will be able to implement all of the following activities beginning next school year:

- Introduce all BDS schools to the Guy Harvey Ocean Foundation STEAM education program and hands-on, marine-based learning.
- Provide students with engaging and exciting marine science curricula through teacher professional development.
- Ensure science teachers at local elementary, middle and high schools receive hands-on professional development maximizing our access to local marine resources. Each teacher will



also receive a "dive bag" full of Guy Harvey resources and classroom materials.

• Empower students to learn more about their local community through field research to better protect their environment.

Erin Brack, an elementary staff training specialist with BDS who focuses entirely on science, is particularly excited. "There is such a great value in developing resources like this that connect our students authentically to their learning, local environment and community. I am beyond excited about having the opportunity to use the GHOF resources and professional development opportunities already in place, to create and personalize it for Bay District

School teachers and programs," she said recently.

Brack, who is also working on an extensive ocean-themed Environmental Interdependence (adaptations, life cycles, food chains etc.) unit with a team of teachers at Breakfast Point Academy knows that hands-on learning is key for our students.

"This definitely goes beyond teaching and memorizing facts," she said. "We're talking about touching the hearts of the kids and providing them with a personal connection to the lesson which they will take with them forever." I couldn't say it any better myself!

We are so grateful to our

amazing community partners like the St. Joe Community Foundation who continually step up for our students and ensure we're able to provide them with all of the "extras" that state funding doesn't cover.

Learning is not just classroom based and ultimately we want to create graduates who are lifelong learners. This grant, and partnership with the Guy Harvey Ocean Foundation, ensures our students will have the opportunity to become astute stewards of the amazing community in which we live and that they will be able to do their part to ensure marine conservation and preservation.

Local Flight School to Offer Summer Camp for Middle- and High-Schoolers

Island Air Express is excited to announce a unique opportunity for young students this summer. The flight school will offer an introduction to the world of aviation through the Flight School Association of America's AeroCamp. Students ages 11-18 are invited to participate in the program which will run from June 7-11.

Campers will be familiarized with all things aviation before taking to the skies for in-flight training. Students who prefer to stay on the ground can do so and will cover several aspects of flight including instruction on radio communications, airport traffic patterns, and the basics of aeronautical charts. Campers will be taught by professional certified flight instructors with years of experience in the business.

This program is ideal for anyone interested in a career in aviation, a field that offers very diverse opportunities and professional paths. The price of the camp is \$695 and will include flight time, a camp t-shirt, and breakfast.

Island Air Express is located at Northwest Florida Beaches International Airport and has been training student pilots since 1994. The school was founded by the late Morris Jarmon Sr., who was decorated with the purple heart for his bravery in the Vietnam War.

For more information on the program, visit islandairexpress.com or call (850) 814-6407.

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 Education

FSU PC's Dean Randy Hanna is Helping Make Higher Education Available to All

By JAMIE ZIMCHE, EDITOR

Dean Randy Hanna of Florida State University Panama City (FSU PC) might not be a Panama City native, but his Florida roots run as deep as his love for higher education. Born and raised in a little town called Greensboro, Florida, a blink and you'll miss it spot off Interstate 10 near Tallahassee, Hanna grew up in bona fide Florida country. His parents owned the last water-powered grist mill in Florida in those days, and ground dried corn into cornmeal for clients in the region. Some of it they'd package up to go out on trucks to destinations all across northern Florida. As a child, Hanna often rode along, even stopping in Panama City on occasion - but it would be several decades before events brought him back to this area more permanently.

When he turned 18, Hanna's parents sold the mill, and he headed off to the University of Florida (UF) to study agriculture. There, he paid his way through school by working and living in the Swine Unit - he met his future wife at UF, and was relieved to find she wasn't deterred in the slightest by his unconventional living quarters. With time, his degree shifted to journalism, and he finished with a Bachelor of Science in technical communications with a specialty in agriculture. When he graduated, he and his wife-to-be



were married, moving in 1981 to Tallahassee so Hanna could pursue a law degree from Florida State University. "One of the best experiences of my life," said Hanna. There, his wife found a job and they moved into a rental - for \$135 a month. "She gave me a dollar a day for two drinks and a pack of crackers," Hanna remembered with a chuckle. He often had 20 cents left a day, which he would save up to play two games of Pac-Man at the end of the week.

In 1984, post-graduation with a Juris Doctorate (and High Honors) in hand, Hanna joined a law firm where he would remain until 2011, practicing public finance and infrastructure law; his clients included local governments and universities, for whom he handled complex financial matters. In 1998, he became the managing partner of that law firm. "We were in growth mode and



opening offices," he explained. "I felt like if I was going to be the managing partner, CEO of the law firm, that a MBA would be beneficial." This led to the next step on his educational journey: a MBA from Goizueta Business School at Emory University in 2004.

Throughout this time in law, he retained strong ties to higher education. In 1991, he was appointed by the governor to the Board of Trustees for Tallahassee Community College. Over the years, his appointments went on to include other roles with Florida A&M University, and the University of West Florida; in 2011, he stepped in as chancellor for the Florida College System (he worked there with Dr. Holdnak, who is now

the president of Gulf Coast State College, FSU PC's geographic neighbor). At this point, he decided if he wanted a second career in higher education, a Doctorate of Education might be useful. With this in mind, he enrolled at the University of Pennsylvania in Philadelphia, commuting north at least once a month until completion.

Considering this diverse and dedicated educational background, it's hardly surprising that Hanna was tapped by Florida State University's President John Thrasher in 2016 to take over at FSU PC as interim dean, a position that soon became permanent. Since Hanna's tenure started, there have been many positive changes here at Florida State University's Panama City Campus. For one, they've added five new degree programs, including mechanical engineering, hospitality management, and commercial entrepreneurship; they've also created master's degree programs for systems engineering and law enforcement intelligence. More are coming soon, like the campus's first doctoral degree in nurse anesthesia, but also a degree in computer programming, and a master's program for financial management and communication. How do they decide on a direction for expansion? "We look at job demands in the area and talk to employers," explained Hanna. "We do an analysis of need and interest. We also try to build on what our strengths are." He cites mechanical and systems engineering de-

grees, roles the local Navy base needs to fill, and law enforcement, as examples of thriving job markets here in our area.

What about those considering returning to school to finish a degree, or plotting a career change? "I can say to just about anybody, there's a pathway to come to Florida State University," said Hanna. Which is where another major development at FSU PC comes in: the FSU PC Promise Scholarship, which, with the help of generous donors, came into being just this spring. The Promise Scholarship provides a tuition-free education to students with an adjusted gross income of \$50,000 or less (and who meet other requirements). It has also made possible a really fantastic feature, the FSU PC Promise hotline, which prospective students can access round the clock. "Anyone can call (850) 770-2411, 24 hours a day, 7 days a week," explained Hanna. Callers can find more information on the Promise Scholarship through this hotline, but also, importantly, get help with finding the right degree for the right career.

Need a place to stay while you study? New residential housing is currently under construction, and will provide more affordable student accommodations in the near future. Hanna and his administration are also working hard to bring adults back into higher education, whether they're adults who simply have a desire to keep learning or those hoping to finish a languishing degree. Programs such as Osher Lifelong Learning Institute at FSU (OLLI at FSU), offers an intriguing selection of non-credit classes for older adults, and has recently expanded to this area as OLLI at FSU PC30A.

If you are a prospective student, a returning student, a late-in-life student, or just a dedicated learner, Dean Hanna is here to make sure that your FSU PC experience helps you get the education and experience you need to get set up for success. For more information, contact the PC Promise hotline at (850) 770-2411.



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CLASS OF 2021: Graduating Marlins Surge to a Strong Finish

BRITT SMITH, PRINCIPAL
J.R. ARNOLD HIGH SCHOOL

As we approach the end of another school year, the sounds of pomp and circumstance and graduation speeches will fill the air as we celebrate J.R. Arnold High School's Class of 2021. Students entering Arnold High School are told they will receive a "Triple-A" high school experience. Those A's stand for excellence in Academics, Arts, and Athletics. Looking back, we see where our Marlins in the Class of 2021 have made the best of their triple-A opportunities.

Academically, our Marlins

their specific branch of service and desired military occupation. We salute Ethan Lee USN (Diver), Marcus Lee USN (EOD), Nathan Pesate USMC (Avionics), Antonio Razquin USN (Avionics; applying for Diver) for their upcoming service and willingness to defend our nation as members of this country's military.

Artistically, Jenya Lynn Gonzalez has transformed her knowledge and experiences as a member of Arnold's drama program into becoming a published playwright. She already has a play published and available to



Despite the challenges of interrupted school during three of their four high school years, the legacy left by Arnold's Class of 2021 is impressive and certain to only be surpassed by what they will do to make our community, state, nation, and world a better place as a result of their contributions. Congratulations and Godspeed to the Class of 2021, you have made us Marlin Proud!

#Gomarlins!



have been accepted to some of the nation's most prestigious colleges and universities. Emma Shockley and Sanjana Patel will become Ivy Leaguers as they pursue degrees at the University of Pennsylvania. Vanderbilt University has awarded Habib September the Chancellor's Scholarship as he will attend their school this fall. Over 25 Marlins were accepted into the University of Florida and/or Florida State while others will be attending colleges and universities such as Alabama, Auburn, Miami, UCF, and the University of California. In all, 13 Marlins will graduate with the prestigious distinction of being AP Capstone Graduates!

