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No Child Hungry: The Food4Kidz Story

BY BOBBIE BRIGMAN,
EXECUTIVE DIRECTOR

The Beginning

Sometimes, in spite of our own ambitions, God shows us wonderful mercies and opportunities we never even dreamed of. Weary of stints in “corporate America,” one of our founders decided to follow her heart. She had always (since the age of 12) dreamed of having a small “mom-and-pop” restaurant. In April of 2010, she got her wish! Located on the east end of PCB and with much excitement, the doors opened! Unfortunately, that same month, the biggest man-made disaster in U.S. history unfolded — the BP oil spill. National media displayed images of massive amounts of crude oil gushing into our beautiful Gulf of Mexico. Folks all around the country were subjected to that sight daily (and almost hourly). As we know, little-to-no oil ever reached our beautiful beaches in Bay County! But the national news had already conveyed the wrong message. The damage was done.



The summer of 2010 saw a huge down-tick in tourists visiting our area. The little cafe was doomed. After fulfilling the one-year lease, the other founders got together and brainstormed. It was about that time it was discovered that 25% of our local children suffer from chronic hunger most of the time. It was a fact that both dismayed and angered us! We decided “if we can’t sell food, let’s just give it away!” With the damage

settlement received from BP, Food4Kidz emerged! Out of the ashes of a broken dream, another better one was born. Food4Kidz was formally incorporated as a 501(c)3 non-profit organization on August 24, 2011. Their mission? To identify and directly assist hungry children in the local community.

The Local Dilemma

Of the 28,000+ Bay District School students, 25%

(yes, unbelievably 1-in-4 or about 8,000) live in a “food insecure” household. That means, that on any given day, there is little to nothing for them to eat. That number doesn’t include children ages infant to four years-old.

We at Food4Kidz are determined to change that!

Malnourished children face a much greater chance

FOOD4KIDZ
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Water Safety Month Brings Awareness

BY MAYOR MARK SHELDON

As any beach safety official or life-guard will tell you, the single most important thing you can do when it comes to water safety is to learn to swim. Teach your children to swim so you can have that peace of mind when it comes to being in the water.

May was Water Safety Month in Florida and as the busy summer season kicks off, summer is a great time for a few safety reminders.

Florida is surrounded by water. And Bay County has many lakes, rivers, and streams. Millions of families come here to enjoy our natural resources, most specifically to dip their toes in our emerald waters and feel our sugar-white sand on their bare feet.

As such, beach and water safety is an important issue. The City assertively promotes the beach flag warning system and the dangers of rip currents. All beach schools have been provided posters that explain the currents and the meaning of the flags.

The flag status, which is assessed daily by our Beach Safety division of

WATER SAFETY
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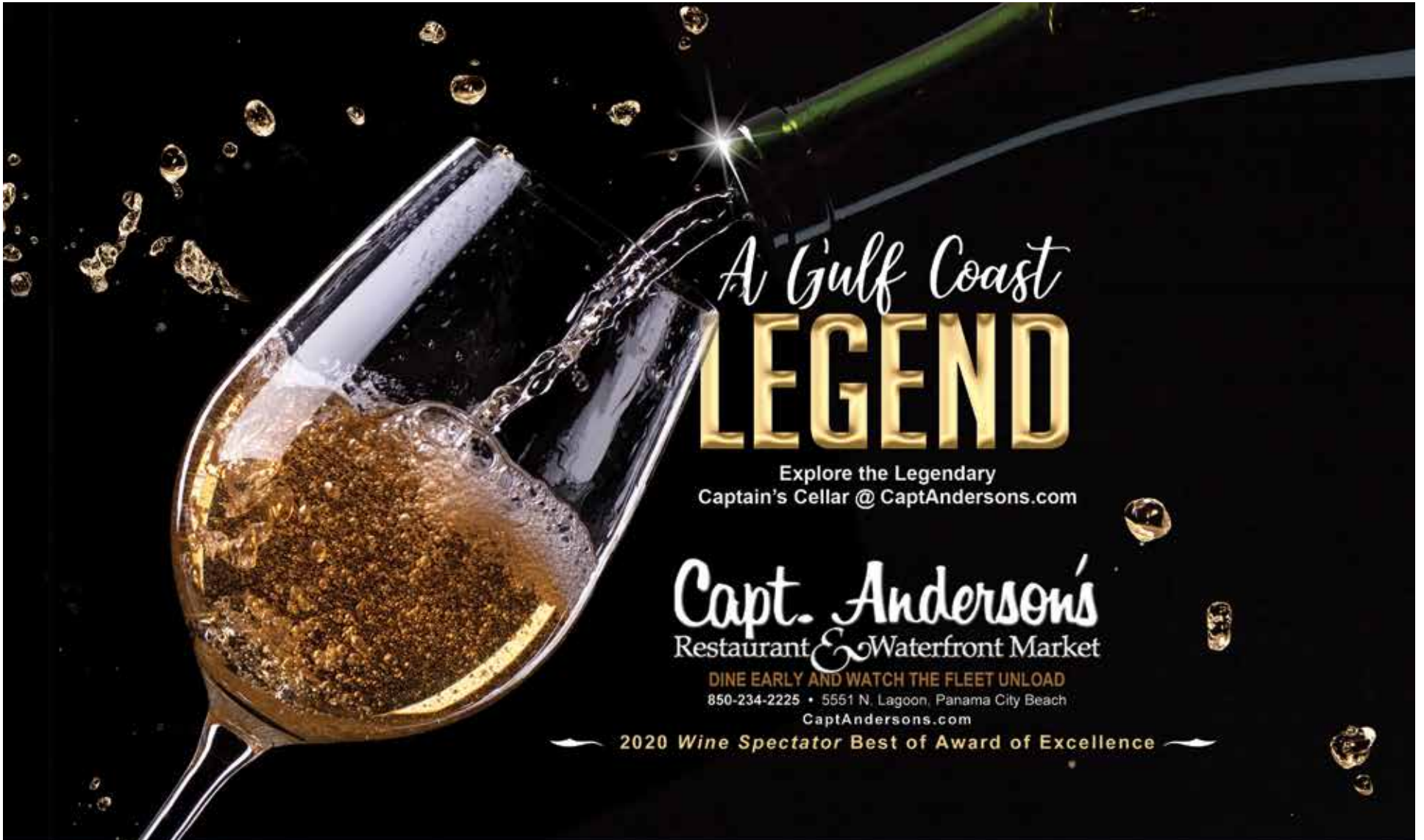
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FOOD4KIDZ

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of developing life-threatening illnesses and conditions such as diabetes, heart disease, high blood pressure, obesity, “stunted growth,” neurological deficits,

poor vision and dental status, asthma, anemia, and more. Malnourished children have many more doctor and hospital visits than well-nourished children.

These “at risk” children are not able to concentrate in class and have trouble retaining what they’ve learned. They are often tired and listless. They hesitate

to participate in physical activities and social settings. They are at risk for failure, period.

These are the children of our future generation. They are in danger of repeating the cycle of poverty in which they find themselves. With proper nutrition, they have a chance to develop normally. With proper nutrition, they have a real chance

to thrive academically, socially, and economically. With proper nutrition, they have an excellent opportunity to become healthy, strong, educated, crime-free, contributing, successful adults.

What Food4Kidz Is Doing About The Problem

Families with children who struggle with food insecurity

are able to shop once a month, by appointment. (There are exceptions for emergencies). Each family receives about 125-150 lbs. of food and supplies at a time (depending upon availability) which lasts approximately two weeks.

Foods distributed include

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WATER SAFETY

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the Fire Department, is posted on the City website and sent out as an Alert Bay notification. We continue to educate people on the City’s double red flag ordinance which provides for a \$500 fine for those entering the water on double red.

The beach flag warning system and the dangers of rip currents are posted at every public beach access and in hotel and condo rooms.

According to the Centers for Disease Control and Prevention (CDC), 10 people die from unintentional drownings every day with about one in five being children 14 and younger. Drowning is the third leading



cause of unintentional injury death worldwide.

Drowning prevention begins in the home. That’s why it is so important that children learn to respect the water. Participating in formal swim lessons has been shown to reduce the risk of

drowning by up to 88 percent. Classes offered by the Parks & Recreation Department teach drowning prevention strategies and crucial survival skills.

Here are a few basic water safety tips:

- Always have active adult supervision around children.
- Learn water safety survival skills and learn to swim proficiently.
- Install safety barriers when a child or vulnerable adult has uninterrupted access to a body of water.
- Learn CPR for adults and children, as this is the number one way to save a life when there is no heartbeat.
- Be a good role model. Learn to swim, learn CPR, wear a life jacket, and never swim alone.

Panama City Beach Swim Academy offers swim lessons for all ages and skill levels. Summer lessons are available from May 31 to August 6. For more information on currently available class times, schedules and pricing, contact the Aquatic Center at Frank Brown Park at (850) 236-2205.

Junior Lifeguard Camp dates are July 5-9 and July 19-23. Morning classes are for eight to 11-year-olds and afternoon classes are for 12 to 15-year-olds. The cost is \$100. Contact wil.spivey@pcbfl.gov.

Both the Aquatic Center and Beach Safety are hiring seasonal lifeguards. Positions are posted on pcbfl.gov under the Jobs tab or search “City Job Postings.”

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PCB Chamber Valued Member Spotlight



A Tradition You Can Stand on: Kilgore's Flooring & Ceramic Tile Inc.

By JESSICA (KILGORE) VANANDA

Kilgore's Flooring & Ceramic Tile Inc. is a family-owned business and has been serving Bay County since 1965. We carry ceramic and porcelain tile, hardwood, carpet, luxury vinyl plank (LVP) and offer professional installation on all products, including showers and backsplashes, as well as carpet binding and custom rugs. Kilgore's was the first carpet store on the beach. In 1965 Jim Kilgore moved to Panama City from Mississippi and opened Kilgore Karpel Kare, a carpet cleaning business. He started the flooring business out in a "hole in the wall" beside the old Ocean Opry. After about a year, the business burned down. Not to be discouraged, Jim continued to operate his business until he found the property on Back Beach Road in 1984 and this is where his business would take off!

After years of hard work, Jim



grew his business into a multi-million-dollar company along with multiple other companies. Mike Kilgore started working with his dad (Jim) as soon as he could walk and was running install crews by the age of 16. Mike met Brenda in 1987 and she started working at Kilgore's at the age of 17 as the receptionist. Brenda learned quickly and started helping with the bookkeeping side of the business. After a couple of years, Mike and Brenda were married and eventually had a daughter, Jessica Kilgore. Brenda started back in sales after having Jessica and quickly became the highest-selling salesperson.

During 56 years of service, in various locations from Callaway to Panama City Beach, Kilgore's Flooring has gone through some hard times but has prevailed.



The year 2010 was a particularly bad year for the Kilgore Family. Business came to a halt in April of 2010 due to the BP Oil Spill and in May 2010, Jim lost his battle with cancer. Mike and Brenda took over the business during these rough times and pulled through. After growing the business for the next eight years, Mike decided to retire and explore other interests. In 2018 Brenda took over as the sole owner of the business and it is now 100% woman-owned

and operated. Jessica started out just like her mom and dad did. As soon as she could walk she was carrying carpet samples, and at the age of 12 started answering the phones. After college, she came to work at Kilgore's full time and now runs the business with her mother.

Over the years the Kilgore Family has been an important part of our community. We often partner with Operation Spay Bay by providing donations or pet food to help out

in our community. Only two weeks after Hurricane Michael devastated our area, Kilgore's opened our doors with limited communications and limited staff. In the following weeks, we replaced more flood-soaked carpet than we have in many years combined! We invite everyone to our store to enjoy the family experience. Find us at 13201 Hutchinson Blvd. Panama City Beach, FL 32407 or call (850) 234-1414. "A Tradition You Can Stand On!"

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PCB Chamber New Member Spotlight



Introducing: Neal Consultants LLC

We are Michael and LaDeana Neal. I grew up in the military as a dependent and later as an active duty member, all over the place. My wife grew up on a farm in Missouri, and throughout the state. I spent many years in medical and maintenance fields, then eventually grew that into the construction side and have not looked back. LaDeana



is a down-to-earth country girl and former business owner, with two incredible adult children. We both had planned to buy a farm in Missouri and live out our days.

The company I was working for at the time presented us with an incredible opportunity, but we only had three weeks to find a house, pack, move, and get started. After about a week of panic, we made the decision to pack up our house, three dogs, and our vehicles, find a new place to call home, and leave the rest to God. We had truly little

time to do any thinking about our future, so on our move down here LaDeana called me on the phone (she was following my very full vehicle with her equally full vehicle, except she had her best friend and I had three anxious dogs) and asked me if she was going to like Panama City Beach because she had never been there before. Her last trip to Florida was over 30 years ago to Orlando. I laughed and told her that as soon as she sees the beach, she'd be home.

We moved down here for an opportunity to help rebuild part

of the community from the aftermath of Hurricane Michael. Unfortunately, that opportunity was only going to last for four years and then send us somewhere very, very cold. Not our idea of fun after living in one of the warmest, most beautiful areas in the country. So, one night, my wife and I were sitting on our patio, listening to the waves out in the Gulf, and decided that we did not want to leave.

Bay County and Panama City Beach had opened its arms to us. That sense of community, coupled with the amazing scenery,

incredible food, and awesome people, made us fall in love. We established our company, joined the Beach Chamber of Commerce, and have been incredibly blessed. Neal Consultants LLC is a family-owned and operated, veteran and woman owned and operated, Christian property inspection company for both commercial and residential. If you are a first-time home buyer in need of an inspection, looking for lower insurance rates, a construction company requiring phase construction inspections, or a business in the process of expanding, we can handle all your needs.

We pray that one day we will have our home office in Panama City Beach and reach out to the rest of the amazing communities in the panhandle of Florida and be able to give back to such an incredible state, county, city, and community. If you see us, please feel free to stop and chat or just say "Hi!"

Welcome New Chamber Members

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For the Birds: Tranquility Manor Bird Rescue and Sanctuary

By JAMIE ZIMCHEK

James and Tracy Talley have a thing for birds - it wasn't an intentional thing, but it's a thing. Or as James Talley tells it, neither of them can remember actually having the conversation about starting a bird sanctuary, it just happened. "How do you wind up here?" he wonders with a laugh. "Here" is the Tranquility Manor Bird Rescue and Sanctuary, a non-profit based in Panama City Beach that rescues birds in need, and they've been at it for close to 15 years.

