



FEBRUARY 2023  
VOL. 3, NO. 6

# PCB Life

PRSR STD  
ECRWSS - EDDM  
U.S. POSTAGE PAID  
Santa Rosa Beach, FL  
PERMIT NO. #11

Postal Customer Local

## Looking Forward

BY MAYOR MARK SHELDON

I hope 2023 finds everyone happy, healthy, and on track for a prosperous and successful year!

Florida is one of the fastest-growing states in the U.S., and Panama City Beach is not immune to that growth. As we enter the new year, I wanted to let you know about a few things going on in the City. We are diligently moving forward with many infrastructure projects to accommodate the rapid growth we continue to experience.

Some of these projects are the 17 lane miles of street resurfacing, construction of a new fire station, development of the next 1.44-mile segment of Gayle's Trails, and numerous new amenities at our parks.

The City is also seeing extensive private development, like the new hospital coming on State Road 79, another beach ER opening on the east end, new hotels, a large-scale winery, and a major golf attraction.

You cannot look around this City and not see our prog-



ress. We have come a long way over the last few years, and we won't let up on our plans for the future in order to guarantee a continued great quality of life for our residents.

Let's look at some of our recent accomplishments.

After 50 years without one, Panama City Beach finally has a strategic plan and a business plan with both long- and short-term goals which we evaluate yearly. The strategic plan, adopted in 2020, was needed as a roadmap for the

future. Our 2021-2026 Strategic Plan keeps us on track in pursuing our priorities and guides the beach in our vision to be a safe, family-friendly,

**FORWARD**  
*continued on page 3*

## 29th Annual Panama City Beach Scottish Festival

On Saturday, March 4, 2023, don your kilts and celebrate the return of the Panama City Beach Scottish Festival and Highland Games taking place at Frank Brown Park. This family-friendly event will be held outside from 9 a.m. to 5 p.m.

At 11 a.m. the festival kicks off with the Bonnie Knees Contest Welcome Ceremony with Parade of Tartans. This year, enjoy music from band North of Argyll as well as several Scottish Pipe & Drum Bands from the Panhandle. The Highland Athletics will feature Taber Tossing, Sheaf Tossing, and the Heavy Hammer throw, among other events. Come and see these athletes up close and personal.

Numerous Scottish Clans will be on hand so you can learn about Celtic heritage and find out if you have any Scottish blood running through your veins. See Celtic dancers perform typical dances from Scotland, Ireland, and other regions in the British Isles. The British Car Club will feature beautiful vehicles from

**SCOTTISH FESTIVAL**  
*continued on page 5*



**At your local, independent AAMCO, we provide you with expert repair and service for your TOTAL Car Care needs!**

*From automatic/manual transmission repair & rebuilding to clutch service and replacement, advanced computer diagnostics to identify and help fix all drivability problems - including 4X4s, fleets, and more. Complete brake services including brake pads & rotors.*

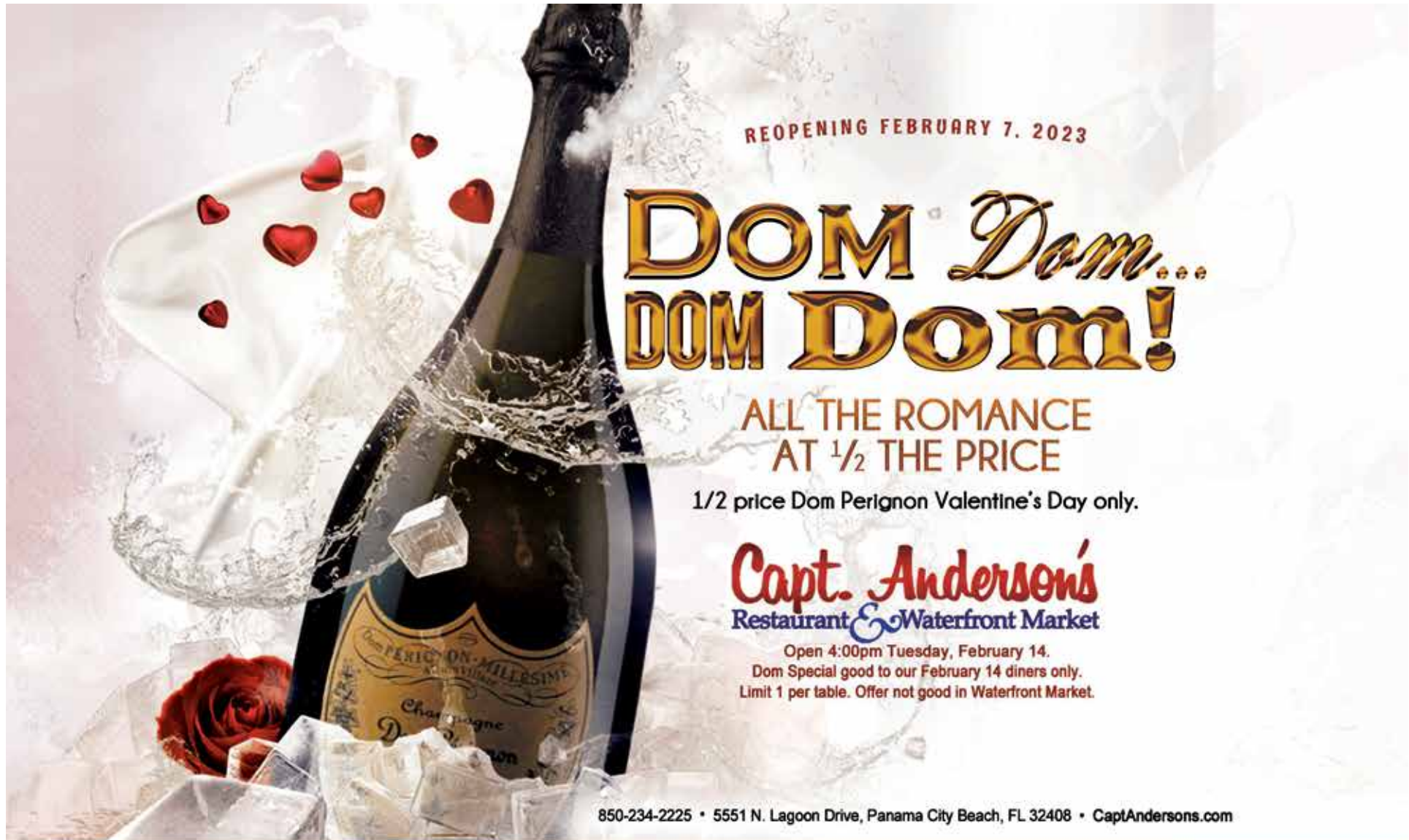
**21929 Panama City Beach Pkwy, PCB • (850) 588-1186**  
**aamcopanamacitybeach.com**

A SELECTION OF CHAMPAGNES  
UNRIVALED IN OUR PART OF THE WORLD

**Capt. Anderson's**  
Restaurant & Waterfront Market

2022 Wine Spectator Best of Award of Excellence • 5551 N. Lagoon Drive, Panama City Beach, Florida 32408 • [CaptAndersons.com](http://CaptAndersons.com)





REOPENING FEBRUARY 7, 2023

# DOM *Dom...* DOM Dom!

ALL THE ROMANCE  
AT 1/2 THE PRICE

1/2 price Dom Perignon Valentine's Day only.

**Capt. Anderson's**  
Restaurant & Waterfront Market

Open 4:00pm Tuesday, February 14.  
Dom Special good to our February 14 diners only.  
Limit 1 per table. Offer not good in Waterfront Market.

850-234-2225 • 5551 N. Lagoon Drive, Panama City Beach, FL 32408 • CaptAndersons.com

# BACK TO ABNORMAL!

**EVERYTHING  
1/2 OFF!**

**3 - 5PM WEEKDAYS IN FEBRUARY!**  
Yes, that's EVERYTHING on the menu, including drinks!!  
- Dine In Only -

**SCHOONERS**  
LAST LOCAL BEACH CLUB®

850-235-3555 • 5121 Thomas Drive • schooners.com

**FORWARD**

*continued from page 1*

vibrant community that values residents, businesses, and visitors, supports cultural and economic diversity, and maintains

outstanding quality of life.

As part of the strategic planning process, residents reaffirmed what we already knew to be our number one challenge and priority: a better, multi-modal transportation system is desperately needed to enhance mobility.

This year, you will see how much is going on to improve traffic flow as we continue construction and expansion going east in the Front Beach Road Community Redevelopment Area (CRA) from Arnold Road to Lullwater to Hills to Lantana. This project, with multiple segments, adds sidewalks and bicycle and tram lanes to expand transportation options.

Also, Panama City Beach Parkway will be expanded to six lanes this year from east of State Road 79, at the entrance to Frank Brown Park, all the way to Nautilus, and then from Nautilus to Richard Jackson Boulevard. The Florida Department of Transportation (FDOT) understands the main east/west

thoroughfare through the City requires additional capacity to handle the traffic flow.

FDOT is also resurfacing Hutchison Boulevard, adding ADA-compliant sidewalks on the south side, and making other improvements up State Road 79.

Additionally, the City is expanding sidewalks on Hills and Alf Coleman, raising Alf Coleman, and making improvements to many connector roads that take residents from PCB Parkway to Front Beach Road.

As private developers invest in our community, we want to make sure they are good stewards of the environment and are preserving green space for our residents to enjoy. The City has added a requirement that subdivisions reserve space in their developments for neighborhood parks. We cannot stop development, especially in light of the increased demand for housing here, but we can put stipulations in place for responsible growth.

Over the course of the last

two years, we have been successful in engaging residents through our communications efforts. Open communication is paramount to a thriving city. Through our various social media pages and our website, we reach hundreds of thousands of people each year. Our City Facebook page, which has 117,000 followers, is where you can watch Council meetings, learn about upcoming events, be alerted to road construction projects, receive infrastructure updates, and participate in community contests.

It is my belief that transparency builds trust and creates public buy-in. We always want to convey accurate and timely information to you, our residents, businesses, and visitors, as community stakeholders.

In addition, anyone – regardless of where they live – can come to our council meetings and speak. Anyone can bring their concerns to PCB elected officials.

We know that we already

have a great quality of life here on the world's most beautiful beaches, but we continue to work to make it better. We have installed odor control devices at our wastewater treatment plant and we are anticipating adding more amenities to our parks, including a skatepark, six pickleball courts, new basketball courts, a BMX park, and more.

We continue adding public art around town through our SeeLife program. We have a contract for a revamp of the Russell-Fields City Pier, considered our main street. And we are getting rid of an eyesore on the beach with the Lullwater outfall project which will reduce beach erosion and the potential of flooding around Lullwater Lake.

There is a lot going on and the future is very bright for Panama City Beach. As always, I appreciate your support of our City. Together, we can accomplish much. Thank you.



Published Monthly  
Directed Mailed to Panama City Beach  
Circulation: 12,000 Households

**Publisher**  
Dave White  
dave@southwalton.life

**Publisher & Advertising Manager**  
Jack Smith  
jacksmith12328@comcast.net  
(804) 307.8780

**Editor**  
Jamie Zimchek  
editor@mypcblife.com  
(757) 663.1987

**Production & Layout**  
Kim Harper  
kim@southwalton.life

PCB Life assumes no financial liability for errors or omissions in printed advertising and reserves the right to reject/edit advertising or editorial submissions.

©Copyright 2023 PCB Life

VISIT [MYPCBLIFE.COM](http://MYPCBLIFE.COM) TO READ THIS ISSUE ONLINE



LET THE ADVENTURES BEGIN!



**ELECTRIC CART COMPANY** 

Largest Selection of Electric Vehicles  
Club Car • Polaris GEM  
StarEV • Tomberlin • Garia  
Moke • Yamaha

Full Service • Wheels & Tires  
Accessories • Rentals  
Pickup & Delivery



[ElectricCartCompany.com](http://ElectricCartCompany.com)

Santa Rosa Beach  
850.622.2000

Panama City Beach  
850.233.0020

# PCB Chamber New Member Spotlight



## Introducing: **Santa Rosa Beach Aerial Arts** Home of Local Cirque Show "Cirque Under the Stars"

### Who We Are

"We make fitness fun" - We are an adult-focused aerial fitness and performance arts studio, offering a variety of unique and fun fitness classes. Whether you are looking for a fitness/lifestyle-focused journey, or a performance-based goal, we are here to assist you on your new adventure!

**Class Offerings** - We offer a variety of different styles of classes for new and experienced students. Adult classes include aerial arts, pole fitness, flexibility/contortion and Kangoo jump cardio classes. Additionally, we also offer a very limited space kids' program for aspiring young aerialists.

Our studio offers classes suitable for all ages, sizes, and fitness levels. No experience is needed to join our beginner classes. Join our group classes, book private one-on-one sessions, or try our popular private party option. We offer drop-in, monthly, and class card memberships.



### Studio Mission

What makes us different? - We want to grow the local performance arts and circus community! We provide challenging, fun, and rewarding classes in a supportive, non-competitive, creative environment. We are the only studio to offer small studio performances and large stage opportunities to performance artists and aspiring performers in the area. We hope to inspire new and experienced performers to join our family of creative talent. We bring a unique and original cirque show



to the panhandle, offering the highest level of instruction in Northwest Florida. Learn more at [srbaerialarts.com](http://srbaerialarts.com).

Come see our upcoming local production, at Aaron Bes-

sant Park to learn more about us!

### Cirque Under the Stars presents "Masters of Mayhem" February 25th

This is a Santa Rosa Beach Aerial Arts production with the theme "Masters of Mayhem" based on Villains, Vigilantes and Vengeance.