We are very proud of our Marlins who have committed to serve in the military. For example, Jordan McConnell will be attending Texas A&M University on scholarship in pursuit of his dream of becoming a pilot in the United States Marine Corps. Several Class of 2021 Marlins have already decided

be performed internationally! We wish our Seniors in the Blue Thunder Band the best as they move on with aspirations of continuing their careers in college bands across the southeast.

Athletically, the Class of 2021 represents the most decorated group of teams we have ever had don the blue and grey. During their time at Arnold, the Class of 2021 won 4 FHSAA State Championships and 1 State Championship Runner-Up title. Amerie Daniels, Emily Oliver, Sana Habib, Myles Higby, and Jaden Lombard combined to win 7 individual FHSAA State Weightlifting Championship titles during their careers. Along the way, Arnold's Class of 2021 earned more than 40 Regional, District, and County Championships. Our Marlins have experienced appearances in 5 Final Four, 6 Elite Eight, and 8 Sweet Sixteen FHSAA games. To top it all off, they were also recognized with the most recent FHSAA State Sportsmanship Award!

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 Dining

Time with Wine: Sexual Chocolate

At Kwiker Liquor, we know that the key to having a great selection of fine wines is knowing a great selection of Vintners and Winemakers. We take pride in cultivating these relations to bring the very best to our customers in the Panhandle. This month we called on our friends

from Sexual Chocolate to share their story with us:

Hi, I'm Jamie Coyle. I grew up in Central California and started making wine in my backyard when I was 19. I was a freshman at Cal Poly in San Luis Obispo and knew nothing

about wine. My parents didn't even drink wine when I was a kid so I literally had no exposure. As far as I knew, wine was this very pretentious, elitist thing that I would never be a part of. At the time I wasn't thinking I would become a winemaker, I just thought I would get some



free booze and impress girls, so I set out to make my first barrel. We just started walking into wineries in Edna Valley and asking to talk to the winemaker. The wine makers were the exact opposite of what my preconceived idea of a winemaker was. They were just really laid back and very open with their experience and knowledge. Also, they didn't card us! We ended up making our first barrel that year out of mostly re-pressed pomas. The wine was terrible, but the entire experience changed my life.

I progressively started making more and more wine each year. By the time I got out of school in 2008 I was making about four barrels a year and the job market wasn't great because of the recession. I had a little bit of money saved up from unspent student loans and bartending tips, so I started the company in 2008 with 93 cases of sexual chocolate which we ended up selling in a couple of weeks. Fast forward 13 years later, and I make five different wines and sell in 40 states across the country; we are able to grow the company at a rate that doesn't compromise the quality of what we put out.

Sexual Chocolate is still my most popular wine. It's a California red blend of Zinfandel, Syrah and Malbec. I get the fruit from all over California: Napa, Sonoma, Lodi and Santa Barbara. I ferment everything separately and blend shortly before bottling so the blend

changes slightly each vintage. I try hard to keep the profile as consistent as possible. As far as the name goes, if you've ever seen Eddie Murphy's 1988 cult classic "Coming to America," you'd know he has a terrible cover band called Sexual Chocolate in the film. I always loved that movie as a kid - I basically thought of myself and my buddies as a terrible cover band of an actual winery, so we started calling the wine Sexual Chocolate as a joke and the name stuck. I've been making it ever since.

With the largest selection of fine wines on the beach, Kwiker Liquor is proud to carry Sexual Chocolate!



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IN THIS ISSUE

ISO: PCB's Best Sandwich

Tastebudz

ISO: PCB's Best Sandwich

By JACK SMITH

The sandwich that you enjoy is forever tied to a man who allegedly had a substantial gambling problem. The sandwich as we know it today (so the story goes) was invented by John Montagu, the 4th Earl of Sandwich. An avid gambler, the earl spent long hours at the gambling tables. During a particularly long stretch, he asked the cook to fix him something he could eat without getting up from his chair, and armed with sliced meat between bread, the sandwich was born.

The sandwich was late to take off in America as cooks were not excited to import anything from England after the war. The Po' Boy sandwich originated in New Orleans during the Great Depression, when two brothers, who owned a sandwich shop, promised to feed all out of work laborers. When the unfortunate man walked in the waiters yelled "Here comes another Po' Boy!" I promise that I do not make these stories up.

Once again, gambling is responsible for another famous sandwich, 'The Reuben.' No, this was not invented in a New York City deli, but named after a poker player in Omaha, Nebraska.

Join our featured restaurants and stop by to sample their own version of the sandwich.



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The Wicked Wheel

10025 Hutchison Boulevard, PCB | (850) 588-7947
thewickedwheel.com

Not only does The Wicked Wheel serve up the best fried chicken in Bay County, but they also serve up one of the best chicken sandwiches on the beach. The "Wicked Chicken Sandwich" offers up a double-breasted filet of freshly hand-battered fried chicken served on a toasted brioche bun and topped with cheddar cheese, homemade coleslaw, wicked sauce, and dill pickles. Come try one today!



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Our grilled Shrimp Po' Boy consist of delicious, local shrimp seasoned with our blend of Cajun seasonings, bell peppers and onions, served on French bread. Overflowing with flavors! Enjoy while you watch the barges go by, the occasional dolphin swim by, even an alligator or two, and our mascots, the ducks and geese, who come in for their favorite - hushpuppies.

Sisters of the Sea

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Our family opened Thomas' Donuts on the west end of Panama City Beach in 1971 and we have been serving old friends and making new ones ever since. Mike's Diner was opened in 1986 with a commitment to providing friendly service and the best quality food. In 2011, we changed Mike's Diner into Mike's Cafe & Oyster Bar.

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captandersons.com

We may not have an actual sandwich on our menu, but every meal comes with fresh baked breads from the Capt. Anderson's bakery. Our beautiful Rice and Willie Rolls with fresh creamery butter are the perfect accompaniment to our Grilled Churrasco Steak or Stuffed Lobster!

Christo's Sports Bar & Grill

2903 Thomas Drive, PCB | (850) 708-1878
christosportsbarandgrill.com

Come in to Christo's and try our famous Redneck Sammy. Made with hand breaded fried chicken on a brioche bun, topped with coleslaw and homemade pimento cheese, and a drizzle of sriracha aioli on top. Served with our house made pickles.



Paparazzi Gourmet Deli

2810 Thomas Drive, PCB | (850) 588-8244
Paparazzideli.com

Paparazzi Gourmet Deli's "PAPA-STRAMI" features a 1/2 lb. of freshly sliced New York pastrami with Swiss cheese and spicy deli mustard on toasted Jewish Rye Bread. "The best pastrami sandwich between here and New York!"

"Wheel Of Fortune" Contestant Wins a New Latitude Margaritaville Home

In April, Laura Trammell of Mission Viejo, Calif. became the first person to ever win a brand-new home on Wheel of Fortune.

In an expansion of their long-time relationship, America's Game® has partnered with Minto Communities and

Margaritaville to add a home envelope to the Bonus Wheel giving all contestants appearing during "Home Sweet Home" week, April 26-30, the opportunity to win a new home valued at \$375,000 in Latitude Margaritaville, a 55-and-better ac-

tive adult community.

When Trammell was asked about when she first learned she would be eligible to win a home on the show, she responded, "It was truly a surprise. I couldn't believe it when I heard it."

Trammell is married with

four kids. In her conversation with Pat, she mentioned she is a 6th grade teacher who recently learned ASL and now teaches it to her students. She was inspired to learn by members of her family and a former student who are deaf.

"I am thrilled beyond belief and I'm so grateful for this opportunity," said Trammell of her win. "It's amazing!"

The first person she planned to tell of the win was her husband,

Continued on next page

Review: Sisters of the Sea & The Dive Bar

BY MARTA ROSE-THORPE

If mermaids are your thing, then Sisters of the Sea & The Dive Bar on Thomas Drive is your place! My son Leo and I recently dined at Sisters, and from the moment we were ushered into the lively, bustling room I could see that mermaids were in our future – for at least the next hour or so. We passed by “Bubbles,” the real (human) mermaid perched on her throne and looking ever-so-gorgeous. Photos of vintage, nautical scenes adorned the walls, and the mermaid-nautical theme was carried throughout, from candlestick holders made from upside-down wine glasses encasing sand and shells, to iron “mermaid tail” paper towel holders on the tables.

We were seated and Melissa, our server, brought drinks and appetizers from the “Social Plates” menu – “Cheese Bombs” and Sister’s “Comeback Dip.” The dip was piping hot and served with tortilla chips... creamy and spicy with a slight essence of ... could that be all-spice? I asked Melissa if it was, and she informed me that the dip is a secret blend of spic-

es... “You know, mermaid stuff.” Whatever it is, it’s really good, and my glass of cool, smooth Chardonnay provided the perfect balance to the heat. The Cheese Bombs (fried cheese curds) were chewy, cheesy, and irresistible. Leo, who usually strays away from cheese, loved them.

As we waited for our entrees, I gazed out the back window to Sisters’ pool with a backdrop of St. Andrews Bay. The effect of water on water has always dazzled me. The charming “tin roof shack” by the pool, with a bar and DJ underneath, were in full swing, tunes jamming as the bartenders prepared for a private gathering that evening. The effect was rustic and islandly... and I was transported to the Caribbean.



