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## **Memory Makers:**

## Making Memories and a Difference

By Sharon Michalik, Director of Communications, Bay District Schools

Retirees often dream of more "downtime" and less activity in their golden years, but that's not the vision of some new residents of the Margaritaville neighborhood in Panama City Beach.

Margaritaville, a retirement community built by the St. Joe Company, has a group called "Memory Makers" who are determined to make as many unforgettable memories as possible. And part of that plan includes a very active commitment to the students and staff at neighboring West Bay Elementary School.

More than 75 Margaritaville residents have been involved in West Bay Elementary School since the school year began and both residents and school officials hope to continue to expand the partnerships.

"Many volunteers are retired educators," explained West Bay Principal Deniece



Moss. "But whether they are former teachers or not, they all know the value of relationships and they understand that all students benefit from the addition of trusted adults in their lives," she added.

Memory Makers volunteer Monica Thomas recently spoke about the partnership and its importance.

Thomas, a retired teacher

herself, explained that volunteers were critical to her success in the classroom. "I could not have done without volunteers in my classroom, and the kids love when you come, and you can just give an extra hand. So I know how I benefited from it, and I want to give back," she explained.

Moss said the Memory Makers are trusted adults the children can look up to.

"They know how to listen to kids, they know maybe what a teacher might need and might need to hear, and they're just so encouraging to all on our campus," she said. And the Memory Makers can play one really vital role for students at West Bay. "So many of our students don't live near their grandparents," Moss explained. "So the Memory Makers are becoming surrogate grandparents in some instances and it's just wonderful to see those relationships forming and to know that the volunteers are benefitting just as much as the children are from that time together."

Thus far, she said, the group has:

- 81 Memory Makers volunteer members.
- 10 or more members who are serving specifically as Elevate Bay Mentors.

#### **MEMORY MAKERS**

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## Prepare Now for Hurricane Season

From the Insurance Institute for Business & Home Safety

As the calendar flips to May, it marks the beginning of National Hurricane Preparedness Week. Not quite five years removed from the devastating impact of Hurricane Michael, Panama City Beach does not need to be reminded about the importance of being prepared, but with information available from various sources, it can be hard to discern the best steps to take.

Based on decades of field and lab research, the Insurance Institute for Business & Home Safety (IBHS) has released its 2023 Hurricane Ready guides featuring preparedness tips to help home and business owners strengthen their properties against storms. IBHS research shows resilient construction and re-roofing can significantly reduce the risk of storm damage. The nonprofit research organization has also identified some

#### **HURRICANE SEASON**

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#### **MEMORY MAKERS**

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• 20 members who have adopted classroom teachers/ grade levels and write letters of encouragement and drop off



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#### 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 Harper kim@southwalton.life

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small gifts of appreciation each month.

- Others who volunteer in the book fair, Title I parent events, Family Sweet Heart Dance, etc...
- A group that hosted a "Little Eagles" Christmas Party for the students of our teachers and staff.
- A combined total of more than 150 hours of volunteer time.

As a principal, Moss said the Memory Makers are irreplaceable. "It's amazing having a cadre of volunteers who we can count on, and who our children



can count on, and the fact that so many of them have previous experience working with children is a wonderful bonus," she explained.

Moss said she hopes Memory Makers becomes a legacy in the school as the community grows. "And I hope their example encourages other retirees to get involved," she said. "Whether someone has one hour a week to give or ten hours a week, there are so many needs at our schools and so many creative ways for us to get volunteers involved in the activities that interest them."

Becky Farmer, another retired educator who is a Memory Makers volunteer, explained some of those volunteer roles.

"The teachers are the rock,

and everything (extra) is often from their pockets. We can help them with that," Farmer said. "Maybe you don't feel comfortable everywhere else. You can sure help with the financing of the materials and things in the classroom." Memory Makers also volunteer to have lunch with students and they have volunteered in the Media Center and in the front office as well as many different classrooms.

The Memory Makers are always looking for more volunteers.

"Get involved, because when you're retired, you have gifts you can give back to the community, especially the school system. I think it's very rewarding," Memory Makers Volunteer Ellen Benton said. "Plus, it's perfect for us retirees to stay involved and active in some organization that keeps you going. So Memory Makers is the perfect one, especially for our neighborhood."

Jane Schmidt, West Bay Media Specialist, said the Memory Makers have played an integral role on campus thus far, and she looks forward to their visits and their enthusiasm. "They are a wonderful group of volunteers," she said. "Their positivity just spreads throughout our campus, and the students really look forward to their visits."

Anyone interested in volunteering at any of our schools can just call the closest school to find out their needs.



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## **PCB Chamber Spotlight**



# An Interview with Dean Jackson of Old Glory Washing Solutions

**Marta Rose-Thorpe:** Where did you grow up? How long have you lived in the area? Tell us about your family.

**Dean:** I grew up in a suburb of Buffalo NY, home of the Buffalo Bills. My family and I moved to Panama City on November 22 after separating from the US Army and wanting to come back to the greatest state in America! My family consists of my beautiful wife Diana and two children, Stonewall, 8, and Rylee, 3.

**Marta Rose-Thorpe:** Tell us about the events that led up to where you are now.

**Dean:** I spent my childhood in a suburb of Buffalo, learning the meaning of hard work from my parents. I joined the Army in 2010 and met my wife shortly after while in school for the Army. We deployed to Afghanistan in 2012. When we returned, I took a job as a police officer in Tucson, Arizona, where our son was born in 2015.



We moved back to NY to finish out our service in the Army and had our daughter in 2020. We decided we wanted to start our own business and raise our kids in the best and most free state... Florida. So here we are, ready to make Panama City clean again!



**Marta Rose-Thorpe:** What is your business?

**Dean:** Old Glory Washing Solutions is an exterior cleaning business. I pressure wash, soft wash, roof clean, house wash, window wash, and pretty much anything dirty outside I clean. I love the outdoors and the look on the customer's face when their residential or commercial properties come out looking new

**Marta Rose-Thorpe:** What is unique about your business, and what sets you apart from the rest?

**Dean:** Well to start, I am a legit business which is hard to find around here. I am licensed, insured, and trained on all my equipment. I provide a passion and level of customer service that is not seen in this day and age.

Marta Rose-Thorpe: What advice can

you offer to the residents?

**Dean:** Stay ahead of the problem to avoid costly repairs later down the road.

**Marta Rose-Thorpe:** What else should we know?

**Dean:** I am here to raise a family and be the best. I always put my faith, family, and the customers ahead of money. I understand how important it is to help everyone, no matter how big or small the job is.

For more information, contact Dean at dean@oldglory-washingsolutions.com and visit oldglorywashingsolutions.com.

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## **PCB Chamber Spotlight**



## Come Jam on the Coast!

By Gabby Champagne

Welcome to beautiful Panama City Beach, where summertime is upon us and the beaches are eagerly awaiting the arrival of its many guests. With a number of fun in the sun events to participate in over the next several months, the Panama City Beach Chamber, in partnership with Gulf Coast Jam, is excited to announce the annual Jam on the Coast 5K presented by Visit

Panama City Beach, which will take place on Saturday, June 3. This family-friendly event is the perfect addition to the lineup of Gulf Coast Jam weekend. Come and enjoy the beach, jam out to some phenomenal country music artists, and claim a medal all within the same day.

With its start and finish line located at the entrance gates to Gulf Coast Jam, runners will take to the 3.1-mile course

along the fairgrounds of Frank Brown Park and Gayle's Trails. All runners will receive a moisture-wicking shirt, a finisher medal, and an exclusive \$10 off coupon for Gulf Coast Jam merchandise.

Thanks to our local food sponsor, Rudy's Bar-B-Q, breakfast tacos will be served after the race, making it the perfect event for the avid runner or the family just looking for a good time.



You may register online at pcb5k.com or at Packet Pickup on Friday, June 2, at Dave & Buster's by 6 p.m., if slots are available. We hope to see you there!



## Tech, Talk & Tacos 2: Humans Meet Al... and More!

By Marta Rose-Thorpe

TechFarms, a technology incubator, coworking space and makerspace located at 7543 Holley Circle in the Grand Lagoon, is the location for "Tech, Talk & Tacos 2" taking place on Thursday, June 22, 2023, from 5 to 8 p.m. This three-hour evening, sponsored by A Superior Air Conditioning Co., is the sequel event to the original "TTT" held at TechFarms in 2019.

"In January 2019 we hosted the first Tech, Talk & Tacos for a nice-sized Grand Lagoon group," states Marta Rose-Thorpe, founder and publisher of Stroll Grand Lagoon, a lifestyle brand, who is hosting the event. "TechFarms has been one of Bay County's hidden gems, but I believe it's time to share it, so everyone is aware of this fascinating asset. Our friends at Finns Island-Style Grub served up a gourmet taco

bar, guests networked and mingled, and then were seated and entertained for the next hour by some of our area's most talented entrepreneurs, inventors, and innovators. They were shown what the tech incubation process looks like and we asked guests, 'Are you fascinated by all things Tech... drones, virtual reality, off-the-wall inventions? Is there a budding entrepreneur in your family?'