Cirque Under the Stars is the biggest LOCAL Cirque collaboration in the Panhandle. Join us for our third annual show! This is an exciting and thrilling, outdoor, festival-style cirque show! We are exclusive to the Panhandle, created and organized by Santa Rosa Beach Aerial Arts owner, Peppi Barnett (instructor and performer of 10+ years). This family-friendly show features amazing local aerial, circus, and fire performers. Our show features local performers of all lev-

els. We also feature unique guest acts from local businesses, as well as and professional fire and aerial performers from throughout Northwest FL.

### Showtimes

One Night only, two showtimes:

5:30 p.m. - Early Bird show.

8:00 p.m. - Late Night show.

Gates open 30 minutes prior to showtime. To purchase tickets visit [srbaerialarts.com/events](http://srbaerialarts.com/events).

There will be several food trucks along with refreshments and pre-show entertainment. Bring your own chair or blanket/ ground coverage. Tickets do not include chairs. This is an all-weather, rain/shine event; All ticket sales are final. Please dress accordingly, the show is one hour long.

Preferred viewing is available. Visit [cirqueunderthestars.com](http://cirqueunderthestars.com) for more information. Follow us to stay up to date on all studio events and updates! @srbaerialarts @cirqueunderthestars.

## LOOKING FOR THE FINEST IN FIREARM INSTRUCTORS?



**I'm your Huckleberry.**

Let our team of experts guide and train you in gun safety and certification courses at our indoor shooting range.



PowderRoomPCB.com | 106 Griffin Boulevard Panama City Beach, FL 32461 | 850.249.1003

# PCB Chamber New Member Spotlight



## Introducing: **Blue Waters Family Medicine & Drip Room**

Blue Waters Family Medicine & Drip Room is Panama City Beach's newest primary care office and IV hydration lounge! Rachael Smith, owner and nurse practitioner, is excited to provide medical care and hydration services to the community and its visitors. She is located in The Village of Grand Panama at 11525 Hutchison Blvd, Ste 100.

Rachael was born and raised in Panama City Beach - a third-generation business owner here - and grew up in her family's motel business on the beach. She and her husband, Steve, are a blended family with four children, and she stresses the importance of keeping the family feel in her practice.

An avid SCUBA diver and underwater photographer, Rachael likes to share this undersea world with everyone. Her work can be found throughout the office, giving off a beachy vibe.

Rachael is a board-certified family nurse practitioner. She



started her healthcare career over 20 years ago as an EMT, then pursued her interest in nursing. She graduated with her master's degree in Nursing from Chamberlain University, College of Nursing. Throughout her career, Rachael has worked primarily in acute care and family practice settings, giving her a diverse background.

At Blue Waters Family Medicine & Drip Room, Rachael delivers family-focused care, offering a long list of healthcare services that revolve around the family unit. Her focus ranges from health promotion and disease prevention to direct care and counseling for all age groups.

Blue Waters Family Medicine & Drip Room also offers an IV hydration lounge! Rachael has an IV cocktail for everyone! Clients can choose from a menu of options for anti-aging, energy, immune boosting, and, of course, "The Hangover." Hydrate your health with IV nutrient therapy in a calming, friendly environment!

Blue Waters Family Medicine & Drip Room is always accepting new patients. You do not have to be an established patient for IV therapy. Call (850) 588-7595 for an appointment or for more information.

## SCOTTISH FEST

*continued from page 1*



Great Britain. Check out the Falconry and the Redemptive Love Farm, offering interactive animal fun for the children with their Highland "Coos" (cows)! After walking and enjoying the event, you can relax in the Scottish Tea Room and enjoy a warm cup of tea and a scone while listening to traditional Scottish music. Of course, no festival is complete without refreshments: a pub and dining tent, whisky tastings, and authentic Scottish food and merchandise vendors.

Get your tickets early and come and enjoy a day of fun! There will be a Celtic Kids Camp where the little ones can play and enjoy the event also. Buy your tickets online at [pcbscottishfestival.com](http://pcbscottishfestival.com).



com. Looking forward to seeing you there!

# Shop & Buy Online

INCLUDING HOME DELIVERY



2021 Highlander

**PANAMA CITY**  
**TOYOTA**

Where Relationships Are Born

See our inventory at [panamacitytoyota.com](http://panamacitytoyota.com)

Community

# Crowds Swarm PCB Mardi Gras

BY ED OFFLEY

*Laissez les bons temps rouler!*

Bonifay residents Courtney Collins and William Bush stood by the crowd barriers along with 40,000 party-goers thronging the streets of Pier Park as Panama City Beach threw one of the earliest — and largest — celebrations of Mardi Gras in the nation.

“This is my third Mardi Gras here,” Collins said. “We love it — get to hang out, dress up and look like fools — legally!”

Led by the Krewe of Dominique Youx, about 40 massive (truck-towed) pirate floats paraded through Pier Park under a bright Saturday sun, the culmination of the festival’s two days of celebration. The highlight was the procession of costumed and masked pirates from Dominique Youx, the Krewe of St. Andrews, and other pirate groups from elsewhere in the Panhandle flinging a downpour of colorful bead necklaces to the revelers.

For Scott and Lauren Dorman, the drive up from Stuart, Florida to Panama City Beach — their second Mardi Gras here — was well worth it. Asked if they had considered celebrating in New Orleans rather than at Pier Park, Lauren laughed.

“New Orleans is too crazy,” she said. “This is just crazy enough!”

Although the formal date for “Fat Tuesday” doesn’t fall until February 21st this year, the PCB Mardi Gras & Music Festival kicked off on Friday, February 3 with the main parade on Saturday afternoon, February 4. Tourists and Bay County residents alike thronged Pier Park in their masks and clothing of



gold, green and purple. Nobody seemed to mind that PCB’s annual party took place nearly three weeks early.

Events included two parades earlier on Friday, a festival village, a costume contest, a 5K run earlier Saturday, live music on both days, and a wide array of food and beverages from vendors and restaurants. Fireworks on the Russell-Fields City Pier each evening added a fiery footnote to the day’s fun.

With nearby Aaron Bessant Park closed for maintenance, event planners this year erected a Celebration Tower Stage in the east parking area be-

hind Pier Park Drive shops and restaurants. Performers included Chubby Carrier and the Bayou Swamp Band, the Frontmen, and Sawyer Brown.

The ancient Christian winter festival, staged prior to Ash Wednesday and the start of the 40-day Lenten season ending in Easter, has been a staple of the former French colony of Louisiana and the Gulf Coast for nearly 325 years. While Panama City Beach has been a relative

Johnny-come-lately, with the city tourism bureau becoming the primary organizer in 2010, Mardi Gras on the Beach is now recognized across the United States, said Visit Panama Beach President Dan Rowe.

This year, Budget Travel named the Beach’s Mardi Gras as one of its “Top things to do in February.”

“We are consistently ranked as one of the top Mardi Gras festivals in the country,” Rowe

said. “Mardi Gras drives weekend visitation and provides a great opportunity for our local residents and winter guests to come out and have a great time ...”

While billed as a stand-alone event taking place in the normally quiet off-season, tourism officials say that Mardi Gras here has grown significantly each year. Advance reservation data at area hotels and condos showed “a strong increase in bookings for the week” over 2022, said Rachel Banks, spokeswoman for the PCB Convention & Visitors Bureau.



SPA *Lilliana*  
AT HOTEL EFFIE SANDESTIN

Luxury treatments designed to rejuvenate, restore and relax. Featuring products and services from Biologique Recherche and OSEA. Locals receive 10% off all other treatments not listed on the exclusive menu, retail items and complimentary valet parking.

Located at Hotel Effie Sandestin

Hey Panama City!

Bring this voucher with you and receive a free LATHER gift. Book your appointment today (877) 621-7508.



Expires 2/28/23. Cannot be used with any other discounts or specials PCB

# Know Your Neighbor: **Misty the Mermaid**

BY PAUL BONNETTE

If you have attended “Fin-Tastic” events such as Tourism Days, Zoo Boo, Chamber of Commerce First Friday, and Pirates of the High Seas Fest, then chances are you may have had a mermaid sighting. For Bay County resident Misty Joy, the phrase “Mermaid Life” takes on a very literal meaning. Misty the Mermaid can be seen popping up out of the Gulf for numerous community activities and bringing smiles to the faces of adults and kids alike.

Almost a decade ago, just before mermaids started their massive rise in popularity in pop culture, Misty Joy was making a change that would impact her life and start her journey toward creating a whole new “Mer-sona.”

“It all began in 2015, I was working at Starbucks and my life situation had changed and I needed a way to support myself. I enjoyed my job at Starbucks, but I honestly believe the universe was setting up this path for me. For some reason at that time in my life, everybody kept telling me that I looked like a mermaid.

I worked at Starbucks with a girl that dressed up as princesses for birthday parties... I just started thinking that I could be a mermaid for birthday parties and try to be a professional mermaid.

I started looking at tails and one of the tail makers was here in Florida. I got this fabric tail from Mertailor and started following them on Instagram and around that time they put out a casting call for mermaids. So, I answered the casting call for mermaid models. I had this new understanding on life and thought, ‘why not try for it, after all you never know what’s going to happen.’ So, I submitted my application and some photos, and they responded and said they would like for me to model his tails for his website. I was one of the ones chosen to model his 2016 silicone tail. Honestly, I’ll never forget when the day was done and I got into the car, I had this amazing, wonderful feeling of happiness. I couldn’t stop thinking about it. If you can’t stop thinking about something, do it.”

For Misty, seeing herself on websites and Pinterest was



that she could not resist.

“In going through this transition in my life, I needed things to focus on and so I attended a Pole Fitness class. I went and instantly fell in love with it. After they closed down, I discovered aerial circus, fabrics and hoops which got me into the circus and performing arts. It’s the same time period in my life where I’m just re-inventing and unveiling myself, blossoming and peeling back those layers and becoming something. The very first fire thing I did was spinning fire Poi. After that I actually went straight to breathing fire. I had a friend who taught me and from the very first breath I was a natural,” remembers Misty.

For Misty, performing became such an important part of her life that she branched out into other characters for events in the community such as Elsa from Disney’s “Frozen” and The Raven Queen for Panama City Center for the Art’s Fright Nights Event in October as well as characters for Star Wars Day for Downtown Panama City. It is the love of the community and performing that gives Misty the meaning behind the characters and she has no plans on slowing down anytime soon.

“I love just being there in the community and making people smile. Creating experiences and memories for people, being the magic and making it fun, that’s what I love.

enough for her to embrace the mermaid life and find more places to “stretch her legs”. Misty would find a good fit at a local motel on Panama City Beach.

“After I got my new mermaid tail, somebody else from Starbucks told me there was a hotel that has pirates and mermaids on the beach. I figured out that I needed to find other places and

find a home. So, when she told me that Days Inn already has pirates and mermaids I reached out and started working as a mermaid at Days Inn.”

For most people, being a mermaid would be enough to draw a crowd, but for Misty, the idea of adding fire-breathing and fire-eating to the character to create an even more magical experience was a temptation

An advertisement for Pineapple Paradise Willy's. At the top, there is a QR code. Below it, the text reads "PINEAPPLE Treat yourself to a taste of paradise at Pineapple Willy's WILLY'S". The background shows a wooden beachside structure over the ocean. At the bottom, there is a close-up image of a plate of food, including fried shrimp, a grilled fish fillet, and a salad. The website address "WWW.PINEAPPLEWILLYS.COM" is printed at the very bottom.

An advertisement for American Charlie Grill &amp; Tavern. On the left, there is a close-up of a large burger with a thick stack of patties, cheese, and toppings. On the right, the restaurant's logo features an eagle with spread wings, with the text "AMERICAN CHARLIE" above it and "Love Of Food Love Of Country GRILL &amp; TAVERN" below it. The background shows the interior of the restaurant with a wooden ceiling and snowflake decorations.

## FOR LOVE OF FOOD, LOVE OF COUNTRY.

American Charlie Grill & Tavern is a new All-American eatery located at The Shoppes at Edgewater in beautiful Panama City Beach, Florida. From the local team that brought you Firefly PCB, On The Fly, and more, this dining experience is unlike any other, featuring favorite classic dishes that have become staples in our country for over a century.

**473 Richard Jackson Blvd, PCB**  
**(850) 238-8340 • [americancharlie.com](http://americancharlie.com)**

# Visit Port St. Joe & Mexico Beach



## The Lost City on the "Forgotten Coast"

By JACK SMITH

Port St. Joe is a riddle wrapped in a strange history. It's also one of the best-kept secrets in the state and one of the prettiest towns you'll ever visit. Founded in 1835 as a deepwater port and linked to inland destinations by rail, St. Joseph, aka Port St. Joe, became an important commercial hub in the early 1800s, for a time the largest city in the state of Florida. In 1838, delegates arrived to draw up the first State Constitution in the years leading up to Florida's admission as a state in 1845. But the town's boom ended swiftly: yellow fever

swept through the town in 1841, and a hurricane storm surge a few years later wiped out what remained. The once prosperous town of 12,000 was reduced to only 500 residents. By the mid-1800s, Port St. Joe was a virtual ghost town. It wasn't until 1909 when a new rail track was laid and a new town founded that life began to return to the region.

When walking down Port St. Joe's main street these days, one wouldn't be surprised to run into Barney or Aunt Bee shopping in a local market. Though there's plenty of charm in town, the Cape San Blas area boasts one



of the most beautiful stretches of beaches in America and shouldn't be missed. The "Forgotten Coast" is a name the local chamber of commerce came up with after the paper mill closed to generate some much-needed

hype. Many of the permanent residents wish the forgotten coast would remain just that: "forgotten." But after several visits, I've concluded that "Unforgettable Coast" might hit closer to the mark.