Dinner arrived! I ordered one of Sisters’ specialties, “Sisters Grilled Seafood Platter” with a filet of mahi, shrimp and scallops, served with “Cadillac Grits” – creamy and delicious, topped with creole cream and bacon – and crispy okra. Leo, my land-lover, ordered the “Pirates Cove Burger” with cheese and hickory bacon, and a side of fries. Other interesting-looking

options include three kinds of pasta: “Blackened Chicken Pasta” with garlic parmesan cream, “Pasta NOLA” with shrimp, chicken, Conecuh sausage and spicy creole cream, and “VooDoo Shrimp Pasta” in a roasted garlic cream. Other seafood offerings include grouper, oysters, and mussels, and a “Full Steam Ahead” menu that includes snow crab, royal red shrimp, peel & eat shrimp, and North Atlantic lobster. Feel like a taco? Try a blackened mahi, seared tuna, or fried shrimp taco. Feeling adventurous? How about a “Big Easy Po’ Boy” with shrimp, oysters, or alligator? Sisters also serves a variety of fresh soups and salads for those watching their mermaid figures.

The portions at Sisters will

fill you up – but don’t overdo it because four fantastic desserts await you! Their signature dessert is Fried Strawberries served with chocolate mousse; Sisters also serves a creamy and tart Florida Key Lime Pie, Nanner Puddin’ Cheesecake for banana pudding lovers, and Chocolate Trifecta Cake for chocolate fanatics.

Sisters of the Sea is open for lunch and dinner Monday through Thursday from 11 a.m. to 9 p.m.; Friday + Saturday from 11 a.m. to 10 p.m.; and Sunday from 10 a.m. to 9 p.m. “Sunday Funday Brunch” takes place from 10 a.m. to 2 p.m. and features a creative Bloody Mary menu, Bottomless Mimosas for \$15.99, and a craft Champagne Cocktail menu. Brunch offerings include (but are certainly not limited to) Belgian waffles, shortcake, breakfast bowls, benedicts, briskets, burgers, and seafood omelets. Sisters of the Sea & The Dive Bar “Where Mermaids are Real!” is located at 3901 Thomas Drive in Pirates Cove Marina on beautiful Grand Lagoon. Sistersofthesea.net

WHEEL

continued from previous page

Dave. Immediately following the taping, Trammell called him to share the news. “Oh my God! Wow! You went on Wheel and you won a home?!?! You’re awesome,” he responded.

The couple plans to tour some Latitude Margaritaville

communities in May to solidify their plans. In total, Trammell won \$398,690 in cash and prizes including a trip to Margaritaville Vacation Club St. Thomas.

In conjunction with the week of shows, viewers will once again be given the opportunity to win a new home of their own with the “Home Sweet Home Giveaway.” To enter, all viewers

have to do is tune in to Wheel of Fortune each night April 26-30, take note of the Bonus Round puzzle solution and input it at www.wheeloffortune.com for an entry. Winners will be chosen at random.

For more information, viewers can log on to www.wheeloffortune.com.

To Do in PCB

Florida Jeep Jam May 12-15, 2021 Frank Brown Park

Florida Jeep Jam continues to transform PCB into the top Jeep destination location for all Jeep owners and Jeep Clubs. Get ready to meet-up with fellow jeepers on the beach, as thousands of Jeep lovers roll into the area throughout the week and stay for the weekend. In less than four years, Florida Jeep Jam has already posted record Jeep attendance numbers, exceeding the numbers from initial years of nearly every Jeep Event in the Southeast and East Coast. Celebrate National Jeep Go Topless Day with Florida Jeep Jam. Visit www.floridajeepjam.com for more information.

Pepsi Gulf Coast Jam June 4-6, 2021 Frank Brown Park



Join us for the seventh annual Pepsi Gulf Coast Jam at Frank Brown Park! From June 4-6, you can enjoy the most exciting acts in country and southern rock music today. This year's headliners are Luke Bryan, Brad Paisley and Lynyrd Skynyrd. In the morning, live it up at the beach, enjoying sublimely soft sand, crystal clear waters and the best in outdoor recreation. Spend the afternoon jamming your heart out to the best country music. Dance away the cool nights with sounds as fresh as a sweet Gulf breeze.

Visit www.gulfcoastjam.com.

Jam on the Coast 5K

The PCB Chamber & Pepsi Gulf Coast Jam Staff are excited to bring you Jam on the Coast 5K, presented by Visit Panama City Beach! This inaugural 5K event will take place on Saturday, June 5th, and gives an exclusive coupon to save on tickets to the most anticipated concert of the year, Pepsi Gulf Coast Jam! The race begins and ends in Frank Brown Park, with an

after-party at Texas Roadhouse. All 5K runners will receive a short-sleeve shirt, and all finishers will receive a medal.

UNwineD June 4-5, 2021

Aaron Bessant Park

A two-day Southern garden party in Aaron Bessant Park featuring superb craft beer, spirits, and wine from around the world, plus culinary creations by Northwest Florida's leading chefs.

Friday Night Kickoff Party Hosted By Southern Living

Visit Panama City Beach has partnered with Southern Living magazine to add extra prestige to the festival, with Southern Living hosting an exclusive event on Friday to kickoff the weekend event. This one-of-a-kind night offers "Top Chef" winner Kelsey Barnard Clark, custom cocktails, live music, and more. Only 250 tickets are sold to the Kickoff Party and include admission to the entire weekend of events. You must be 21 or older to attend the Friday night event.

The Grand Afternoon Tasting



UNwineD officially gets underway with The Grand Afternoon Tasting. Wander from booth to booth while tasting the best craft beers, wine and spirits from around the world, and sampling delectable creations from leading chefs in the area. Browse through Art & Vendor Row filled with local shops and boutiques, and be sure to also stop by the Southern Living tent for home decor, cook books and more! Tickets are limited to this event. You must be 21 or older to attend the Grand Tasting (accompanying children 12 and under permitted).

Visit www.visitpanamacitybeach.com/unwined.

Local History Photography Exhibit At The Bay County Public Library

The Bay County Public Library's will display the Downtown Through The Years pho-



tography exhibit throughout the month of May. The show has been organized by the library's Local History Department which preserves print materials, artifacts, and photographs. The photographs highlight Harrison Avenue and Downtown Panama City beginning in the 1900s. Check out how the businesses, cars, and fashion have changed over a hundred year span of downtown history! Admission is free and on view during regular library hours. The Bay County Public Library is located at 898 West 11th Street in Panama City.

Library Hours: Monday – Wednesday (9 a.m. - 7 p.m.) and Thursday – Saturday (9 a.m. - 5 p.m.) Local History Hours: Monday – Friday (9 a.m. – 4:30 pm)

Do you have photographs that document Bay County history? The Local History department continues to accept photograph donations or can make a digital scan of the original for the collection. Donations require visiting the Local History Room and filling out a Deed of Gift Form. For more information, visit www.nwrlls.com or call Local History at (850) 522-2132.

PCB Library Events

The Northwest Regional Library System and Panama City Beach Library offer numerous classes, book club meetings and readings for adults and children, both in person and online via Zoom. Visit www.nwrlls.com/events for this month's calendar.

PCB Senior Center May Events

May is bursting with activities at the PCB Senior Center. Stained Glass classes (Wed. 10 a.m.-12 p.m.) and Coffee Shoppe (Wed. 8:30-9:30 a.m.) are returning, Hand & Foot (Wed. 12:30 p.m.) and Dominoes (Tues. 1 p.m.) are off and running. Yoga, Exercise, Painting Partners, Flow Art and Embroidery on Cards are also on the calendar.

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 Arts & Music

Studio 237 Music School: **Aspire 4 Music Summer Programs**



By LISA CYR

This morning, I could hear the continuous sound of hammering. There is a house being built down the street. I somewhat liked the rhythmic sound of productivity and teamwork. Carpenters using their skills to create a home to bless others for many years to come. When the weather is good, I hear them begin to work faster. It seems to be the best season for building.

Like building a house, **the foundation** of musical learning is of primary importance. The foundation of your instrument is understanding how it produces sound. A drum uses sticks to make percussive sounds. A piano uses hammers hitting metal strings which vibrate sound, whereas a guitar has strings to strum or pluck. A clarinet uses vibration from your air flow over a reed to form notes. All these instruments are made of wood and constructed to uniquely res-



onate their own distinctive tone.

Framework: One's posture, arm and hand positions are "across the board" an important first technique to learn. There is a successful blueprint to follow which has been around for hundreds of years. Lead sheet music, chord / Tab charts, and books are essential items to have in your tool box. A skilled teacher will correctly show and guide your direction. Their years of "hard knock" learning will save you years of struggle to improve your level of playing. That reminds me of all the times I hit my finger with a hammer. Ouch!

A roof provides covering. Music teachers have "got you covered" by developing your skills in an orderly fashion. Like nailing on shingles and carefully overlapping each layer, certain musical skills need to be developed before the next skill layer is applied. Otherwise, there will be leaks in your musical roof. We all know how hard it is to find a leak unless you bring in an expert.

Infrastructure includes wiring, electrical, plumbing, etc.

These are essentials for people to live inside the house such as: songs to play, more challenging music, scales and exercises. You may require a larger or better-quality instrument, or to improve your practice habits. I tell my students, "You are the electricity that powers the instrument". Music teachers focus on infrastructure. This helps students to "get it right the first time" which always saves time and money.

Finishing work includes walls, textures, ceilings, cabinets, molding, colors, styles. Windows and doors are my favorite because they "seal the deal" and really make a house shine from the inside out. Polishing off your song, sealing up any leaks in your ability, and changing mindsets causes one to shine. A music teacher will point out those spots and help you choose the best way to improve, like an interior decorator.