On Thursday, June 22 Finn's

Island-Style Grub will again provide the gourmet taco bar. Guests can meet and mingle at a wine & beer reception hosted by DiBacco Imports both before the event and during intermission. Speakers will present on a variety of subjects where marketing meets mindset, innovation meets entrepreneurialism, and humans meet AI!

As Panama City Beach and the surrounding areas continue to grow, TechFarms remains committed to expanding the technology ecosystem in Northwest Florida. Founded in 2015 by Steve Millaway, the tech incubator has seen many changes in the last few years of growth and has bright hopes for the future. Space for Tech, Talk & Tacos 2 on June 22 is limited; RSVP for this event is required on Eventbrite.com.







## Know Your Neighbor: Allan Branch

By Paul Bonnette

For over half a century, the Branch family has been known in Bay County for businesses such as Speedy Car Wash, Jimmy's Drive-In, and Tally Ho, the last of which is still in operation today. Since the 1940s these historical businesses have been serving up some of the best food in Bay County thanks to owner Jimmy Branch. Today his grandson, Allan Branch is continuing the tradition of operating businesses steeped in history and all with the goal of bringing people together over good food and drinks. If you have been in downtown Panama City on Harrison Avenue, you may have noticed a popular spot with tourists and locals alike called History Class Brewing Company. For owner Allan Branch, operating a business focused on history, food and drinks just ran in the family.

"My Grandparents moved here in the late 40s from Tallahassee and they had started Jimmy's Drive-In and Tally Ho, which was actually named after the yearbook at Florida State University. I grew up in entrepreneurship," says Branch. "I was home-schooled and my family didn't watch sports or talk about politics. When we got together, we talked about businesses. Some families have hunting as a hobby together or some families have football, we didn't. We would talk P&Ls (Profit & Loss), hiring people, and firing people and so I just grew up

talking about businesses. That

was my home."

After attending Bay High School and playing Division One Football in College, Branch moved to Birmingham and got into software development, website design, and marketing which he continues to do. According to Branch, after moving back to Bay County, he saw the marketing potential of showcasing the local history of downtown Panama City.



"Every little downtown across America, downtown is where the town started," explains Branch. "A very common story is it thrives when it gets built. The courthouse comes and city halls and movie theatres and shops and then the 1970s malls come up and rip the commerce out. Every town that revitalizes

downtown has the exact same story. The story is that the artists come in and they put murals up and start having festivals and coffee shops. Revitalization stories, the good ones come from the locals."

For Branch, the opportunity to save the buildings downtown and revitalize the area was part of the appeal.

"If you look at really great cities, they save buildings and they repair them and they celebrate their history. I think a lot of little cities have great stories. Great cities take pride in their stories. The great communities repeatedly tell the stories of who built the town or why this bridge is called this and we have some great stories here. The idea of History Class was just to tell these stories."

For many locals and visitors History Class Brewing Company is a must-stop destination for a pitcher of beer, some great local cuisine, and a helping of local history. Photos and signs adorn the walls of this downtown brewery and for co-owner Allan Branch, investing in downtown is the next chapter. Branch plans on renovating other buildings downtown including the newly renamed Mashburn building which will include retail space, condos, and even a rooftop bar.

"Great brands don't talk about products, they talk about stories and I'm really proud that we can celebrate these stories," he says.

## Children's Book Drive May 1 – 19

The Bay County Public Library Foundation is organizing a Book Drive May 1-19 to restock the Foundation's Free Library on Wheels (FLOW) and FLOW Book Boxes. The Book Drive is open to community members to donate new or gently used children's book titles that would be appropriate for preschool age to 8th grade students at any of the drop-off locations. These titles will be collected and then distributed free of charge to Bay County children throughout the upcoming year.

The Foundation's primary



goal is to help encourage the love of reading and promote literacy, one book at a time. Popularly requested titles from the school-age students include Dog Man series by Dav Pilkey, Diary of a Wimpy Kid series by Jeff Kinney, The Bad Guys series by Aaron Blabey, New Baby Sitters Club graphic novels and chapter books, and anything by Raina Telgemeier. Picture books are always a great addition for early readers and family read alouds!

Book Drive Drop-Off Locations:

• Bay County Public Library, 898 W. 11th Street, Panama City

• The Law Offices of Sam K. Zawahry, 227 Harrison Avenue, Panama City

- Little Mustard Seed, 437 Harrison Avenue, Panama City
- Panama City Beach Public Library, 12500 Hutchison Blvd, Panama City Beach
- Parker Public Library, 4710 2nd Street, Parker
- St. Andrews Publishing Museum, 1134 Beck Avenue, Panama City

The Bay County Public Library Foundation's mission is to promote literacy and provide cultural enrichment that enhances the Bay County libraries and strengthen the com-

munity. FLOW was made possible through a generous St. Joe Community Foundation Grant and has been actively distributing children's books since 2019. FLOW book boxes are located at 15 childcare centers, Bay County Health Department's Free Dental Bus/Clinic, and PanCare Health Clinic. Eleven Little Free Libraries have been installed and maintained throughout Bay County. For more information, visit bcplfoundation.org or email theflowforbay@gmail.com.





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## Final U.S. 98 Widening Phase Unveiled

By Ed Offley

Another major highway construction project is on the horizon for Panama City Beach and Bay County residents. State highway officials have announced a formal study for the possible widening of U.S. 98 from the Bay-Walton County line to SR 79 in Panama City Beach.

After evaluating a number of alternatives, the Florida Department of Transportation has revealed a "preferred alternative" that would largely mirror ongoing construction phases for U.S. 98 from Mandy Lane at Pier Park to the Hathaway Bridge: widening the east- and westbound roadways from two to three traffic lanes, constructing an elevated grass median, sidewalk and additional shareduse path, as well as intersection improvements.

This project also calls for the replacement of the existing Phillips Inlet Bridge over Lake Powell to accommodate the wider roadway.

If funded by the Florida Legislature, the project would com-

prise the final roadway improvements to U.S. 98, which has struggled with severe traffic congestion for years. Currently designed for a capacity of 45,000 vehicles each day, the four-lane U.S. 98 corridor on the "island" has often experienced peak traffic exceeding 80,000 vehicles per day.

FDOT is already proceeding with three other widening phases for U.S. 98. Construction of the initial 2.34-mile segment, running from Mandy Lane to Nautilus Street, is scheduled to begin in May. A second segment will run 2.3 miles from Nautilus Street to Richard Jackson Boulevard. It is currently budgeted at \$31 million. The final phase – a 3.9-mile stretch of the highway from Richard Jackson least five years away.

While the widening project will provide much-needed relief for Beach motorists, FDOT Spokesman Ian Satter cautioned that construction of the west end segment is still a long way off. The formal Project Design & Environment (PD&E) Study will take 2-3 years to complete, and after that, con-

The U.S. 98 corridor is not the only major highway or street project underway on the PCB "Island" this year.

City Council has accelerated planning and construction for modernizing Front Beach Road and key north-south connectors including Alf Coleman Road and Powell Adams Road, while finishing the ongoing reconstruction of SR 79 from U.S. 98 to Front Beach Road. Moreover, plans are underway to resurface the entire three-mile length of Middle Beach Road (Hutchinson Road) this year.



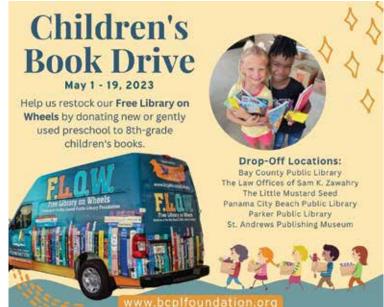
review through Friday, May 19

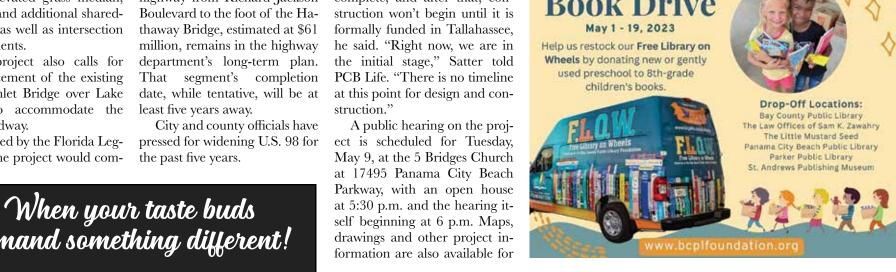
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#### HURRICANE SEASON

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low-cost DIY projects that can help any building better withstand high winds and heavy rain.