## Finding Magic on the "Forgotten Coast"

By JACK SMITH

In the past, you'd wake up in Mexico Beach and swear it was 1955. The town that time forgot got remembered at 1 p.m., October 10, 2018, as Hurricane Michael came ashore, a category five storm packing winds of 160 mph. Today Mexico Beach is

undergoing a mammoth revitalization effort seldom seen on the Forgotten Coast. Its old-world charm is being replaced with brick-and-mortar buildings built to withstand 175 mph winds and rain. The "New" Mexico Beach is a blend of modern-day amenities and classic old-world

Florida, a little slice of paradise featuring white sand beaches, turquoise water, and some of the most downhome people you'll ever meet. This little town casts the sort of spell on visitors that keeps them coming back year after year. Mexico Beach sits right on the line separating East-



ern and Central time zones and offers one of the most unique News Year's Celebrations in the country. Celebrate twice, once in Port St. Joe, and then take the free shuttle to Mexico Beach to ring in the new year again an hour later. Not bad for a town with no stoplights!

Visit [GulfChamber.org](http://GulfChamber.org) and [MexicoBeach.com](http://MexicoBeach.com) for more information





## Emerald Coast Jewelry

This wonderful shop has one-of-a-kind items. There is also a jeweler on site who can size your jewelry or add your charm on the spot. The jewelry designs are beautiful and remind you of your visit to the area. The staff is warm and friendly, and has a "good eye" to help you pick what looks just right.

234 Reid Ave, Port St Joe, FL 32456  
(850) 229-2500

## Cape Tradin' Post

Located on beautiful Cape San Blas, the Cape Trading Post offers you a full line of groceries, fresh meats, produce, souvenirs, beer, wine and a fully-stocked liquor store. We have just about anything you may need to make your visit enjoyable. Come by for breakfast, lunch, and even dinner! Enjoy your vacation, leave the cooking to us.

4975 Cape San Blas Rd., Port St Joe, FL 32456  
(850) 229-8775 | capetradingpost.com



## Magnolias Boutique

A must visit when you are in Port St. Joe! Magnolias is a cute boutique featuring trendy clothing and accessories. Find unique clothing and enjoy an atmosphere usually found in major fashion markets.

228 Reid Ave, Port St Joe, FL 32456  
(850) 340-0374

## Sparks Bar-B-Que & Brew

"Best BBQ in Port St. Joe"

Locally owned barbecue & brew. Our meats are smoked on an "Ole Hickory Pit" which allows our pit-master to create crafted smoked barbecue meats. Our goal is to create high-quality smoked meats in our area and provide exceptional customer service.

218 Reid Ave. Port Saint Joe, FL 32456  
(850) 899-9136 | psjbbq.com



## Shirley Southern Boutique

A fashion-forward boutique featuring unique clothing, accessories, home decor, gifts and rarities.

230 Reid Ave, Port St Joe, FL 32456  
(850) 705-1324



## Mango Marley's

Welcome To The Coolest Place On Mexico Beach!  
 Mango Marley's is the coolest place on Mexico Beach! We offer family friendly fun and we're open 7 days a week. Bring the family and enjoy our arcade, full bar, and delicious food! Mango Marley's was opened in 2007 by Cathy & Steve Johnson from Valdosta, GA. In July of 2017 Mango Marley's celebrated 10 years on the beach! It's been an exciting 10 years and we are ready for 10 more!

3102 U.S. Highway 98, Mexico Beach, FL 32456  
 (850) 648-5000 | mangomarleys.com

## Driftwood Inn

It's been a long road back from the 2018 hurricane, but the Driftwood Inn has been rebuilt to its former glory. The new design keeps the same theme and style you've enjoyed in the past, but with updated amenities that will make your stay with us even more special. We invite you to see what we've built and be part of a tradition so many families have enjoyed over the past 50 years.

2105 U.S. Highway 98, Mexico Beach, FL 32456  
 (850) 648-5126 | www.driftwoodinn.com



## Mexico Beach Market

Need groceries?  
 We have what you need, and we'll get what you want!  
 Meats, produce, frozen foods and more.

625 Paradise Cove Blvd, Mexico Beach, FL 32456  
 (850) 771-1168

## Mexico Beach Wine & Spirits

Mexico Beach's only package store!  
 Mexico Beach Wine & Spirits offers a full line of beers, wines, and spirits. Also providing ice, soft drinks, and snacks. Open 7 days a week and located right beside the Post Office.

625 5th St, Mexico Beach, FL 32456  
 (850) 771-1168



## Shipwreck Raw Bar

Serving the best oysters on the planet along with fried, steamed, and baked seafood delights and steaks. Open for breakfast, lunch, and dinner.

7008 W U.S. Highway 98, Mexico Beach, FL 32456  
 (850) 647-5050

# Love Is In the Air... and So Are Cruises!

BY PAM ANDERSON

With that special day set aside for sweethearts, there are plenty of opportunities to make her day special. There are restaurants galore for lunch and dinner; in the Grand Lagoon area we have some of the best local seafood, Italian cuisine, Cajun cuisine, Mexican cuisine, and more, all family-owned and operated.

But Grand Lagoon also boats. The Capt. Anderson III will be offering its annual Sweetheart Dolphin Cruises on February 14. They have 3 trips to offer - make reservations soon! This is the first opportunity since the fall to get out on the water and watch for dolphins, check out the osprey nest, and enjoy the great scenery. The regularly scheduled Shell Island and Dolphin Cruises will resume March 1.

Grand Lagoon Charter boats and Guide Boats are still open for business for any of you folks who would like to wet a line and enjoy the beauty of St. Andrew Bay and the Gulf of Mexico. Among the keepers this month



are Redfish (Red Drum), Spotted Sea Trout, and Red Grouper. Lots of other fish are available, but these are three of the most popular this time of year. Gray Triggerfish will reopen

on March 1, just in time for the head-boats to get their season started.

We all look forward to Red Snapper season opening June 1. Be sure to make your reservations early. Trips are booking up quickly, especially for that first week.

Ladies, while you may be the recipient of some very special Valentine's gifts, fishing trips are always a winner for the guys... just saying...

Fisherman's Walk, new in 2022 at Capt. Anderson's Marina, is expanding to include even



more family-friendly venues than before. The new venues are set to open March 1. Stop in and have a specialty coffee, or watch the kids enjoy playing in the safe plaza area. Capt. Max's Bar & Grille is right in the middle of it all!

Weddings, retirement parties, graduation parties, and corporate functions are booking quickly in the Event Center. You can check it out with our virtual tour at [captainandersonseventcenter.com](http://captainandersonseventcenter.com). Schools & churches that are planning special events will find the Event

Center an excellent option, too. The Event Center overlooks the beautiful Grand Lagoon from its vantage point on the second floor, and the view couldn't be better!

When planning your fishing trip, remember Capt. Anderson's Marina... home to 3 large head-boats, 38 private charter and guide boats, and 4 dive boats... and Shell Island/Dolphin Cruises. Find us at [www.captandersonsmarina.com](http://www.captandersonsmarina.com).

*Capt. Anderson's Marina... Where the fish are always biting and the kids are always smiling*

**Valentine's Day Cruises**  
 12:30 & 2:30 & 4:30  
 Reserve Early  
 850-234-3435  
 Capt. Anderson's Marina

**YOU'RE INVITED**  
**Bridal Expo**  
 SATURDAY, FEBRUARY 25TH  
 12-4  
 Free to the Public  
 CAPT. ANDERSON'S EVENT CENTER  
 RSVP for FREE at  
[CaptainAndersonsEventCenter.com/events](http://CaptainAndersonsEventCenter.com/events)  
 VIEW OUR WATERFRONT VENUE & MEET NEW VENDORS:  
 PLANNERS, PHOTOGRAPHERS, BAKERS,  
 MAKE-UP & HAIR, DECORATORS,  
 CATERERS, FLORISTS & DJS

 Community


## Let's Get Growing with Julie: Pruning Flowering Shrubs

By JULIE MCCONNELL,  
UF/IFAS EXTENSION

Pruning is one of those landscape maintenance projects that sounds simple but is often done incorrectly. Timing and pruning

technique is as important as the tools you use. I'm going to go over some basic tips for pruning flowering shrubs this month.

### Why prune?

The first question you should



### How to make a proper pruning cut?

The most common cut is called a heading cut. Heading cuts can be used to strategically shape a shrub if done properly. A heading cut takes off the terminal bud of a branch (the one at the tip) which contains hormones that prevent growth from lateral (side) buds along the stem. Removal of the terminal bud will stimulate new growth from lateral buds, typically within 6 inches of where the cut was made. Take the time to look at the plant and determine which direction you want new shoots to emerge – is there a gap in the shrub that needs to be filled in? is the interior too dense and more growth needed on the outside? Step back and look at the shrub periodically to make sure you are training the plant to grow in the desired direction. Use sharp, clean pruners to make an angled cut just above the bud where you want to stimulate new growth.

ask yourself is why am I pruning? Valid reasons for pruning shrubs include removing diseased/damaged/dead branches, increasing airflow or sunlight within the canopy, improving the shape, or reducing size. Keep in mind, the repeated need to reduce the size of a plant can be eliminated by selecting the Right Plant for the Right Place, but that's another topic!

### When should you prune flowering shrubs?

The answer to this question really depends on which type of growth the flower buds are formed on – current or previous season growth. Pruning at the wrong time of year can significantly reduce flowering. A general rule of thumb to use when predicting the ideal time to prune flowering shrubs is called the May Rule. If a plant flowers before May 1, it is most likely flowering on the previous season's growth and should be pruned after it blooms. If the plant flowers after May 1, it is likely blooming on the current season's growth and can be pruned during the winter or early spring.

The following plants do not necessarily need to be pruned, however, if they do this is the recommended timing.

Examples of shrubs that flower before May 1 and should not be pruned until after they flower include azaleas, spirea, mophead hydrangeas, camellia, and Indian hawthorne.

Examples of flowering shrubs that bloom on the current season's growth and can be pruned in the winter/early spring include roses, hibiscus, abelia, butterfly bush, oleander, plumbago, and bottlebrush.

### Mistakes to avoid.

**Topping or hedging.** Repeatedly hedging shrubs stimulates new growth at the top which shades out the bottom of the plant. This results in a "top-heavy" appearance with little to no foliage at the base.

**Using dull pruners.** Dull tools can cause crushing injury to stems which increases moisture loss and susceptibility to disease, insects, and decay. Be sure tools are sharp and the appropriate size for the branch diameter to be cut.

**Not sanitizing tools.** To prevent the spread of disease, clean pruning tools with a 10% bleach solution between cuts. Bleach can be corrosive to tools, so be sure to oil before storing.

For specific questions about pruning or other landscape care visit Ask IFAS at <https://edis.ifas.ufl.edu/>

*An Equal Opportunity Institution.  
UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Andra Johnson, Dean. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices.*



*Proudly serving Panama City Beach,  
Panama City and the surrounding  
Bay County areas.*

**Residential • Commercial • Construction**

Your locally operated and privately owned service provider

**12310 Panama City Beach Pkwy, Panama City Beach**

**(850) 872-1800**

**wasteprousa.com**

# Pensacola Celebrates 10 Years of Pensacon

BY PAUL BONNETTE

Ten years ago, Pensacola, Florida, became home to a pop culture extravaganza celebrating all things pop culture. This event included numerous celebrities, vendors, gaming, artists, cosplayers and more. It was an event that would become a convention allowing thousands of fans to let their geek flag fly. Pensacola welcomed Pensacon to the Gulf Coast and this year Pensacon will be held on February 24-26.

For many, the month of February is just another month, but for the city of Pensacola, the town transforms for this now annual convention. Trekkies, celebrities, cosplayers, geeks, and families arrive by the thousands. They arrive by car, plane, and spaceship to interact with other fans, try out their lightsaber skills in duels, explore numerous vendors and enjoy exciting, themed parties. According to Julio Diaz, Director of Marketing and Communications, Pensacon is hoping to pull out all the stops to make this year's event even bigger.

"It's of course our tenth anniversary this year so we are going

big for that. We are expecting our biggest Pensacon yet. We have a lot of big reunion groups this year including the largest gathering of Doctor Who stars that has ever been done in a U.S. convention."

For Diaz, what makes Pensacon so successful is the fandom that journeys to the area every year for this annual event.

"I always say that I'm excited to see the fans and how excited they are, but conventions are about the fellowship and friendships you develop over the years. The people who are part of the community. The fellowship of fandom is what we are all about."

This three-day comic convention has proved not only to be massively successful for fans but for the city of Pensacola as well, generating over a million dollars for the local economy every year as over thirty thousand fans come to the panhandle for Pensacon. For Diaz, partnering with local businesses for this event is important to help make this event so successful.

"We're going to see lots of folks coming to Pensacola and



getting to see what Pensacola is all about. That's part of why we do it, that's why we're Pensacon. We live in Pensacola; we love Pensacola and we want to be in Pensacola and we want to show people what Pensacola has to offer which we think is a lot. We're part of the panhandle community and we love showing the world the panhandle community. We've had more than a \$20 million-dollar economic impact over the past ten years. I think Pensacola has continued to show great support and enthusiasm for Pensacon. Everyone seems to generally want to come back every year and businesses seem to want to get involved

every year. Of course, none of that would happen without the fans."

For many fans, this is a once in a lifetime chance to meet their favorite stars from movies and shows

such as Star Wars, Hocus Pocus, Star Trek, Walking Dead, E.T., Clerks, Dr. Who, Scream, Revenge of the Nerds and many more. Stars such as Tom Arnold, Patrick Duffy, Eric Roberts, Matthew Lillard, Jamie Kennedy, Omri Katz, Casper Van Dien, Markey Ramone and many more will be eager to greet fans while signing autographs and posing for photos. The chance to come to Pensacola, meet the fans and experience Pensacon is an opportunity that many of the celebrities didn't want to miss.

For Henry Winkler, star of Happy Days, Pensacola is more than just a comic convention location. "Pensacola is not just

the beach, it's not just the great restaurants, Pensacola is the people. Pensacola is made up of these wonderful people, and I have met a lot of them over this weekend and I am touched by the warmth I have received."