The season for building new musical talents is arriving this June at Studio 237 Music Lessons. Every summer, in June, we offer daily weeklong private 45 minute lessons (5 consecutive days in a row) at a reduced rate of \$150. You may choose from a variety of instruments including drums, piano, guitar, violin, ukulele, and song writing. This is your opportunity to "try out" an instrument before committing to August weekly learning or improve on your current ability. No instrument needed unless you already own yours. Just show up and learn. We have instruments you can use during the lesson.

Studio 237 Music Lessons has been providing music lessons for people ages 4 and up since 2011 in Santa Rosa Beach, FL. To find out more information or visit the studio call 850.231.3199. Email: Studio237Music@gmail. Also, visit our website at www.Studio237Music.com.

Heather Clements: Female Forms and Flora in the Frame

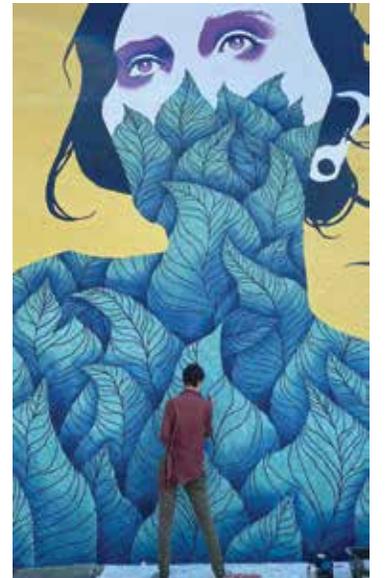
By JAMIE ZIMCHEK, EDITOR

Emerging like some sylvan sylph from a swirl of leaves, the face of a woman emerges, her gaze falling enigmatically across 6th Street and Harrison Avenue. A colorful composition of green and purple against a striking yellow backdrop, this woman is a large-scale version of the work for which artist Heather Clements is so well known. It's also the new welcome mural on the Ocean Oriental Market building in downtown Panama City, created as part of the Bay Arts Alliance mural program.

In fact this is one of several new murals popping up on walls around Panama City - but the first outdoor mural for Clements, though it's so well-executed (textured wall and all) that you'd never know it. This is not to suggest in any way that Clements is new to the art world (or doesn't know exactly what she's doing). Her pedigree includes a degree in painting from one of the oldest art colleges in the country, Maryland Institute College of Art, and many more years as a practicing artist, art instructor, and gallery owner. Before that, as a child, she says art was in her blood. "I always wanted to be an artist, I don't remember a time when I didn't want to be one."

Though clearly art was her path, it was chance that brought her here, away from her roots in northern Virginia. "I moved down after graduation, almost on a lark," Clements explains. She had a friend relocating to this area and figured picking up and moving to the beach couldn't be a bad way to kick off the next chapter. Ultimately, she ended up buying the gallery where she had her first solo show, Gallery Above, and then met her husband. She's been calling Panama City home ever since, undeterred even after her home was taken out by Hurricane Michael (it's still in the process of being rebuilt).

Over the years, her art has shifted and developed. "The art that I used to make was very much metaphorically



autobiographical," she explains. "But then I reached a point where I didn't need my art to do that anymore, I didn't need my art to learn about myself... my art was very much my therapy and I didn't need that anymore." Now her work is this sublime union of female faces and forms with natural elements: women's mouths or eyes morph seamlessly into blooming florals, or, as is the case with her latest mural, a body of leaves. Clements explains that her love for nature has sparked this shift toward an in-depth exploration of the relationship between humans and their natural environment. As she puts it, "We're more separate now from nature than we used to be - it's this deep connection that we used to have with our surroundings, and I think cutting off that connection has left us feeling more isolated and more empty. I really think that connection with nature really answers some things." Her works, exquisite in graphite and watercolor, convey this emotion with delicacy and grace.

When the pandemic hit, she began posting live sketch-booking sessions; as the months passed, she posted less regularly, but there are other ways to see Clements at work, including (Zoom) live art classes, semi-private art classes, or her pre-recorded art classes, all available online. Clements enjoys a personal connection with collectors, and they can also reach her online.

Find her at www.heatherclementsart.com, on Instagram at @HeatherClementsArt or on Facebook at Heather Clements Art.

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Creative Song Building for Kids: (ages 7 and up) Learn the fundamentals of composing an original song either alone or with others as a team. \$150/wk

Private Instruction 5 days in a row: (ages 7 and up) On the instrument of your choice including: guitar, ukulele, violin, bass, piano and drums. Beginner to advanced students. \$150/wk

WWW.STUDIO237MUSIC.COM

Annie Laura's Gift

BY BRITTANY KIRKE

"...I will give this gift, this child, Laura Viola, to Mary Scarlet for safe keeping..."

Annie Laura's Gift (March 2021) is a riveting novel set in Northwest Florida's pioneer past. Based on Milinda Jay's great-grandmother--and a dark family secret--this novel is the prequel to Annie Laura's Triumph (2016). Triumph was featured as a top Mother's Day Read by Parade Magazine. Robert Olen Butler, Pulitzer Prize-winning author, gave accolades to Annie Laura's Gift, proclaiming it "deeply resonant [...] in this politically parlous age."

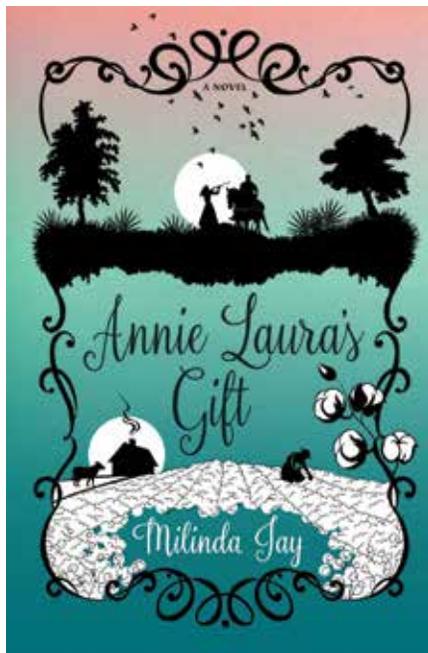
To uncover the mystery of her great-grandmother's identity, Jay was forced to search beyond the records of family history. Her frustrating search lasted



seven years - through genealogy archives, old newspapers, and local graveyards. Told by distant relatives that she would never discover her great-grandmother's truth, and directed to "leave it alone," she left a final query on a genealogy website.

But it wasn't until 2009 that Jay received a phone call that would change her life.

The caller revealed that Jay's



great-grandmother had a story that needed to be told, but that it must be heard by Jay herself. When Jay invited the elderly

caller and her daughter to share their story over tea, the pieces fell into place. With tears in her eyes, Jay's new-found relative said "my mother told me this story. She told me never to tell it."

And so began the story of the tenacious and beautiful immigrant, Annie Laura Brock.

Prejudice, abuse, and greed throw perilous obstacles into Annie Laura's life. But with the help of her sisters and her friends, she is determined to leave behind her life of suffering and hardship and fight to build the

life that will make her daughter proud.

Milinda Jay is an eighth-generation Florida native residing

in Lynn Haven, Florida. As a professor at Florida State University Panama City, she shares her knowledge of creative writing with the hope that her students will discover the heroes in their own families.

She states, "What I am is the sum of all who came before me." Her goal is to learn from the past and preserve the wisdom that might smooth the way for her children, grandchildren, and her readers. To purchase Milinda Jay's works, you can visit www.amazon.com or go to www.mupress.org to order the books directly from the publisher.

If you wish to know more about who Dr. Milinda Jay Stephenson is and what is it that she does, please visit her website, www.milindajay.com.

Emerald Coast Theatre Company's Summer Camps

10 Different Programs, 12 Artist Experts, a Full-Length Musical and More

Share the spotlight with the likes of Matilda, Alexander Hamilton, Harry Potter, SpongeBob, Dr. Seuss, Snow White and the Seven Dwarfs and others

This summer, you want to be in the "room where it happens!" Emerald Coast Theatre Company (ECTC) presents 10 different Summer Camp programs including popular musicals like "Hamilton," "Puffs (Harry Potter)," "Sponge Bob," "Seussical" the staging of a full-length musical, "Matilda," plus hands-on workshops for theater "techies" and film buffs.

Altogether there are 16 ECTC program sessions ranging from one-, two- or three-week camps that will be held during the summer (May 31 to August 1). ECTC Summer Camps will be offered in three locations along the Northwest Florida Gulf Coast: Miramar Beach (ECTC performance space), Seaside (Seaside Neighborhood School) and Panama City (Gulf Coast State College). Theater camps are offered for all ages—from rising kindergarteners to rising high school seniors.

"Summer camps are the perfect time for children to expend that extra energy creatively and ECTC has a whole line up of

creative ways to have fun," says ECTC co-founder and producing artistic director Nathanael Fisher.

For the first time, ECTC will stage a full-length musical production as part of its summer educational program. Roald Dahl's "Matilda the Musical."

Another first is the recruitment of 10 performing arts "experts"—including theater professors and professional Broadway actors, singers and producers—who will join ECTC's artist/teacher production team to offer a wide range of performing art lessons and workshops including vocal, song and monologue coaching; audition and acting techniques; Laban efforts, movement, dance, choreography and even stage combat.

"The Musical Theatre Intensive is our response to our students' growing desire to be challenged in the craft of theater," Fisher says. "This opportunity to work alongside ECTC professionals and professional guest artists is a special and unique experience."

For more information on the ECTC Musical Intensive "experts" visit www.emeraldcoasttheatre.org/musical-theatre-intensive.

Summer Camp locations are

ECTC, 560 Grand Boulevard (upstairs) in Grand Boulevard at Sandestin in Miramar Beach; Seaside Neighborhood School in Seaside; and the Amelia Center Theatre Lab at Gulf Coast State College in Panama City.