"How we got started," Tracy Talley explains, "was that we had a friend that moved and couldn't take their bird with them." Over the ensuing years, their aviary has included in its numbers green-cheeked conures, sun conures, cockatoos, cockatiels, many macaws, African grays, assorted smaller birds, and more. "God brings them to me," James says. They always hope for level one rescues when they get them. Level



one is a bird that's been well-fed and well taken care of, but the sad reality is that to date, they've only had one. All the rest have required considerable TLC.

Why are there so many birds in need of rescuing? The unfortunate truth is that there's not much education provided to new bird owners buying from a breeder. No one sits them down to explain that a macaw can live

to be 80 or 90 (it's essential to designate the next caregiver in one's will), and the long-term work involved. Neither do they cover what foods to avoid - or what chemicals can kill. For example, though some might know that the Teflon coating on cookware when heated vents fumes toxic to birds, fewer realize that even burning candles can cause severe respiratory dis-

stress; absolutely fatal are the vapors released by chlorine bleach (found in certain Clorox products). Furthermore, some foods are poisonous to most birds, while some are appropriate for select species, but not others. Another area for vigilance? The cardboard boxes that many parrots love to chew. Since the start of Covid, boxes have been regularly sprayed with a disinfectant, which can then be ingested by any creature inclined to give them a good nibble (food grade boxes are the answer, according to James). Even traditional pet-store cages are cause for caution - a strong macaw, like the blue and gold macaw the Talleys rescued, can bite and move the bars of a cage if the cage isn't sturdy enough; keep in mind that the bite pressure of one of these bigger birds is as high as 600 psi, which is on par with the bite pressure of a Doberman, and significantly more than a human's, which peaks around 70 psi.

With all this in mind, it's not hard to see how an uninformed bird buyer might be woefully unprepared for the responsibility of raising a winged pet. This is where the Tranquility Man-

or Bird Rescue and Sanctuary comes in: it's there to try to rehabilitate and rescue whenever possible. Right now, the primary limiting factor for expanding this sanctuary is space. The Talleys are in the process of looking for a property in the area that has 20 acres or more where they can house rescues and even potentially board birds (some birds, like quaker parrots, are illegal and can be euthanized in certain states, making travel with them perilous for their loving owners). This is less straightforward than it sounds because birds need to be separated by their continent of origin to ensure any of their native bacteria or parasites don't spread to birds who might find such foreign hitchhikers hazardous. Additionally, any boarded bird (or new addition to the flock) must be kept in quarantine, separate from all the other birds for 30-90 days to be sure they are free from any contagion that could potentially spread to the others in the aviary. Then there are smaller birds, which require space to fly, and, along with the larger birds, need a special micro stainless steel mesh roof strong enough to withstand 600 psi of bite pressure on the inside and predators on the outside. In other words, an undertaking of this scope isn't for the faint of heart.

To bring this plan to fruition, the Talleys will be organizing fundraisers this next year, and are always happy to accept donations. For more information on some of their rescues, or for ways to donate, find them on Facebook at facebook.com/TranquilityManor, email James Talley at tranquilitymanorbirdrescue@yahoo.com, or call (850) 238-0675.

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BY JULIE MCCONNELL, UF/IFAS EXTENSION BAY COUNTY

“I never see fireflies anymore, where did they go?” I get asked this a lot and it always catches me by surprise because I see them at my house every summer. Like most things in nature, the answer is not simple because there are several factors that contribute to local insect population levels. Just like attracting other wildlife, it is helpful to understand the life cycle and habitat needs of fireflies to increase the likelihood you will have an enlightening encounter!

Fireflies are also known as lightning bugs but are neither

flies (Order Diptera) nor bugs (Order Hemiptera). Fireflies are in the Order Coleoptera (beetles), Family Lampyridae, and there are 56 different species in Florida. Like butterflies, their life cycle is a complete metamorphosis which includes four stages: egg, larva, pupa, and adult. All stages contain bioluminescence substances and may produce a glow. The most recognized function of the firefly’s ability to light up is to attract mates, but there is speculation that the presence in juvenile forms may also deter predation by making them distasteful.

Adult fireflies signal each other to attract mates and the fertile female lays eggs in the top 1-3 inches of soil in meadows or forested areas dependent on species. In general, the eggs and larvae require moist soil with decaying vegetative material to thrive. Larvae are predators that feed on insects, snails, slugs, and earthworms which are found in



decaying organic matter. Without moisture and a food source, the larvae will die. The larval phase can take several years to complete before the firefly pupates and emerges as an adult in the spring or summer. The primary function of adults is to reproduce so they rely on an environment that allows them to attract a mate and lay viable eggs.

Limiting factors that may interfere with fireflies

taking up residence in your landscape:

Light pollution. Outdoor artificial lighting can interfere with the adults’ ability to attract a mate and breed.

Tidy yards. Thatch in your lawn, decaying leaves or mulch, shade-producing shrubs and trees, and undisturbed natural areas are all potential habitats for juvenile fireflies. If there is no vegetative material playing host to food sources, you will not

attract females to deposit eggs.

Indiscriminate insecticide use. Excessive use of insecticides can impact fireflies by reducing food sources (remember these bugs eat bugs!). If you have a landscape pest problem, be sure to use integrated pest management (IPM) practices. IPM includes cultural practice changes and using selective insecticides in a targeted rather than broad-spectrum application when needed.

If possible, incorporate some firefly-friendly habitats in your landscape. If that is not possible, make it a point to plan a sunset visit to places where they are likely to congregate and enjoy the light show!

An Equal Opportunity institution, Extension Service, University of Florida, Institute of Food and Agriculture Sciences. Participation shall not be denied on the basis of race, color, religion, sex, national origin, disability, sexual orientation, marital or family status, or political beliefs.

Grand Lagoon Tacos & Tequila Fest a Success

BY MARTA ROSE-THORPE

Five hundred locals attended the Third Annual Tacos & Tequila Fest at Hammerhead Fred’s on May 8. Grand Lagoon establishments competed for the Best Taco and Best Tequila Beverage in the Grand Lagoon. Three judges from local media outlets (Jan Waddy from the Panama City News Herald, DJ No Sleep from Island 106 Radio, and Jack Smith from PCB Life) sampled all entrees and selected their favorites, with the addition of a People’s Choice vote. Dreamers Restaurant & Bar won the Judges Vote for Best Taco, with the Sheraton PCB Resort winning the Judge’s Choice for Best Tequila Beverage. Hammerhead Fred’s won the People’s Choice for Best Taco as well as Best Tequila Beverage. Guests were entertained by the Far2Fresh band on Fred’s outdoor stage, and a great time was had by all! Funds raised at Tacos & Tequila go to the Grand Lagoon Coalition, a community development organization that elevates and expands tourism and economic development on the east end of the beach. Stay tuned for the Fourth Annual Tacos & Tequila Fest in May 2022, and check GrandLagoon.com for updates!



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It's On! Red Snapper Season is Here!

Red Snapper season started June first and the excitement is growing! Our captains have reported seeing large numbers of red snapper on the reefs as they fished this spring. Great news for all those anglers that are anticipating catching a big one this year!

Bring the family and make a day of your trip. Whether you choose 5-hour, 6-hour, or 10-hour day trips, or an 8-hour night trip or charter boat, it will be a very special experience. Breathe in the fresh Gulf air, get a little sunshine, and catch supper too! Be sure to ask about the local restaurants that will cook your catch for you. We call it 'Hook 'n Cook' in PCB. You catch the fish, have them cleaned at the dockside seafood market, then take them to be cooked at a local eatery-they supply all the trimmings! Yay! No dishes for mom!

When you are planning your trip be sure to stay in the know about your fishing options and regulations. For accurate regulations and season dates you first must determine whether



you are fishing from a Federally permitted boat, a State (only) charter boat, or a private recreational boat.

Our Federally licensed and permitted boats' head boat and charter boat season will begin June 1 and go through August 2 at 12MN. Reserve early for these trips from our local marinas - Capt. Anderson's Marina, Lighthouse Marina, Pirate's Cove Marina, and Treasure Island Marina are all located on Grand Lagoon. Others are located at St. Andrews Marina in town. These boats purchase annual fishing licenses for all who fish with them, so no personal license is necessary.

The private anglers and state



charter boats have their season determined by the Florida Fish & Wildlife Conservation Commission (FWC). According to their website www.myFWC.com,

the private anglers and state [only] charter boats' season will be June 4 through July 28 this year.

The FWC says, "If you plan

to fish for red snapper in state or federal waters from a private recreational vessel, even if you are exempt from fishing license requirements, you must sign up as a State Reef Fish Angler (annual renewal required) at GoOutdoorsFlorida.com."

At this time, President Biden's mask mandate, instituted in February, is still the law for anyone on Federal public transportation, including boats. The CDC has since eased restrictions for mandatory masks in public venues, but the laws are different from State to State. For your comfort and choice, we have asked legislators through several fishing and boating organizations to request this order be rescinded since other venues are not under this strict requirement. For the time being, though, bring your mask.

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Know Your Neighbor: **She's the Bee's Knees**

BY MARTA ROSE-THORPE

Our honeybees are critical. Einstein said if we lose our honeybees, we're doomed as a planet. Doomed? Yes, doomed! Honeybees are vital to our pollination. I started taking more of an interest in bee and butterfly gardens when I saw a few alongside Beck Avenue in Historic St. Andrews one day. Then my friend Allison Smith, wellness guru, landscaping professional, and horticulturist (more on Allison in just a bit), explained more to me... She told me not only what plants attract the bees and the butterflies, but also how to make your own garden at home. Allison has more than 60 plants squeezed into a small area in her yard, all blooming at different times to attract bees and butterflies.



She says it's easy: just plant or put out containers of plants that will attract bees and butterflies. Butterflies drink nectar, which comes from flowers. Some great starter (easy to grow) plants are salvias, daylilies, pentas, and zinnias. The vitex tree, crepe myrtle, and any kind of flower attract honeybees, and certain plants help attract certain butterflies to lay their eggs. For example, the black swallowtail only lays her eggs on limited types of plants: parsley, dill, and fennel. This time of year, it's hot, but you can put parsley in your yard. As the summer goes by you may notice the tiny caterpillars which eat like crazy... then they crawl, hang, and hatch into beautiful butterflies. Some live for days, some for weeks – it depends on the species. Another way to attract bees and butterflies is to encourage them with somewhere to drink. Take a birdbath or tray, salad bowl or plate... add little pebbles or rocks and just a bit of water, and they can drink from it. Cut up orange slices and lay them out on a tray in the sun, which will attract bees and butterflies.

Allison also found that you can use essential oils to attract the bees and the butterflies; just place drops on statues and yard art and put cotton balls doused in oil in and around your yard. The bees and butterflies like the smells. Honeybees will travel up to a mile to get to good nectar. They have scouts who will travel to find the nectar. Then, the scouts go back to the hive

and do a dance, showing/telling the other bees how to get to your yard. It's amazing! For further research on creating bee and butterfly gardens, Allison suggests a visit to gardenswithwings.com. "Many people are Vitamin D deficient," she says. "Gardening is very therapeutic – it gets you outside and in the fresh air and sunshine. It also allows us to help nature, especially bees and butterflies."

So how does Allison know so much about creating bee and butterfly gardens? Her family roots go back to plants, trees, and nature, where her family owned a nursery and landscaping business in Somerville, AL, a little town just outside of Huntsville. "My dad got into design

work and planting perennial gardens – he loved flower beds, that was his niche," she remembers. "His favorite saying was, 'Let's take some grass out and put a bed there!'" In college, Allison pursued a degree in Landscape Design, Installation & Maintenance at Auburn University. "We were taught how to design and install a yard, and then maintain it," she explains. Allison loved all her classes and was the tenth female at Auburn with that major. "There were only nine females in my major

at that time – so I finally put them in double digits!"

After receiving her BS degree in Ornamental Horticulture, she interned at Disney World's Summer Horticultural Program. Her first job out of college was maintaining the gardens for a large resort close to Disney, but after two years her parents convinced her to move back to Somerville and work at the family business. Of course, going from Orlando back to rural Alabama "was not fun," and when her sister offered Allison a job opening her and her husband's new restaurant in Panama City Beach, Florida – Latitudes on Front Beach Road – she accepted the position and moved to the beach in 2000. Currently, Allison is Vice President of Business Development for Herbefex, a local company specializing in residential and commercial landscaping.

Four years ago, Allison discovered Young Living. "I had heard of Young Living strictly as a company that sold essential oils," she shares. "Getting involved as a customer led me to

the path of going chemical-free in my home." She learned more about ingredients that are in products, which in turn sent her on an educational search. "My theory is, if I don't know about this, I'll bet other people don't know about this either. Everything on our shelves has not been tested and vetted. In 1976 the Federal Government passed a chemical law, and everything already in use was grandfathered in."

The stats are staggering. "The average American female will put 88 chemicals on her body before breakfast," she shares. "Think about your morning routine. Shower soap, shampoo, body lotion, makeup, deodorant, haircare products, perfume. The European Union has banned over 1300 ingredients – America has not hit 20 yet. Europe is paying closer attention to side effects – we are not there yet." For more information, email Allison at alliepcb@yahoo.com and she'll send you The Dirty Dozen: Twelve of the worst chemical culprits found in everyday products.

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 Community

A New Beginning for Blu Convenience Store & Deli

BY MAGGIE LITTLE

“This is it, I’m going to die right now,” remembers Sara Pulatov, business owner of the Blu Convenience Store & Deli in Panama City Beach. The day was April 10, 2021, and it was the day she felt the swirling destructive winds of a tornado (later rated an EF2) score a direct hit on her family store. The tornado demolished their building, ripping the roof off and hurling it onto a house nearby. “If it had not been for my husband, my superhero, I would not have survived,” Sara says. She remembers that heart-rending day when her world was turned upside down. It started with an emergency weather alert on her phone at 9:15 a.m. while she was working. Seconds later her husband, Tom, dragged her from behind the counter where she had been standing into the office. “I would have never thought to go inside the office, but my husband knew the office was actually a separate building from the store, and he saved my life by taking me in there,” Sara remembers. “I am just so thankful to be alive.”



Now for the other hard part: starting over. “This store was our baby - we started it from nothing,” Sara recalls. With so many memories and so many hours invested, it was like a part of them died when the store was destroyed. This isn’t the first calamity the couple has endured.

Remembering Hurricane Michael, Sara recalls reopening the store the very next day. “We were the only store open for two weeks following Hurricane Michael and worked tirelessly to provide needed supplies for our customers. We love our customers and the relationships we

have with them, and we love this town. We are excited to reopen yet again after this tornado.”

The couple, both originally from Uzbekistan, met in 2004 in Panama City Beach while Sara was living here and Tom, from St. Louis, happened to be attending a wedding in the area. They fell in love, started a family, and worked relentlessly to set up Blu Convince Store & Deli in Panama City Beach in 2014.