It is a sentiment echoed by David Yost from Mighty Morphin Power Rangers, "The hospitality that I've come across with everybody in Pensacola and all the people on the staff at Pensacon have helped me immensely. I would say every convention is unique, but the best part of every convention is getting to meet the fans and hearing all the amazing stories about how the Power Rangers have influenced their lives and how it has helped them in their careers or got them into martial arts or whatever... It's always a great moment."

As Pensacon continues to expand, more fans flock to the city of Pensacola for fun that is out of this world.

For information of purchasing tickets or convention information visit [www.Pensacon.com](http://www.Pensacon.com).

## Hey Buckaroo, think I'll mosey on over to The Powder Room.



Whether you mosey, lope, trot or gallop, get on over to The Powder Room and check out the great deals on the world's finest firearms.



PowderRoomPCB.com | 106 Griffin Boulevard Panama City Beach, FL 32461 | 850.249.1003

## Around the Beach

### Bay County Sheriff's Office Releases New App

Sheriff Tommy Ford announced today a new Bay County Sheriff's Office App is now available to the public. This free app will provide the public with an additional way to stay informed about the BCSO and receive critical safety messages, in addition to local media and social media platforms.

Using the Bay County Sheriff's Office app, the public can conduct an inmate search at the Bay County Jail, submit tips directly to Crimestoppers, search for sex offenders in their area, apply for employment at the BCSO, become familiar with their child's school resource deputy, learn about agency resources, see the top 10 most wanted in Bay County, become a part of BayROC's camera system, and read all press releases. The app will also push out notifications providing immediate information concerning critical incidents happening in real time.

Once the app is on their smartphone, the public can re-

ceive unfiltered safety messages and information without checking social media accounts. The app will notify them (if they wish) every time there is a push notification. Critical information will be accessible easily without scrolling through other posts or dealing with changing social media algorithms.

The free app is available in the Google Play Store for Android users and the Apple app store for iPhone users.

<https://play.google.com/store/apps/details?id=com.ovapps.a839>

<https://apps.apple.com/us/app/bay-county-sheriffs-office-fl/id6444840844?uo=2>

### Jan Sirmans Appointed Chief Operating Officer at Berkshire Hathaway HomeServices

Berkshire Hathaway HomeServices Beach Properties of Florida has announced the promotion of Jan Sirmans to chief operating officer for the brokerage, headquartered in WaterColor. Formerly the vice presi-



Jan Sirmans

dent of operations, Sirmans will expand her role on the brokerage's executive team, overseeing daily operations, implementing strategic goals and ensuring the delivery of quality customer service to clients and associates

Since joining the agency in 2011 as an agent coordinator, Sirmans has played an integral role in the company's growth and expansion, assuming the role of director of operations in 2017 and vice president of operations in 2019. Prior to initiating a career in the real estate industry, Sirmans worked in the banking industry, giving her a unique insight into all sides of transaction management.

"I am excited to take on this



Katie Crowe

new role," said Sirmans. "We have assembled a team of outstanding sales professionals and support staff, and our strategy is clear moving into the new year to continue our reputation of unparalleled customer service and leadership in the Northwest Florida real estate market."

Visit [www.BeachPropertiesFLA.com](http://www.BeachPropertiesFLA.com) for additional information.

### Berkshire Hathaway HomeServices Appoints Marketing/Operations Supervisor and Marketing Manager

Berkshire Hathaway HomeServices Beach Properties of Florida has promoted Katie



Karina Caraballo

Crowe to marketing/operations supervisor and Karina Caraballo to marketing manager for the brokerage headquartered in WaterColor.

Since joining the agency in 2021 as an operations coordinator, Crowe has been responsible for onboarding and training new agents at the brokerage. With her new role, she will continue overseeing agent onboarding along with orientation account management, mobilization of agent tools and company resources, serving as a communications liaison between the agency and area realtor boards, and overseeing brokerage marketing initiatives.



**COASTAL  
CARS & CARTS**  
FAMILY OWNED & OPERATED

**CART SALES & SERVICE**

**850-999-7733**

106 ESTES PLACE - PANAMA CITY  
BEACH, FL




**FIND OUR INVENTORY AT  
COASTALCC.NET**

# PCB *Flavor*

THE BEST OF LOCAL DINING

## IN THIS ISSUE

ISO: PCB's Best Bloody Mary

Events

## ISO: PCB's Best Bloody Mary

By JACK SMITH

The origin of the Bloody Mary revolves around two of the world's greatest bars. The tale begins in the roaring twenties at the famous New York Bar in Paris (later known as Harry's New York Bar), one of Ernest Hemingway's favorite haunts. There, bartender Fernand "Pete" Petiot is said to have conceived the first rudimentary version. After prohibition Petiot moved to the U.S. where he refined his invention at one of my favorite bars, the King Cole Bar, located in the St. Regis Hotel in New York. There, in 1934 it is said Pete enhanced his creation by adding a few dashes of salt, pepper and cayenne, along with Worcestershire Sauce and lemon juice, to the vodka and tomato juice, which he served shaken over crushed ice.

The story of how the cocktail got its name is as unclear as the libation itself, but my favorite version of history is that Pete named it after a patron remarked that it reminded him of his girlfriend Mary, who was a dancer in a cabaret called a Bucket of Blood. No matter the history, today the Bloody Mary is one of America's most beloved cocktails... perhaps that is because we can drink it, guilt free, before noon!

## OUR BACKFIRE SHRIMP IS BETTER THAN "FAMOUS"



10025 HUTCHISON BLVD, PCB, FL – [THEWICKEDWHEEL.COM](http://THEWICKEDWHEEL.COM)



## Capt. Anderson's Restaurant

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

[captandersons.com](http://captandersons.com)

Is there anything more decadent than buttery Scallops? Their rich flavor makes an exceptional accompaniment to a Bloody Mary. They can also bring down the heat a little bit, especially if you have a heavy pour on the Tabasco! Try Capt. Anderson's super colossal Seared Sea Scallops with a traditional Bloody Mary!

## Señor Frogs

15005 Front Beach Road, PCB

[senorfrogs.com/panama-city-beach](http://senorfrogs.com/panama-city-beach)

Señor Frogs is a synonym for fun. It is considered the best restaurant and bar because the staff make it their duty to make sure you're having a great time every minute. Enjoy the music, the colors, the amazing atmosphere it offers and order your favorite dish, because the menu is huge. Come in and try our delicious Bloody Mary!



## American Charlie

473 Richard Jackson Blvd., PCB | (850) 238-8340

[americancharlie.com](http://americancharlie.com)

American Charlie Grill & Tavern is a new All-American eatery located at The Shoppes at Edgewater in beautiful Panama City Beach, Florida. From the local team that brought you Firefly PCB, On The Fly, and more, this dining experience is unlike any other, featuring favorite classic dishes that have become staples in our country for over a century.

## The Wicked Wheel

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

[thewickedwheel.com](http://thewickedwheel.com)

The Wicked Wheel serves up a wicked great Bloody Mary with their "Wicked Mary." This Bloody Mary comes with 3 ounces of copper-distilled Tito's Vodka mixed with Whiskey Willy's Bloody Mary mix in a 20-ounce souvenir glass for you to take home. Garnished with greens & served ice cold.



## San Marcos Mexican Grill Pier Park

101 Bluefish Drive, Suite 105, PCB | (850) 708-3097

[www.sanmarcosmexicangrillpierpark.com](http://www.sanmarcosmexicangrillpierpark.com)

San Marcos Mexican Grill is a family-owned and -operated Mexican restaurant. The family is committed to serving authentic Mexican and Tex-Mex fare including handmade corn tortillas and homemade, tableside-prepared guacamole! Pair the delicious dishes with a range of margaritas, or a draft or bottled beer. You can even have your furry friends join you on the pet-friendly patio! Any day is a good day to chill at the grill.



## Schooners

5121 Gulf Drive, PCB | (850) 235-3555

[schooners.com](http://schooners.com)

You can never go wrong with the White Cheddar Cheese Curds Appetizer and a Bloody Mary! Cheese always makes an excellent accompaniment to tomato and its goeey nature contrasts nicely with the horseradish in the Bloody Mary. Enjoy it with a view at Schooners!



## Boon Docks

14854 Bay View Circle, PCB | (850) 230-0005

[boondocksfl.com](http://boondocksfl.com)

Located under the mighty oaks on the Intracoastal Waterway just 5 minutes from the beaches in West Bay, Boon Docks offers you a delicious array of local and regional seafood prepared in a variety of ways. We use a special blend of spices that gives our grilled items a taste like no other! Our unique breading recipe gives our fried seafood a special and original flavor. And we're always serving ice cold beer and the best Bloody Marys on the beach!

# Upcoming Events

### Ovide Restaurant at Hotel Effie Valentine's Special Feb. 10-14

This Valentine's Day, experience romance and decadence at Ovide at Hotel Effie. Indulge in their delectable menu specially curated for two featuring 28 oz. Tomahawk and Maine Lobster. Treat the love in your life to romance at Hotel Effie, available Feb 10-Feb 14.

Accepting reservations now. Visit [Hoteleffie.com](http://Hoteleffie.com) for more information.

### PCB Food Truck & Craft Beer Festival Feb. 18-19

Food Truck Festivals of America is bringing the Annual Panama City Beach Food Truck & Craft Beer Festival back to Aaron Bessant Park! On February 18-19 from 12-5 p.m. (VIP hour 11 a.m. to noon), Florida's most popular food trucks will dish out fan favorites while the season's top craft beers will be available for sale. This festival will be a weekend of craft beer, great food, lawn games, music, and fun for the whole family. 30 food trucks will be serving everything from fall-off-the-bone BBQ to wood-fired pizza to juicy prime rib to spicy Korean to goeey mac & cheese and so much more!

For more information, visit [www.foodtruckfestivalsofamerica.com/panama-city-beach](http://www.foodtruckfestivalsofamerica.com/panama-city-beach).

### Gulf Jazz Society Concert Feb. 21

The Gulf Jazz Society's next event will be on Tuesday, February 21. Doors at Alice's Restaurant on Bayview open at 5 p.m. and the entertainment starts at 6:30 p.m.

Our featured Jazz entertainer is Sharon Carroll who has been performing with jazz bands for two decades. And after performing in musical theatre throughout the southeast in regional and dinner theatres, she returned home to Panama City to start her family and began performing with "The Swing Set Big Band," and the "Swift Shift Jazz Band." She has recorded two jazz CDs: "Tell Me This Day Won't End," with Amanda Matthews, for which she wrote the title track and also "Sharon Carroll & Compay Live at Backstage Pass."

### Marc Black Library Events March 8-9

Marc Black: Boppa Chua! The History of the 1950s and '60s through Popular Song will be at the Panama City Beach Public Library Wednesday, March 8 at 10 a.m. and the Bay County Public Library Thursday, March 9 at 6 p.m. Free and open to the public.

Marc Black, a New York Blues Hall of Fame inductee, will be your guide through an evening of song, storytelling, and laughter through these two

historically defining decades.

### Emerald Coast Cruizin' Spring Car Show March 8-11

Twice a year, Panama City Beach becomes a giant outdoor showroom for thousands of hot rods, classic cars, and speedsters for this three-day event at Aaron Bessant Park! While your family weaves through dozens of rows of iconic vehicles, keep your ears alert for cash and swag giveaways. Collectors and enthusiasts drive home a vintage vehicle if they prevail in the frantic bidding at a live auction. Visitors won't want to miss out on the numerous live bands, meet and greets, and presentation shows!

Activities at Emerald Coast Cruizin' include cruise-ins, concerts, parties, vendors, food, parades, and celebrity appearances.

Car enthusiasts of all ages are welcome to check out the thousands of hot rods, customs, muscle cars, trucks, and classics on display.

Visit [emeraldcoastcruizin.com](http://emeraldcoastcruizin.com) for more information.

### UNwineD March 31-April 1

UNwineD in Panama City Beach on March 31 and April 1 at Aaron Bessant Park. Spend the weekend tasting craft beer, wine, and spirits while sampling cuisine from renowned area chefs and local eateries. At its

heart, UNwineD, presented by Publix, is a stylish garden party that showcases the best of the region.

### Friday Night Kickoff Party hosted by Southern Living and Visit PCB Friday, March 31, 2023 at 6 p.m.

This one-of-a-kind night offers custom cocktails, live music, and more! Only 250 tickets are sold to the Kickoff Party and include admission to the entire weekend of events.

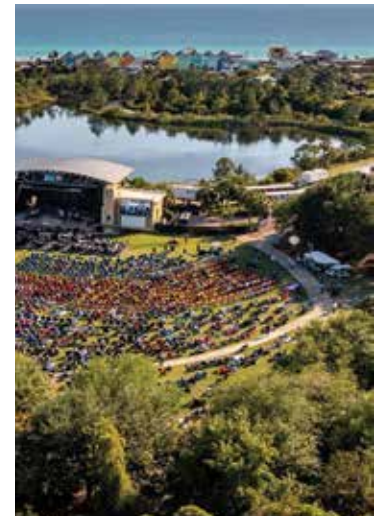
### Grand Afternoon Tasting Saturday, April 1 at 1 p.m.

UNwineD officially gets underway with The Grand Afternoon Tasting. Wander from booth to booth while tasting the best craft beers, wine and spirits from around the world, and sampling delectable creations from leading chefs in the Northwest Florida area. Browse through Art & Vendor Row filled with local shops and boutiques, and be sure to also stop by the Southern Living tent for home decor, cookbooks, and more! Tickets are limited to this event.

### Concert in the Park Saturday, April 1 at 4:30 p.m.

Bring your lawn chair and blankets! Following the Grand Afternoon Tasting, join us for a concert in the park with live entertainment by headliner Magic Giant and opening act The Collection.

More information at [www.visitpanamacitybeach.com/unwined](http://www.visitpanamacitybeach.com/unwined).