ECTC's 2021 Summer Camp line up:

- Mini Player Camp (ages 5-7, rising kindergarteners)
- "Snow White and the Seven Dwarfs" (grades 2-8)
- "SpongeBob: The Musical" and "Hamilton"—Musical Teen Cabaret Intensive (grades 6-12)
- "Puffs: The Play" (grades 7-12).

- "Seussical the Musical Jr." (grades 2-8)
- Techies Rule (grades 5-12)
- Film Camp (grades 5-12)
- Matilda The Musical (grades 6-12)
- Private Vocal Lessons with Peter Lake (grades 5-8)

Scholarships are available for select summer camps, apply online at www.emeraldcoasttheatre.org/scholarship. Discounts offered for multiple registrations.

For more information or to register for an ECTC Summer Camp offering, visit www.emeraldcoasttheatre.org or call (850) 684-0323.

ECTC's 2020-2021 season is made possible with support from Grand Boulevard at Sandestin, St. Joe Community Foundation, Howard Hospitality, and the South Walton Tourist Development Council. The Education Program is made possible with generous support from the Cultural Arts Alliance.

To make a tax-deductible donation, volunteer or learn more about Emerald Coast Theatre Company, find them on Facebook, call (850) 684-0323 and visit www.emeraldcoasttheatre.org.

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 Wellness

Breast Health and More for Mother's Day



By DR. RICHARD CHERN, M.D.

Exciting news just in time for Mother's Day. A new study was published in the European Journal of Breast Health. This study was performed over 10 years and looked at the rate of breast cancer in women using hormone pellet therapy compared to women in the general public and also compared to previous studies such as the Women's Health Initiative (WHI) and the Million Women Study. The results?

The use of BioTE bio-identical hormone pellet therapy

significantly reduces the risk of breast cancer! In fact...

The use of BioTE bio-identical hormone pellet therapy reduces the risk of breast cancer by more than 35% compared to the general population of women. And...

The use of BioTE bio-identical hormone pellet therapy reduces the risk of breast cancer by more than 50% when compared to women WHO DO NOT USE ANY hormone replacement!

This is not the first study with

these results. In fact, it's the second and the largest study of its kind. Are you really going to wait another 10 years for the next study to come out before getting your hormones?

Add this to the list of already proven benefits that our hormone pellet therapy provides. This includes resolution of hot flashes, insomnia, aging skin, sexual dysfunction, fatigue, joint pain, decreased muscle tone, vaginal dryness, depression, anxiety, osteoporosis and reduced rates of other cancers as well.

I have a hard time understanding why we don't have every post-menopausal or peri-menopausal woman in our clinic already. But, hopefully this will help convince the rest of you to come in.

Now that we hopefully have the women on board, let's revisit some statements from the Mayo Clinic in regarding testosterone in men. Are you ready?

"Mortality rates are reduced by half in men with Testosterone Deficiency who received Testosterone therapy compared with untreated men." This means if you have untreated low testosterone you are twice as likely to die!

"Lower serum Testosterone concentrations are associated

with increased Cardiovascular risk" while "higher levels are protective." This means if you have untreated low testosterone you more likely to have a heart attack!

"Aggressive/high-grade Prostate Cancer is associated with low serum Testosterone levels." This means if you have low testosterone and get prostate cancer you will likely die from it! Keep in mind there is no study that has ever shown increased prostate cancer with testosterone therapy.

This doesn't even mention the increase in energy, focus, concentration, sex drive and function you get from testosterone therapy. Moms, don't you want your spouses to be functioning at 100% and live a longer, happier and healthier life?

Please come see us. Get your labs done at our clinic and let Sue or I discuss your labs and all the benefits our therapies provide.

Dr. Richard Chern, MD has been seeing patients for 30 years. He has been dealing with hormones nearly the entire time. His clinic is the only Platinum BioTE clinic in the region and he teaches doctors throughout the U.S. how to properly provide hormone therapy. He wants to help you live your best life. So, please call for an appointment. 850-837-1271.



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BBBSNWFL Receives \$25,000 Gift from Gulf Power Foundation



As a longtime supporter of Big Brothers Big Sisters of Northwest Florida (BBBSNWFL), the Gulf Power Foundation has donated to the agency \$25,000 to support local mentoring programs that serve over 550 children from Panama City to Pensacola.

Summer is around the corner, and this gift will help ensure all children in the Big Brothers Big Sisters program from our area continue to receive the life-changing support from their mentors during the critical months when children are away from the structure of their school.

This gift is one more example of the strong partnership between BBBSNWFL and Gulf Power. To learn more about how to get involved in BBBSNWFL by becoming a Big, donor, or friend, visit bbbsnwfl.org or call (850) 433-5437.

Misleading Over-The-Counter Hearing Aid Sales

By THOMAS A. POWERS, PHD

Over the last several months, the Attorneys General in Arizona, Louisiana, South Carolina, and Georgia issued warnings to be alert for scams or misleading sales tactics regarding Over-the-Counter (OTC) hearing aids. These warnings are an important reminder for consumers since the FDA (Food and Drug Administration) has not yet created the regulations governing the sale of OTC hearing aids.

In 2017, Congress passed legislation that required the FDA to create a new category of hearing aids that could be sold over the counter, or without the assistance of a hearing care professional, to those individuals with self-perceived mild to moderate hearing loss. The legislation set a date of August 2020 for the FDA to issue proposed regulations. The COVID pandemic taxed the resources at the FDA and the August deadline was not met. There are currently no OTC regulations from the FDA or FDA-approved OTC hearing aids that can be lawfully sold to consumers.

South Carolina Attorney General Alan Wilson stated, “Until the FDA finalizes their regulations on over-the-counter hearing aids, South Carolina consumers, especially seniors and military veterans, need to be mindful of unlawful and misleading products on the market. We are seeing more and more companies attempt to sell hearing aids over-the-counter that use the FDA logo or claim to be ‘FDA-registered,’ even though this new category of hearing aids has not been approved by the FDA.”

Consumers should also be aware that with the current lack of labeling requirements, sellers of OTC hearing devices are not obligated to inform consumers that their products are not intended for adults with severe hearing loss or for children and could potentially lead to serious and unnecessary health risks if used by these consumers.

In March 2021, FDA issued a bulletin warning firms that are misrepresenting their products as being “FDA approved” or “approved OTC devices”. The

FDA does not issue registration certificates and has requested companies to stop showing certificates next to products that may imply FDA approval. The best way to ensure that a hearing aid is legitimate is to seek guidance from a medical professional.

The Hearing Industries Association strongly recommends that a consumer’s first step be to visit a hearing care professional to understand their unique hearing difficulties. The Attorneys General in the states that issued warnings have the following recommendations when seeking treatment for your hearing loss:

Have your hearing evaluated by a medical professional. These professionals can screen you for underlying conditions that may be contributing to hearing loss and which need to be addressed. They can inform you of proper hearing aid usage and any associated risks.

Have your hearing aid fitted by an audiologist, medical doctor, or hearing aid dispenser.

Check the Better Business

Bureau’s website (bbb.org) to see if the hearing aid seller has a good rating and whether consumers have submitted complaints against the company.

Get all terms in writing, including what is covered in the price, extra charges, warranties, and refund policies.

Finally, if a deal seems too good to be true, it probably is!

To learn more about how to choose a device that will be most beneficial to your hearing, check out the <https://betterhearing.org/hearing-aids/what-to-consider-when-looking-for-a-hearing-aid/> and find a hearing care professional near you at Betterhearing.org to discuss the safest treatment options.

Complimentary Hearing Screening

Please make plans to join us Tuesday May 25th at All Clear Hearing Center for Demo Day. Schedule your complimentary hearing screening today and meet one on one with our licensed professionals. Try a pair of hearing aids for 30 days in your home, completely risk free. In a recent article by John Hopkins Medical expert Dr Frank Lin, “Hearing loss is frustrating for those who have it and for their loved ones. Recent research suggests that it also linked with walking problems, falls and even dementia.” In a study that tracked 639 adults conducted by Dr. Lin and his colleagues found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.” Brain scans show us that hearing loss may contribute to a faster rate of atrophy in the brain,” Dr. Lin says. So please call today to schedule your free hearing test and try a pair of hearing aids for 30 days in your home, completely risk free. All Clear Hearing Center is in the Summit building 42 Business Center Drive, Suite 304 Miramar Beach FL. (850) 634-0230. www.HearAgainAmerica.com.

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Most people don’t know what to expect from hearing aids. Misperceptions and secondhand experience with bulky, whistling, old-fashioned analog devices continue to influence the way people think about hearing aids.

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 Musing

Beautiful



BY SEAN DIETRICH

My wife and I are going out to dinner tonight. I am waiting for her to get ready. She is in the bathroom, standing before a mirror, pinching her tummy. She asks if I think she is fat.

“No,” I say.

She frowns. “You sure?”

“Yes.”

“Well, I feel fat.” She pinches a new region. “This doesn’t look fat to you?”

“Still no.”

She readjusts. “What about from this angle?”

Negative.

“How about when I turn around?”

“Are you kidding?”

“How about when I stand like this and hold my neck like this?”

“You look extremely uncomfortable.”

I can feel her getting ready to say it. And she most certainly does. “But... I feel so fat.”

My whole life has been spent in the company of women. When my father died, he left me in a house of estrogen. I was raised by a village of females.

And in my life I have learned one basic thing about the opposite gender.

Many women think they are fat.