"One of the things we note when investigating storms is that homeowners can do things to reduce the likelihood and severity of storm damage," said Dr. Ian Giammanco, lead research meteorologist at IBHS. "Even with Hurricane Ian, which caused extreme damage due to storm surge, we saw limited wind damage in homes built after 2002, when the Florida Building Code was first adopted. Amid the overall destruction, this positive result helps show that we are not powerless against Mother Nature."

While some of the projects included in the Hurricane Ready guides can be done prior to an impending storm, IBHS encourages people to begin now to ensure projects can be completed by June 1, the traditional start of hurricane season.

## First Line of Defense: The Roof

IBHS analysis shows that as much as 90% of all disaster-related insurance claims include damage to the roof, and that oftentimes relatively minor roof damage leads to extensive interior repairs. One way to reduce the risk posed by high winds is to identify existing damage or wear on your roof. Most roofing contractors will provide an inspection, sometimes at no cost, and then make necessary repairs. If



it is time for roof replacement due to age or existing damage, reroof to the FORTIFIED standard. Based on decades of the nonprofit's research, FORTIFIED is a voluntary construction and reroofing method requiring third-party verification of the key elements that strengthen roofs against severe weather. Lab studies and real-world events show FORTIFIED prevents damage from high winds up to 130 mph.

#### **Wind-Rated Garage Doors**

Garage doors represent another common source of "cascading damage" during hurricanes or other severe weather events. When the largest opening in most buildings fails, pressure can build inside the garage and push up on the roof and out against surrounding walls. This can lead to ma-

jor structural damage and even collapse. In this area, property owners should have wind-resistant garage doors with a rating of at least 130 mph. If a garage door is not labeled as wind resistant, it should be replaced or at least reinforced to provide needed protection.

#### **Cost-Effective Repairs**

While a stronger roof and garage door will significantly help to reduce the risk of storm damage, other more budget-friendly steps can be taken, as well. Hurricane Ready suggests sealing gaps and cracks to keep wind-driven rain from intruding into a home or business. Other actions like securing soffits and trimming trees can also help to limit damage caused by wind.

#### **Know Your Codes**

Modern and enforced build-

ing codes are critical to reducing the damage and destruction caused by hurricanes each year. Florida ranks atop IBHS's Rating the States which examines building codes in 18 Gulf Coast and Atlantic states and grades them based on adoption, enforcement, and contractor licensing.

While Florida's building codes have been among the nation's strongest for the past 20 years, they have improved over

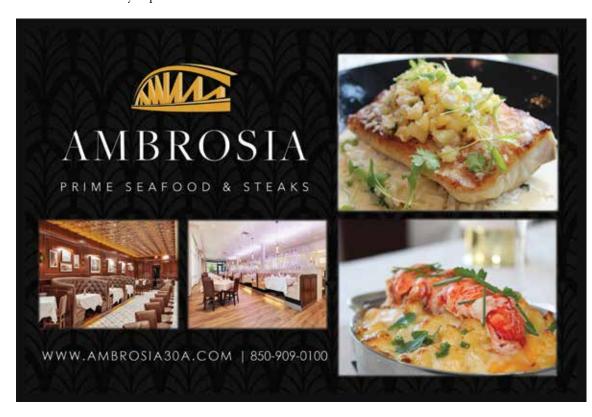
time. Therefore, a home built "to-code" in 2005 does not have the same level of protection as a home built in 2023. One key example is the sealed roof deck, which only became part of Florida's statewide code last year. Homes built or reroofed prior to that are missing this important level of protection that IBHS studies show can stop escalating damage which often leads to expensive repairs and homeowner displacement.

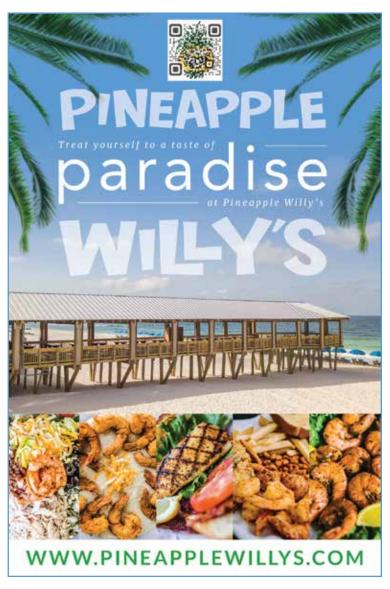
"If your home wasn't built or re-roofed to the newest code, you can make it stronger," Giammanco added. "If your budget doesn't allow bigger ticket items like a new roof or garage door, something as simple as trimming trees could help to make your home better protected. The most important thing is to take the first step."

Visit www.disastersafety.org for the full Hurricane Ready guides and downloadable checklists to schedule and track progress.











# Private Recreational Data Accuracy Provides More Opportunities

By Pam Anderson

A recent article by NOAA Fisheries' Marine Recreational Information Program, or MRIP, states that their new Recreational Fishing Data and Survey Standards will promote data quality, consistency, and comparability across the Marine Recreational Information Program's national network of recreational fishing surveys. The For-hire and Commercial industries have been collecting their fishing data for years and that is why their seasons, and opportunities to catch and keep more key species of fish like red snapper, have increased over time.

It feels like an infringement on our freedom or rights to limit access to a public resource with all the excessive rules. But as in many things, like hunting, there must be rules to keep these prized species abundant. We have looked to the Gulf States to implement their own data collections in recent years in an effort to compare what NOAA scientists were saying about the status of the stock. Large differences were found between State and Federal data, which has apparently caused NOAA to improve its data collection process.

Even private anglers, like us For-hire anglers who don't like change, don't want a data collection program to take away from the fun of the sport. We get it!

For Florida's anglers, the Florida Fish and Wildlife Commission has adopted the State Reef Fish Survey for saltwater anglers which is quite easy to use. For more information on saltwater fishing in Florida go to https://myfwc.com/fishing/ saltwater/. Time will tell if the new NOAA plan will work better for private anglers, but if you want to be a part of the solution, invest some time at one of the FWC meetings, giving your input on what you believe will work. As people participate together, it's amazing what can be accomplished. One thing is





for sure, though, the better the data, the more opportunities to keep your catch.

And speaking of catches...

this spring we have seen great catches of Vermilion snapper and Triggerfish coming in on our 5 hr boats as well as the 6 hr, 10 hr, and charter boats. We can be thankful to all those involved in the Bay County Artificial Reef Association and the For-hire charter boat owners for placing a large number of artificial reefs in the waters offshore of Bay County. The more reefs we have, the more habitat to grow the fishery. We appreciate them giving back to the community of anglers, several out of their own pockets.

Our mornings are filled with students on Field Trips cruising out on the Capt. Anderson III to Shell Island, learning some of our history, fun boating facts, visiting Shell Island, and, of course, watching the dolphins play (my field trips were never that fun!).

It's not too late to reserve space for Red Snapper season for 5hr, 6 hr, 10 hr, or 12 hr day trips or the 8 hr night trips - you get the bonus of a beautiful sunset and cooler temps in the evening. Early June is booking heavily, but mid-June to mid-August still has room. Reserve soon!

Capt. Max's Bar & Grill will be open for early breakfast until late evening as will Fisherman's Walk, with lots of extra free fun for the kids.

Come see us!

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

 $www. {\it Capt Andersons Marina.} com$ 



#### Community



# Let's Get Growing with Julie: Assessing Freeze Damaged Citrus

By Julie McConnell, UF/IFAS Extension

Five months ago, we experienced severe cold weather for three days which impacted landscapes across the panhandle. Since prolonged deep freezes are not common in our area we were unable to predict how plants would fare long term. As we progress into spring, it's a good time to start assessing land-

scape plants and make decisions about what to keep and what to replace.

The plants we have received the most inquiries about at my office are citrus trees. Unfortunately, this category of beloved plants is difficult to protect and suffered dearly. The recommendation up to now has been to be patient and give them time to recover, but when should you stop waiting and what signs should you look for?

#### **New Growth**

Obvious signs to look for are new leaves and stems, but the long-awaited appearance of green may not indicate recovery. Below are some guidelines you can use to interpret spring flushes.

Leaves and stems emerging in the canopy is a good sign if it expands fully and hardens off. This is a good sign of recovery because it indicates the trunk and woody branches are still alive. Ensure the tree has adequate water if rainfall is insufficient and if you fertilize do so sparingly.