### Seabreeze Jazz Festival April 19-23

Named a "Top 10 Jazz Festival in the USA" by JazzIZ Magazine and recently nominated as "Best Jazz Festival" at the Oasis Smooth Jazz Awards, the Seabreeze Jazz Festival in Panama City Beach combines the top national smooth jazz artists with a full weekend of fun, sun, great beaches, and good times - all on the west end of Panama City Beach. The event now attracts over 20,000 fans from the USA, Canada and Europe for the ultimate performance-packed weekend of jazz.

View this year's schedule, which includes an impressive line-up of award-winning jazz legends, and purchase tickets at [www.seabreezejazzfestival.com](http://www.seabreezejazzfestival.com).

Arts & Music

# Emerald Coast Theatre Company Sets February, March Entertainment

By ANNA FISHER, ASSOCIATE ARTISTIC AND EDUCATION DIRECTOR

We're in the mood for love at Emerald Coast Theatre Compa-

ny this winter! Grab your significant other or your favorite gal pals and come join us **Feb. 14** for some Valentine's (or Galentine's) fun.



Featuring classic artists from the Tinseltown era like Sinatra, Ella Fitzgerald, and Judy Garland, the one-night-only **Golden Age of Hollywood** cabaret is a unique way to say "I love you."

Ticket packages include a bottle of wine or bubbly, a Valentines-themed charcuterie board and two tickets to the show.

Love continues to be a theme through February and March with at least four other opportunities to catch a show or event. **"The Last Five Years" Feb. 10-19** is a beautiful musical about love and relationships by

Jason Robert Brown that will stay with you long after the show is over.

Also coming up is the true blue classic **"Steel Magnolias," Feb 24-March 5**. This story of love and friendships that last through the hard times is always a great reminder of how precious life is.

On **March 7**, Bruce Collier, is back on stage with his popular one-man production of **"Winston Churchill: Through**

**the Storm."** The show takes place late in the evening of July 23, 1945, where, over brandy and cigars, Churchill reminisces about his personal and public life, the war and the possible future.

And since everyone loves a good laugh, **March 11 is Comedy on The Boulevard**, hosted by Jason Hedden, along with a hilarious crew of comedians.

*All things mermaid and so much more. Beautiful local art, handmade pearl and glass jewelry, local handmade pottery, coral, seashells and more.*

**f** mermaids of 30A  
www.mermaidsof30a.com  
(850) 712-5456  
Located next to The Hub on 30A, 9 Hub Lane, Watersound, FL 32461

**SAN MARCOS**  
MEXICAN GRILL  
PIER PARK

101 Bluefish Drive, Suite 105 | PCB  
(850) 708-3097  
sanmarcosmexicangrillpierpark.com

*Valentine's Day*

**ON STAGE**  
FEB. 14, 2023 | 6PM & 8PM

Hooray for Hollywood! Take a trip to Tinseltown with classic jazz tunes like "Fly Me to the Moon" and "Puttin on the Ritz." This Golden Age cabaret features music from your favorite artists like Frank Sinatra, Judy Garland, Doris Day, and Ella Fitzgerald. This is one night of classics you don't want to miss!

Purchasing one ticket provides you with two tickets, a bottle of wine, and a charcuterie board to share.

**\$95 PER COUPLE**

**ON STAGE**  
FEB. 24 - MAR. 5, 2023

Make an appointment at Truvy's Beauty Salon and get all the latest gossip from Shelby, M'Lynn, and the rest of the magnolias as they navigate life's greatest joys and tragedies. Filled with hilarious repartee and not a few acerbic but humorously revealing verbal collisions, you will find a little piece of yourself in each of the characters. Filled with so much heart and warmth, Steel Magnolias touches on the gentle strength and courage that every woman carries within them as they support each other through the good times and bad.

**Tickets or Info, call 850.684.0323 or visit**  
**EMERALDCOASTTHEATRE.ORG**

# Bay Arts' Third Annual FLLUXE Arts Fest Returns

The 3rd Annual Florida Luxe Arts Festival (FLLUXE) returns to Historic Downtown Panama City on March 3-4.

FLLUXE is a two-day event: Friday, March 3 from 4-8 p.m. and Saturday, March 4 from 10 a.m.-10 p.m. The festival will feature national and local artists, live music and performers to create its biggest celebration of creativity yet.

"FLLUXE continues to grow as more artists and musicians join in on this fun event," said Jayson Kretzer, Executive Director of Bay Arts Alliance. "We are humbled by the continued support of our community—without that support, putting together a festival of this magnitude and keeping it free to the public, just simply would not be possible."

The festivities will take place outside of the Panama City Center for the Arts and in the parking lot of the State Attorney's Office on the east side of the Center.

"I am so excited for FLLUXE this year!" beamed Tori Haudenschild, Education and Events Manager for Bay Arts



Alliance. "We have added a few unique elements to include a community chalk workshop, fun colorful installations and a nighttime portion of the festival that I cannot wait to share with the community."

National chalk artists—Naomi Haverland, Chris Carlson, Tracy Lee Stum, and more—will

bring their talents from across the United States to the streets



of Historic Downtown Panama City to create 3-D interactive

pieces for the public to enjoy. "I love to watch the artists design, create, and install their chalk art in a matter of a few days, which is crazy impressive!" said Tori. "In addition, we have a few surprises planned for our evening event that you won't want to miss."

Visitors can watch the artists

while they work, enjoy performances by local musicians, explore the Panama City Farmer's Market at McKenzie Park, and see the newest exhibitions at the Center for the Arts.

More information about the festival can be found on [www.fluxeartsfestival.com](http://www.fluxeartsfestival.com). The website will be updated as more details are available.

**Señor Flog's**  
MEXICAN FOOD & FIESTA

**PANAMA CITY BEACH**

**15005 FRONT BEACH RD.**

**MUSIC LESSONS**  
**850-231-3199**

- Band Instruments
- Piano
- Voice
- Guitar
- Violin
- Cello
- Bass
- Drums
- & More

**Studio 237 Music School**

*Education for Performance*

**Call Today for your appointment**  
[www.Studio237Music.com](http://www.Studio237Music.com)

**237 Dawson Rd, Santa Rosa Beach, FL**

*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.

**Boon Docks RESTAURANT**

14854 Bay View Cir, PCB  
(850) 230-0005  
[www.boondocksfl.com](http://www.boondocksfl.com)

# Helping One Student at a Time



BY BILL HUSFELT, SUPERINTENDENT, BAY DISTRICT SCHOOLS

Parental involvement is THE key indicator of student success, and it's always amazing to see the level of involvement we have at our beach schools.

Whether you consider school grades, academic achievement, employee morale, or parent/guardian satisfaction, ALL of our beach schools consistently rate very highly. We know why — it's because of parents, guardians, grandparents, family members, and community leaders like you!

Our beach schools enjoy a level of support from parents/guardians (and grandparents of course) AND the business community that is rare and very special. That commitment, and involvement, pays dividends when it comes to student achievement, as you can see from our consistently high-performing beach schools.

But the door is always open for more help.

If you have just a few minutes, or dollars, to spare, you

can make a difference. I would invite each person reading this to contact the beach school closest to them (contact information below) this month to find out what's needed and how you can help. From purchasing snacks to volunteering in a classroom to helping out with campus clean-up days, EVERYONE can contribute something, and we're grateful for all the help we receive.

So please, don't let another year go by without forging a

partnership with your neighborhood school. We welcome your ideas and your assistance, and we know you will enjoy every aspect of supporting our schools. You can find contact information for all of our schools on our website at [www.bay.k12.fl.us](http://www.bay.k12.fl.us)

Thank you for your continued partnership; we cannot necessarily save the entire world, but we can make our world and our community a better place to live by helping one student at a time.

# Patronis: Tradition. Community. Excellence.

BY BROOKE LOYED, PRINCIPAL, PATRONIS ELEMENTARY

Happy New Year! As we begin the New Year of 2023, our school reflects back on 28 years. Although I was not working at Patronis when it opened, I sure knew about the sense of traditions, community, and excellence it was creating as an employee with Bay District Schools while Janice Salares and Ellie Spivey were here. We are so proud of the many, many parts

that have worked together for this team every day since 1995. We have many founding members who have been here since day one and many others who have been here almost as long. We have teachers and staff who drive quite a distance just to be here at Patronis Elementary.

We could not thank everyone in this article but it goes without saying that there are major groups that work for our academic and safety goals.

Our teachers and staff spend countless hours working on lessons, training and events. Our specialists know their area like no one's business. They are the true experts in the field — whether it be grade level teachers, ESE teachers, school counselors, special area teachers, STEAM teachers, gifted/TAG teachers, ESOL teachers, reading endorsed teachers, inter-

ventionists, paraprofessionals, tutors, front office staff, custodial — they ALL give our school their very best every day. Our bus drivers, lunchroom staff, district service providers, and district staff work hard to make everything run smoothly. Our Triad and mental health team, our military liaison/counselor and our military volunteers, our Pancare team, our SRO and



**SCHOONERS**  
LAST LOCAL BEACH CLUB  
850-235-3555 • 5121 Thomas Drive • [schooners.com](http://schooners.com)

**EMERALD COAST OLIVE OIL**  
TASTE THE DIFFERENCE  
13575 PANAMA CITY BEACH PI HWY  
[EMERALDCOASTOLIVEOIL.COM](http://EMERALDCOASTOLIVEOIL.COM)

Safety office and our Bay Base program all help us care for the whole child. Our a.m./p.m. duty personnel begin their day very early and end very late to keep everyone safe. And yet, I am only touching the surface of all of the cylinders that fire to make this work. Our School Advisory Council, our Elevate Bay mentors, our volunteers, and our PLCs are integral parts of our school. Our PTO is on another level with support from direct assistance to our class-

*Continued on next page*

**CELEBRATING 25 YEARS ANNIVERSARY SINCE 1995**  
**BELMAC ROOFING**  
Roofing • Repairs & Maintenance • Roof Coating & Restoration  
SANTA ROSA BEACH  
850-267-0900 | [www.Bel-MacRoofing.com](http://www.Bel-MacRoofing.com)



BY JAMIE C. WILLIAMSON, PHD

Love is an action word. If you want to send a message with long-lasting impact, skip the flowers and make your gift a year-long calendar of Date Nights.

Research shows that institutionalizing “date night” can protect your marriage from deterioration and keep you and your spouse more healthy, happy, intimate, and able to manage your life stressors.

### Follow these six tips for Date Night success.

**1. Make “Date Night” affordable.** Don’t allow date night to add financial stress. Decide how much you can budget for your weekly date nights. Your budget will determine the frequency and location of your dates. Most budgets allow for a weekly date at home and a once-a-month date out at a favorite restaurant for dinner or a picnic at a picturesque spot.

**2. Decide when you will schedule Date Night.** For at

home Date Nights, find the time when a “date” at home can be added to your normal routine (lunch, late dinner, night cap). Do NOT let other activities get in the way of this intimate time together. For monthly Date Nights Out, set a routine night (e.g., the last Saturday of the month) and get it on the calendar. Only adjust Date Night plans for important events that cannot be scheduled on another day. Your monthly date could be anytime. It’s the time for intimate conversation, not the time of day that matters.

**3. Decide who will oversee planning.** When planning monthly Date Nights out, work together to generate a list of restaurants that fit your budget and that you would both enjoy, then take turns picking a restaurant from the list and making the reservations.

When you generate the list of restaurants, include other activities to enjoy before or after dinner, such as a movie, a play, a concert, or a walk on the beach. The secret is to always include a meal in a sit-down restaurant so you can have a good conversation.

When planning weekly Date Night at home, generate a list of ideas that work for you, depending on the time of your Date. Then take turns executing your at-home date. Take turns shopping for and making (or bringing

in) dinner/dessert. Take turns setting the table or the cozy atmosphere. Use the good dishes, play music, and turn off the television. And be sure to show appreciation for your partner’s efforts.

When you select the best format for your at home date, make it doable, without much stress. Just create a time for just the two of you to talk, relax, and show love and support for one another.

**4. Make a Special Effort to Get Ready for Date Night.** It’s a date. So, whether it is your at-home Date Night or your monthly Date Night out,

invest time in refreshing your personal appearance. At home, present your clean “at home, relaxed” self. For going out, wear “date night” clothes, primp, and have fun with it. For example, have the husband get ready first, then he can take care of the dog, settle the kids, and/or go get the babysitter while the wife finishes getting ready, undisturbed. You’ll be surprised how transformative that can feel for a busy wife. Whatever your relationship configuration, make sure Date Night out preparation adds anticipation, not anxiety to your date.

**5. Turn off your cell phone during Date Night.** (Except maybe to have the wait-



er take your picture). If you have small children and are truly worried about your babysitter being able to contact you, then put your phone on Do Not Disturb and only let the babysitter’s call come through.

**6. Plan your Date Night conversation.** If you want to avoid slipping into a night of talking about the kids, household chores, and other logistics, you must have conversational starters ready. You also need to be adept at gently changing the subject when your spouse starts talking about laundry, carpooling, home maintenance, grocery lists, or your problems.

So, make a list. Write it down and then commit it to memory or have a cheat sheet in your pocket. (Won’t work to put the list in your phone, because your phone

will be off, remember?) After a while, inventive Date Night conversation will come naturally.

**Bottom line:** If you want to improve and protect your relationship, share this article with your partner, talk about the importance of Date Nights, and work it out.

Let me know if I can help.

*Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and Couples Counselor. She is an owner and partner at Amity Mediation Workshop, a mediation practice specializing in “friendly divorce” mediation and psycho-educational marriage revitalization sessions for couples. Dr. Jamie speaks frequently on relationship topics and authors the blog “Work it Out”. You can find her online at amitymediationworkshop.com.*

## PATRONIS

*continued from previous page*

rooms to assistance with overall school atmosphere and culture. Our business partners and community partners are invested in our school with volunteers and other support. In addition, our students make us proud every day. They have a love of learning that is contagious. They have high expectations for themselves and their friends. They are proud of their school and of their teachers and their families. They are actively involved in activities such as Chorus, Student Council, ITV, Safety Patrol, Junior Olympics, Lego Leagues, Anchored for Life, Art shows, and STEAM events. Last but certainly not least, we appreciate our parents. Our parents bring their excitement to every event and encourage students

to do the same. They are the first to volunteer and the first to thank the adults caring for their students. They have the same high expectations that our staff and students have.