At first, they envisioned Blu Convince Store & Deli offering everyday conveniences with frozen pizzas. Then, at the suggestion of a family member, they started serving homemade pizzas with only fresh ingredients. Sara remembers making the first pizza dough, “I made the dough from scratch and everyone loved it.” Sara and Tom had found their niche, serving delicious pizzas with over 13 options and a plethora of mouth-watering toppings. Pretty soon the menu expanded to calzones, fresh subs, a variety of flavorful appetizers including calamari and bruschetta, and cherished classics such as chicken fingers,

fries, and onion rings. They even began to carry lighter options such as Cobb, Caesar, and Greek salads as well as several hearty breakfast items.

Local loyal patrons of Blu Convenience Store & Deli have rallied around Tom and Sara, giving them the energy and courage to reopen right next door to the ruins of their former location. One customer even started a GoFundMe account to raise funds for the new store which you can find here: https://www.gofundme.com/f/help-build-back-blu-convenience-store-deli?utm_campaign=p_cp_url&utm_medium=os&utm_source=customer.

The new storefront is located at 17836 Front Beach Road Panama City Beach, FL, and is open from 6 a.m. to 10 p.m. seven days a week. You can still find the same delicious menu options and the same local loving care as well as any everyday convenience you might need. Stop by, shop, and grab something from the menu and you will be glad you did.




Not Too Shabby
by Marisol Gullo

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FOOD4KIDZ

continued from page 3

quality meats; fresh fruits and vegetables; dairy products; fresh bread and grains; as well as canned, packaged, and dry goods. The goal is to distribute enough food to enable a family to prepare healthy meals at home for about two weeks. This helps families pay other essential household expenses such as rent and utilities. We have received reports that because of the assistance they received, some families have not become homeless.

In addition to food assistance, Food4Kidz offers “emergency relief” to help families who are facing eviction, the loss of electricity, or other essential services. Assistance is provided on a case-by-case basis, depending on the availability of funds.

Food4Kidz is the only organization of its kind in Bay County and is open year-round. Because Food4Kidz is an agency of “Feeding The Gulf Coast” (affiliated with Feeding America), we are able to pick up food and supplies twelve times a week directly from local grocers. We then distribute it to our local families by appointment.

Depending upon availability, Food4Kidz distributes 18+ tons of food every month. On average, Food4Kidz reaches more than 320 families monthly or about 1,920 persons. That equates to more than 3,840 families yearly or 23,040 persons yearly of which more than 12,900 are children.

Food4Kidz is also a designated Disaster Relief Agency in case of emergencies or natural disasters. Since Hurricane Michael, and in the aftermath of the global Covid-18 pandemic, the need has never been greater.

Food4Kidz is honored and humbled to have been awarded recognition along the way such as Gulf Power’s Amplify! Grant to assist in recovery efforts in the aftermath of Hurricane Michael, the “Humanitarians of the Year” Award by the Panama City Beach Chamber of Commerce in 2017, and Gulf Power’s “Power of Service” Award in 2016. They were also recognized by the City of Panama City Beach and City of Panama City with the designation of the month of May as “Child Hunger Awareness Month” in 2015, 2016, 2017, 2018. Grants from organizations such as the St. Joe Community Foundation in

2013 and 2019 have also helped Food4Kidz distribute more than 40,000 tons of food to local families in Bay County.

Frequently Asked Questions:

1. Why do you need monetary support? Food4Kidz receives no government assistance. We must rely on the kindness and generosity of our wonderful local community to serve as many struggling families with children as possible. Because of the Covid-19 pandemic, no fundraising events have occurred due to the inability to gather. We hope to resume those in the near future. In fact, to commemorate our tenth anniversary, we are planning to host a celebration in early fall, 2021.

2. Why did you establish Food4Kidz? Food4Kidz was founded in response to the discovery that such a large percentage (25%) of our local children live in a “food insecure” household. We find that fact to be totally unacceptable!

3. Who are your clients? How do they hear about you? Many have asked, “Are the parents of these hungry kids just lazy?” Fair question. The answer is “no.” Although there are a small number of exceptions, many of the scenarios are:

- The global Covid-19 pandemic. With massive job losses and uncertainty of family incomes, hunger has become a rampant problem.

- Hurricane Victims—Many of our clients are still suffering from the effects of Hurricane Michael.

- Grandparents who have suddenly “inherited” their grandchildren to raise. They often are trying to make ends meet on a fixed, limited income.

- Single moms trying to work (maybe, in some cases, two jobs), go to school to better themselves, and properly care for their children.

- Veterans-26% of our clients are vets.

- Hard-working men and women who are self-employed and who have become severely injured (or disabled) and are unable to work. They don’t receive workmen’s compensation or unemployment benefits but still need to provide for their families.

- Recently widowed or divorced heads-of-household who suddenly find themselves alone



and responsible for feeding their children and carrying on life as normally as possible.

- Homeless children and teens (yes, unbelievably we have homeless children and youth in our beautiful community—especially following Hurricane Michael)

- Seasonal workers (especially in the local tourism industry) who suddenly lose their jobs and have no other employment prospects.

- Senior citizens—about 18% of our clients are over the age of 60.

- Bottom-line: Food4Kidz strives to assist our local families and children who face hunger daily!

Food4Kidz receives referrals from schools, churches, businesses, civic groups, local and state agencies, community partners, and concerned citizens.

4. What are the requirements to receive assistance? A valid I.D. and a need. Food4Kidz doesn’t require personal information or proof of income. Food4Kidz does not belong to any “databases” or “keep tabs” on individuals. Food4Kidz does not seek to embarrass anyone. We believe that if a person is brave enough to ask for assistance, the experience should be as pleasant and stress-free as possible. This is especially important for the children’s sake. This philosophy has worked very well for over seven-and-a-half years. Although we are primarily a children’s charity, we turn no one away!

5. Since you are a member agency of “Feeding America,” isn’t the food you pick up and distribute free? No. Although the cost per pound is low, because of the volume of food purchased each month, there is a cost involved.

6. Doesn’t the school system meet most of these chil-

dren’s nutritional needs?

No, unfortunately. Although our schools do a good job when children are there (with breakfasts and lunches), they are away from school 87% of the time. These “at-risk” kids must rely on sources other than school for 67% of their meals. When you factor in afternoons, nights, weekends, holidays, spring break, and summer break, that’s a lot of time away from school. Even if the schools offer summer nutrition programs, the children still must have transportation to and from school. So, as you can see, the need is tremendous!

7. Are you a backpack program?

No. We are a full-service food bank. Although weekend backpack programs are very well-intentioned, reportedly other (hungry) family members are also present when a child arrives home on Friday afternoon. The backpack contents probably don’t last the night, much less the entire weekend.

Food4Kidz strives to of-

fer families the opportunity to have first-quality groceries with which to prepare wholesome, complete meals in the home throughout the week, weekends, holidays, as well as spring and summer breaks.

8. How do families receive assistance? A head of household or primary adult family member can call to make an appointment and come to the Food4Kidz storehouse. They receive assistance in a private, pleasant, confidential, professional setting.

9. What are your main organizational goals? We want to make top-quality nutrition available to the greatest number of struggling families with children as humanly possible, as well as encourage families to prepare and share meals at home (and increase family communication around the dinner table). We also want to deliver services in a positive, confidential setting with emphasis on compassion and utmost professionalism. Our most important goal? To ultimately put ourselves out of business.

We sincerely appreciate the opportunity to share “The Food4Kidz Story” with you. We look forward to meeting the needs of our local hungry children and their families throughout Bay County! You can help us by donating to our website: www.food4kidz.org (click the secure “Donate” button), or by mailing a check to 22811 PCB Parkway, #26, PCB, FL 32413, or by calling (850) 624-7485 and we will be happy to pick up a donation!



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 Community

A Few Minutes With... Rachel Duvall

Founder and CEO of Humble House

Tell us a little bit about yourself. I was born in Birmingham, Alabama, but I have been living in Panama City since 1984. I am happy to consider this my home.

Tell us about your family. I have been happily married to Scott Duvall for the past nine years. I have four children: Jacob and Brianna plus two more beautiful daughters who entered my

life when Scott and I married, Brittany and McKenzie. I have a wonderful mother named Diane Sweeney that has ministered to women alongside me for the past 17 years.

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Tell us about your current, past, or future career.

I have served in addiction ministry for the past 16 years at First Baptist Church through the Most Excellent Way Program. For the past 7 years, I have been in full-time ministry, working with ladies who have struggled with drug and alcohol addiction. I was director of the Bethel Village coverage program and homeless shelter for women and children. I am currently working as a Bates-based care coordinator at the Bay County Jail and I have also had the honor of being able to open a Transitional Recovery Program for women here in Panama City called The Humble House Ministries. This is also be-

ing expanded soon to Tallahassee, Florida. In these roles, God has showed me the incredible need for transitional recovery in our area and I love working with women showing them there is a better way of living through Jesus Christ. Long term, we're hoping to open a 12-month residential addiction recovery program for women in Bay and surrounding counties. We'd love for you to visit our Facebook page to see what God is doing through our ministry <https://www.facebook.com/HumbleHouseMinistriesINC>

What are a couple of your favorite restaurants in our community? Simply Seafood & Longhorns.

Who is the most interesting person you've met here in our community? Paula Dean! She came to tour our recovery program and was extremely down to earth!

What advice do you have for us? Love God with all of your heart, soul, mind and strength... and love your neighbor as yourself.

What is something on your bucket list? Go to Israel for sure!!!

What is something interesting that most people don't know about you? I have a special compartment in my stomach saved for dessert! :p

Humble House Hopes for New Location

We do not believe in coincidences. So, when the home we've been courting is featured on multiple platforms, going viral, we figure God's hand is at work.

Since March of this year, we have been praying over a home in Panama City, Florida that could be our recovery program's forever home. This particular house is out of place where it's at, looks more like a compound than a home, is much too large (and expensive) for anyone in our county to be interested in - especially not being beachfront - yet it's perfect for our needs.

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. The first home opened in September and 6 months later, the second home has opened which will double the occupancy capabilities, allowing us to include women and their children. In addition to Bay county, there is even a Tallahassee location being opened in early June. So

Continued on page 24

First Summer Job Can Shape Future Success!



BY BILL HUSFELT, SUPERINTENDENT, BAY DISTRICT SCHOOLS

May is an exciting time in the school system and by the time you read this, we will have graduated the Class of 2021 with as much pomp and circumstance as possible!

This year we also tried our hand at something new for our students (and especially our graduates) in the form of two student-focused job fairs. I'd like to thank the more than 30 businesses, the municipal governments, the branches of the military, and our local post-secondary institutions for their participation. Students were so excited to have so many employment opportunities and it was awesome to see the smiles on their faces as many of them secured their first jobs ever. It was awesome, too, to see all of the moms, dads, and grandparents who brought students to the fairs.

I think we can all remember our first jobs and what we learned from them. We can all also probably recall the salaries we earned!

I began my working career as a scorekeeper for Oakland Terrace at 13 years old. While the \$1.50 a game I made was incredibly important to me at the time, the more important memory is that this job is where I met my wife!

While working and going to school, I learned the importance of being responsible and

being punctual and I learned to work with others. Those are all life skills that I hope our students learn while they are in school or working part-time jobs.

The job fairs got me thinking about first jobs and so I thought it might be fun to hear from some of our beach administrators about their first jobs and what they learned.

Amy Harvey, the principal of our brand-new A. Gary Walsingham Academy, earned \$4.25 an hour from her first job working at the old Corn Dog 7 in the Panama City Mall. Amy remembers her fast-food career and the lessons she learned. "This job definitely highlighted for me the importance of being kind to others," she said. "Interacting with so many different people each day, I learned very quickly that people do not always treat food service workers with kindness and respect. All of these years later, I can still recall specific interactions I had with people during my time at Corn Dog 7. These interactions had a profound effect on me as a person, as it definitely taught me to be mindful of how my words and actions will affect others."

Patronis Elementary Principal Brooke Loyed, was employed at a retail store for her first job. She said she still remembers literally punching the time clock in and out on each shift. "I learned that retail work is hard work with long hours and you're always on your feet," she said. "And you learn customer service skills galore." Glenda Nouskhajian, principal of Hutchison Beach Elementary, also worked retail for her first job. "I worked in the Service Merchandise Jewelry Department for \$4.50 an hour," she said. "I learned I needed a new job to be able to afford jewelry LOL." Nouskhajian said her retail experience convinced her that becoming a teacher was the



right career path for her future.

West Bay Elementary Principal Deniece Moss learned about being an employee while working at the movie theater. She said her first job taught her "how to work with others!"

An ice-cream distributor was the site of Breakfast Point Academy Clint Whitfield's first job. He said the job came with many benefits. "I made \$7 an hour and got to eat the damaged containers of ice cream," he said. "I think I gained 20 pounds that summer." This sounds like a dream job for many teenagers!

Surfside Principal Matt Pitts had probably the most interesting (and maybe the most dangerous) first job. "I worked for a timber company in Blountstown and walked through snake-infested waters cutting lines with a machete for \$5.65 an hour," he said. "I learned I wanted to go to college!"

Washing cars at age 14 taught Britt Smith, principal of J.R. Arnold High, quite a few lessons. "I was 14 years old and the shift was from 8 a.m. until 5:30 p.m. with a 20-minute lunch," he explained. "I could only work on Saturdays and was assigned to vacuum cars for \$2.25 per hour."

Smith added, "I learned that

I did not want to do physical labor during Florida summers my entire life and that I would have 'made it' in life if I did not have to work weekends. I also learned that I needed to get a good education if I was to accomplish these goals."

While school focuses on academics, we also want to make sure our students are well-rounded citizens and that they have the life skills they need in order to be successful. First jobs in high school (and even middle school for some of our 14-year-olds) teach our students so much about the working world, what they need in order to be successful, and even what

they don't want to do as adults!

I know there's a labor shortage out there and it's summertime on the beach which means an influx of tourists and an even higher demand for employees. If you own a beach business, I hope you'll take a chance on a student from Bay District Schools. Our students are eager to learn, determined to make a difference, and passionate about contributing to their communities. They need YOU to help them learn critical life skills.

Thank you for all that you do to support our students, our schools, our families, and our employees. Stay safe and God Bless!