New foliage in the canopy that dies before it fully expands indicates that the wood it was growing from was significantly injured. The failed regrowth is a secondary symptom of the initial freeze damage. Does that mean the tree will not recover? It's a hopeful sign, but there are too many factors to give a definitive yes or no answer. If possible, give it more time to try to successfully replace damaged tissue. Limit pruning and fertilization, but provide water if rainfall is inadequate. If the tree makes another attempt at regrowth, be patient and don't expect it to return to pre-freeze grandeur quickly.

Vigorous vertical growth from the base of the tree is also common and more complicated that it appears on the surface. Citrus trees are grafted and the new growth may be coming from the rootstock portion of the tree. Grafted trees have two parts – rootstock and scion; the scion is the plant with desirable fruit or other aesthetic features but have weak root systems. To compensate for subpar roots, they are grafted onto a hardier rootstock. Rootstocks are select-

ed for characteristics such as cold hardiness, disease resistance, and nematode tolerance. If the rootstock is allowed to sprout it ties up resources that the citrus scion needs to recover, so it is always recommended to remove those shoots. To watch a video demonstrating how to find the graft union on citrus see https://youtu.be/TaMF30sKRFE

## Secondary Pest: Ambrosia Beetle

When plants are damaged they produce volatile compounds that can be detected by insects that recognize that tree as an easy target for infestation. This year we have seen freeze damaged citrus attacked by the wood-boring Ambrosia Beetle. Typically, this is not a common pest of citrus, but they are opportunistic insects that take advantage of severely stressed or dying trees. Inspect the lower 2-3 feet of trunks and look for small round holes that may have toothpick shaped protrusions made of sawdust that shatter when touched. If you find signs of ambrosia beetle the tree will not survive and should be removed. There is no effective treatment for ambrosia beetle. More information on ambrosia beetle impacting freeze damaged citrus is available at https://nwdistrict.ifas.ufl.edu/ hort/2023/03/23/post-winterstorm-elliott-ambrosia-beetlesin-citrus/

#### **Starting Over**

If your citrus did not survive the freeze and you want to try again, here are some recommendations. Choose a space in your landscape that is sheltered from northerly winds. Select varieties that have the best cold hardiness such as kumquats and satsuma. If you decide to grow less cold hardy citrus such as lime or key lime consider growing in a pot that can be moved indoors in severe weather. For more information read Cold Hardy Citrus for North Florida.

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.





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## Shipwreck Island: Forty Years of Splashin' All Day

By Paul Bonnette

For the past forty years, Ship-wreck Island Waterpark has been the place to plunge, dunk, slide, swim and float in Panama City Beach. Known for its famous water rides such as the Zoom Flume, Lazy River, the Wave Pool, and many more, Shipwreck Island has three million gallons of water for you to splash around in.

This fifteen-acre tropical waterpark has been a must-do attraction for visitors and locals of all ages for decades: on April 29th Shipwreck Island opened the gates for its 40th anniversary season. Although 2023 will be Shipwreck Island's 40th anniversary season, plans go back even further to the developer, visionary, and builder of Miracle Strip Amusement Park, James Lark. According to General Manager Buddy Wilkes who has been with the family-owned company for decades, Shipwreck Island started with one single ride.

"It started in 1976 when James Lark built the Zoom Flume. If you traveled the interstate highway system, you would



see family RV campgrounds and they would all have a waterslide."

This gave Lark a crazy idea for an attraction, which would become the Zoom Flume, which, although updated, is still one of the most popular rides at Shipwreck. Over the next several years, even more rides were added including the Rapid River Run and Skull Island pool with Bumper Boats. According to Wilkes, in 1983, these rides would merge into the tropical-themed park we know today, but with a slightly different name: "So we had three water attractions and we called the whole thing Whata-water-wonderwold."

Today, forty years later, Shipwreck Island is a true thrill-seeking family destination with something for every member of the family. In honor of the 40th anniversary and the 2023 season, Shipwreck Island is unveiling new additions including paintings showcasing Panama City Beach history as well as a brand new area for little ones called Splash Cove.

For those looking to unwind and fuel up during their visit, Shipwreck has several food and beverage options available including The Galley, The Ship's Grill, Swashbuckler's Beer Shack, Island Ice Cream and more. The Pirate's Plunder Gift Shop is also available for plenty of souvenirs.

According to Wilkes, he is looking forward to another busy spring and summer season, but for those looking to visit during slower times with fewer people, he has some suggestions.

"Sunday is typically a slower day. We also get a lot of people in the morning including all the season pass holders [who] will come early and be gone probably by 2 p.m. If you come in the latter part of the day, you are getting a park that is half full."

For forty years, as the temperatures start heating up, Ship-

wreck Island has been the place to cool down and splash under as your cares float away. So the only question is, "Water you waiting for?"

Shipwreck Island Admission is:

- \$49.99 plus tax for persons above 50 inches tall
- \$39.99 plus tax for persons below 50 inches tall.
- Children below 35 inches tall are admitted free.
- Seniors 62 and older are \$36.99 plus tax.

Shipwreck Island is open the first Saturday in May, then Saturdays and Sundays May 13, 14, 21, and 22. Beginning on Friday, May 26 through August 6, Shipwreck Island will be open seven days a week. The park will also be open Saturdays and Sundays in August leading up to Labor Day weekend.

For those looking to visit throughout the summer, Season Passes are available for sale for \$129.99 which includes discounts for bring-a-friend days. For more information on park hours and tickets visit www.shipwreckisland.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.





## **Around the Beach**

#### Boy Scouts of America Gulf Coast Council Holds 2nd Annual Golden Eagle Award Event

Boy Scouts of America Gulf Coast Council presented the 2nd Annual Gold Eagle Award to Chris Moore at a fundraising event late April. This award honors an Eagle Scout for distinguished service in their profession and community for at least 25 years after attaining the level of Eagle Scout, among other accomplishments.

Moore is a Bay County native. Upon his return to the community after retiring from the United States Navy, he joined General Dynamics IT in 2012 as the Director of Operations, Senior Program Manager, and Site Lead. Moore currently volunteers his time in the community as a Bay County School Board Member, President of the Navy League, and Vice President for Citizens Oversight Committee for Infrastructure.

"This award is unique and strives to honor an individual from Bay County who is exemplary to our community. This event is critical to raising the necessary funds to help more youth in Bay County participate in the Scouting program. Chris Moore is very deserving of this honor, and we hope the proceeds from this event will help us have the necessary resources to help guide more youth in our community to be like Chris," says Greg Voyzey, Scout Executive and Chief Executive Officer.

## Mother's Day Get-away on the Forgotten Coast

By Isabella Riquezes

Mother's Day is right around the corner, and we've planned a fun-filled weekend for her along Florida's Forgotten Coast. Florida's Forgotten Coast is home to Apalachicola, one of the state's best-kept secrets, home to mouthwatering seafood and an impressive selection of art galleries and antique shops housed in old cotton warehouses. Just under a two-hour drive away from Panama City Beach, it is the perfect escape to treat a special someone. Whether you choose to glide along uncrowd-



ed waters on a kayak, watch the sunset on the bay, or stroll past the restored Queen Anne-style homes on Bay Avenue, it's easy to swoon over the town's relaxed vibes and Southern charm.

When in Apalachicola, book a room at the Gibson Inn. The Gibson Inn was constructed in 1907 and is listed on the National Register of Historic Places. The hotel is steeped in Southern hospitality, history, and oldworld charm, creating an enjoyable environment for every age. The 45-room historic boutique hotel features one-of-a-kind guest rooms designed to kick off

vacation mode and an authentic experience. The Inn boasts a lively Billiards Room, wraparound porches with dining tables and rocking chairs, Bentley chauffeur service, Gibson Golf Cart rental packages, complimentary bicycles, and more.

The property also houses The Parlor Bar and Franklin Cafe, which reflect the local culture serving exceptional dishes and cocktails. Located steps away from one-of-a-kind boutiques, high-quality seafood, and bay-front views, guests can fully experience the marvel and tranquility of Florida's best-kept hidden gems.

For more information about the Gibson Inn, visit www.gibsoninn.com.

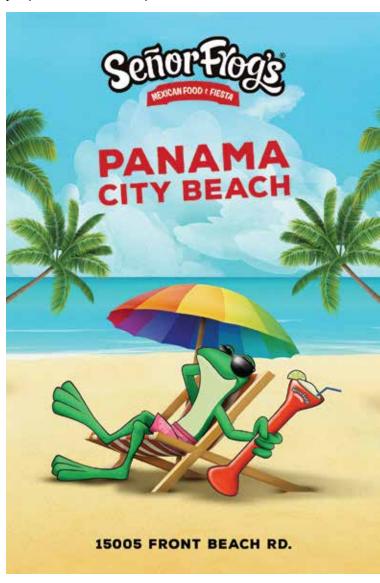
#### Book Signing for "Catnip of Life" by Local Author Sharla Lee (Shults), an Amazon #1 Bestseller

The Press Downtown is excited to announce an upcoming book signing event for "Catnip of Life," an Amazon #1 best-seller by poet and local author Sharla Lee (Shults). The event will take place on May 25th at The Press Downtown from 10am - 2pm.