Patronis truly has a New Year outlook and a new appreciation for everyone who supports our school family. Our whole team works for it each and every day. All of the groups listed above plus so many more make Patronis Elementary School such a special place. This is my 17th year at Patronis and I have never been prouder to be surrounded by the Community that values Tradition and Excellence every day. The fact that we are an “A” elementary school and FLDOE School of Excellence since 2017 is simply icing on the cake (the cake that I made a resolution not to eat this year...oh, maybe just this once).



ELEVATED  
SENIOR LIVING, **SERVING YOU**



**A LIFESTYLE OF SHARED EXPERIENCES AND CAMARADERIE.**

You’ve dedicated your life to service but, in retirement, it’s time for us to serve you. After years of short- and long-distance moves, settle down in a place you chose for yourself. With a close proximity to military bases and a like-minded community all around, living at Air Force Enlisted Village feels just like coming home. With our neighbors at Eglin Air Force Base and Hurlburt Field, you can

still start each morning with the sound of “Reveille” and end your day with the sound of “Retreat.”

From independent living to assisted living and memory care, our community will have you confidently thriving at every age. Call us today to schedule a tour and learn why our residents chose us as their next home base.

**SCHEDULE A TOUR TODAY!**

**BOB HOPE VILLAGE**  
850-612-8684  
bobhopevillage.us



**HAWTHORN HOUSE**  
850-517-4323  
hawthornhouse.us

# The Best Ways To Manage Hearing Loss

Hearing loss is a common problem that many people face, but it can be difficult to manage if you don't know how.



## Get A Hearing Aid

One of the best ways to manage hearing loss is to get a hearing aid. Hearing aids can greatly improve your quality of life and make it easier to communicate with others. If you are considering a hearing aid, be sure to consult with a hearing health professional to find the right device for you. There are many different types of hearing aids available, so it's important to find one that will work well for your specific needs.



Hearing aids require regular cleaning and battery replacement, so it's important to keep up with these tasks. Additionally, be sure to have your hearing aid checked by a hearing health professional every year to ensure that

it is working properly. If you are struggling with hearing loss, a hearing aid can be a great way to improve your quality of life.

## Try Supplements

There are a variety of supplements that can help improve hearing loss. One of the most common is ginkgo biloba, which is an herb that has been shown to improve blood circulation in the inner ear. Other supplements that may be helpful include magnesium, zinc and vitamin C. Be sure to consult with a hearing healthcare professional before taking any supplements, as they may interact with other medications you are taking. It's important to note that

## SCHEDULE OF EVENTS

*Questions about your hearing?*

**Join All Clear Hearing Centers for one of our upcoming events.**

February 14th - 17th

**VIP Event with Rebecca McCarthy from Starkey**

Miramar Beach & Panama City Beach

February 28th - March 2nd

**President's Day Sales Event**

Miramar Beach & Panama City Beach

**RSVP to one of these events to get up to 50% OFF Starkey prescription hearing aids.**



supplements will not cure hearing loss, but they may help improve symptoms.

## Use Assistive Devices

There are a variety of assistive devices that can help people with hearing loss. One common device is a telephone amplifier, which can make it easier to hear the person on the other end of the line. Other devices include alarm clocks with visual alerts, doorbells with flashing lights and smoke detectors with strobe lights. There are also many apps available that can provide assistance for people with hearing loss.

These apps can provide captioning for phone calls, TV shows and movies. Some apps can also help you lip-read or communicate with others using sign language. Be sure to explore all of your options and find the devices that work best for you.



## Manage Your Stress Levels

Stress can worsen symptoms of hearing loss, so it's important to find ways to manage your stress levels. Some helpful tips include exercise, relaxation techniques such as yoga or meditation and spending time with friends and family. If you are struggling to cope with stress, be sure to consult with a hearing healthcare professional.

Hearing loss can be a difficult thing to deal with, but there are many ways to manage the condition. Be sure to explore all of your options and find the devices that work best for you. With the right treatment plan, you can improve your quality of life and make communication easier. Don't hesitate to consult with a hearing healthcare professional if you are struggling to cope with hearing loss. They can help you develop a treatment plan that is right for you.

Call All Clear Hearing Centers today to schedule your free Hearing Screening and get your hearing health questions answered.

**Matt Greenstein, HAS,**  
Hearing Aid Specialist

[www.HearAgainAmerica.com](http://www.HearAgainAmerica.com)

Article Source: HAA. "What Are The Best Ways To Manage Hearing Loss?" [hearagainamerica.com](https://hearagainamerica.com/what-are-the-best-ways-to-manage-hearing-loss), <https://hearagainamerica.com/what-are-the-best-ways-to-manage-hearing-loss>. Accessed 1 Jan. 2023.

**Don't forget to mark your calendar and schedule your Hearing Screening at NO COST TO YOU! CALL US TODAY!**



A Division of Hear Again America

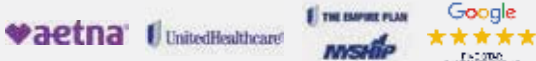


3133 Thomas Drive, **Panama City Beach**

**(850) 308-1678**

42 Business Centre Drive, Ste 304  
(Inside "The Summit" building) **Miramar Beach**

**(850) 634-0230**



**Fully Accepts Florida Medicaid.**



# Why Your Thyroid Medication May Not Be Working for You

BY DR. RICHARD, MD

Today I'd like to talk about Levothyroxine or Synthroid. This is likely the most commonly prescribed thyroid medication in the world but this is slowly changing. This article may be a bit difficult to follow so don't feel bad if you have to read it several times before it all clicks. I usually spend about an hour educating patients about the thyroid with white board drawings too so 500 words may not be enough to get the full picture.

Thyroxine (T3) is the hormone that drives every metabolic process in our body, so of course, it's extremely important. It turns all the factories in the body on, which then burns more fuel, which means thicker hair, less brain fog, not feeling cold all the time, and maintaining prop-

er weight. We can get T3 two different ways. We can make it in the thyroid or we can convert T4 into T3. The thyroid is told when to make T3 and T4 by the brain. The brain secretes Thyroid Stimulating Hormone (TSH) which tells the thyroid to make T3 and T4. To make sure we don't make too much T4 tells the brain to stop making TSH. This is where Levothyroxine can be a problem.

As we get older the body slowly loses its ability to convert T4 into T3. That means the only way we can get T3 is from the T3 produced by the thyroid and not T4 being converted into T3. This is often when we slowly begin to develop symptoms of hypothyroidism such as slow weight gain, brittle hair, fatigue, etc. Unfortunately, since there is enough T4, the TSH many times does not rise to a level where physicians will consider it a problem. Many patients tell us they've been tested for thyroid and it's normal, when in fact they were not completely tested or the values were interpreted incorrectly.

If you do get diagnosed with hypothyroidism then most phy-

sicians will prescribe Levothyroxine or Synthroid which is a synthetic T4. You may already be able to see the problem here. If we are adding T4 to the system, two things will happen. First, the body will try to convert this T4 into T3. If our bodies cannot do this anymore then we will get little to no benefit from this medication. Secondly, T4 will tell the brain to produce

less TSH which will reduce the amount of T4 AND T3 produced by the thyroid. In effect, ADDING LEVOTHYROXINE CAN LOWER YOUR T3 LEVEL! I see patients frequently who are on Levothyroxine who tell me they felt worse when their doctor raised their dosage. This is because each dosage increase can lower your T3 which is the ONLY hormone that

drives your metabolism. To me it's obvious. Hopefully it is to you as well now.

*Thank you again for voting us Best in Destin for Women's Wellness and Anti-Aging. I'm glad to have changed so many lives in our community. If this sounds like you or a friend of yours, please call us at (850) 837-1271. Dr Richard Chern, MD.*

## Robins & Morton Breaks Ground on Medical Office Building in PCB

Construction firm Robins & Morton, The St. Joe Company, Tallahassee Memorial Healthcare, and Florida State University celebrated the groundbreaking of a new medical office building in Panama City Beach on Jan. 17.

The facility will be a four-story, 80,000-square-foot medical office building with space for clinical outpatient care on the first floor; medical practices throughout; an ambulatory care center on the fourth floor; and operating rooms on the third and fourth floors. It is part of a new healthcare campus in Panama City Beach, developed by The St. Joe Company and Tallahassee Memorial Healthcare.

There are also plans for the

facility to serve in a teaching and research capacity through a partnership with Florida State University.

"It's a privilege to build this premier facility on the new healthcare campus for The St. Joe Company, Tallahassee Memorial Healthcare, and Florida State University," Robins & Morton Operations Manager Angel Colon said. "Increasing access to immediate care in the Panama City area will have a real and lasting impact on this community."

Construction is expected to complete in summer 2024.

Robins & Morton is serving as the general contractor and HuntonBrady Architects is serving as the architect.



**The HORMONE Restoration Center**  
Look Healthy, Feel Alive

**Remember feeling young? Feel it AGAIN!**

Now offering

# Weight Loss Treatment!



**BEST IN DESTIN**  
Three Years In A Row!  
Thank you Destin!

**Dr. Richard Chern, MD**  
12889 Hwy 98W, Suite 107B  
Miramar Beach, FL  
850-837-1271




[thehormonerestorationcenter.com](http://thehormonerestorationcenter.com)

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





Senior Helpers of Panama City provides personalized in-home care for seniors as an alternative to assisted living facilities or nursing homes. We provide non-medical help with the activities of daily living, tasks including meal preparation, light house-keeping, errands and companionship.

**Our initial in-home care assessment...**

The first step in the process is a complimentary, initial in-home care assessment with a Senior Helpers consultant. This assessment can help you understand the true needs of your loved one, and your options. Together we can discuss their needs, our senior care services and determine what's best for your entire family.



Care and comfort at a moment's notice.  
850-270-4064 • 1038 Jenks Ave., Panama City  
[seniorhelpers.com/fl/panama-city](http://seniorhelpers.com/fl/panama-city)  
FLORIDA LICENSE #299994598



## Sean of the South



BY SEAN DIETRICH

The first concert I ever saw was the Oak Ridge Boys. I was 2 years old. Mama took me. I pooped my diaper while they were singing “Elvira.” My mother changed me at the foot of the stage as I was singing at the top of my voice. One of the Oak Ridge Boys gagged, mid-song.

“That’s Mama’s little musician,” said my mother, wiping my hindparts.

The next concert I ever saw was the “Grand Ole Opry.” My father moved us to Tennessee because he was building the GM plant in Spring Hill. Mama knew I loved music, so she carried me to “country music’s biggest stage.”

I remember seeing Jerry Clower. I remember a bluegrass group practically lighting their instruments on fire. I remember Minnie Pearl.

During the Opry performance, Mama stood me on the back of the pew so I could sing along. She kissed my cheeks and

said, “That’s Mama’s little musician.”

Mama bought my first nice guitar. It was the first “fine” instrument I ever owned. A Gibson. Student model, B-15. It was indestructible. You could use this guitar to tenderize meat. I still have it.

And it was Mama who bought my first piano on my 9th birthday. Mama bought a second-hand piano from the classifieds. She sent my father to pick it up. He bribed his friends to move the instrument with cases of free Busch. As a result, the piano was beat to heck.

I began playing piano in church at age 10. I was an accompanist. My mother was so proud. She always sat on the front pew at church and told innocent bystanding visitors that I was her son. “He’s our little musician.”

Throughout the years, I would go on to break my mother’s heart a million times. After my father took his own life, Mama became a single mother. She struggled to make ends meet, cleaning condos. I threw my education away and dropped out of school. I helped pay rent.

As a teenager, I took my piano and guitar into dens of iniquity. I played in beer joints because I’ve had a lifelong love affair with Willie Nelson. I sang cheating songs and drinking songs that shamed my mother.

By the time I was a married man, I was a loser without a



high-school diploma. I had no pot to you-know-what in, and no proverbial window to throw it out of.

I was a construction worker. I hung gutter. I scooped ice cream. I flipped burgers. I even did a short stint as a telemarketer.

In my late 20s, I decided I wanted to go to college. My mother paid for my first class. It cost her almost \$100 for the first semester. That was a lot of money for a cleaning lady.

The first class I took was Creative Writing. The first essay I wrote was about a woman named Mama. The essay had water spots on it when I turned it in.

That one essay would change my life. Writing itself would change my life. Writing would lead me into producing newspaper columns. Which would lead me into doing speaking engagements. Which led to doing a

one-man musical show, where I would tell stories and play an old Gibson guitar.

Over the last decade, I have taken this pitiful one-man show to 39 different U.S. states. I have played Mama’s guitar all over the Union. And just yesterday morning, my wife got an email.

My wife read this email aloud. “Dear Sean and Jamie,” the

letter read, “The Grand Ole Opry’ would be thrilled if Sean would appear on the show... Please let us know some dates that might work for you.”

I cried. My wife cried. My God. This had to be a joke. But it wasn’t.

The first person I texted was Mama. There were streams running down my cheeks as I thumb-typed on my phone.

In only point-two nanoseconds, my mother responded: “That’s Mama’s little musician,” she wrote.

So, here’s to the woman who changed my diapers at the feet of the Oak Ridge Boys; who introduced me to Minnie Pearl; who made me what I am; who foolishly believed in her failure of a son, even when nobody else did, not even himself. Happy birthday, Mama.

Listen for your name on the air.