And they are always wrong about this, no matter what their size. Because the word “fat” is a disgraceful term, unless it’s being used to describe a ribeye. When applied to humans, this word is a synonym for “disgusting.” And I refuse to believe any human is disgusting.

Although it is almost impossible not to feel fat in today’s world of airbrushed spokes-models. Every printed advertisement and beer commercial tells us we are fat.

But it wasn’t always like this. Things were different 75 years ago. You never heard anyone saying Marilyn Monroe needed to try keto.

No. People weren’t obsessed with being skinny. Consequently, American families ate more bacon. And according to the wise old timers who came before us: The family that eats bacon together, stays together.

But things have changed. By today’s impossible standards Marilyn Monroe would be considered a Clydesdale. Barbara Eden, a Holstein. Ginger and Mary Ann would be kicked off the island.

Last week, I got a letter from Myra, who is 19. Myra confided in me that she feels overweight, and has felt this way since middle school. She has been on a diet for six months but it’s not working.

So she went to the doctor. He did what all doctors do. He ran tests and did blood work. This led to more tests, more blood work, then, just for the heck of it, an MRI.

Then came an obligatory consult with a high-priced specialist, a visit to a dermatologist, an herbologist, a zoologist, an ornithologist, and a qualified priest. And do you know what the doc concluded? Myra was in perfect health.

In the doc’s own words: “You’re a little on the skinny side, Myra.”

How can a girl who is skinny by medical standards still believe she is fat? How, I ask?

But then it’s not your fault, Myra. We’re all in the same boat here. And it’s not just women, it’s us guys too.

We live in a culture that tells us we’re ugly, fat, boring, and we need better insurance. We live in a civilization where people drive to the gym to walk on a treadmill.

Ours is a world where underwear models are selling everything from iced tea to retirement plans. It’s a world where regular-looking people aren’t considered regular anymore.

Yesterday, for example, I was watching a commercial that showed four or five young people frolicking on the beach without their clothes on.

The young men were shirtless and looked like Sylvester Stalone on diuretics. The females were clad in swimwear so skimpy it wouldn’t have fit on a pasta fork.



After 30 seconds of this, I still had no idea what the commercial was advertising—although I did feel like a North Atlantic whale.

Not that anyone asked me, but I don’t believe in these kinds of TV people. I believe in real-life people. And when it comes to the gentler sex, I believe in the brand of woman who raised me; regular women who were brave enough to be just that.

My people didn’t go in for fad diets. They believed in eating regular food like fresh okra, summer tomatoes, and biscuits cut with an upside-down coffee cup.

Certainly, I believe in health and nutrition, but I also believe in living a rich, full life that occasionally includes Almond Joys.

Also, I believe in loving what is in the mirror. I believe in keeping the television off more than it’s on. And I don’t believe true love has anything to do with tight abs, nice thighs, or bronze butts.

I believe in authentic love. The kind of love found among

old married couples who are so comfortable with each other they take a six-day cruise to the Bahamas and go all week without saying anything more than, “Shut up, Herb, you’re snoring again.”

I don’t believe in TV-Commercial Guy, or Magazine-Advertisement Gal. And when it comes to women, I may be old fashioned, but I believe a woman’s magnificence has nothing to do with her body mass index calculation.

And here’s the thing: there are a lot of guys out there who feel this way about the opposite gender. We just don’t get much airtime.

So I choose to believe in the internal beauty of Womankind instead of her dress size. I believe in her quiet power, her bravery, her kindness, and self-assuredness. I believe in Myra. I believe in my wife.

And whoever you are, reading this, male or female, I believe in you, too. So in case someone hasn’t told you today...

You are not fat.

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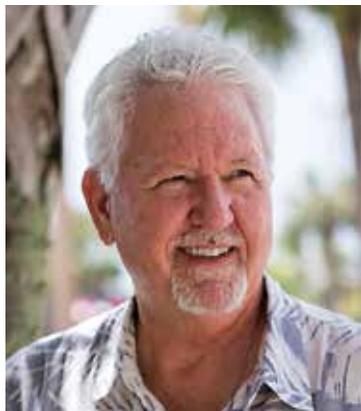
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A Pastor's Ponderings: Yeah, My Momma Was Right



BY DAVE HOLLAND

"She's the most beautiful girl in the world with the prettiest voice I've ever heard," mused my seven-year-old boy brain as Mom sat at the piano singing 'What a Friend We have in Jesus.'"

Tragic events, two failed marriages, and alcohol battered Mom's life, but I never lost that boyhood wonder of my mother. Such a mysterious creature—so loving and nurturing yet possessing words that could cut you to shreds in moments. I remember her with sentimental awe mingled with a tinge of fear.

The Bible describes the first mother, "Adam named his wife Eve, because she would become the mother of all the living," -Genesis 3:20, NIV. Eve's name means "life-giver, to breathe, to live or to give life." Every mother since Eve has served as the epicenter of a life-giving cycle.

From the moment of conception, the mother gives sustenance and protection to the unborn fetus. She nurtures the child until she releases the young person into adulthood. Her role in a person's development is immense. She is figuratively the hand of God in this process.

In her book "Rise Up and Salute the Sun: The Writings of Suzy Kassem," the author writes:

MOTHER IS WATER

*I wish I could
Shower your head with flowers
And anoint your feet with my tears,
For I know I have caused you
So much heartache, frustration and
despair –*

*Throughout my youthful years.
I wish I could give you
The remainder of my life
To add to yours,
Or simply erase
The lines on your face,
And mend all that has been torn.
For next to God,
You are the fire
That has given light
To the flame in each of my eyes.
You are the fountain
That nourished my growth,
And from your chalice –
Gave me life.
Without the wetness of your love,
The fragrance of your water,
Or the trickling sounds of
Your voice,
I shall always feel
thirsty."*

My mother passed a number of years ago and I "feel thirsty for Mom's tender care. At age 66, I regret I did not treat my mother better. I wish I had called her more often, visited her more frequently in the nursing home, and treasured her for the value she invested in my life. Mom was certainly flawed, but she was my mother. Ultimately, her inner godliness outshined her outward struggles.

"Elevation Worship" recently recorded the hit-song, "Talking to Jesus," putting to melody a contemporary vision of a godly mother:

*Mama use to drag me to church
Sunday mornings and Wednesday
nights
Khaki pants and a polo shirt
Boy, I put up a fight
She said, son, one day you'll thank
me
For having God in your life
And yeah, I know she was right
Yeah, my mama was right*

*Cause now I'm talking to Jesus
She got me talking to Jesus.*

It is godly to honor your mother. Showing gratitude is good for her and for you. When the doctors called to inform us mother had only hours left to live, my brother, sister and I rushed to her side. She improved

immediately as she basked in our attention. Ultimately, she lingered for over a week before she went to be with Jesus. We shared our favorite memories mingled with funny stories that you just can't make up.

From the foundation of our lives, Mom was the source of

our character, pains and joys. She holds a central place in our lives and in our hearts. Happy Mother's Day.

Dave Holland pastored churches for thirty-eight years before retiring in Destin, Florida. He recently released his new devotional-Bible study based

on the Gospel of Luke titled "Extraordinary Jesus: Ignite Your Season of Miracles." You can get a copy of this book from his website, DaveHolland.org, or at Amazon.com. Pastor Dave is available to preach and teach in churches and conferences. Contact him at DavidHolland54@gmail.com.



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Finding the Perfect Diamond

You have found the perfect lady/partner, so now it is time to find the perfect diamond. This can be more challenging, then finding the perfect partner. The number one question everyone has when searching for an engagement ring is “how much money should I spend?” Honestly, there is not a one size fits all formula, traditionally two months’ salary is a good starting point; however, there are other contributing factors like cost of living, other expenses, and lifestyle. Remember, you can always upgrade later. Now that the hard part is done, select a jeweler that makes you comfortable and is going to educate you on the four C’s of diamond buying. A jeweler that wants to educate you is generally looking after your best interest.

At Tracy’s Fine Jewelry, talking about diamonds is my/our favorite subject. Diamonds are a lady’s best friend, do not



let anyone tell you differently. Diamonds are still the only gemstone that will make a grown woman cry and I have seen a lot of tears in my 30 plus years. At Tracy’s Fine Jewelry, we have over 300 certified diamonds and hundreds of settings to choose from.

Now for those four C’s when selecting a diamond. Cut clarity, color, and carat weight. Though most people think a diamond’s cut is the shape of the diamond, round, oval pear, marquise etc., it actually

means how well a diamond’s facets catch the light to make a diamond scintillate or sparkle. Clarity is the existence and appearance of internal imperfections called inclusions. The color of a diamond is in fact the lack of color in a diamond. The color grading scale starts with D being a colorless diamond and going down to Z. The last is carat and that refers to the physical weight of the diamond. One carat equals 1/5 of a gram and is divided into 100 points, so a 1/4 carat would

be 25 points and 1/2 carat is 50 points etc.

Now that you know the four C’s, let’s find a diamond that expresses your love and your partner’s style. If you are not sure of the style of ring your significant other likes, check out her Pinterest account, most

women love to look for engagement rings. Another great source is to visit our website Tracy'sFineJewelry.com to do some research first. No pressure, we look forward to seeing you at Tracy’s Fine Jewelry, and we would love to help you find the perfect diamond.