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More Than Meets the Eye

EDDIE SUMMERS, OPERATIONS TEAM LEADER, BEACH MOSQUITO CONTROL DISTRICT
 Mosquito control is not just about a person driving a spray truck. Behind the scenes, there are many technical aspects to conducting mosquito control operations. One technical aspect involved is the use of a livestream database and GPS tracking technology. This article will highlight a few aspects of the software used by Beach

Mosquito Control District to help Fight the Bite!
 BMCD uses a local and online-based software system called Map Vision developed by Leading Edge, Inc. This database system tracks, monitors, and stores a vast array of data from (1) surveillance data, (2) source habitats, and (3) product usage. This data is essential to planning control strategies for responsible & effective mosquito control. This data input by tech-

nicians is stored and ready to be used in real-time by technicians in the field.
 The software is enhanced by real-time GPS targeting technology. Specifically, this portion of the software is essential to operations for multiple reasons. First, technicians can see immediately when a service request comes in to be worked. BMCD does the utmost to respond quickly to service calls received by the taxpayers of the district.

Second, the system displays previously geocoded mosquito breeding habitats, with the ability given to the technician to add new sources on the fly, and third, real-time GPS tracking monitors activities which assists and ensures technicians operate safely on the road. This monitoring includes speed monitoring and time-stamped activity. BMCD's technicians often go off the beaten path into heavily wooded or swampy habitats. Time-stamped activity not only promotes efficiency but also assists in keeping the technician safe while performing fieldwork. If a technician has not checked in or moved in some time, someone will be able to locate their position to make sure they are not hurt. GPS real-time tracking also creates a means of accountability. The software system helps the technician during adult mosquito control spraying operations by guiding them through the specified areas they are tasked with treating. The application system works in conjunction with the GPS to ensure the correct speed is maintained, and proper amounts of product are applied in accor-

dance with the product label and federal law. The system has built-in safety & efficiency features to shut off automatically if the designated speed range is not maintained. A technician's entire treatment mission can be reviewed through the map interface to ensure areas were treated as planned, and vehicle operation is within appropriate parameters.
 The software system has multiple administrative tools. Technician's work efficiency, time usage, and relevant work notes can all be reviewed for better productivity. The system also provides real-time tracking of inventory based on daily product usage by the technician. The system is key for accountability in the district's entire mosquito control efforts. BMCD is inspected regularly by Florida Department of Agriculture and Consumer Services officials to monitor the district's product usage and is operating properly within the law. This system, along with the professional staff, helps Beach Mosquito Control District accomplish its mission.

Tails And Tales 2021 Summer Reading Program At Bay County Libraries

This year's Summer Reading theme is "Tails and Tales" for the Northwest Regional Library System (NWRLS). All summer virtual programs and in-house activities are free of charge. Recorded programs will release on the specified date/time through the Bay County Public Library and Panama City Beach Public Library Facebook pages or the Northwest Regional Library System FL YouTube channel. Pre-register for Zoom programs by visiting the event details online through www.nwrls.com or email sburris@nwrls.com for the registration link. A variety of programs are available for all ages.

Summer breaks from school can cause a student to lose up to one month of instruction. The NWRLS locations aspire to help students prevent the 'summer slide' by providing a variety of engaging, educational programs that encourage discovery. Summer Reading allows children to maintain their reading skills during summer break and foster a love of reading through the public library. Library cards are free for residents of Bay, Gulf and Liberty County. Each library card holder can check out up to 20 items at a time. Summer is a great time to read for fun while keeping up reading skills! Our library staff can also provide reading recommendations for all ages.

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Stingrays Find Success Despite a Challenging Year

BY CLINT WHITFIELD, PRINCIPAL, BREAKFAST POINT ACADEMY

We knew that this school year was going to produce challenges and obstacles that we'd likely never before experienced. However, I could not be prouder of our Stingray staff, students, parents, and community for coming together to keep our students in school. We looked at the challenges as opportunities: opportunities to help our students thrive socially, emotionally, and academically in a time when distance learning also created distance relationships. As we look back on this school year, we will reflect on the perseverance and resilience that Breakfast Point Academy personified as a family.

Even in the virtual world, our students continued to thrive, from kindergarten all the way through eighth grade. On May 19, we were so excited to hold our kindergarten celebration to watch our students sing, speak, and make their parents proud of their accomplishments! On May 20, our K-5 students attended Shipwreck Island for a field trip. A year ago, to the day, we were holding drive-thru parades in the front of the school. It really put things into perspective to remember how far we have come in a year.

Our elementary Art Club painted an amazing dolphin as part of a grant for Panama City Beach, and we know it is proudly displayed in our amazing city! We carried on with Beta Club, Art Club, and even introduced a STEM club this year, which completed some really awesome experiments.

Our middle school students received numerous academic



communications, Word Processing, Spreadsheets, Gaming, and Web Design.

In athletics, we were excited to welcome back sporting events, as well as competing in the Junior Olympics. Our boys'

soccer team went undefeated only to suffer a close loss in the playoffs, and our boys' basketball team reached the playoffs in consecutive years, for the first time in BPA's history. Our Junior Olympics team competed against other elementary schools throughout the county and had the most successful season in BPA's history. Neveah Grant won the 100-meter dash, our tug of war team placed third overall, and River Lamb won the 800-meter dash!

COVID-19 might have created challenges, but we rose together to face those challenges. We are looking forward to what the future holds for our amazing Stingrays. #RaysRise

accolades this year through academic fairs. We received awards at the Tom P. Barefield History Fair, which included four first places out of nine categories, one second place, two third places, three honorable mentions, four special awards, and five projects to state. Ava Holman had an amazing live performance that received Best Use of Primary Sources, and Top Ten in Live Performances in the entire state! Owen Frank and Conor McCann both advanced to the Chapter Invitational for MathCounts in which Conor placed first in his division, as a seventh-grader! For the Invention Convention, five projects placed in the district competition while three students advanced to nationals. Our CTE students will have earned 231 certificates in the following: Internet Web Associate-HS CIW course, Cyber Security, Com-

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GCSC Athletics Announces New Head Baseball Coach

Gulf Coast State College is pleased to announce that they have made an offer to Coach Younger to become the new Head Baseball Coach pending further employment verification. Coach Younger will begin work immediately to assist with the recruiting efforts for the 2022 baseball season.

Tyler Younger has an extensive coaching background, which gives him a unique perspective on the challenges that face student-athletes. Coach Younger joins us from Mississippi State University in Starkville, MS, and has also made coaching stops at Gulf Coast State College, Bradley University, USA Baseball Collegiate National Team, and NC State University.

For additional information, contact Mike Kandler at mkandler@gulfcoast.edu or (850) 769.1551 ext. 3897.

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Time with Wine: **Krutz Family Cellars**

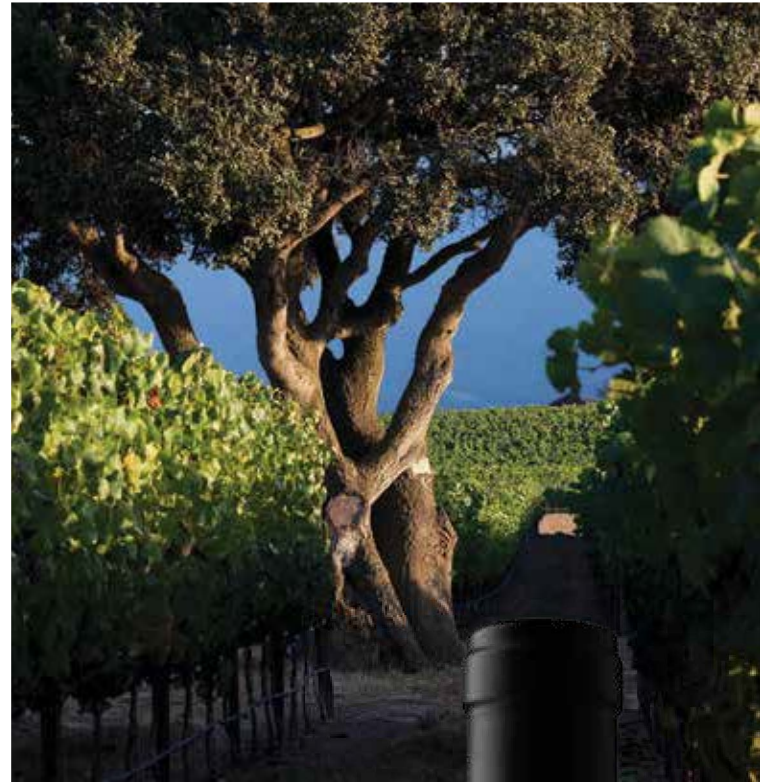
At Kwiker Liquor, we know that the key to having a great selection of fine wines is knowing a great selection of Vintners and Winemakers. We take pride in cultivating these relations to bring the very best to our customers in the Panhandle. This month we called on our friends

from Krutz Family Cellars to share their story with us:

A Circular Journey

Some thirty years ago Fred and Cherry Krutz discovered the world of wine when they made an adventitious stop into a wine and cheese boutique in

Carmel, CA. Little did they know that their oldest son, Patrick, would wind up working in the same store two decades later. The Cheese Shop is where the Krutz family first developed a passion for wine, and where Patrick learned the art of wine-making by working with some



of Monterey County's best wineries.

A Hobby Becomes a Family Business

Krutz Family Cellars was founded in the summer of 2003 in Monterey County when Patrick Krutz produced sixty cases of wine. The idea was to purchase a ton of grapes a year in order to produce a small amount of wine for family and friends. However, demand soon changed that plan and Krutz Family Cellars continues to grow in an effort to supply that demand. In 2011 Bryan and Cole Krutz joined their brother Patrick as owners and Krutz Family Cellars is now a family-owned winery located in Sonoma County.

Our Brand

Since 2003, Krutz Family Cellars has included a Magnolia flower on each bottle of wine that it has produced. The Magnolia, the state flower and tree of Mississippi, is a symbol of our southern roots. It not only represents where we are from, but also our way of life - true, honest, and fun.



With the largest selection of fine wines on the beach, Kwiker Liquor is proud to carry Krutz Family Cellars.



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PCB Flavor

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IN THIS ISSUE

ISO: PCB's Best Tequila Drinks

Tastebudz

ISO: PCB's Best Tequila Drinks

By JACK SMITH

I was recently asked to be a judge at the Tequila and Taco Festival. It was tough work, but I took one for the team. Equipped with a designated driver, I was ready to sample some of the best tequila drinks on the beach. The competition was between some of PCB's finest bars and restaurants, and they did not disappoint. My previous tequila experience was limited to shots with salt and a lime wedge chaser: sipping critically with taste in mind was all new.

Tequila, a Mexican spirit, is made from tequila agave and it's been around for centuries, which is plenty of time to get things right. Like American bourbon, tequila distillers have a stringent set of rules they must abide by. These include ensuring that each bottle is made in the proper location from the correct ingredients and that it's aged for the correct amount of time. Who knew? Once, on a trip to Cozumel, I was overserved and could not look at tequila for several years, but as they say, "that's another story."



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boondocksfl.com

Nothing better than a Boon Docks Margarita! We squeeze fresh juices daily, concoct our own sour mix and add Patron. Enjoy! Relax, sip, look out over the water and 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.



The Wicked Wheel

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

Fill up your tank at The Wicked Wheel with their famous Gasoline Tea! This version of the traditional Long Island Iced Tea is made with clear 100 proof moonshine, rum, gin, tequila, triple sec, sweet & sour and a splash of Coca-Cola. Get your engine revving with a 32-ounce Gasoline Tea served in an insulated souvenir cup!

Sisters of the Sea

3901 Thomas Drive, PCB | (856) MER-MAID
sistersofthesea.net

Sisters' margarita is a delight, but a bit of a mystery. Finagling a recipe out of bartender Scott for this fine beverage was like pulling teeth. Suffice to say, the fruit is fresh and there may or may not be a splash of Sprite.



Mike's Cafe and Oyster Bar

17554 Front Beach Road, PCB | (850) 234-1942
mikescafeandoysterbar.com

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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schooners.com

The Grand "Blue" Lagoon is a salient top shelf margarita that is ALMOST as alluring as it is delectable. Made with Don Julio, Grand Marnier, Blue Curaçao, and Agave Nectar. You can't be shy while enjoying it because everyone will want to know what you're drinking.



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5551 N Lagoon Drive, PCB | (850) 234-2225
captandersons.com

Enjoy \$6 Margarita Specials every Tuesday night in the Capt. Anderson's Lounge! Blood Orange Margarita, Midori Margarita, Skinny Margarita, Italian Margarita... the list goes on! The best Margarita special on the beach!

Christo's Sports Bar & Grill

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

Christo's margarita features fresh squeezed citrus juices, your choice of tequila, and a splash of Solerno orange liqueur. Then it's shaken to get all the flavors for a nice blend and topped with Grand Marnier. We are featuring \$5 Top Shelf Margaritas every Thursday for the month of April!



Paparazzi Gourmet Deli

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

Paparazzi Gourmet Deli has some refreshing, equally satisfying alternatives to a Margarita perfect for the first warm days of summer! Top picks include a chilled glass of Prosecco, or a delightfully fresh California Rosé.

Movies and S'mores Moves OUTDOORS

The seventh annual Movies & More series at Camp Helen State Park begins on Thursday, June 10. The summer fun series will continue Thursday evenings June 24, July 8, and 22.

We will feature a different food truck each week that will be parked at Camp Helen starting 5 p.m. The programs will begin

at 6:30 p.m. with an interpretive table with activities, a merchandise table, prepackaged smores around the bonfires, and a souvenir cup. The movie will begin at sunset. All activities, including the movie, will be outdoors.

Our series will kick off June 10 with "Princess and the Frog," which will feature a program

about small creatures found in our ecosystem. Then on June 24, before we show "Moana," we will have a program about sea turtles and learning activities. "The Lion King" (2019) on July 8 is sure to be a hit with a program about the Circle of Life within our park system. The season finale takes place July 22



with the new movie "Onward" and a special treasure hunt/guided tour throughout the park.

These special movie nights are sponsored by Florida's Department of Environmental Protection, Carpe Diem Community

Continued on next page

Grab a Bite and Enjoy Water Views at Boon Docks!

BY BRITTANY KIRKE

Looking for a fresh and friendly atmosphere with great food and a view to match? Look no further than Boon Docks restaurant. With a beautiful view of West Bay, Boon Docks offers a menu packed with delicious local and regional seafood options. Before heading inside, take a moment to enjoy the scenery along this stretch of the Intracoastal Waterway and appreciate the historic 1941 landmarks now part of Boon Docks, like the old fish house, the Buchanan home, and the old bait store.