### See Sean at the Grand Ole Opry March 24

Former local Sean Dietrich (he recently moved to Alabama) is a columnist and novelist known for his commentary on life in the American South. In addition to PCB Life, his work has appeared in Southern Living, The Tallahassee Democrat, Good Grit, South Magazine, Alabama Living, the Birmingham News, Thom Magazine and The Mobile Press Register, and he has authored seven books.

Hi will indeed be entertaining an audience at The Grand Ole Opry soon! A recent post on his Facebook page states:

“All my life, I have fit the definition of an abject loser. I am a fatherless child. I am a middle-school dropout. I am a high-school-equivalency guy. A fledgling community college graduate. A former construction worker, a subpar student, and i use por grammer.

But on March 24, 2023, the year of our Lord, I will be playing music and telling stories on “The Grand Ole Opry.”

I want you to know that you’re invited. Because you are the one who put me here.”

See Sean on March 24, 2023, 7 p.m. at the Grand Ole Opry in Nashville, Tenn. Purchase tickets at <https://www.axs.com/artists/1112862/sean-dietrich-tickets>.



The Genuine. The Original.



OVERHEAD DOOR COMPANY OF NORTHWEST FLORIDA™

Don't wait until an emergency - we offer savings with an Annual Service Plan - includes complete diagnostic of door systems!

Discounts for Sr. Citizens, Veterans, Active Duty and First Responders.

(850) 502-8615 • [destinoverheaddoor.com](http://destinoverheaddoor.com)

Residential and Commercial

**\$100 OFF a new WI-FI DOOR OPERATOR and FREE DECORATIVE DOOR HARDWARE**

with each door purchase. (No other discounts apply.) Financing as low as \$79/mo. w.a.c.





# A Minister's Message: The Most Important Thing You Can Do?



By KERRY KNIGHT,  
MINISTER FOR THE EMERALD  
BEACH CHURCH OF CHRIST

A farm boy accidentally overturned his wagon load of corn in the road. The farmer who

lived nearby came to investigate. "Hey, Willis," he called out, "forget your troubles for a spell and come on in and have dinner with us. Then I'll help you get the wagon up." "That's mighty nice of you," Willis answered, "but I don't think Pa would like me to." "Aw, come on, son!" the farmer insisted.

"Well, okay," the boy finally agreed. "But Pa won't like it."

After a hearty dinner, Willis thanked his host. "I feel a lot better now, but I just know Pa is going to be real upset."

"Don't be foolish!" ex-



claimed the neighbor. "By the way, where is he?"

"Under the wagon."

How do we prioritize our actions? The Bible teaches that the Lord's church (kingdom) must come first, Matthew 6:33. Are we attending worship services as we should? Are we seeking to help those who are without Christ? Let's not put off the most important things as a Christian.

## We make it Rain.



## We make it Green.

Pump Repair & Installation

**PCB Lawn  
& Irrigation  
(850) 730-3384**

## Book Review:

## Rebel Keto By Heather Strickland

REVIEW BY JACK SMITH

As Gloria Steinem once quipped, "The truth will set you free, but first it will piss you off."

This book has your back and offers an all-new sustainable approach to weight loss while exposing the lies of the past three decades. This book is fun, easy to read, and also very liberating. This is the true story of how the author lost weight and kept it off.

Heather Strickland lives in Rosemary Beach. She woke up at thirty-five and found herself grossly overweight. She tried most of the trendy diets, but totally failed. Not one to give up without a fight, a diet rebel was born.

Heather took matters into her own hands, did uncountable hours of research, and finally resorted to common sense and self-testing. Using her newly developed plan she lost 140 lbs., and to this day has kept it off (and it's been over six years). When writing this book, she thought of all of the boring-ass diet books and decided to take a lighter path.

Have you ever tried to read a diet book? They just straight-up stink (sorry, not sorry).

America has an obesity epidemic on its hands and according to Heather, it got there by following the Standard American Diet. Today over 40% of adults are obese, as are 20% of children. "Where is the outrage?" In this book, Heather calls BS on many of these weight loss lies of the past forty years.

Will this diet be easy? Hell no. Anyone who tells you that dieting is easy is lying to your face, but she includes a great selection of recipes to at least make it more enjoyable. "I'm going to make this as simple as possible, as fun as possible. I did not lose weight by playing by the rules and I challenge you to become a rebel, a Rebel Keto warrior,"



writes Heather.

Heather Strickland is a local writer, a Mom Certified Health Coach, and the founder of the "Word to your Mother" blog. She enjoys keeping it real, momming and dancing like nobody's watching (because they aren't, they're on their cell phones).

**SCHOONERS**  
LAST LOCAL BEACH CLUB®

850-235-3555 • 5121 Thomas Drive  
schooners.com



# Design and Culture: **Modern and Chic**

The most popular door style in cabinetry right now is a flat panel door style. It is modern, functional, chic and the variety of colors and materials this door style comes with is almost endless. The hottest trend right now is quarter sawn white oak, but it is also beautiful in Oak, Maple, Knotty Alder, Hickory and Cherry and comes in a wide range of beautiful stains. Along with a solid wood, the flat panel door style is available as a acrylic, veneer, painted HDF or MDF, laminate, textured TFL, matte foils, wired gloss foils, and laminate, all extremely durable doors.

If you are looking for something light and modern for your coastal home, the alabaster stain is a beautiful light stain. It is available in all the solid woods and a veneer. If you would like a laminate door or a textured laminate, White Barn and White Cypress are light color door style with a soft grain. For a Modern Mediterranean look a warm wood is a good choice whether you choose a veneer or a solid wood. For a strong modern look, an acrylic or an exotic veneer are good options. If you have been searching Pinterest and other resources for a modern door style you may have come across a style with a strong straight grain. To get that look with no variance in the wood grain, a laminate or a veneer is going to be the best choice.

If you are interested in any of these door styles, stop by the Granite Plus showroom and a project manager will assist with designing your new modern space. We offer a wide range of

flat panel door styles for all budgets and look forward to seeing you!

Granite Plus is located at 17801 Ashley Drive Panama City Beach, FL 32413. You can give us a call at (850) 236-6363 or just stop by our showroom during business hours. We are open Monday - Friday 8 a.m.-5 p.m. and Saturdays from 10 a.m.-2 p.m.

Right: Design by Dura Supreme Cabinetry with two custom colors, and Dura Supreme door styles Chroma and Louvered. Visit [www.DuraSupreme.com](http://www.DuraSupreme.com) for more information. Granite Plus is your local dealer for Dura Supreme Cabinetry.



Above: Modern sea-inspired powder room. Design by Chris Chidester at The Cabinet Center, San Ramon. Photography by John Welsh. Dura Supreme Tem-po Textured TFL (thermal fused laminate) door style.

Left: Design by Granite Plus. Painted flat panel door on the perimeter. Island is Dura Supreme Textured TFL.

Below: Painted door style with top knobs bit pull in honey bronze. Bath design by Sylvia Ignas.




**GRANITE PLUS**  
 "WE WILL, WE WILL, ROCK YOU"  
 COUNTERTOPS - CABINETS - FLOORING  
**850-236-6363**

# Decorative Concrete Explained

By KIM BRAZELL, MARKETING DIRECTOR, FLOORING DEPOT OF PANAMA CITY

You may have heard the term decorative concrete, but is it as simple as it sounds? The answer to that is yes and no. Today's concrete is anything but boring, and more and more homeowners and business owners are discovering the beauty and advantages to decorative concrete so it's no wonder that Flooring Depot has added it to its product line.

To get a better understanding of exactly what decorative concrete is, I sat down with Rob Morrissette, residential and commercial installation manager at Flooring Depot, to better understand what it is and how it can be used in residential and commercial spaces, and what as a consumer you need to know if you are considering this type of flooring.

**Kim:** Thank you for taking a few minutes to answer my questions, Rob. Let's start with an easy one. What is decorative concrete?

**Rob:** You're welcome. That question has many answers depending on which type of concrete we are discussing so we can break it down so that readers will better understand exactly what we are talking about. Basically, when you think of concrete, people primarily think of gray, cold, and boring. But it doesn't have to be those things anymore. It can be a beautiful element added to your home or business. You can choose various options, such as polished concrete where you can use a clear coat or add color to create a bigger decorative element. You can use resin chip, metallic epoxy, or stamped concrete, there are literally all kinds of uses and decorative options that homeowners and business owners can use to personalize their spaces and for different functions in their homes.

**Kim:** When you say polished concrete what do you mean?

**Rob:** Polished concrete is what people usually associate with a high gloss look on a concrete floor. They may not realize that colors can be added to that



to add a decorative element. For instance, you could add a blue tint to lighten up a room or do the opposite and add a darker color to warm it up. The possibilities are limitless.

**Kim:** I have heard you mention metallic epoxy flooring as well and I have seen the samples in our building. What is that specifically?

**Rob:** Metallic epoxy uses metallic additives mixed with clear epoxy coating. You can mix different colors, or you can use a single color to create different visual effects on your floors. They can look very dramatic because the metallic powder can move through the epoxy to create a variety of designs that have movement in them.

**Kim:** Why are more people choosing metallic epoxy flooring?

**Rob:** There are many benefits to a metallic epoxy floor. They are beautiful, creative, and colorful. You basically design your

own and use the colors of your choice. No two are the same so it gives homeowners a one-of-a-kind element to their homes that their friends and family don't have. The floors tend to be a centerpiece of conversation. In addition to their beauty, they are very durable and are great in high-traffic areas. They are also moisture-resistant, hold up under high impact, and resist abrasions and stains. They are a great investment in your home or commercial space.

**Kim:** In addition to metallic epoxy flooring what other types of decorative concrete does Flooring Depot do?

**Rob:** There are so many applications. Resin chip flooring is also very popular. You typically

see this in a lot of garages and mancaves. We use high-quality resin, vinyl flakes with epoxy, and a polyaspartic coating to create a long, lasting, and durable floor. It holds up to vehicle traffic and high-traffic areas as well. The polyaspartic element helps create a floor that is eight times stronger than any kit that you might buy from a big box store. The vinyl flakes also help give it traction, so the surface of the floor is not slippery. The resin chips also come in multiple colors so you can customize the look you want.

**Kim:** Where else can you use decorative concrete in your home or business?

**Rob:** For homeowners, we see this a lot, especially here in Florida, but it's great for driveways, pool decks, and patios. It dresses up your outdoor space and gives you a high-end look for a fraction of the cost of using pavers or other materials.

*To learn more about Flooring Depot's decorative concrete options, please visit our store or contact us at (850) 785-2216.*

## Decorative Concrete Is Here

Love the look of decorative concrete? Looking to create a great garage or man cave? Then think about decorative concrete from Flooring Depot of Panama City.

### Decorative Concrete Offers:

- Durability and long lasting wear
- Wear, impact and abrasion-resistant
  - Moisture and stain resistant
  - Slip resistant finishes
- UV Resistant—Colors Won't Fade

### This Product is Great For:

- Garages and basements
- Pool decks, patios and driveways
- Auto showrooms and retail stores
- Entranceways, lobbies and corridors
  - Restrooms and locker rooms
  - Laundry and clean rooms
  - Healthcare facilities
- Homes, luxury apartments and lofts
- Hotels, restaurants, and event facilities

Come see us at one of our two locations to get your project started.

Two Convenient Locations

1310 W. 15th Street | Panama City | 850.785.2216  
19700 PCB Parkway | Panama City Beach | 850.730.1650

[flooringdepotofpanama.com](http://flooringdepotofpanama.com)

**Flooring Depot**  
OF PANAMA CITY



By MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

The new year has begun for investors. After watching both the stock and market experience significant drawdowns in 2022 (a rarity for the two to move in tandem), people wondered what the new year might bring. Thus far, we have been showered by the media with talk of recession, stoking fear in the hearts and minds of consumers. Eventually, consumers begin to over worry and they begin to snap their wallets shut. This, however, does not seem to be the case, at least not yet. At this writing, while the economy has most definitely slowed, many companies continue to make money. Seventy-one percent of companies reporting their Q4 earnings have surpassed expectations

We are left to wonder which is the greatest evil: a recession, inflation or deflation. Inflation over time erodes the standard of living and is not sustainable. Deflation, we think, is the worst of outcomes as it is a collapse of demand and it eventually pulls the economy down, perhaps into a depression. We are reminded of a quote Ronald Reagan repeated more than once: A recession is when your neighbor loses his job, and a depression is when you lose yours. A recession is an economic reset and investors are reminded to take note that when the economy is seemingly at its worst, that is the time to invest in stocks if they are long-term, growth-oriented investors and have the tolerance for the risk.

#### What is driving us here?

The Federal Reserve, whether we like it or not, has significant influence in the economy. The Fed has taken its Federal Funds Rate to 4.5 percent and by the time you read this may very well be at 4.75 or 5 percent. What does that rate do? First of all it is the rate it pays to banks and to money market mutual funds for deposits and investments made overnight.

The Fed has an average of \$3 trillion on deposit each night from banks. It also has about \$2.6 trillion from several money market mutual funds. If banks put that money at the Fed, they are not lending it. If investors and savers are putting money in money market mutual funds, they are not investing it in stocks, bonds, businesses or a host of other things. Since 2008, the Fed has used the federal funds rate to slow an overheated economy, usually one that manifests itself by the inflation read. If less money is available to the economy, that in theory should slow demand, bringing inflation down. It seems to be working. Some worry, however, that it may end up working too much and that the economy will crash land versus soft land. We will have to see.

The impact of this can be seen in the leveling off of interest rates.