CARAT		CLARITY		COLOR		CUT	
	1.25 CTS	FLAWLESS	FL	COLOURLESS	D E F		ROUND
	1 CT	INTERNALLY FLAWLESS	IF	NEAR COLOURLESS	G H I J		PRINCESS
	0.75 CT	VERY, VERY SLIGHTLY INCLUDED	VVS ₁ VVS ₂	FAINT	K L M		MARQUISE
	0.50 CT	VERY SLIGHTLY INCLUDED	VS ₁ VS ₂	VERY LIGHT	N O P Q R		PEAR
	0.25 CT	SLIGHTLY INCLUDED	S ₁ S ₂	LIGHT	S T U V W X Y Z		EMERALD
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Design and Culture: **Beach Home Trends**

We are so excited for spring and summer home trends! They are fresh, clean and airy. Get this look with light and subtle hues of whites, greys, and blues, together an alluring color palette and perfect for a beach home.

To get this look, let's start with cabinetry. The color white seems like such a simple choice, but there are a wide range of whites available. For cabinetry, keep away from bright white and go with a soft white cabinet color to get this look. Eliminate some upper cabinets and add some open shelving. This will give your kitchen more dimension and create an airier space. Adding glass doors to some of the uppers adds to the airy feeling of this kitchen. Go with a painted hood for this look. We love this hood from Tru Cabinetry and it really makes this kitchen design by adding dimension and a strong focal point to the space. Select soft metals for plumbing fixtures and hardware such as satin nickel or satin bronze for this look. The simple satin bronze handles in this kitchen is a great choice. This is a Sutton pull from Hardware Resources available at Granite Plus.



Those countertops though! Always one of the most exciting things to choose when designing a new space! To get this look, Calacatta Ultra quartz or Calacatta Trevi quartz from MSI Surfaces are great choices. Both quartzes are white with soft grey veining. Natural stone options in this color palette that would work well with this look are White Macabus quartzite, Mystery White marble, or Te-souro Bianco marble.

When selecting a backsplash for this look, find something solid with interest. Pictured here is a solid glass picket tile. Placement of this tile really adds to the look. Here the tile goes all the way to the ceiling eliminating any tile lines visually, really adding to the seamless look of the space.

When deciding on paint color, flooring, window coverings, lighting, furniture, and accessories, Kim Lyon and her team of interior designers offer free design services and will guide

you through your entire project. When designing a new space, I know myself, there are always mixed emotions. It is very exciting and overwhelming at the same time. Everything is an investment, so having an interior designer guide you through this process is very helpful. The Interior designers at 13 Hub Lane will work with your budget and come up with a game plan to create a space you will love whether it is new construction or a remodel.




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 Lifestyle

Books Bring People Together and Inspire Big Things at Panama City Beach Public Library

BY LAURA LASPEE, BRANCH MANAGER, PANAMA CITY BEACH PUBLIC LIBRARY

Neil Gaiman writes, “Libraries are our friends.” This is where my story begins. I grew up spending every Saturday at the local public library solving mysteries with Nancy Drew, spinning delicate webs with Charlotte, and imagining winning a golden ticket with Charlie and the Chocolate Factory. These characters were my friends and I am happy to have these memories now that I am managing the Panama City Beach Public Library.

Getting here was a story in itself and one that has as many twists and turns as any great mystery. I am originally from Pennsylvania and after the 2007 recession found myself without a job. The local library was looking for a part time Library Clerk and I applied. I worked part



time until a full time position became available. I climbed my way up the ladder to Assistant Director before becoming the

Library Director. I worked full time and returned to school to obtain my MLIS degree.

Fast forward to 2017, when I

decided to broaden my horizons and relocate to Florida to be closer to my family. I, like Charlie in Charlie and the Chocolate Factory, won the golden ticket when I was chosen to be the manager of the Panama City Beach Public Library, part of the Northwest Regional Library System. The library system services residents in Bay, Gulf, and Liberty counties and recently acquired a mobile library which brings library services to at risk and underserved communities.

The library’s vision is “to build a community where all residents reach their full potential” and I am so happy to be able to share my love of books with this community. My favorite part of being a librarian on Panama City Beach is that patrons and friends become more like family all within the walls of the library.

All you need to get your own

library card is a photo ID and proof of residency. It is free to residents of Bay, Gulf, and Liberty counties and a card is valid at any library in the system. Non-resident cards can be purchased for \$15.00 a year. Patrons can check out books, DVDs, and audiobooks. There are other cool things to check out too. How about ukuleles or cake pans? In the mood to build a puzzle? The library has those too.

During this time with Covid restrictions the library has temporarily suspended in-person classes, however, check out the online calendar for all of the virtual programming being offered at www.nwrls.com.

Stop by and say “hi” to the friendly staff here at the Panama City Beach Public Library. You’ll feel like family in no time!

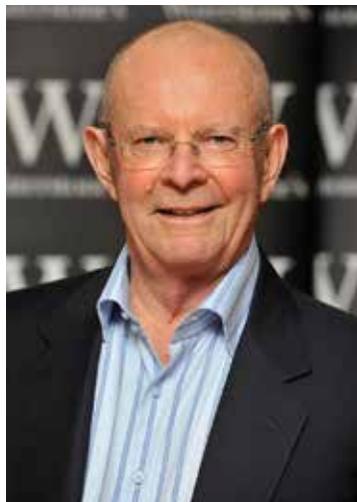
Wilbur Smith: Outstanding International Writer

BY JACK SMITH

Wilbur Smith was born in Zambia in 1933. Educated at Michaelhouse, a private senior boys school in South Africa, and then Rhodes University, Smith became a full-time writer in 1964 after his first book, “When the Lion Feeds,” met with great success. Since then, he’s used his worldwide travels as a basis for thirty novels, a South African novelist specialising in historical fiction about the international involvement in Southern Africa across four centuries seen from

the viewpoints of both black and white families. This varied perspective helps provide insights into both sides of simmering issues still relevant today. Smith’s series on ancient Egypt covers the history of Egypt from the eyes of a eunuch slave. Taita, as eunuch, is the advisor and confidant to several generations of the Egyptian royal families and if you thought Rome was decadent, you need to visit the Upper Nile circa 1800 B.C.

Smith introduces the white man to Africa through the per-



spective of two families, the Courtneys and the Ballantynes. From Cecil Rhodes and his quest for diamonds on, this is swashbuckling action that ranges from battles on the high seas to the trenches of World War One. So, if you want to experience adventure and history through the eyes of a pirate, pharaoh or the guardian of a colorful harem, Smith is your guy. When asked about his four children during a BBC interview Smith said “They have no real desire to see me and it’s best

they go their own way. I’ve got so much going on in my life that I can’t afford to pick up fallen baggage.” In that same interview, asked if he was a good father Smith said, “No, I think I’m a good writer, that’s what I do well.” And indeed he does. Smith grew up during a time in Rhodesia where traditional gender roles were very much enforced, and this is evident in his writing. Love or hate him, Smith tells it like it really was. Enjoy.



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New U.S. Coast Guard Law Requires Use of Engine Cut-Off Switches



May is a busy month for boating in Florida. As temperatures warm up and the long Memorial Day holiday weekend nears, more and more boaters

will hit the bays, lakes, rivers and Gulf of Mexico. Bay County Tax Collector Chuck Perdue wants boaters to operate safely this year and wants to ensure all boaters are aware of a new law which went into effect on April 1st.

When Congress passed the National Defense Authorization Act of 2021 in January, it included Section 8316 which requires individuals operating recreational vessels less than 26 ft. in length and with an engine capable of 115 pounds of static thrust (3 hp) or more to use their engine cut-off switches (ECOS) much of the time they are at the helm. It means those operating the vessel must wear a lanyard

(ECOS link) while at the wheel. The law applies when the primary helm is not in a cabin and when the boat is operating on a plane or above displacement speed. The ECOS link is not required when docking, launching and loading on a trailer, or trolling and operating in no-wake zones.

While this law will be enforced by the U.S. Coast Guard in federal navigable waterways, Sarasota Rep. Fiona McFarland has proposed similar state legislation with a bill called "Ethan's Law." The bill is named for ten-year-old Ethan Isaacs, who lost his life in a boating accident in Sarasota in November 2020. Ethan's Law would require op-

erators of boats less than 26 feet long to wear the ECOS link to ensure an engine automatically shuts off if the operator is thrown overboard. Companion legislation has also been introduced in the Senate.

If Ethan's Law is passed, the bill could take effect as early as July 2021 and would make it a requirement to use an ECOS link in all public waterways and state waters.

For Perdue, this message of utilizing the safety equipment currently aboard most vessels hits very close to home.

"Last year, my dear friend and beloved community member, Christ Cordon, died in a boating accident. So many

boating accidents are avoidable," said Perdue. "I strongly urge fellow boaters to make use of their ECOS this year, while it may not yet be a law in state waters, let's spare our families and friends another tragic event."

For more information on Florida's boating laws and regulations, please visit myfwc.com/boating/regulations.

Reminder: Renew your boat registration online, save time!

Don't wait until the last minute to renew your boat registration. Visit BayTaxCollector.com to renew online. You can renew online before 3 p.m. and pick up the same day, no wait at the office you select.

Highland Group Expands Florida Operations

The Highland Group is expanding its presence in Florida and moving into a larger office space to meet the growing needs of its clients. The real estate development and commercial construction firm originally expanded to Florida in 2019.

"The operational growth we've experienced in just two years at our Florida Region location has been extremely humbling. We are very excited to continue providing high-quality real estate development and construction services to even more clients throughout the southeast," said C. Scott Shamburger, President & CEO of The Highland Group.

Overseeing the Florida office is Paul Batt, a certified gen-

eral contractor and Vice President at the Highland Group's Florida Region location. In this capacity, Batt is responsible for overseeing internal operations, building strong customer relationships, maximizing the company's operating performance, and helping to achieve the company's financial goals.