Boon Docks has been around since 1998 and continues to be a staple in the West Bay community. Hilary Head, the owner of Boon Docks, is proud of the high-quality food they serve, stating that they “love having everyone come in and enjoy themselves.” They continually strive to provide great food and fantastic service. Hilary’s favorite dish is the half and half shrimp and grouper plate, which comes with your choice of two sides and hush puppies, but they also serve delicious shrimp burgers, Catfish

Po Boys, burgers, chicken sandwiches, and much more. The seafood used at Boon Docks is caught locally as well as brought in from around the region, coming straight from the waters we know and love.

As you walk inside the front door, you are greeted with a refreshing breath of the bay and welcoming staff. The seating inside is comfortable and even during a dinner rush, you will be sat in a timely manner. When it comes time to place your order, be prepared to taste the

delicious blend of spices they use in their grilled dishes and the unique breading recipe for all things fried. Hilary said that their breading is “handmade and cooked to order,” which is what makes it so good.

Boon Docks has several mouthwatering entrees for you to choose from. Whether you’re craving a classic po’boy piled high with your meat of choice or steamed crab claws, they’ve got you covered. Their “Half and Half” plate allows you to get the best of both worlds with



two half-size options of fresh bay scallops, fried oysters, fried catfish, shrimp, or even grouper for a little bit extra. The scallops, shrimp, and grouper also have the option to come grilled.

You’ll get a run for your money with the “Big Catch”: five shrimp, five oysters, grouper, two devil crabs, and clam strips. And when they have it available, their blackened redfish special is incredible. It is delightful to experience all the comforting food that Boon Docks has to offer, especially their homemade des-

serts. With a full bar available, they make sure to have ice cold beer ready for you and delicious margaritas and rumrunners are always on hand. They even stay stocked with funky label fine wines! With generous portion sizes and seafood that is bursting with flavor, you’ll be hooked!

In a near post-Covid world, we are all still adjusting to the re-entry into our community outside of our own homes. Boon Docks happily offers Carry Out in addition to their dine-in options for any customers who wish to have a contactless experience. If you’re wanting to grab a late-night bite after 8:30 p.m., give them a call at (850) 230 - 0005 so that they know to save you a plate.

Boon Docks is located to the right off Northbound Highway 79 near West Bay Elementary with plenty of parking for even the biggest party.

To view an online menu and read more about Boon Docks and their news, please visit www.boondocksfl.com.

MOVIES & S'MORES

continued from previous page

Solutions, and the Friends of Camp Helen State Park. Admission into the park for this event is FREE, although donations are accepted and encouraged. Donations will go directly to the Friends of Camp Helen

State Park to benefit the park’s resource management projects and interpretive programs.

Kayak and SUP rentals are also open at the park daily from 9 a.m.- 5 p.m. (7 p.m. on movie days). Reservations can be made online or by calling (850) 238-1900.

More information is available

at facebook.com/FriendsOfCampHelenStatePark, by calling (850) 233-5059 or by emailing CampHelenFriends@gmail.com.

Camp Helen State Park is located at 23937 Panama City Beach Parkway (Highway 98), Panama City Beach, just west of the Lake Powell Bridge.

Looking for the perfect seafood dinner?

Your ship just came in.

Located under the mighty oaks on the Intracoastal Waterway just 5 minutes from the beaches in West Bay, Boon Docks offers a delicious array of fresh local and regional seafood. Take in the history of our 1941 West Bay landmark... the old fish house, the Buchanan home and the old bait store are all now part of the restaurant.

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To Do in PCB



Area 4th of July Fireworks

Light Up the Bay Fireworks - July 2

Papa Joe's Bayside, 4601 West US-98, Panama City.

Join us for a long holiday weekend of fun for the whole family. Bring your lawn chair out and enjoy an array of food trucks, live music and fireworks over the bay!

Light Up the Gulf Fireworks Show - July 3

8 p.m., Boardwalk Beach Resort Hotel & Convention Center, 9600 S. Thomas Dr., Panama City Beach.

Presented by Boardwalk Beach Resort Hotel & Convention Center.

Join us on July 3rd as we "Light Up the Gulf" with the beach's largest private fireworks show! The magic happens after dark behind the Boardwalk Beach Resort condominium. With FREE live entertainment, contests and kids activities, don't miss the 14th edition Annual Beach Bash!

Freedom Rocks! Fireworks - July 3

8:45 p.m., Grand Lagoon, Panama City Beach.

Presented by Grand Lagoon Coalition.

Come early and dine at any Freedom Rocks participating waterfront restaurants, rock a spot with the glorious sunset washed colors painting the skies above the Grand Lagoon Bridge or bring your chair/blanket to the green grassy lawn at Treasure Island Marina.

Come early and shop, dine, and have incomparable FUN in the Grand Lagoon where Freedom always Rocks!



Star Spangled Spectacular - July 4

9 p.m., M.B. Miller County Pier and Russell-Fields City Pier.

Panama City Beach celebrates the 4th of July with the largest fireworks display on the Gulf Coast as fireworks are fired from the Russell-Fields City Pier and the M.B. Miller County Pier.

Summer Concert Series Starts Back in July

Hot summer nights are made for music, and the Summer

Concert Series has become a beloved summertime tradition in PCB. Enjoy a FREE concert in the park every Tuesday at Aaron Bessant Park Amphitheater — bring your lawn chairs and blankets and enjoy the sounds of summer music; coolers, food and pets are welcome.

2021 series of events include:

July 6 - Arcade Sounds (Retro 80s)

July 13 - The Deja Vu Band (Country/Rock/Motown)

July 20 - Anthony Peebles (Alternative)

July 27 - Me Like Bees (American Indie Rock)

August 3 - The Selfless Lovers (Soul/Rock N' Roll/Blues)

August 10 - Kris Lager Band (Revivalist Rock/Heavy Soul)

August 17 - Horseshoe Kitty (Party Rock)

August 24 - Loud Planet (Premiere 70s, 80s & 90s)

August 31 - Natalie Brady & The Nite Owls (Country Rooted/Pure Soul)

September 7 - Jason Lee McKinney Band (Rock/Soul/Country)



PHOTO BY JACK SMITH

Spectacular sunsets lit up the skies Memorial Day Weekend.

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 Arts & Music

Studio 237 Music School: The Story Behind Perfection



By LISA CYR

Last Saturday was our Studio 237 Music recital. Students prepare months in advance for their moment of performing on a stage for family and friends. We are proud of them and their performances. Each student puts forth great effort to walk up to the stage, present themselves, and play their best. I want that day to be perfect for the students and families, and yet, “life is not perfect.” It takes work and time to refine.

Several weeks ago, one of my younger students sat on the piano bench and with a downtrodden discouraged look on her face said, “It’s not perfect, so I will not play today.” I decided to pause a moment and let her statement “sink in.” Silence is golden and I am gathering my thoughts. After all, this is a piano lesson. My goal is to help the student overcome what is challenging her learning progress.



I then said, “Mistakes are how we learn.” and paused. “Without mistakes, we will never achieve perfection.” Sometimes, students paralyze their progress or block new experiences simply because they have detected one blemishing “imperfection.” If it is an all or nothing world out there, many choose nothing. Educators spend much thought, time, and study learning how to develop a student’s self-motivation to learn. I would rather have a student reach for perfection with a safety net understanding that mistakes are a natural part of their learning. In other words, “It’s ok to make mistakes, now let’s fix some of them.”

She looked down at the piano keys, rather distraught. I then said, “There is a way to get rid of mistakes.” Her face lightened up. “We break the mistake down

into small pieces, find the real problem area, and fix it. Then play it 5 times in a row perfectly.” We took it one hand at a time, I played the other hand along with her. Then began the refining process and I tallied up her 5 perfect plays. Before she knew it, she played well through the entire song. Her mountain had been conquered! She was rightfully proud because she had taken an imperfection and permanently made it perfect. Break through!

I then said, “Mistakes are important. They help us play (become) better. We can learn from our mistakes.” It was a real “a-ha” moment for myself too.

All the above words reveal the process that a student goes through before they walk up onto a stage and play their hearts out before an audience or judge. When you hear that amazing song played with control, feeling, and technique, see the expression of confidence and focus on their face, watch their hands craftly dance over the keys, as you totally enjoy even up to their last note played, and then see their broad smile as they bow. Now you know, the story behind perfection is mistakes.

Studio 237 Music Lessons is located in Santa Rosa Beach, FL. Our Aspire 4 Music Summer Program is happening for the month of June. See our ad in this paper or check out our website at www.Studio237Music.com. Our staff of six teachers are ready to teach: Violin, Cello, Viola, Acoustic, Electric, Bass or Classical Guitar, Piano, Ukulele, Drums, and Voice. Call Ray or Lisa Cyr at 850.231.3199 to schedule a visit, a lesson or to ask questions.

Giving Hope Through Music: Stevie Monce

By BRITTANY KIRKE

Country artist Stevie Monce has followed his voice all the way to the beaches we call home. What brought him here?

Born in Ohio, Stevie grew up moving around and spent his school years playing soccer. He received sports scholarships for college but Monce decided he had another path that he wanted to follow, and that path was music. Music helped him discover his voice. Monce thanks his mother for instilling in him a hard-working sense of ethics. As a single mother who raised three kids, he admires her the most. He stated that he was “painfully shy growing up and wouldn’t talk much in the hallways

quarantined with none other than Love and Theft’s Stephen Barker Liles on Dog Island; they caught their own food to enjoy with their families. It was during this time that Monce said he “fell in love” with the beaches and the community he had moved into saying “it almost become a ritual” to dig his feet in the sand and listen to the water.

But Monce is on a mission to spread the joys of music to every corner of the earth. Before Covid happened, Monce was invited to Tijuana, Mexico by a non-profit called Hope Song to play for patients at the C.H.I.P.S.A. Cancer Treatment Center. He fell in love with it and discovered his passion for playing them his music and telling them stories about how he wrote



at school,” but seeing what music can do for people allowed him to really open up and share his voice with the world.

Monce moved to Nashville in 2009 and lived there for 11 years following his dream of playing sold-out shows for the masses. He previously had a deal with Mucho Love Music but is currently signed with Penny Publishing, going on three years now. He fondly remembers playing with Florida Georgia Line, Love and Theft, Zac Brown, and several other country artists. With distinct rock n’ roll influences, his music adds a southern flair that captivates his audience, allowing him to establish a sound of his own. His stage presence is exhilarating, and you’ll be singing along with him in no time.

After touring for 10 years, Covid brought everything to a screeching halt and that is how Stevie’s journey to the panhandle began. Stevie

the songs. He was then asked to be a partner with the non-profit and would spend six months at a time in Mexico. He spoke on how Hope Song is a “big part of [his] life” and that it has allowed him to see how much music can help people mentally and physically. “The tears of hope, the pain relief, and the simple organic joy” that it brought to the patients is something that he will never forget. This experience, he says, truly shaped him into the man that he is today.

Since then, he has been working on several new projects that he is looking to release in the next year or so. You can catch him locally at The Salty Goat every Tuesday and Dat Cajun Place every Saturday, among other venues. He will also be playing a show in West Salem, Wisconsin with Lee Brice in September, and a couple of other venues with Love and Theft in July. So, keep an eye out for it and follow him on Facebook and Instagram @steviemonce for more information.

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Clint Eagar Takes Artist of the Year Award for Safari Club International Two Years Running

By PCB LIFE STAFF

The sole visible eye of Clint Eagar's tiger, "Stalker" is a lucid yellow, the glistening focal point of a piece so startlingly real that for a long minute it seems like some larger-than-life photograph. It is, however, not Mother Nature but rather Eagar's pains-

more recent past and find Eagar returning to his African roots with a painting line-up that includes appearances by familiar safari faces: leopards, elephants, a snarling lion, and rhinos come alive under his steady hand. Not to neglect his adopted home, a number of North American

the rare white Bengal tigers that once graced the city zoo).

In addition to keeping these two galleries lively, Eagar is also working with actress Jennifer O'Neill to kickstart a fund-raising partnership to benefit her foundation, Home and Healing Hands at Hillenglade (HHH). Through her foundation, O'Neil uses equine-assisted programs to bring hope and healing to Veterans, as well as armed forces, first responders, and their families. Eagar is contemplating a series of equestrian portraits, with plans for part of the proceeds from these new works to go to

HHH.

Between painting, commuting, and plotting charitable ventures, Eagar found the time recently to sign a large licensing deal with a company out of Canada that will represent his designs, and images of his work, on products in a wide range of industries, from flat-wear and puzzles to home decor, accents, and gifts.

Whether Eagar is at his gallery in Grayton Beach or away snapping reference images on safari (or simply visiting his Franklin gallery), visitors to his gallery space will be able to

learn more about his work and find just the right piece for just the right wall space. It doesn't matter if the end objective is big game or small fry: Eagar and his team can help with frame selection and choosing a specialty LED light to perfectly set off each painting.

For a closer look at his collections and to buy prints, visit clinteagardesign.com. His gallery in Grayton Beach is located at 36 Uptown Grayton Cir, open Tue-Sat 10 a.m. - 5 p.m., and Sun 10 a.m. - 2 p.m., or ring (224) 715-2252 for more information.



takingly refined brushstrokes that have brought this beast to life. It's also a fine example of the animal-centric paintings for which Eagar is increasingly known, with the Safari Club International's Artist of the Year Award to prove it. In fact, Eagar was the recipient of SCI's award both in 2020 and again in 2021. He's also just opened a second gallery in Franklin, Tennessee this past month showcasing some of his award-winning work.

Eagar, raised and educated in South Africa, spent many childhood years exploring places like Kruger National Park, one of Africa's largest game reserves. Here, hippo sightings vied with lions, cheetahs, and the occasional leopard for attention. Thoroughly steeped in big game culture, Eagar went on to study art at the Johannesburg School of Art, expanding his focus after he immigrated to the United States and spent time at the Fashion and Art Institute in Dallas, Texas. In the years since, his realist style has ranged from fashion themes and Formula One race cars to diverse landscapes, while he simultaneously pursued other creative angles in the design industry.

Fast forward many busy paint-splattered years to the

mammals, such as "Mountain Ram" (which was his prize-winning submission to Safari Club International in 2020), and South American wildlife (think vibrant Macaws and a prowling jaguar), emphasize his abilities in this particular genre. Not surprisingly, there's an Emerald Coast influence clearly discernible in his "Aquatic Collection," comprised of a veritable sea of fish, as well as a friendly dolphin and an unperturbed sea turtle - all rendered in great detail.

His more hyper-realist works can take months to finish, some of which are available to pre-order as limited edition prints. In addition to maintaining a working studio and gallery in Grayton Beach, Eagar has also just opened the aforementioned gallery space in Franklin, Tennessee. For now, he'll be splitting his time between Grayton Beach and Franklin; he'll spend a week-end each month at the latter for Franklin's First Friday Art Crawl. At the grand opening in May, he unveiled his brand new tiger painting, "Stalker." "We've already pre-sold three of the artist proofs," says Eagar. One of them is being purchased (fittingly) by part owners of the Cincinnati Bengals, a Cincinnati football franchise (named presumably for

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 Wellness

Are You Happy with Your Testosterone Shots?