Short-term rates are remarkably higher than long term rates. Investors take note that in times like these, that is by design. That can work to the advantage of savers and those wanting to have lower-risk investments with higher returns than in the past. If the inverted yield curve (where shorter rates are higher than longer term rates) persists, a slower economy will bring down inflation and also long-term rates, including mortgage rates. The implication is that investors should consider investing in longer term bonds be those U.S. Treasuries, municipals or corporate bonds. For retirement accounts, investors also might consider taxable municipal bonds for their quality relative to corporates and their competitive rates. Many investors can diversify their long-term portfolios by incorporating these types of bonds for a portion of their strategy. Investors might also want to consider zero coupon bonds, mainly in retirement accounts as a way of not only diversifying, but knowing what they will have and when they will have it. Zero coupon bonds are bought at a discount from their face value. Bonds have a face value of \$1,000 and a zero coupon bond may sell for \$750 now for example and be worth \$1,000 at maturity. The difference is the rate that the investor earns. Lastly, other fixed rate investments like CDs and fixed annuities offer lower risk and portfolio diversity.

#### Other considerations for times like these

We continue to think that part of a diversified portfolio should include increased weightings into health care, energy, consumer staples, utilities and financial sector stocks. Increased allocations into fixed income, or bonds could be part of a well-diversified portfolio. Lastly, we think investors should continue to watch the value of the dollar, as its continued slide would mean accelerated growth in international investments (which of course brings on more risk).

#### Last tidbits

We read that for the first time in decades, China's population has declined (by more than 850,000 people). We also read that in 2022, for the first time in a long time, many index funds underperformed the market. That might be so because index funds are weighted by market capitalization. With approximately 27 percent of the S&P 500 into the technology sector, and that sector had significant drawdown in 2022, that might explain it. Should China continue to decline in population, that has worldwide implications for demands as well as for pricing and inflation. Lastly, if interest rates slow or reverse, investors tend to take more risk in this sector.

Now that we are well into the new year, investors are encouraged to perform portfolio reviews with their advisers or on their own. Working with an advisor might deliver "alpha," that is, increased value for cost paid. Investors should also familiarize themselves with the latest changes in the tax code as well as the updates for retirement savings vehicles. Call or write your adviser or do your own research when you can.

There are special risks associated with investing with bonds, such as interest rate risk, market risk, call risk, prepayment risk, credit risk, reinvestment risk and unique tax consequences. Investments in municipal securities may not be appropriate for all investors, particularly those who do not stand to benefit from the tax status of the investment. Municipal bond interest is not subject to federal income tax but may be subject to AMT, state or local taxes. U.S. government bonds and Treasuries are guaranteed by the U.S. government

and, if held to maturity, offer a fixed rate of return and guaranteed principal value. CDs are insured by the FDIC and offer a fixed rate of return, whereas the return and principal value of investment securities fluctuate with changes in market conditions. An investment in a money market fund is neither insured nor guaranteed by the FDIC or any other government agency. Although the fund seeks to preserve the value of your investment at \$1 per share, it is possible to lose money by investing in the fund. A fixed annuity is a long-term, tax-deferred insurance contract designed for retirement. Fixed annuities have limitations. If you decide to take your money out early, you may face fees called surrender charges. Plus, if you're not yet 59-and-a-half, you may also have to pay an additional 10 percent tax penalty on top of ordinary income taxes. You should also know that a fixed annuity contains guarantees and protections that are subject to the issuing insurance company's ability to pay for them. The S&P 500 is an unmanaged index of 500 widely held stocks that is generally considered representative of the U.S. stock market. Inclusion of this index is for illustrative purposes only. Keep in mind that individuals cannot invest directly in any index, and index performance does not include transaction costs or other fees, which will affect actual investment performance. Investing involves risk and you may incur a profit or loss, regardless of strategy selected. Diversification and asset allocation does not ensure a profit or protect against a loss. Holding investments for the long term does not ensure a profitable outcome.

*Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management/ Raymond James. Main office located at The First Bank, 2000 98 Palms Blvd, Destin, FL 32451. Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com.*

*Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc. First Florida Wealth Group and First Florida Bank are not registered broker/dealers and are independent of Raymond James Financial Services.*

*Views expressed are the current opinion of the author and are subject to change without notice. Information provided is general in nature and is not a complete statement of all information necessary for making an investment decision and is not a recommendation or a solicitation to buy or sell any security. Past performance is not indicative of future results.*






### Your usual?

Familiarity bias means sticking with what you know – but there may be a lot that you don't. Familiarity might be playing a role in some of your decisions.

### Think Before You Act

To help you keep familiarity from overly influencing your financial plan:

- Don't confuse awareness with understanding or expertise. Rely on objective research.
- Take the time to consider your motivations for selecting certain investments or strategies.
- Don't rule out an investment or financial strategy because it's foreign to you.

Call us to schedule a meeting anytime to receive the objective insight you need to make important decisions surrounding your wealth.



**Maurice Stouse**  
Financial Advisor

**The First Wealth Management**  
A Division of The First Bank, NA  
2000 Ninety Eight Palms Blvd.  
Destin, FL 32541  
**850.654.8122**



**Amy Parrish**  
Financial Advisor

Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment advisory services offered through Raymond James Financial Services Advisors, Inc. The First Wealth Management and The First Bank, NA are not registered broker/dealers and are independent of Raymond James Financial Services.

# Florida License Plates: Specialty and Personalized



Florida vehicle owners have a host of options when it comes to license plates. More than 100 specialty plates are offered in Florida, with each plate supporting a specific organization and cause. From sports teams to universities, special interests and environmental causes, there's a specialty plate sure to appeal to just about everyone.

### The Cost of a Specialty Plate



An annual fee is charged for each specialty license plate, in addition to the regular registration renewal fee, a \$28 new metal plate issuance fee and a \$5 processing fee. The annual fees collected from the sale of the specialty plates go directly to the organization the plate supports, with most annual fees being \$25 or

less. Over the years, the sale of specialty plates has raised millions of dollars for the sponsoring organizations.

Drivers interested in purchasing a specialty plate can do so at any time at the Tax Collector's Office, though most choose to do so during their initial vehicle registration or at the time of annual registration renewal to minimize the expense. Specialty plates can also be viewed and purchased online for those with a plate expiring in 12 months or less. The costs noted in the online portal include all fees noted above.

In addition to purchasing your own specialty plate, The Florida Department of Highway Safety and Motor Vehicles also offers a specialty license plate gift certificate program. The program allows anyone to purchase a specialty license plate as a gift for a Florida motor vehicle registrant. At the time of purchase, a credit will be issued in the name of the gift recipient, which can then be redeemed by the recipient at the time the specialty license plate is purchased. To redeem the certificate, the gift recipient simply needs to present a Florida driver's license or ID card. The gift certificate does not have to be purchased and redeemed at the same office. If thinking about purchasing a gift certificate for a loved one, please keep in mind

that once purchased, a refund cannot be issued as the money is given to the sponsoring plate entity.

### Personalized License Plates



In addition to specialty plates, Florida also offers the option to purchase a personalized license plate. A personalized plate allows a motorist to request a specific letter and number configuration for their license plate. Individuals can order a personalized plate in person at any tax collector's office. The cost is an additional \$15 annual fee. An Application for Personalized License Plate (HSMV form 83043) must also be completed and submitted. Prior to applying for a personalized license plate in person, individuals should visit the Florida Department of Highway Safety and Motor Vehicle's Personalized License Plate Inquiry page to determine if the desired configuration is available.

For additional information regarding Florida license plates and motor vehicles, please visit [BayTaxCollector.com](http://BayTaxCollector.com).



Compromise is for politicians.



Trane. There is no substitute.

Don't sweat it. We've got you covered 24/7, 365 days a year.



#a 6 817340

24 HOUR SERVICE

(850) 249-2999

[www.modernairsolutions.com](http://www.modernairsolutions.com)



**WASTE PRO**  
Caring For Our Communities®

PROUDLY SERVING PANAMA CITY, PANAMA CITY BEACH AND THE SURROUNDING BAY COUNTY AREAS.

12310 Panama City Beach Pkwy  
Panama City Beach, FL 32407

(850) 872-1800  
[www.wasteprousa.com](http://www.wasteprousa.com)

SERVICES:  
+ RESIDENTIAL  
+ COMMERCIAL  
+ CONSTRUCTION



DINE EARLY AND WATCH THE FLEET UNLOAD

Seared Jumbo Sea Scallops

**Capt. Anderson's**  
Restaurant & Waterfront Market

850-234-2225 • 5551 N. Lagoon Drive, PCB, FL 32408 • [CaptAndersons.com](http://CaptAndersons.com)  
2022 Wine Spectator Best of Award of Excellence



# Ask Apex: **Some Obvious (& Not so Obvious) Signs Mold is in Your Home**

Mold should never be taken lightly as it can cause significant damage to your property and put you and your family's health at risk. Sometimes mold can grow from a large obstruc-

tion following bad weather and sometimes it can grow from a household spill. Knowing the signs of mold growth will help determine your course of action quickly to avoid monetary

setbacks and potential health issues.

## **Musty Smell & Foul Odor**

This is typically common in the early stages of mold growth.

# Ask APEX

# APEX

## DISASTER SPECIALISTS

WATER • MOLD • FIRE • REBUILD

## **YOUR LEADERS**

### In Quality Repair & Restoration

Water Extraction and Mitigation  
Mold Removal and Remediation  
Smoke and Fire Damage Restoration  
Storm Damage Cleanup and Restoration  
Remodeling • Emergency Repairs  
Biohazard Cleanup



"Best of Houzz" Award Winner

**Customer Service:**

**850-660-6900**

**Email: [admin@apexisthere.com](mailto:admin@apexisthere.com)**

Panama City Beach • Santa Rosa Beach • Destin  
Visit [www.apexdisasterspecialists.com](http://www.apexdisasterspecialists.com) for more information



The smell of foul odor is also very concerning as it can potentially be a more dangerous type of mold.

## **Dark Grout**

Although bathrooms and kitchens are known to have some dirty grout, it's important to take note of dark grout as it could be discolored from mold.

## **Dark Patches on Your Wall or Your Walls are Bubbling**

If you notice dark patches on your walls, it's likely a sign of mold growth. Moreover, if your walls are bubbling, it might mean that moisture is behind the dry wall creating a bubbly look on your interior walls.



## **Your Carpets are Discolored**

Pay attention to the coloration and deterioration your carpet. Because of their makeup, they can hold moisture longer, potentially resulting in a greater mold risk.

## **You ALWAYS Have a Cold**

If you are constantly feeling sick with cold-like symptoms but you noticed a slight decrease in symptoms when you leave the house, it might be due to a mold problem.

Mold is something that should never be ignored so pay attention to the signs and contact a professional to remediate the issue. To learn more about mold prevention and removal, contact us at (850) 660-6900.

## WCC Spring Fling Juried Arts and Crafts Show and Sale March 4

The Women's Civic Club of Panama City Beach will hold its annual Spring Fling on Saturday, March 4, 2023, from 9 a.m. – 3 p.m. at Frank Brown Park Recreation Center, 16200 Panama City Beach Parkway! An array of vendors will offer a wide variety of original hand-crafted items, along with some tasty delicacies from local cottage industries. Some of the treasures you can find are hand turned wood creations, original artwork, handmade jewelry, metalworks, wood-crafted

décor, stained glass, and much more. A snack bar offering lunch selections will also be available. Your \$1 donation at the door, along with the vendor fees helps the WCC, which is a non-profit organization, support charitable causes throughout Panama City Beach. If you are interested in becoming a vendor, applications can be found at [www.wccpcb.org](http://www.wccpcb.org) under the events tab. Questions may be emailed to [womenscivicclub@aol.com](mailto:womenscivicclub@aol.com).

# 79 ROCK & DIRT

 9931 Hwy 79 Panama City Beach, FL 32413



River Rock  
Granite  
Bahama Rock



Parking Pads  
Driveways  
Drainage



Retail yard  
Small to Large Quantities  
Delivery Available



**CALL FOR DETAILS**  
**850.890.4708**





**BERKSHIRE HATHAWAY**  
HomeServices  
Beach Properties of Florida

**LOCALLY KNOWN. NATIONALLY RECOGNIZED. GLOBALLY RESPECTED.**



**3730 PRESERVE BAY BLVD**

Preserve On The Bay | Panama City Beach  
5 Bed | 6/4 Bath | 9,473 SF | Listed at \$9,975,000  
Contact Amin Delawalla 850-225-9899



**5004 THOMAS DRIVE UNIT 2102**

Treasure Island Resort | Panama City Beach  
2 Bed | 2 Bath | 1,370 SF | Listed at \$679,000  
Contact The Duran Group 850-527-0221



**22802 ANN MILLER ROAD**

The Preserve at Lake Powell | Panama City Beach  
5 Bed | 4 Bath | 2,589 SF | Listed at \$870,000  
Contact Anne Winicki 850-960-1179



**7009 N LAGOON DRIVE 110**

Lagoon Estates | Panama City Beach  
3 Bed | 2.5 Bath | 2,453 SF | Listed at \$649,000  
Contact Angie Outlaw 334-465-9351



**13302 HIBISCUS STREET**

Bahama Beach | Panama City Beach  
3 Bed | 2.5 Bath | 1,780 SF | Listed at \$699,900  
Contact Lynne Hand 850-532-0886



**110 FOX GLOVE LANE**

Whisper Dunes | Panama City  
3 Bed | 2.5 Bath | 1,516 SF | Listed at \$369,900  
Contact The Duran Group 850-527-0221



**17462 FRONT BEACH ROAD 6 A3**

Horizon South | Panama City Beach  
2 Bed | 2.5 Bath | 1,042 SF | Listed at \$409,000  
Contact Susan West 850-819-5051



**7116 FIRESIDE DRIVE**

Port Richey  
4 Bed | 2 Bath | 1,604 SF | Listed at \$299,785  
Contact Nancy Young 850-258-7141



**17462 FRONT BEACH 51C**

Horizon South | Panama City Beach  
2 Bed | 2 Bath | 960 SF | Listed at \$368,000  
Contact Mark Oberg 404-406-4887

**15750 Panama City Beach Pkwy - Unit 140**  
Panama City Beach, FL 32413  
850-252-4160



**BERKSHIRE HATHAWAY**  
HomeServices

Beach Properties  
of Florida