"Paul brings with him a wealth of experience having designed, developed, and managed over \$3 billion worth of projects that have involved more than 20 million sq. ft.," Shamburger said. "He is a tremendous asset, and we are glad to have him leading our operations in Florida"

They celebrated the grand opening of the Highland

Group's new Florida office with a ribbon cutting ceremony on Tuesday, May 4, 2021 at 4

p.m. The new Highland Group office is located at 130 Richard Jackson Blvd. Suite 104A,

Panama City Beach, Florida, 32407.




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 Business


BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

When an asset of any kind starts appreciating quickly, it gets a lot of people's attention. Such has been the case with crypto currency. Many refer to it as Bitcoin. Bitcoin, of course, is just one of several crypto currencies available, but it has nonetheless become the vernacular when someone is referring to it. There are other crypto currencies such as Ethereum, dogecoin and they continue to grow. We think investors and savers alike should take caution with regards to crypto currency as a store of value (an asset class) or as a transaction medium.

The total market value of just Bitcoin in the world is believed to be at or close to \$1 trillion dollars. As a basis of comparison, the market value

Is Cryptocurrency an Investment or the Coming of New Currency?

of all the gold in the world is believed to be at or close to about \$3 trillion dollars. What is it that is driving some investors to it? Is it demand, supply, the new currency, an inflation hedge? There is some validity to all of these.

First, let us look at Bitcoin as a (potential) addition to or replacement of the dollar. It is gaining more acceptance in trade and even Tesla has decided to accept Bitcoin as payment for a vehicle. One Bitcoin is worth about \$56,000 and that could help someone purchase a new electric vehicle from the automaker. There are a few important details that we have learned.

Janet Yellen, the U.S. Treasury Secretary, as reported by CNBC in February sees it as "an extremely inefficient way to conduct monetary transactions." (Her comments also speak to the "legitimacy and stability" of cryptocurrencies.)

Currently, several major U.S. investment firms are moving forward with programs making the investment in crypto currency available to clients who meet



certain net worth minimums they set out.

How are crypto currency transactions taxed? Investors should consult with a tax advisor and they can also see the IRS guidance on Crypto taxation. Forbes also (in 2019) published information on how crypto currency is taxed. Forbes also, in its February/March issue has a feature on Crypto Currency.

Another consideration is the amount of power it consumes. Research from the International Energy Agency (IEA) among others is replete with data that point this out. Digiconomist.net estimates on its website that one Bitcoin transaction leaves the carbon footprint of more than 1 million Visa transactions, or 78,000 hours of watching YouTube. It also estimates that the same transaction uses the equivalent of 34 days of electricity for the average U.S. household. Given this, it is hard to see that crypto currency is an efficient method of payment.

Some investors (more likely professional investors) see Bitcoin as a replacement of or in addition to precious metals (like gold) as a hedge against inflation. This past year central banks the world over released trillions of additional monies into the worldwide financial system. The more something is available as the saying goes, the less it is worth. In other words, that could mean price inflation (brought on by monetary policy).

What are other central banks in the world currently doing? CNBC reported recently that China is proceeding with a digital currency and with that, could that have implications for

the strength of the U.S. dollar?

Inflation can erode purchasing power as well as eat into the return on an asset. While savings rates are near 0%, once inflation is factored in, is the saver or investor losing purchasing power?

Inflation fears continue to grow with so much stimulus having been released and with economic growth starting to emerge from the pandemic. If cryptocurrency is in limited supply, that in and of itself can also help drive the price. Cryptocurrency (wherever it comes from) must be mined online, with computing power. It is not easily created. That adds to the attraction and the speculation.

Reports are now emerging that many recipients of stimulus payments (as many as 40% as recently cited in a report from Mizuho Securities) intend to put at least a portion of their stimulus checks in to crypto or Bitcoin. Speculation is a driver of an asset's appreciation, because it creates momentum. Does this suggest that the appreciated asset has risen in value? The price of any asset is always determined by what someone is willing to pay for it.

The world of cryptocurrency, like any investment is subject to regulation little of which currently exists. It is difficult to determine at this point what that regulation might be and just how much of it is coming.

Investors are encouraged to work with their financial services firms to get the research and the insight they need to make informed decisions if they are considering venturing in the world of cryptocurrency. Knowing what you own, why you own,

how you own and where you own it are all critical elements of that discovery process.

Cryptocurrency issuers are not registered with the SEC, and the cryptocurrency marketplace is currently unregulated. Bitcoin and other cryptocurrencies are a very speculative investment and involves a high degree of risk. Securities that have been classified as Bitcoin-related cannot be purchased or deposited in Raymond James client accounts.

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Flooring Industry Supply-Problems Solved

Local Flooring Store's Solutions Pan Out for Panhandle Communities!

SHANNON SALISBURY, DIRECTOR OF MARKETING, FLOORING DEPOT OF PANAMA CITY

While 2020 was a historical year that many want to forget, lingering issues of the pandemic are felt daily and could impact us throughout 2021 and beyond. The flooring industries' supply and demand problems are included in those lingering issues.

In 2020, we witnessed a solid "remodel, replace and repair" approach by homeowners. As quarantined communities decided to build additions, upgrade and renovate existing spaces to accommodate work-from-home and online school protocols, and tackle often neglected "honey-do" projects, the demand for lumber and building products skyrocketed.

As we entered 2021, the lumber and building material industries continued to explode. With housing, refinancing, and remodeling remaining priorities for customers, the demand for flooring also continues. Con-



sumers are investing more money in their homes. Homeowners are tackling home remodeling projects or choosing new home construction to take advantage of low interest rates.

Since flooring has immediate benefits to a home—visually and financially—it's one of the first items homeowners increasingly want to update in their remodeling projects. The demand for flooring for remodel projects and new home construction has resulted in supply shortages of both the flooring and the raw materials procured to produce flooring products. Supply chains are experiencing exten-

sive strains with inflation in raw materials, which is driving prices higher.

Companies are battling to get products to the US due to delays with imported products and shipping restrictions. Many of the delayed products required for US manufacturing lead to delays in production processes. With rising raw material costs and operating costs, increased transportation costs, etc., the flooring industry overall continues to see increased pricing in addition to the supply and demand obstacles.

But one local flooring store has solutions to combat the

flooring industry supply & demand and pricing issues. In 2020, while witnessing the pandemic's detrimental economic impact on local communities, contractors and builders, and the housing industry in the Panhandle, Flooring Depot of Panama City's concerns prompted them to make a bold investment decision in an effort to alleviate the flooring industry issues at the local level. Flooring Depot expanded their local footprint with the addition of a new, spacious warehouse in Panama City.

The warehouse expansion empowers Flooring Depot to purchase and stock flooring products in volume, so they're able to negotiate lower and exceptional pricing - great pricing they pass on to their customers. The impressive warehouse space and volume buying power allows Flooring Depot to expeditiously and efficiently respond to the local community's flooring needs. In fact, Flooring Depot has the largest selection of

in-stock flooring products available in Bay County, with over a million square feet in stock!

Driven by their commitment to provide customers with incomparable service, an extensive product selection, and solutions for customers' flooring needs, Flooring Depot continuously strives to exceed customers' expectations. Their vision and determination to solve flooring issues at the local and industry-wide levels, always focusing on customers' needs first, guarantees a great experience and relationship when you choose Flooring Depot of Panama City.

Flooring Depot of Panama City invites you to visit their impressive showroom and experience the Flooring Depot difference.

Stay tuned for flooring tips-trends, fashions and favorites in future Flooring Depot articles! For learn more, visit Flooring Depot of Panama City's website, flooringdepotofpanama.com.



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124 SEACLUSION DRIVE
Seaclusion Beach | Panama City Beach
2 Bed | 2/1 Bath | 2,053 SF | Listed at \$689,900
Contact Lynne Hand at 850-532-0886



3105 E HEARTLEAF AVENUE
SweetBay | Panama City
3 Bed | 2/1 Bath | 2,368 SF | Listed at \$439,000
Contact Mark Moody 678-300-1743



415 WARREN BAYOU LANE
Breakfast Point | Panama City Beach
4 Bed | 3 Bath | 2,255 SF | Listed at \$461,500
Contact Darlene Couch at 404-391-6361



8501 GRASS LAKE LANE
RiverCamps On Crooked Creek | Panama City Beach
3 Bed | 2 Bath | 2,150 SF | Listed at \$589,000
Contact Kammy Landavazo at 850-332-4567



7205 THOMAS DRIVE - UNIT D605
Dunes of Panama IV | Panama City Beach
2 Bed | 2 Bath | 1,050 SF | Listed at \$399,900
Contact Cindy Armstrong Karr at 850-303-3477



16701 FRONT BEACH ROAD - UNIT 2002
Sterling Breeze | Panama City Beach
2 Bed | 2 Bath | 1,358 SF | Listed at \$525,000
Contact Mark Oberg 404-406-4887



117 SOUTHFIELDS ROAD
Panama City Beach
4 Bed | 2/1 Bath | 1,935 SF | Listed at \$749,000
Contact Brenda Holloway 850-814-6302



611 CHERRY STREET
Panama City
4 Bed | 2/1 Bath | 2,166 SF | Listed at \$339,900
Contact Anne Winicki at 850-960-1179



227 JOHNSON BAYOU DRIVE
Breakfast Point | Panama City Beach
4 Bed | 2 Bath | 2,346 SF | Listed at \$419,000
Contact Duran Group at 850-527-0221

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