By DR. RICHARD CHERN, M.D.

Testosterone shots for men have been used to treat testosterone deficiency for many years. There has also been a lot of bad press about using “testosterone” in men, because previously, many men abused testosterone and later faced consequences such as heart attacks, strokes, pulmonary embolisms, sudden death and other health problems. We’ve all heard about “Roid Rage” and have seen reports of domestic

abuse, murder and suicides all associated with testosterone. So, how is it possible that testosterone is good?

There are several issues to keep in mind with testosterone use in the past. First, these issues often occurred with dosages as high as 20x the natural levels found in humans. Second, all of these reports are associated with the use of synthetic versions of testosterone. The medical community has known for decades

that any synthetic testosterone is associated with adverse effects such as strokes, heart attacks, sudden death and more. This includes the most commonly prescribed testosterone cypionate. Third, breakdown products or metabolites of testosterone are also hormones that can have major effects on the body in both beneficial and detrimental ways. Many of the issues that occurred were because of over-dosing and a lack of understanding of the metabolism and full effects of synthetic testosterone in the body.

Many men use weekly testosterone cypionate injections to maintain their testosterone level. While this provides some benefit, most men complain about the common issues shots have. Shots are absorbed based on time rather than blood flow. So, the first days after a shot are typically amazing and most guys feel like superman because of overly high levels. Unfortunately, this only lasts for a day or two and these overly high levels are not only bad for us but they also rapidly decrease. These days are typically followed by two days where guys feel good. Then, the last few days are nearly always nonproductive and include increasing moodiness, fatigue and a lack of desire to engage in the world. Next, because of these swings in testosterone, estrogen quickly becomes difficult to control. The hormonal ups and downs cause

mood swings, tear-fullness, irritability, anger and other emotional disturbances. Levels on either side of optimal can cause erectile dysfunction. So, these swings often lead to additional medications such as anastrozole, Viagra, or other medications to control issues that just don’t happen with pellet therapy. Then, of course, there are the general issues of remembering to take your weekly injections, constantly going to the pharmacy, multiple doctor appointments, lab draws, etc.

With pellet therapy, we see our guys about two times a year and once we get your dosing dialed in, we only need labs once a year. Hormone levels are consistent every day and it’s unheard of to need additional medications once optimized. So, are you REALLY still happy with your testosterone shots?

Dr. Richard Chern, M.D. and Sue Griffin, ARNP specialize in hormone therapy for both men and women. Dr. Richard Chern, M.D. is the only BioTE Platinum provider in the area and has been providing BioTE hormone pellet therapy longer than any other provider in the region. He has been asked by BioTE to teach providers across the country on how to provide proper hormone therapy for both men and women. Dr. Richard Chern, M.D. is currently accepting new patients so call today at 850-837-1271 for an appointment.



The key to quality senior care is asking the right questions.

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HUMBLE HOUSE

continued from page 12

much need.

“We are thrilled to see the community support of this ministry. But with the obvious need, we can’t keep opening a temporary transitional home every 6 months! We need a forever home, and this house has everything we need to make that dream a reality,” Rachel Duval, Founder & CEO.

This is why when this home, the one we’ve met with the realtor and seller about, the one we have investors lined up to gift substantial donations for, the one we will have to raise \$1,000,000 to purchase, the one in OUR Bay county, was featured on Zillow Gone Wild www.facebook.com/zillowgonewild/posts/174196997934571, we



had to share. The home is located at 329 W 23rd Place, Panama City, FL. We have no idea how this connection will spark interest, or increase awareness, but we do not believe in coincidences and are eager to see the story waiting to be told.

Learn more at Humblehouseministries.org or call (850) 628-1021.

Vision + Hearing Loss May Double Alzheimer's Risk

Mild sensory loss also strongly linked to dementia risk.

BY BETH HOWARD, AARP

Declines in hearing or vision have been linked to dementia in the past, but combined losses in these two senses are associated with a greater risk of both dementia and Alzheimer's — even if the impairment to both senses is relatively minor. That's the takeaway from studies reported on at the Alzheimer's Association International Conference 2019 in Los Angeles.

In one study released today, researchers from the University of Washington School of Public Health in Seattle explored the connection between sensory impairment and dementia among a group of more than 2,000 people age 75 and older. Participants, who were cognitively healthy at the start of study, were followed for seven years.

The study showed that people who were either visually or hearing impaired had an 11 percent increased risk of developing dementia overall and a 10 percent greater risk for Alzheimer's

disease specifically. But having both hearing and vision loss put individuals at a much greater risk for cognitive deterioration.

"People with combined vision and hearing impairments had an 86 percent increased risk for all cause dementia and a more-than-two-times increased risk for Alzheimer's dementia," says Phillip Hwang, a doctoral epidemiology student at the University of Washington and lead author of the study.

As Hwang explains, before this latest research was released, most studies had focused on a single sensory impairment. "But a greater proportion of older adults experience more than one sensory impairment as they age. We wanted to understand the effect of having multiple sensory impairments on dementia."

The study wasn't designed



to determine if sensory impairment leads to dementia or if it is just an early sign of mental decline. But researchers have some clues. When they looked at people with mild cognitive impairment, a precursor to dementia, they found no significant association with failing senses.

"That suggests that sensory impairments are a risk factor for dementia," Hwang says. "It's possible that treatment of sensory impairments could potentially help modify or reduce the risk of dementia."

Boost Your Brain Health With Staying Sharp

Another study presented today, from the University of California, San Francisco, took a similar approach to studying the connection between impaired senses and dementia. Investigators tested the senses of hearing, vision, touch and smell in 1,810 people ages 70 to 79 who were free of dementia at the start of the study. They followed them for about 10 years. Dementia was identified through hospital records, prescriptions for dementia-related medications and tests of brain function.

Researchers found that lower scores on measures of the four senses combined were associated with a higher incidence of dementia. Significantly, even mild sensory loss was strongly linked to dementia risk.

"Most of the older adults in this sample do not have severe

levels of sensory impairments," says study author Willa D. Brenowitz, a postdoctoral researcher at UCSF. "Yet we still find strong associations between multisensory impairment and increased risk of dementia as well as faster rates of cognitive decline."

Although the data don't fully explain the link between impaired senses and dementia, Brenowitz theorizes that the loss of key senses could cause individuals to become more socially isolated, contributing to cognitive changes. Sensory impairment could also reduce stimulation to the brain with the same effect. Or inflammation or other cardiovascular processes might underlie both the sensory loss and reduced brainpower.

"This research is in the very early stage, but the main implication is that we should be paying more attention to sensory impairments and evaluating

Continued on next page

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 Musing

4th of July



BY SEAN DIETRICH

On my kitchen counter is a pound cake, sitting on a pedestal, beneath a glass dome.

Pound cake is the food of summer. It can make or break the entire season. A summer without pound cake is like church without singing. Or Monet without color. Or Andy without Barney.

When I was a younger man, my soon-to-be wife and I went through mandatory marriage counseling at our church. It was miserable. The minister was so uptight that he could have carried a corn cob without using his hands.

The pastor asked me what my “love language” was.

“My what?” I said.

“Your love language,” he said. “How do you receive love?”

“Come again?”

“Food,” my wife interjected. “Sean’s love language is pound cake, and so is mine. We speak Food.”

That preacher looked at us

like we had June bugs crawling out our noses. And I never forgot that.

Because my wife was right. We speak Food. Food has always helped me through life. I use fried chicken to fend off existential doubt. Pimento cheese gives me courage. And pound cake restoreth my soul.

And yea, though I walk through the Valley of the Shadow of High Cholesterol, I will fear no egg yolks, for Thou art with me.

Speaking of food, right now I smell steaks cooking on a grill. My neighbor, Tom, is having a holiday cookout and he is speaking my “love language” fluently.

It’s Fourth-of-July week and every house on our street has a driveway full of cars. There are American flags flying on every post, mailbox, and car antenna.

People linger on porches, holding bottles and aluminum cans, eating ridiculous amounts of goodies and laughing a lot.

The sun is low. I hear firecrackers in the distance. They sound like bottle rockets.

If you are, or you have ever been a boy, you know a bottle rocket simply by its sound. Fireworks are expressly male items. If you don’t believe me, visit YouTube and type in “bottle rocket tricks.”

What you’ll find are millions of videos featuring death-defying stunts by young people who—how do I put this?—are only knitting with one needle.

What you will not find among

these videos are females. Girls are too smart to mess with gunpowder.

When I was a boy, we fooled with bottle rockets all summer long. We would travel to the county line and spend big money on bundles of barely legal bottle rockets. We would waste the entire summer developing strange and exotic ways to harm each other with explosives.

I hear a mother down the street, yelling at her children. “Be careful!” she shouts. “Don’t blow yourselves up! Supper’s almost ready!”

Next, I hear the sound of bicycle gears clicking, and skateboards. Is that the sound of a big wheel? The kids kick up a cloud of dust behind their tires.

“You’re not faster than me!” shouts one child.

“Yes I am!”

“No you’re not!”

“Yes huh!”

“Nuh uh!”

“Yes huh!”

“Nuh uh!”

They pedal hard until dusk. And just when you don’t think they can pedal any faster, their mother calls them for supper.

No matter how many light years away from home children are, the mere mention of food makes them fly homeward faster than Chuck Yeager drinking Mountain Dew.

Soon, I hear the sound of ceramic casserole dishes on their porch. And the happy chatter of voices. And the sounds of forks and spoons.



This is a cross-section of old-fashioned America to me. Casseroles, kids, and laughter.

A radio accompanies their supper. The sound of the Temptations, singing “I Heard it Through the Grapevine.”

And I remember when my mother once danced with me on the porch to this very song. She spun me around, and showed me how to move my feet. We really cut a rug. You don’t get over memories like that.

On a day like today, I am left wondering how it happened. How did I get middle-aged? Where did my life go? Once, I used to be a boy, fearless, fast, with a hollow leg. How did I develop love handles, old-man toenails, and a bad back?

Sometimes I miss childhood afternoons, lying in the grass beneath a sprinkler. I miss fishing with earthworms. I miss warm tomatoes, stolen from my mother’s garden. I miss playing with explosives.

I am interrupted.

My wife walks onto our porch. She is carrying a pedestal with a golden cake beneath a glass dome. She cuts two slices and serves them with fresh strawberries, and pours iced tea into jelly jars.

We don’t speak to each other because we’re too busy eating. We only smile with our mouths full, then touch the rims of our jelly jars together.

It’s a holiday, and there’s no need to say much today. After all, I know what she’s saying, and she knows what my heart is saying back.

She’s saying, “The pound cake came out good, didn’t it?”

And I’m saying, “I love you so much it hurts.”

I know all this because, like my wife told the man, we speak Food.

Happy Fourth of July.

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VISION + HEARING

continued from previous page

what mechanisms may explain their link to dementia,” Brenowitz says. “At this stage we don’t know how sensory impairments affect the development of dementia.”

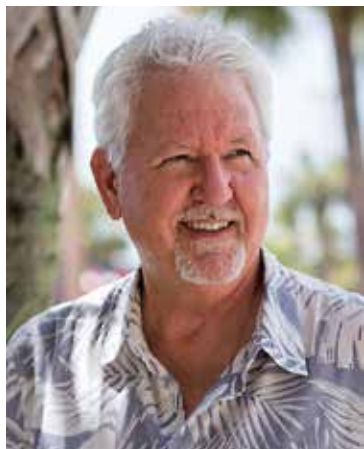
Whether diminished senses cause or just accompany dementia, the research could lead to better patient care. “Either way, there’s potential impact,” Brenowitz says. “If sensory impairment is an early indicator of dementia, these impairments are easily measurable and could

eventually help to develop a screening tool for dementia.”

If dementia is a consequence of sensory impairment, identifying and treating it, such as correcting hearing loss with hearing aids and auditory training, could help lower the risk of mental decline. “If there is a causal link with dementia, it offers promise for intervention,” Brenowitz says. “There is a lot of potential in this to improve quality of life for older adults.”

<https://www.aarp.org/health/dementia/info-2019/alzheimers-vision-hearing-loss.html>

A Pastor's Ponderings: It Happened One Summer



BY DAVE HOLLAND

It happened one summer day when I was at Dad's house. He lived deep in the desert. We were roofing the addition to the house he shared with his new wife. The sun blistered us with 105 degrees of pure hell as I slapped down the black shingles and Dad nailed them to their resting place.

Dad stopped for a moment to wipe the sweat from his face and said, "I'm sure a 14-year-old boy would rather be out having fun, but I love doing this." He picked up his hammer and continued pounding nails. He was

right—this wasn't how I pictured visiting Dad.

"Who is this strange man? Who could love sweating like a pig roasting over a barbecue pit? WHO is this man I call Dad?"

I longed for his approval my whole life. The absence of his demonstration of how a man acts left a crater-like hole in my soul. Psychologists say that children who grow up in a one-parent home fill that empty space with anger. I am living proof of that adage.

Dad moved out when I was age 5. Afterwards I saw him once or twice a year after. As a teenager, I often imagined how I was going to tell him off when he came to visit at Christmastime. But the moment he walked in the door, all that anger evaporated and I ran to him. An hour after he left, my old friend depression crept back in with his evil twin resentment.

Thirty-five years and thousands of miles of distance did little to soothe our strained relationship, until my nephew asked me to perform his wedding. The family all traveled to Colorado

for the weekend of festivities. My sister Linda randomly won the Coca-Cola Challenge and three tickets to a Colorado Rockies baseball game two nights before the wedding.

Dad, Linda and I went to the game with the requirement that one of us run in the Coca-Cola Challenge. I was the only one healthy enough to compete.

A beautiful Rockies official escorted me to the team's bullpen and prepared me for the Challenge during the seventh inning stretch. "By the way, this game is being televised nationally," she said. She also explained the contest involved running from the left field wall, tagging second base, and continuing to the first baseline in less than 25 seconds to win.

Boom! Blasted the starting gun. My forty-eight-year-old legs struggled mightily. The crowd of 35,000 people roared their encouragement as the TV cameras rolled. I won with my lungs sucking air like a lung-cancer survivor and the crowd cheering wildly.

As beautiful Rockies' representative escorted me back to my

seat, the jumbotron scoreboard replayed my victory run. It all felt surreal as we approached my seating section. I could see Dad watching the jumbotron and waving his ball cap excitedly from his wheelchair. My mind raced back to my little league days as a ballplayer. Hundreds of times I had looked toward the stands, longing to see Dad, only to be disappointed at his absence. Now, here he is.