"Catnip of Life" is a collection of poetry that invites readers to step away from the hustle and bustle of daily life and embrace the beauty of nature. Lee's work is inspired by her daily walks with Mother Nature and offers a refreshing perspective on the world around us.

The book signing events will be an opportunity for fans to meet Sharla Lee (Shults) in person and have their copies of "Catnip of Life" signed by the author herself. Attendees can also enjoy a cup of coffee at The Press Downtown while immersing themselves in the artistry and beauty of Lee's poetic verse.

"We are thrilled to partner with local author Sharla Lee (Shults) for these book signing events and share her inspiring work with our community," said representatives from The Press Downtown. "Lee's poetry resonates with readers who appreciate the beauty of nature and the power of words. We look forward to welcoming fans and book lovers to these special events."







## What Do Helicopters and Mosquitos Have in Common?

By Drew Lewis, Beach Mosquito Control District's Pilot

In short, not much! An argument could be made that both share an exoskeleton (and both fly) but that is where the list of similarities would end. However, helicopters and other aircraft are often used in mosquito abatement practices.

Borrowing heavily from the equipment and techniques used in aerial agricultural applications, mosquito control organizations often use helicopters to manage mosquito populations. Beach Mosquito Control District (BMCD) is responsible for managing mosquito populations in Panama City Beach and primarily uses helicopters in three ways; to control flying adult mosquitos (adulticide), to control their larval and pupal stage (larvicide) prior to their metamorphosis into the flying, biting nuisance, and reconnaissance.

When it comes to reconnaissance, helicopters are excellent tools for finding things like new areas of standing water or slimy green, neglected swimming pools. If you see me circling overhead on a summer afternoon, it is likely a reconnaissance mission.

Larvicide can be tricky because it must be executed at the site where the larvae live. Our trucks cannot reach many of the swampy areas where mosquitos prosper simply because of the lack of roads. This is where helicopters come in handy. From the air, we can dispense a granular material that is able to penetrate the tree canopy and get straight to work on the larvae by halting their metamorphosis. If you have ever purchased mosquito pucks or dunks to throw in your pond or backyard ditch, that is basically the same thing. After a series of rain showers where we may have days or weeks with lots of standing water, the mosquito populations can spike. Helicopters can be particularly effective in larvicide efforts during these times because we can quickly treat large and inaccessible ar-

Adulticide has its own challenges. To combat flying mosquitos, we need to catch them while they are active. This is best



done in the hours after sunset. While flying with night vision goggles, we dispense a liquid chemical at extremely low volumes (less than two-thirds of an ounce per acre) that is designed to target adult mosquitos without harming anything else. The helicopter is configured with high-tech equipment to atomize the chemical to the perfect size and track application to precise degrees. This very fine atomization is designed to allow the chemical to drift out into a swath that is approximately 1000 feet wide. This type of application is extremely effective in treating large areas very quickly.

When do we fly adulticide or larvicide missions? In short,

when it is most effective. In addition, the Environmental Protection Agency (EPA) regulates all chemicals that we use and helps give us guidelines on when and how to apply them. These guidelines are designed to keep us all safe, as well as the environment around us that contains other sensitive critters like Honeybees. Our surveillance team traps and monitors mosquito "counts" to determine when populations might be spiking. The BMCD team also monitors mosquito-borne virus activity, such as West Nile and

several forms of encephalitis, by regularly testing several flocks of chickens that we maintain at strategic sites around the district. If population counts start spiking or if we detect abnormal levels of virus activity, that's our cue to launch an adulticide mission via helicopter.

We do our best to stay safe in all aspects of our operation. So, if you hear me buzz over your house at an altitude that sounds a little lower than normal air traffic, I am just trying to make sure the mosquitos are not buzzing over you, too.







## Hands-on Learning for Highschool Grads at Haney Technical College



By BILL HUSFELT, SUPERINTENDENT, BAY DISTRICT

of Bay District Schools, they think of schools for students in pre-kindergarten through 12th grade but did you know we also run a very successful technical college? Tom P. Haney Technical College offers hands-on learning programs to hundreds of students each year, and their graduates are employed throughout Bay County, the state of Florida, and really across our nation.

While the Haney Technical

When most people think College programs are geared towards adults and those interested in learning new careers, the college also welcomes new high school graduates who are interested in learning a trade or getting a head start in the work world with an industry certification. While many of our new graduates are ready to go off to college or university to pursue degrees, others aren't sure yet about what they want to do, and Haney can offer some amazing alternatives to the traditional

college route.

Currently, according to industry experts, students who graduate with industry certifications in areas like welding, HVAC, and airframe mechanics can expect to be offered salaries in the \$50,000-\$100,000 range with zero experience. It's hard to argue with that math! You can read more about salaries for those options at https://financesonline.com/trade-school-college-statistics/

So, please take a few minutes

this week to share the Haney options with the high school graduates in your families, neighborhoods, and churches... we want to make sure as many students as possible take advantage of these amazing programs right here at home, and we need your help to spread the word. For a comprehensive list of all of the courses and certifications offered at Haney, go to www.

Stay safe and God Bless!

## **Community Sports Equipment Swap Event May 20**

## Families in Need Can Obtain Gear

Publix Sports Park, Coastal Waste and Recycling, and United Way of Northwest Florida are partnering to host a Youth Sports Equipment Swap Meet and Community Day on May 20 from 9 a.m. – 12 p.m. at Publix Sports Park.

Families are invited to attend the Youth Sports Equipment Swap Meet to claim gently used sports equipment. Attendees can also receive free sports physicals from Pancare, enjoy inflatable obstacles, and participate in other fun family activities provided by local community organizations. The first 200 attendees will receive swag bags courtesy of Coastal Waste and Recycling.

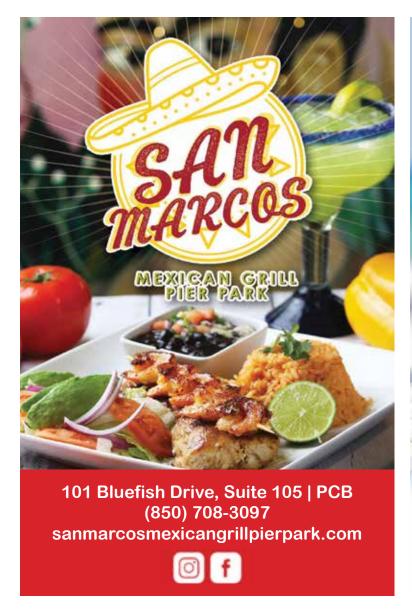
"Our Panama City Beach Division is actively involved in the community; our sponsorship of Publix Sports Park has opened doors to building relationships with other industries through this event. The goal

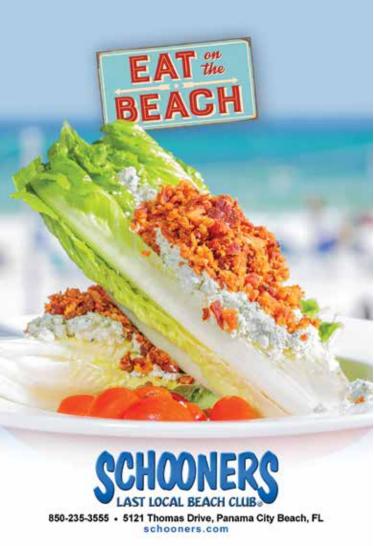
is to support our future leaders on the fields with recycled sports equipment at no cost to them. Shaping a sustainable future, that's what we do," said Christine Busch, Area Sales Director, Coastal Waste & Recycling, Inc.

"We are excited to offer this event to our community and provide families with the opportunity to find affordable sports equipment for their children," said Gina Littleton, CEO at United Way of Northwest Florida. "We hope that by hosting this event, we can make it easier for families to access the necessary equipment and resources for their children to participate in sports and lead healthy, active lifestyles."

Used sports equipment donations are currently being accepted at the nine area Regions Bank locations, Culver's, and over 20 other locations in the Bay County Area. Recommended items to donate include cleats, balls, uniforms, equipment, etc. All proceeds will go to the Boys and Girls Clubs of Bay County.

The event is open to all families in the area and will be held at Publix Sports Park located at 50 Chip Seal Pkwy, Panama City Beach, FL 32407. There is no admission fee to get into the Youth Sports Equipment Swap Meet. For more information, please contact Brittany Tucker with United Way of Northwest Florida at (801) 309-4092.