Dad casually mentioned on the ride home from the stadium that this was the first time he attended a baseball game. I realized then how much he had missed. Under the cruel shadow of divorce, son missed father and father missed son.

The rare air of tranquility enveloped us as we each accepted the journey of our lives. We loved each other despite it all and, in the end, that's what matters. Reconciliation has to do with accepting your losses and kicking anger to the curb. Resentment and regret only steal your joy. Forging a new future based on peace allows love to emerge.

Similarly, humanity lost itself

in all the crap of life. Alienated from God the Father, we had no path to return to Him. Until Jesus came and dealt with the vast void of sin at the cross. Christ created a new beginning based on peace, "We also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation." Romans 5:11, (NIV)

1 John 4 further explains, "This is love: He loved us long before we loved Him." And concludes, "Everyone who loves is Fathered by God."

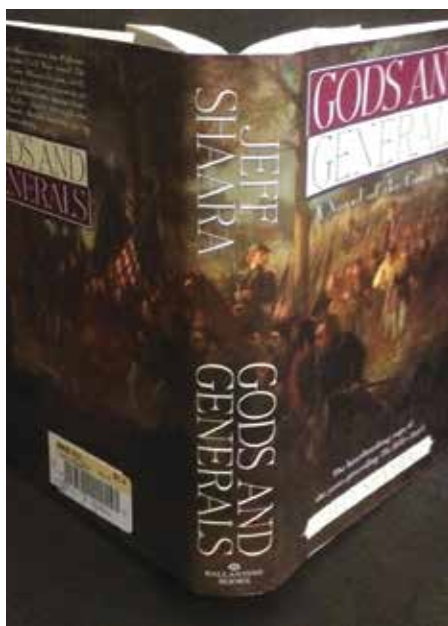
I've come to appreciate my Dad, but Father God is the daddy I never had. My heart is whole and filled with the love of God and love for my Dad.

Dave Holland pastored churches for 38 years before retiring in Destin. 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.

Gods and Generals By Jeff Shaara

BOOK REVIEW BY JACK SMITH

If you are a fan of historical novels, you could do worse than reading Jeff Shaara. Jeff is the New York Times best-selling author who finished his father Michael Shaara's Pulitzer-winning trilogy on the Civil War. His father's novel, "Killer Angel," was completed with Jeff's "Gods and Generals" and "The Last Full Measure." Only filmmaker Ken Burns and historian Shelby Foote provide



the same insight into the men who actually fought. Shaara depicted the emotional drama of soldiers fighting old friends while actually describing the battles and their outcomes. "Gods and Generals" covers

the events leading up to the war, including General Lee's disillusionment with the Confederate bureaucracy. In 2003, "Gods and Generals" was made into a film starring Robert Duvall and Jeff Daniels. Jeff Shaara has pro-

duced fifteen New York Times bestsellers and over thirty novels dealing with The Revolutionary War, World War I, World War II, and Korea. His newest book deals with the Battle of Midway.



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Shabby Chic Shopping in PCB



The Treasure Box by C&M

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The Treasure Box is just that, over 5000 sq. ft. of treasures. There is literally something for everyone here where shabby meets chic. We offer a variety of shabby chic furniture, decor, yard art, and so much more. We are more than just a retail store, we take it to the next step: the customer can ask for custom signs, sea life from wood, and even custom furniture colors. We offer a line of paints to choose from and take great pride in all of our work. We are a husband-wife team that has been best friends and worked side by side for over 25 years. We also perform a live Facebook video every Wednesday morning at 9 a.m. to offer even our customers that live farther away an informed shopping experience. We even offer shipping on most products.

Looking for a one-of-a-kind, friendly, locally owned, and operated design destination? Look no further than The Treasure Box. Come by and see or call us today.

Turtle Girls Market

7930 Front Beach Road, PCB | (850) 775-4101

turtlegirlsmarket.com

Welcome to Turtle Girls Market, where you can “Get Your Turtle On.” Our store offers the best shopping experience on the beach! With over 8,000 sq. ft., we feature over 50 vendors displaying coastal décor, upcycled furniture, antiques, jewelry and much more! We are also an Elite Dixie Belle Paint retailer and offer paint and resin classes.

Turtle Girls Market (TGM) was founded five years ago by Laurie Berger, a local resident since 1992. We started with a mere 9 vendors, and persevered through Hurricane Michael, several tropical storms and a pandemic! We are thankful to still be here, growing our family and doing well.

Interested in becoming a vendor? Bring pictures of your work and anyone can sign you up on our waiting list. For paint and resin classes call (850) 774-4101. We are here to help.



Masion 30A

16810 Panama City Beach Pkwy., PCB | (850) 775-1227

www.maison30a.com

Tactile is the first word that comes to mind when visiting Maison 30A's furniture show rooms on Panama City Beach Parkway. From the cool, smooth edge of the industrial-chic cement dining table to the rough-hewn feel of the hand-carved teak sculptures and occasional tables, everything at Masion 30A is intended to be touched and experienced.

Christopher Bailey, owner and designer, began re-purposing industrial elements into furniture in 1997 in San Francisco, California. He has remained dedicated to industrial furniture design for residential or commercial projects. Using raw materials such as steel, cast iron, reclaimed aged wood, rivets, and mechanical elements, Chris handcrafts each piece into functional and stunning furniture that fits well in the modern home, loft or office.



Shabby Chic Shopping in PCB

Not Too Shabby

12805 U.S. Highway 98 E., Inlet Beach | (850) 608-9911
nottooshabbybymarisulgullo.com

Not Too Shabby has really been on the move lately. They have been voted 2017, 2018, 2019, and 2020 best furniture and accessory store. Their flagship store has been in Miramar Beach for 10 years. To help service the east side of 30A and PCB, they have recently added a second store at 30 Avenue in Inlet Beach. As well as providing custom-built furniture, bedding, upholstery, accessories, lighting, and of course, original art by Marisol Gullo, the 2017 artist of the year, they have now added interior design and remodeling services. Marisol and Tony Gullo, owners and operators, decided it would be a great idea to offer interior design to help their customers with very special and specific 'coastal contemporary' and 'coastal chic' designs. Marisol and Tony also have a very extensive background in construction, so adding the remodeling aspect to their business was a "no brainer." Stop in their new location and see what amazing interiors they have. Ask about their free interior design consultation and start bringing the coast and elegance into your home.



Salty Mermaid Marketplace

7829 Front Beach Road, PCB | (850) 238-8830
saltymermaidmarketplace.com

Salty Mermaid Marketplace is a coastal lifestyle store like no other! We have an amazing selection of art, jewelry, yard art and outdoor concrete, apparel, furniture, décor, gifts, and of course, those mystical mermaids. You can find the cutest beach wear and accessories in our boutique and the most adorable items for those little mermaids and pirates in the children's boutique. After you find the perfect outfit for you and your beach babes, you can find a stunning selection of salty treasures to make your home a coastal paradise or the unique find to take back home. Come visit us today and shop the largest collection of unique mermaid items on the beach in a creative and inspiring environment that feels like you are home. You will be greeted with a friendly hello and leave as family.

"Quite possibly the coolest store on the beach!"

The Salt Shed Home & Garden Center

22601 Panama City Beach Pkwy, PCB | (850) 249-5457
thesaltshed.net

The Salt Shed Home & Garden Center sprouted up in 2018 as a family-owned business. We opened on the west end of the beach as a shop for home décor, plants, and soap. We have grown into so much more and continue to add new items! In the back Garden Center, we offer a variety of unique outdoor plants to choose from, including air plants, succulents, and staghorn ferns. We also carry fruit trees, landscape plants, soil, and garden supplies to help with your gardening needs.

Inside our relaxing shop, you'll find plants blooming in every corner and local vendors displaying shabby chic and antique designs. Enjoy local Kombucha as you explore a wide variety of clothing, soaps, candles, honey, and excellent gift shopping ideas. We have the perfect houseplants for any light conditions or for the novice/advance plant person. Stop in and find the perfect houseplant or possibly the rare plant you have always been looking for.



Jewelry Through the Ages

BY TRACY MILLER

Jewelry and gemstones go back in time further than we can remember. The earliest piece of jewelry ever found goes back about 25,000 years ago. A necklace made of fish bones was found in a cave in Monaco. Forty-one shell beads found in sand layers in a Blombas cave date back to 75,000 years ago and suggest that something dramatic happened; humans became interested in art, ornaments and beauty even back before a time when we would have presumed primitive humans thought only of survival.

Researchers are still trying to uncover the mystery behind the owners of the bone necklace and the Blombas cave beads. The biggest question is, did the necklace belong to a chief or a medicine doctor or someone with a title or was it simply a gift? This is something we will probably never know but many have speculated it was worn by someone important.

Going back in history the first adornments found were teeth, bones, claws and horns. Hunt-

ers believed that wearing these 'trophy' would bring them luck in their next hunt. As with any hunter back then they wanted to show courage and gain respect from their village.

Jewelry was also worn in some societies to ward off evil spirits or worn as talismans to protect against illness or bad luck. Jewelry later came to denote human commitment. Wedding rings symbolize the commitment two people have for one another. Slaves wore bracelets to denote their owners. Some tribes in Africa wear hug discs in their lips to make them look more fearsome. The Ndebele people in Africa wear neck rings as part of their traditional dress and as a sign of wealth and status.

Throughout the world, jewelry has evolved over time, from the Egyptian's Ankh that symbolizes life to the Greeks and their belief in Gods and symbols. Each had their own beliefs and methods for making jewelry. Egyptians made multi color necklaces and bracelets out of beads and were also famous for Faience, a glass-like glaze on clay with glass inlays.



The Greeks were known for their use of gold and they perfected a method for making tiny gold beads called granulation. The Romans loved cameos and cherished them for their beauty.

Diamonds didn't become popular until people learned how to cut them to show their beauty. This wasn't until the 1300's when diamonds were cut and faceted by hand. The first electric bruting machine was invented in 1891, and the first motorized diamond saw was initially a blade coated with diamond dust and oil. These had a huge impact on the accuracy of diamond cuts and enabled more creative cuts. The asscher cut and baguette cut were both introduced during this time.

The greatest movement in

jewelry came from the Crusades, during which Constantinople served as a mixing pot for the greatness and richness of Greece, Egypt, parts of Russia and North America. The use of rich colors and oriental symbolism lasted well into the middle ages. Cloisonné enameling flourished during this period. The Crusades opened up trade between the East and West which exposed Europeans to new ideas and trade.

From the twelfth to the fifteenth century, commoners didn't wear much jewelry. Sumptuary laws were enforced as a means to regulate what pheasants were allowed to wear, so they didn't copy clothes or jewelry of the nobility.

During this time rings that were worn had a purpose. Ecclesiastical rings were worn by clergy and as sacred or holy emblems. Creative rings were meant to heal ailments and disease. Rings of romance or wedding rings were worn on the second finger of the left hand to be closest to the heart.

Henry VIII was one of the most lavish of the Royals. He

wore extravagant clothing and flashed more than 234 rings and 324 brooches and diamond and pearl studded necklaces. Henry's daughter Elizabeth loved pearls so much she had over 2000 dresses adorned with pearls and gemstones.

During King Louis XIV's reign, he proclaimed he would have the most magnificent court throughout the land. From 1642-1715 there were more large diamonds imported from India than any other time in history. The Hope Diamond was purchased by Jean-Baptiste Tavernier during this time. It was meant to be given by Tavernier's grandson to his wife Marie Antoinette but the diamond was stolen.

From 75,000 years ago to present times, jewelry has been worn to show our loyalty, independence, to stand up for a cause or to symbolize a belief. Jewelry can capture a moment with engraving or a laser engraved picture. We wear jewelry to express how we feel. If taken good care of, it can last for many lifetimes as heirlooms to be shared through decades.

Happy Fathers Day!



Tracy's

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Design and Culture: **Hurry Up and Wait**

It has been an interesting year for construction and design in our area. If you are rebuilding your home from Hurricane Michael, building a home, or doing a remodel at this point, you already have experienced some sort of delays, price increases, or inventory availability. Windows, doors, appliances, cabinetry, tile, flooring, furniture, lighting, rugs: the list goes on for items that are backordered, delayed, had pricing increases, or are indefinitely out of stock. There is good news though. Small businesses in our area like Granite Plus and 13 Hub Lane are savvy, and constantly searching for new resources.




At Granite Plus, we have experienced delays with custom cabinetry, and it continues, but we can prepare our clients for this. Custom cabinetry used to take four to six weeks for delivery, but now it's up to 13 to 15 weeks. In the past, cabinetry was ordered once drywall went up but we are working closely with contractors and clients to be able to order cabinetry in a timeline that will work for their project. We are ordering at earlier stages of construction to ensure our clients still get cabinets once they are ready. Along with our two custom cabinetry lines, DuraSupreme, based out of Minnesota, and Trucabinetry, which is based in Alabama, we have added two additional cabinet lines that have a faster turnaround time. Our newest line, Northpoint Cabinetry, can be onsite in five business days from the order date, which is very exciting. Their selection consists of all wood cabinets, and dovetail construction with soft close doors; they're available in white, grey, and espresso. We expect lead times for custom cabinetry to go down towards the end of the year, but for now, if you need custom cabinets in the fall, plan to get started as soon as possible. For countertops, there have been only minor delays in natural stone and quartz.



The same time frame goes for furniture, lighting, rugs, etc. but the interior designers at 13 Hub Lane work closely with their clients. They will guide you through this climate and help you find some in-stock options to keep your project on time. They offer free design services and you can also shop from your home at 13hublane.com.



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 Lifestyle

30AEats.com Recipe of the Month: **Mexican Caviar**



BY CONTRIBUTOR
CAROLINE COKER

This is one of my favorite appetizers that I make at home all the time. During one memorable chapter of my childhood, I spent the summer with my mom and younger brother, poolside at my aunt and uncle's home in Texas, where mom made mounds of Mexican Caviar to snack on daily. It has now become a signature family dish, and my mom will sometimes add black eyed peas or boiled peanuts in place of the black beans for that Southern flair. Whatever legume is your favorite, you will find this recipe to be addictive. Makes 6 servings.

Ingredients

Dressing
2 tablespoons cup balsamic vinegar
1/4 cup extra virgin olive oil
1/2 teaspoons salt
1/4 teaspoon black pepper
1 (15-ounce) cans black-eyed peas, rinsed and drained

1 cup chopped green bell pepper
1 cup chopped orange bell pepper
1/4 cup chopped red pepper
1/4 cup chopped red onion
1/2 cup cherry tomatoes, chopped
1/4 cup chopped fresh parsley

PREPARATION

Combine dressing ingredients in a jar or small container with lid; cover tightly and shake vigorously. Set aside.