By Jack Smith

When my father passed away he left me his box at the Kentucky Derby and for the past twenty years, we have dedicated the first weekend of May to his memory. Talk about a party! I have a photo of myself sitting on the roof of a Louisville police car wearing my date's pink Derby hat. Arrested? The cops said, "If we get a call you had better hold on." The Mint Julep is a combination of Kentucky bourbon, mint, sugar, and water. Although the race itself may only last a couple of minutes, Derby fans start at "The Oaks" on Friday and continue until late in the afternoon on Saturday. So girls, get your favorite hat, head to your favorite watering hole, and help celebrate one of the South's greatest traditions.

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10025 HUTCHISON BLVD, PCB, FL - THEWICKEDWHEEL.COM

#### **Schooners**

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

schooners.com

What's the most important part of the Kentucky Derby tradition? You need some bourbon! Schooners has the perfect Derby drink... the Kentucky Mule. A mix of ginger beer, lime juice, mint and bourbon! Rich, fatty, salty meats go great with bourbon, so try your Kentucky Mule with a Schooners Scuban, made with roasted pork and ham... and, enjoy it with a view!





## Capt. Anderson's Restaurant 5551 N Lagoon Drive, PCB | (850) 234-2225

captandersons.com

One of the most popular dishes at Capt. Anderson's is the "Famous" Grilled Bay Shrimp seasoned with our own house seasoning and soaked in drawn butter... yum! A flavored rum cocktail made with lime such as a Mint Mojito is a perfect pairing. Dine early and watch the fleet unload!

#### **American Charlie**

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

americancharlie.com

American Charlie proudly presents the "All American Mint Julip." Made with Makers Mark, house-made syrup and a sprig of mint, this American classic bursts with flavor. Come by and let our all pro bartenders make one just for you... or check out one of our other specialty cocktails!



#### **Boon Docks**

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

Relax on the docks while you wait at Fish Tales. Take in the history of our 1941 West Bay landmark, the old fish house, the Buchanan home, and the old bait store, all now part of Boon Docks Restaurant. Look out over the water as you sip on something cold and refreshing and watch the barges go by, the occasional dolphin swim by, even an alligator or two, and our mascots, the ducks and geese, who come in for their favorite - hushpuppies.

#### **Señor Frogs**

15005 Front Beach Road, PCB

senorfrogs.com/panama-city-beach

We're a restaurant where the perfect mix of fun and flavor converge, just like the sand and the aquamarine sea. Have a great time with your family and friends while enjoying delicious dishes and the iconic Señor Frog's yards.





#### **Ambrosia**

75 Origins Main Street, Watersound | (850) 909-0100 www.ambrosia30a.com

Ambrosia Prime Seafood and Steaks is your newest destination for the freshest seafood and best cut of steaks. Conveniently located near 30A, Ambrosia offers a variety of dining experiences paired with the highest level of hospitality in the industry. Come celebrate the Kentucky Derby and enjoy some of the finest spirits on the Emerald Coast.

#### Jaa's Kitchen

9956 Hutchison Blvd, PCB | (850) 775-4493 jaas-kitchen.business.site

If you have never come across Caribbean cuisine, you should reserve a table now and sample the menu at Jaa's Kitchen. You will find perfectly cooked chicken, pork, rice and peas, fried plantains and many other delicious items.



## **Hibachi Express & Sushi** 9956 Hutchison Blvd. #500, PCB | ((850) 775-1480

www.hibachiexpresssushifl.com

We offer authentic and delicious tasting Japanese cuisine. A convenient location and affordable prices make our restaurant a natural choice for dine-in or take-out meals. Our restaurant is known for its variety in taste and high quality fresh ingredients. Come and experience our friendly atmosphere and excellent service. You can also order online for pickup or delivery.

#### San Marcos Mexican Grill Pier Park

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



## **Annual Events Coming Up**

#### **Visit PCB 70.3 Gulf Coast IRONMAN May 13**

One of the most storied North American races, IRON-MAN Florida began in November 1999. Visit Panama City Beach IRONMAN Florida is a magnet for triathletes and their families.

The swim takes place in the Jeep lovers in Panama City

Gulf of Mexico, followed by a bicycle course, then a run throughout the local neighborhoods. Visit www.ironman. com/im703-gulf-coast for more

#### Florida Jeep Jam May 15-20

Get ready for thousands of



Beach. Florida Jeep Jam is al-

Growing Event in the Southeast" this year's celebration will be the largest ever. Shop over 100 of the best vendors!

Try unlimited attempts on the ready known as the "Fastest Jeep obstacle course! Enjoy live music, exclusive parties, Jeep activities and (of course) tons of family-friendly fun on our beautiful beaches! Register your Jeep and join over 2,000 Jeeps for Florida Jeep Jam on May 15 -20, 2023. Visit www.floridajeepjam.com.



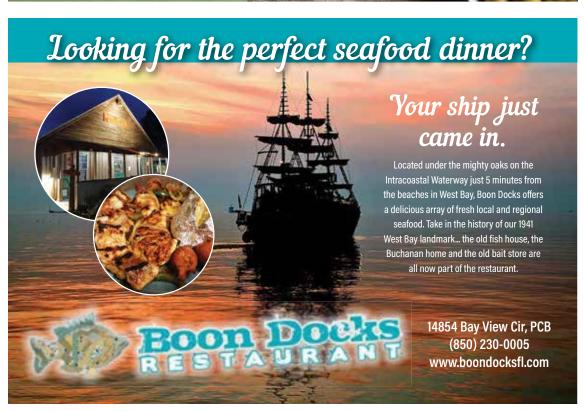
## How is the Quality of Your Olive Oil?

We all hear that olive oil is good for us, but the quality of olive oil can vary vastly between typical grocery store olive oils and true 100% extra virgin olive oils. Extra virgin, by definition, means the olives must be "without defect" and must be crushed within 24 hours of being picked. These olives provide great health benefits — protection against heart disease and cancer, reduction of inflammation, improved cognitive function, and more joint mobility among other things.

However, to be labeled extra virgin, most commercial olive oil bottles only need to contain 12% extra virgin olive oil. The rest can be olive oil made from old, poor quality and even rancid olives, providing little health benefit. Even worse, it can contain other oils such as soy and canola







without listing these oil's as ingredients.

Choose wisely. Look for the actual crush date and the polyphenols (the most important component of olive oil). If this information is not available, don't trust the source.

Emerald Coast Olive Oil gets fresh Northern or Southern Extra Virgin Olive Oils every six months making it among the freshest and finest olive oils in the world – maximum flavor and maximum health benefits. Stop by our store and taste before you buy!

## Healthy Olive Oil Muffins With Coconut Drizzle Recipe

#### **Ingredients:**

2 cups all-purpose flour 3 teaspoons baking powder ½ teaspoon salt ¾ cup white sugar 1 egg 1 cup milk

1/4 cup Persian Lime, Lemon,
 Blood Orange
 or Unflavored Olive Oil

2-3 tablespoons Coconut Balsamic Vinegar (optional) l cup icing sugar ½ teaspoon ground ginger

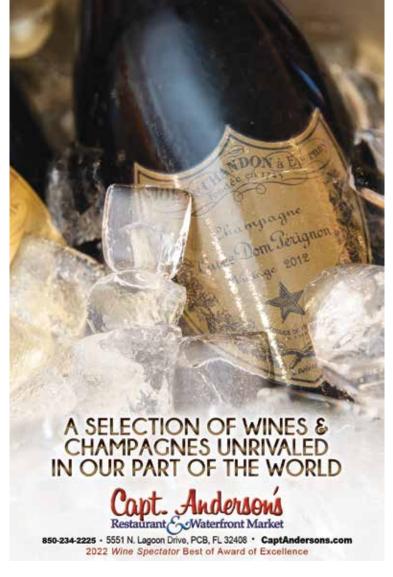
#### **Preparation:**

Preheat oven to 375 degrees. Spray muffin pans with cooking spray. Mix the dry ingredients in a large bowl. Make a well in the center. In a small bowl, beat the egg with a fork. Add the milk and olive oil.

Pour the wet ingredients all at once into the well in the flour mixture. Mix quickly with a fork until moistened; do not overbeat. The batter will be lumpy. Pour the batter into muffin pans, filling <sup>3</sup>/<sub>4</sub> full. Bake for 20-25 minutes until golden around the edges (about 15 minutes for mini-muffins).

When muffins have cooled, combine vinegar\*, icing sugar and ginger in a small bowl and whisk until smooth (make it very thick so add more sugar if you need it). Spoon the glaze into a small zipper plastic bag and cut a very tiny hole in one tip. Squeeze the glaze onto the muffins in small ribbons. Let dry.

\*You can use other white vinegars or even water.