Rinse and drain beans well. Place in a medium glass bowl or plastic container. Add remaining ingredients and toss well. Add the dressing, and toss again. Transfer to plastic container, cover with lid tightly, and refrigerate for at least two hours before serving.

Remove from the refrigerator, toss, and serve with tortilla chips, saltine crackers, and limes on the side for those seeking extra zest.



Note: This recipe is packed with Vitamin C, Vitamin K, Vitamin A and Vitamin B6. It is also high in protein and fiber, helps in lowering blood pressure, blood sugar, and is heart healthy. Watch me make this recipe on Gulf Coast Restaurants You Tube Channel.

Contributor Caroline Coker was raised on 30A, and has been living in South Walton, Florida since the age of five. She is passionate about health and fitness, and graduated in Nutritional Science from The University of Alabama in August 2015. You will find more of her work here at 30AEats.com on Beach Eats, recipes that she is working on for her first cookbook with her mother. Caroline also handles the social media for Gulf-CoastRestaurants.com.

Five Local Leaders Recognized at Beach Chamber Awards Dinner



The Panama City Beach Chamber of Commerce's celebratory Annual Awards Dinner was a night of recognition where they honored five of their outstanding members on Thursday, May 27, at Edgewater Beach & Golf Resort.

"It was great getting the membership together to recognize business leaders for everything they do to help the Chamber and Community," said President/CEO Kristopher McLane.

This prestigious event recognized local leaders for their dedication and accomplishments in the community and with the Panama City Beach Chamber. These awards included the Chamber Ambassador of the Year, Humanitarian of the Year Award, Community Impact Awards, and a dedication to the Chamber's 2020 Past Chairman.

The Past Chair Award was given to the 2020 Chairman of the Board, Matt Griffiths of Griffiths Construction of Bay County. His dedicated service and commitment to leading the Beach Chamber helped grow the membership to over 1300 members.

This year's Ambassador of the Year Award winner was James Clemens of Mica Specialties. He truly goes above and beyond for the Beach Chamber. He is not only a great asset to his company and the Beach Chamber, but also equally valuable to the community.

Our Humanitarian of the Year Award was given to Beach Care Services, for their generosity and commitment to improving our community and the lives of others.

This year, the Chamber awarded two Community Impact Awards to Gulf Coast Regional Medical Center and Ascension Sacred Heart Bay for their frontline heroes caring for our community.

Congratulations to all award winners and thank you to everyone that made the Annual Awards Dinner a huge success.



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The Easiest Way to Sell Your Used Car

As you can imagine, auto dealerships sell lots of new cars. But, did you know they often sell more pre-owned cars than new ones?

And, since dealerships sell lots of used vehicles, they also need to buy a lot of used vehicles. So it only makes sense that they are always looking for good used vehicles to sell.

Faced with the alternatives of selling your car on Facebook Marketplace or Craigslist, what's the benefit of selling your car to a dealership? For most people, the number one reason is that it is simply an inconvenience to try to sell your car yourself. Many people don't

have the time to go through the hassle of selling their own vehicle, whether it's advertising it themselves or going through the transaction process at a bank. Another reason is safety. We are living in strange times right now and you never know what you are going to be dealing with.

Still, many people don't understand what's involved in the process of selling their car to a dealership, such as whether or not you have to bring your car in to get a price. The answer is no. The process starts online where you can actually get a pretty accurate price without ever coming into the dealership.

If you are interested in get-

ting the price a dealership will pay for your car, you can often go to a special page on their website. For example, at www.PanamaCityToyota.com you'll find a tab for "Sell Us Your Vehicle." You'll need to share some photos and details for your vehicle to get an offer. It typically takes 5-10 minutes to complete the submission and you'll get a firm offer within 3 business hours.

If you are wondering about whether there is a particular age, or specific makes and models that dealerships are interested in, there's a pretty wide range. While dealerships like to get late model used cars, it's not unusual



for them to purchase your 10-15 year-old vehicle, if it's in good condition. As for models, since dealerships take in all types for trade-ins, they sell all make of used cars and will buy all kinds of used cars.

Another benefit of selling your used vehicle to a dealership is that you don't have to make the repairs you otherwise might to sell it on your own such as brakes, body, or even mechanical repairs. You also don't need

to detail your car, although you may want to gather up the loose change. Dealerships have complete repair and detail shops to prepare a car for sale so you don't have to.

According to Robert Gates, General Manager at Panama City Toyota, the concept of people selling their used car to a dealership rather than trying to sell it on their own is catching on quickly. "It's become very popular and I think it's because people are realizing how easy it is."

To get a firm offer on your vehicle visit panamacitytoyota.com, or call (850) 769-3377.

Know Your Pro: Go Solar/Stay Local with Sundew Solar

Going solar is a term that has become all too synonymous with door-to-door salesmen and out-of-town corporations trying to capitalize on Florida's reputation as "The Sunshine State." Sundew Solar is proudly breaking the barrier on big business by becoming the first completely locally owned and operated solar company in Bay County. After Mike Weber of MK Weber Engineering, a local structural engineering firm, saw the need for a small-town source for solar power in our community, he teamed with his childhood friend, Aric Bowen, to begin offering a trusted solar solution to locals interested in going green.

Aric and his family made the recent move to Panama City all the way from Illinois after becoming so passionate about the opportunity to help the community through Sun-



dew Solar. With a background in construction and commercial sales, he has navigated the start-up of the company with ease, all while endeavoring to establish lasting relationships throughout Bay County through Chamber events and local connections.

Though the idea of going solar can seem like a daunting endeavor, Sundew has set itself apart by establishing itself as a truly trusted source for knowl-

edge on going green through solar panels. For an estimate, it's as easy as dropping by their office on 23rd Street with a recent power bill and your address; a custom quote can be generated within one hour of stopping by.

Through a solar energy system, an average-sized single-family home can expect to save around \$60,000 in power bills over 25 years, which is also the equivalent of 25,312 gallons of gas and 247,739 pounds of coal.

Stop in to speak with Aric or schedule an in-home consultation to see how much money you could save by going solar and to learn more about their in-house financing options.




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 Business


BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

The Energy Sector. According to Raymond James, “The Energy Sector remains the best performer in 2021, up 35% (10% greater than the next best sector) while the clean tech index is down 47% from its peak in February.” (Raymond James Energy Daily Update May 14, 2021). Last fall, Fidelity Investments suggested that the Energy sector could be the leader in a recovering economy, and they continue to see Energy as a leading sector. What is interesting is that this in the face of all the negative news on fossil fuels and the focus on clean energy. Why is this group up 35% despite the unfavorable sentiment? Add to that the fact that the momentum in green energy can only accel-

erate. To answer that, it is important to take note of few facts about today.

The energy sector remains the best performer in 2021, up 35%, while the clean tech index is down 47% from its peak in February.

Some investors might think this recent strong and leading performance is the proverbial head fake — that energy stocks (which were the worst performers for the past five years) might again lag the market before long. In the meantime, consider the following data:

During this year’s Berkshire Hathaway annual meeting, Warren Buffet noted that there are over 290 million cars and light trucks on the road in the USA today. Add to that, Statista.com estimates worldwide daily consumption in 2021 will be 96.5 million barrels of oil. They project that to be 103.2 million by 2025. Car sales are projected to hit 18.5 million units this year (Seasonally Adjusted Annualized Rate, SAAR, for April) per Automotive News and Motor Intelligence. This adds up to a lot of demand. The consumption of

Market Leaders Thus Far in 2021?



natural gas and liquified natural gas continues to grow as well. Natural gas is seen as not only a transitional natural resource, but a replacement for coal.

Most notable however is the significant decrease in exploration and production. Both Raymond James and Fidelity have spoken to that recently. Major oil companies (Exploration and Production or E & Ps) are not expanding their investments in new wells even though the price (currently around \$65 a barrel) is well above their costs. Most analysts see \$50 to be the average cost for these majors and some of the biggest oil companies have lift costs below that, in the low 40s.

Lower exploration and production mean less oil and gas in the future. Fidelity has pointed out that this could significantly decrease what has been an all-out glut of oil and gas over the past several years. While we do not think this means shortages, we do agree this could lead to the firming of oil prices. Historically, this boom-and-bust sector has had large swings in price.

The result of firming oil prices means consistency of profit margins, resilience of dividends and increased share buy backs, all of which could support the continued growth in share prices. It also means that the majors, and smaller firms, through consistent margins, have the capital to expand in to greener and cleaner energy like solar and wind farms. That too could support share prices.

There is a flip side to this however: many institutional investors (pension funds, endowments, mutual funds, insurance companies and others) are shying away from these stocks because they, like many other institutional investors are focused on ESG investing (Environmental, Social and Governance) and hence that could slow or stunt the growth in share prices of many traditional

energy firms. It takes that momentum of dollars to keep these equities growing at such rates. Do these investors have it right?

The takeaway is that investors who are looking for value, inflation resilience and income, and have confidence in what is happening in this sector, should possibly consider increasing their holdings or weightings into Energy, if this is right for you.

A note regarding Electric Vehicles: Raymond James (Energy Daily Update May 14, 2021) sees the growth coming much faster for heavy duty electric trucks, commercial vehicles and buses compared with electric cars. Investors can participate in those directly through the stocks in the firms that develop and produce all of these.

Inflation Resistent or Inflation Resilient Investments: The main measures of price inflation came out this past week. First were consumer prices (CPI) which showed an increase of 4.2% year over year and up .8% from March. That was the fastest pace since 2008. The second was producer prices (PPI). That showed a year over year increase of 6.2% or .6% from March. The Bureau of Labor Statistics noted that was the largest increase since 2010. While the Federal Reserve has two major focuses (one being inflation and the other being employment) it is most concerned for the moment about jobs. Interestingly the number of open jobs right now is 8.1mm, and the number of unemployed Americans is approximately 9.8 million.

Wage pressures may or may not be in our future. On the lower spectrum of wages, McDonald’s reported that it is increasing the minimum wage to \$14 per hour at its company owned stores. It intends to move that to \$15 by 2024. Chipotle also announced that it is increasing its minimum wage to \$15 per hour.

The final takeaway, if investors wish to adjust their strategy during periods of price inflation, might possibly turn to increase their weightings in equities (value stocks in particular) as well as commodities (materials stocks) and Treasury Inflation Protected Securities. Energy stocks as well as financials, real estate (mainly REITS), materials and industrials represent more value-oriented stocks or equities.

Knowing what impact inflation and other factors may have and when that might happen means doing your research or utilizing the advice or professional management of an investment advisor.

The First Wealth Management is located at First Florida Bank, a division of the First, A National Banking Association, 2000 98 Palms Blvd., Destin, FL 32541, with branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8124.

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Investing involves risk and you may incur a profit or loss regardless of strategy selected, including diversification and asset allocation. Investors should consult their investment professional prior to making an investment decision.

Treasury Inflation Protection Securities, or TIPS, adjust the invested principal base by the CPI-U at a semiannual rate. Rate of inflation is based on the CPI-U, which has a three-month lag.

Investing in the energy sector involves special risks, including the potential adverse effects of state and federal regulation and may not be suitable for all investors.

Utilizing an ESG investment strategy may result in investment returns that may be lower or higher than if decisions were based solely on investment considerations.




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Flooring Depot Expands its Footprint

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

Flooring Depot of Panama City does it again! Driven by their commitment to providing customers with incomparable service, an extensive product selection, and solutions for customers' flooring needs, Flooring Depot's latest expansion—a new premier flooring supply store-branded Coastal Flooring Supplies—focuses on all things flooring supply-related, including tools and installation products and accessories! The addition of Coastal Flooring Supplies allows a comprehensive solution for flooring needs, including residential and commercial products and tools to proudly serve homeowners, builders, contractors, property managers, multi-family and DIY sectors!

Following in Flooring Depot's impressive footsteps, Coastal Flooring Supplies provides the largest selection of in-stock, quality flooring tools, supplies, and installation products and accessories in the Panama City/



Bay County, FL area. They're committed to supporting customers and servicing their needs with quality products from the top flooring supply manufacturers, such as Mapei, Schluter, and Roberts.

Coastal Flooring Supplies' friendly, professional, and knowledgeable staff is always eager to offer solutions for all flooring supply needs. In fact, they take pride in providing the best customer service and dedication to professionalism in every aspect of the business, while curating the finest selection of flooring tools and materials available. Their experienced team goes above and beyond for each customer in order to make certain they have everything they need to get the job done.



In addition, Coastal Flooring Supplies exceeds Bay County customers' expectations by offering phone/call-ahead, email, and online ordering, as well as convenient, early opening hours (6:30 a.m.) and a Monday – Saturday schedule. Local customers get the supplies they need when they need them! They're the only local flooring supplies provider to offer early-bird and Saturday hours.

From Flooring Depot of Panama City's monumental product selection in their beau-

tiful, organized and expansive showroom; their spacious warehouse that stocks the largest selection of flooring products in Bay County; their extensive service offerings, including financing options and in-house installation technicians; convenient in-store, in-home, and virtual appointments via Zoom and FaceTime; to their latest expansion with Coastal Flooring Supplies, it's easy to see Flooring Depot's vision, determination and commitment to offer comprehensive flooring solu-

tions to the local Panama City/ Bay County, FL area.

Whether you're a homeowner, builder, contractor, property manager, or DIYer, Flooring Depot of Panama City and Coastal Flooring Supplies has you covered for all your flooring needs. Their skilled Flooring Specialists and associates are happy to assist with inspiration, design direction, FREE in-home estimates, financing, and installation, while offering the largest product selection and prices to match any lifestyle—even if your personal style or flooring project requires budget-friendly options.

Flooring Depot of Panama City invites you to visit their extraordinary showroom and their premier flooring supply store, Coastal Flooring Supplies, both in Panama City, for all your flooring needs.

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



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17799 FRONT BEACH ROAD

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Contact Tami Moats 850-381-6423



1203 BONEFISH DRIVE

Bay Point | Panama City Beach

4 Bed | 3.5 Bath | 4,110 SF | Listed at \$1,400,000
Contact Cindy Armstrong Karr 850-303-3477



11800 FRONT BEACH ROAD - UNIT 2-701

Grand Panama Beach Resort | Panama City Beach

3 Bed | 3 Bath | 1,458 SF | Listed at \$579,000
Contact Nancy Young 850-258-7141



319 WAHOO ROAD

Bay Point | Panama City Beach

3 Bed | 2.5 Bath | 2,641 SF | Listed at \$1,100,000
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