Arts & Music

# Bay Arts Alliance Hosts 60th Bay Annual Art Competition & Exhibition

Bay Arts Alliance proudly announces its 60th Bay Annual Competition and Exhibition, which opens on Friday, May 5. A tradition started by the Panama City Artist Association, the Bay Annual Competition & Exhibition has brought together sixteen counties in Northwest Florida to showcase the region's finest artists.

"The Bay Annual has survived hurricanes, COVID-19

shutdowns, and multiple organizational changes to get to sixty years," said Jayson Kretzer, Executive Director of Bay Arts Alliance. "It's such an honor to help host it at the Center for the Arts in this historic year."

Over 100 pieces are submitted each year and then juried down to the finalists in the exhibition. Of those pieces, seven will be chosen to receive awards by this year's judge, Anne Stagg,



Assistant Professor at Florida State University.

"Artistic expression is a vital part of society," said Stagg. "Among other things, art helps us process the world around us, expand our perspectives, reflect on our experiences, and add wonder and excitement to our daily lives. This is perhaps why we saw so many people

turn towards creative expression in recent years. The 60th Bay Annual Arts Competition will undoubtedly showcase the inspiration, dedication, talent and resilience of the community. I look forward to spending time with the works and considering the individual perspectives of the artists."

The Center for the Arts is open Tuesday-Thursday 10 a.m.-5 p.m., Friday 10 a.m.-7 p.m., and Saturday 10 a.m.-5 p.m.

## **Shaping Up with Workout Music**

Listening to music while working out is an ideal boredom breaker, but did you know it can also boost your athletic performance and make your hard-earned hours in the gym even more effective? Let's look at a few of the benefits of music during exercise and how to build a motivational workout playlist to suit your session.

#### The Benefits of Music with Exercise

More Optimism: The largest (and possibly most rewarding) benefit of listening to music during exercise is that it promotes a positive attitude. In February 2020, a team of researchers published an article in Psychological Bulletin which reviewed different studies on music and exercise. They found that people who listened to music while exercising felt more positive no matter how intense the workout or their experience level.

Push Harder: Listening to your playlist of workout motivation music has also been shown to reduce what gym-goers call "RPE" or "rate of perceived exertion" and discomfort. This is a scale from 1-10 which rates how difficult you found the exercise, and how many more repetitions you have left in yourself at the end. A study found that listening to your preferred music genre created improvements in maximum strength, endurance, and a reduced RPE rating. Exercise feels easier with music!

In the Mood to Groove: The more rhythmic and groovy the music, the more we want to move, nod our heads, tap our feet, or break out into dance. A study in Brain Cognition found that "high groove" music activates the "motor system", or the area of our brain which makes us move. Workout music is like nature's motivation to get moving, combined with some motivational "eye of the tiger" style lyrics and you're unstoppable!

## **Designing Your Perfect Workout Playlist**

You might think that the ideal workout music is something hard-hitting and fast-paced, like a thumping EDM bassline or some gritty rock tunes, but there are many other factors we can consider when constructing our perfect playlist.

Find the right pace: Have you tried matching the tempo of your workout songs to the tempo of your movement? One study found that the ideal tempo (speed) for cycling is between 124 and 140 beats per minute, whereas, the ideal tempo for running on a treadmill is a narrower range of 123 to 131 bpm. These ranges are the easiest to move your feet in time to the beat or maintain energy during strength training. You can use tools like songbpm.com to help find your best tempos.

Music isn't just for high-intensity workouts either - a slower tempo can suit lighter or slower workouts such as walking, yoga, or pilates. in creating music which will synchronize to your breath and energy.

Create a musical journey: It's a good idea to start and end your workout with some calmer music to ease you in. SoulCycle instructor Parker Radcliffe likes to build his playlists with the first song to "establish strength", second song to "get the oxygen moving through the body" and reach full intensity by the third song.

#### Is Workout Music for You?

With music or without, exercise is very important for our overall health. By using music, we can get more of what we

need out of our exercise experience, whether it's some motivation, a steady beat to run to, or just something to make the experience even more enjoyable.





#### 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



# Emerald Coast Theatre Company Summer Camp Registration is Open

Emerald Coast Theatre Company (ECTC) will be offering many summer camp options for children this summer. Dance, sing, act, or be behind the scenes in one (or more) of these fantastic summer camps. Many of the camps are being held at ECTC in Grand Boulevard in Miramar Beach, but there are a few options in Seaside, Panama City and Defuniak Springs. Payment plans are always available.

More information on the camps and registration is available at emeraldcoasttheatre. org/summer-camps.

The Mini Player Camps (Ages 5 - 7, rising Kindergarteners) are designed specifically for the youngest players. These camps focus on activities that allow students to explore acting, singing, and movement in an energetic, nurturing environment that fosters creativity and collaboration.

These one week camps are held Monday-Friday (with the exception of the Disney Dreams Camp which is Tuesday-Friday) from 9 a.m.-12 p.m. with a final performance on the last day of camp. Tuition is \$225. Mini Player Camps are held at ECTC in Grand Boulevard.

- May 30 June 2 Disney Dreams
- June 5-9 Adventures in Wonderland
- June 12-16 Willy Wonka
- June 19-23 Dr. Seuss
- July 10-14 Frozen Dreams

There are four Summer Camps for 2nd - 5th graders. Tuition varies depending on camp. Payment plans are always available.

- Alice in Wonderland Tuition \$285 June 5-9 (ECTC at Grand Boulevard), June 12-16 (Gulf Coast State College Panama City), June 26-30 (Florida Chautauqua Theatre, Defuniak Springs).
- Camp Showtime: Disney Dreams - Tuition \$250. May 30 - June 2 (T-F - ECTC at Grand Boulevard) and July 10-14 (M-F - Seaside Neighborhood School).
- Camp Showtime: Rock and Pop! - Tuition \$250 - June 12-17 (M-F) Held at ECTC in Grand Boulevard.
- 101 Dalmatians Tuition \$575. June 19-30 - Held at ECTC in Grand Boulevard.

There are five summer camp options for middle and high schoolers. Tuition





varies depending on camp. Payment plans are always available.

- Teen Cabaret Comedy LOL (Grades 6th - 12th) - Tuition \$250 - May 30 - June 2 -Held at ECTC in Grand Bouleyard.
- Teen Playwriting Camp (Grades 6th - 12th) - Tuition \$250 - June 5-9 - Held at ECTC in Grand Boulevard.
  - Puffs: The Play (Grades 6th



- 12th) - Tuition \$575 - June 12-23 - ECTC in Grand Boulevard.

- Film Camp (Grades 5th 12th) Tuition \$285 July 3-7 Held at ECTC in Grand Boulevard.
- Grease The Musical/Musical Theatre Intensive (Grades 6th 12th) Tuition \$1,025 July 10-30 Held at ECTC in Grand Boulevard.

A special thanks to ECTC's Major Sponsors of the 2022-

2023 season: Grand Boulevard at Sandestin, St. Joe Community Foundation, Howard Group and the South Walton Tourist Development Council (Visit South Walton).

To make a tax-deductible donation, volunteer or learn more about Emerald Coast Theatre Company, call (850) 684-0323 and visit www.emeraldcoasttheatre.org. Engage with ECTC as well on Facebook, Instagram, Twitter and YouTube.



Tickets or Info, call 850.684.0323 or visit EMERALDCOASTTHEATRE.ORG











## Local Art Exhibits and Tuskegee Airmen Exhibit at the Bay County Public Library

The Bay County Public Library is hosting a Bob Burt exhibit of paintings and drawings, a Kevin Van Der Schaff license plate art exhibit, and a display highlighting the incredible accomplishments of the Tuskegee Airmen. Each exhibit can be found in the library lobby during open hours throughout the months

of April and May 2023.

The Bay County Public Library is located at 898 W. 11th Street, Panama City. The hours are Monday - Wednesday (9 a.m.-7 p.m. CT) and Thursday - Saturday (9 a.m.-5 p.m. CT). For more information, call the library at (850) 522-2100 or visit www. nwrls.com.



## **Brow Lamination 101**

By Meg Burns, Blush Beauty Lounge

Have you heard of brow lamination? It is a brow treatment that continues to gain popularity because of its amazing results. I thought it would be helpful to give you an overview of the service and what you need to know. Let's break it down!

## Why do people love brow lamination and what is it?

People continue to fall in love with brow lamination because it gives your eyebrows a fuller look. Often, as we age our eyebrows become thinner. Not only that, but the hairs start to compress together giving the illusion of brows that are even thinner than they actually are. Brow lamination is a chemical process that straightens the eyebrow hairs so that your brows look fuller and thicker. One of the most common things we hear from clients after their brow lamination is that they didn't even realize how





many brow hairs they actually had or how full they could be!

What is the process like?

During a brow lamination,

your esthetician will start by cleaning your brows and removing any makeup. That is followed by a three-step process where the esthetician will apply different products to your brows. Each step of the process will sit on your brows for a bit depending on the texture of your eyebrow hairs. While the products are working, they will brush through your brows periodically to make sure all of the hairs are being treated. Most clients choose to get an eyebrow tint with their lamination and oftentimes that is included in your service price. (We include it at Blush Beauty Lounge) The service takes about an hour.

## What is aftercare like and how long does it last?

It is very important to not get your brows wet for 24 hours after your lamination. It is a chemical process (similar to a perm) where you need to keep the hair dry so that it holds. Brow laminations usually last about 6 weeks and we recommend coming in every 8 weeks to maintain the shape.

#### A few more tips.

Right after your appointment, your brows may feel a little bold. Don't worry! Once you wash your face the next day and brush through them they will look much more natural. We like to mention this especially if you have never gotten your brows tinted before. When you come in for your brow lamination, we will also show you how to style your brows between appointments to keep them looking just how you want them.

If you haven't booked a brow lamination yet, I cannot recommend it enough. We would absolutely love to walk you through the process and help you get the incredible brows you are looking for!

If you have any questions, shoot us an email at hello@blushbeautylounge.com or give us a call at (850) 641-0200. If you are ready to book your appointment you can do that at www.blushbeautylounge.com

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## Honoring Mother's Day in "the Best Interest of the Children"



By Jamie C. Williamson, PhD

May is the month we give special recognition to mothers and mother surrogates for their unconditional love and selfless attention to our needs, hopes, and desires.

But I would also like to give a special "shout out" to one of our neighbors, who is a divorced mother in an exemplary co-parenting relationship with the father of her children. This is his week to be with their kids. He'll have them all week until Saturday at 6 p.m., when he will take them to their mom's house so they can wake up with her on Mother's Day. That's his Mother's Day gift to her and to his children.

This is an obvious, appropri-

ate choice to most of us. And, of course, she does the same for him when Father's Day falls on her weekend.

Do they want to cut their parenting time short? Of course not! But they will because they know it is in the best interest of their children to have a strong, loving relationship with both their mom and their dad.

And they are right. In most cases (and there are obvious exceptions) the "best interests of the child" include having a close, loving relationship with both parents.

Ideally, all children would grow up with parents who worked together (whatever the family configuration) to ensure and encourage their child's physical and mental well-being, happiness, security, intellectual growth, and socio-emotional development.

But, accomplishing this ideal requires a great deal of effort and self-sacrifice in the best of circumstances. And it can be particularly difficult for parents who are contemplating divorce, in the middle of a divorce, or already living separate lives. How do these parents balance their own happiness and well-being



with their children's best inter-

Florida Family Law Statutes 61.13(3) codify the factors that determine "the best interest of the child" in child custody disputes and the courts consider an amalgamation of these factors when making decisions about custody. One key example is the demonstrated capacity and disposition of each parent to facilitate and encourage a close relationship with the other parent. And there are 19 other considerations including, the developmental needs of the child, the parents' capacity to be involved in the child's school and extracurricular activities, and the demonstrated capacity of each parent to act on the needs of the child as opposed to the needs of the parent.

Fortunately, parents can also consider these criteria on their own or during mediation to work out a parenting arrangement that is in the best interest of their children based on their own unique circumstances.

This week I learned of a divorced mother who agreed to relocate to where her children's father was being transferred, so that her children could have a meaningful relationship with their dad. I also learned of a divorced mother who plans to remain living near her children's dad, rather than move out-ofstate with her fiancé. She'll have a long-distance new marriage so that her children won't lose regular and frequent contact with either of their parents.

These are exemplary mothers, who - without a court order - agreed to sacrifice their

own self-interest to do what they know is in the long-term best interest of their children. And, of course, there are many other divorced mothers whose choices were less dramatic, but the outcome is still the same. These moms cooperatively adjust their own schedule to share parenting with their children's father in various arrangements that serve the best interest of their children.

On this Mother's Day, let's applaud all mothers (and mother surrogates) who make sacrifices on behalf of their children every day. Let's give a special ovation to those divorced moms who sacrifice their own self-interests so that their children can have a relationship with their dad. And let's give a special shout-out to divorced dads who gave up "their" time with the kids so the kids could share Mother's Day with their mom.

If you're struggling to decide what type of parenting plan is in the best interest of your children, you might find mediation as an amicable way to "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.

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

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## **Big Brothers Big** Sisters Needs Bigs

Big Brothers Big Sisters of America is teaming up with the NFL Inspire Change Initiative to draft the next class of mentors who will empower today's youth. We are excited to share that across the nation, we have recruited over 5,000 prospective Bigs since we launched the 2023 Big Draft in mid-February, including 96 here in Northwest Florida.



Help us reach our goal. The more Bigs we get, the bigger the impact we can make!





## Do Your Hearing Aids Need Professional Repairs?

t's easy to take your hearing aid for granted, but it's important to keep them in good repair and up to date. With age comes the need for professional repairs and replacements. Hearing aids are small and delicate devices. As such, they can be easily lost or damaged. If you drop your hearing aids, the electronics inside may become damaged.

Exposing them to moisture or humidity can also damage them; this is why it's important to take care of your hearing aids so that they don't break! Hearing aid repairs cost money, but they are much cheaper than buying new ones every year.

#### **Signs Of A Broken Hearing Aid**

If your hearing aids start whistling or buzzing, that could be a sign of a problem. These sounds usually occur when the ear canal is not properly sealed, and they can occur at any time of the day.

If you notice that your hearing aid isn't picking up sounds as well as it used to – if there's a drop



in volume – it may be time for professional repairs. This type of issue may also indicate that power has been lost or is about to run out, so it's important to get them serviced before this happens!

Finally, if you are experiencing feedback from your device (that squealing sound), it could mean there is something wrong with your system. If this happens frequently and/or often enough for you to notice it consistently throughout the day, seek professional help right away.

#### What To Do If Your Hearing Aid Breaks

How you deal with a broken hearing aid

depends on whether it is still under warranty and whether you're able to get the device repaired yourself. If your hearing aid is still under warranty, you can return it directly to the manufacturer for repair (or replacement). If your warranty has expired, or if you wish to avoid going through an intermediary to have your

hearing aid serviced, then consider repairing the device yourself.

Many manufacturers provide instructions on how their devices should be disassembled so that they can be cleaned and properly reassembled again. You may also find online tutorials from third-party vendors that show how other people have successfully repaired their own devices.

If neither of these options works for you, then consult a professional for help – for example, a hearing care professional who specializes in assisting people with hearing loss problems may be able to fix small issues like corroded batteries or poor fit by adjusting wires inside the shell casing itself.

You can learn more by contacting All Clear Hearing Center at (850) 308-1678.

## SCHEDULE OF EVENTS

Questions about your hearing?

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

May 9, 10, 11 & 12

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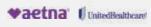


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**Article Source:** HAA. Excerpt from "Do Your Hearing Aids Need Professional Repairs?" https://hearagainamerica.com/do-your-hearing-aids-need-professional-repairs/. Accessed 4 April 2023.

www.HearAgainAmerica.com



## Semaglutide: Weight Loss Magic



By Dr. Richard Chern, M.D.

If you haven't heard already there is a new weight loss medication available at a reasonable cost. Semaglutide is a GLP-1 receptor agonist which means it activates the GLP-1 receptor. Still confused? It doesn't matter. It has several important actions in the body.

Semaglutide ultimately helps your body lose weight by improving the regulation of sugar levels and insulin levels in the body. If this sounds like a medication for diabetes instead of weight loss then you would be correct. This class of medications was developed to improve diabetes. Astonishingly, in studies, many of my patients lost significant weight. In fact, up to 30% of their body weight. And, much of the weight stayed off after stopping the medication.

This medication also slows the stomach. Food stays in the stomach longer so you feel full longer. And your stomach gets full faster so you eat less. These medications help people lose significant weight and you lose weight without feeling hungry!

Sounds like magic, right?

I have been seeing patients for over 30 years. I have seen so many weight loss drugs come on and go. This is the first time I have ever been excited to tell people about a weight loss medication.

So how is it possible this medication is available? Well, this medication was initially Ozempic. The FDA allows a new medication to have a patent, or monopoly, on the medication for many years. They say this gives the company enough time to recoup their cost of development. This medication was being sold for over \$1500/month and was only available to patients with diabetes.

Fortunately for us the drug company had no idea that the medication was going to be so popular and they essentially could not keep up with demand. They ran out of medication! So how is the medication available?

The two ways branded medication can be manufactured by other companies is if the medication's patent has expired OR if the medication is no longer available from the manufacturer. So as soon as the company ran out, the other companies jumped in and started production of the generic equivalent semaglutide. It's possible this price break might end once the drug company gets production online but we just don't know.

If you're interested in losing significant amounts of weight and keeping it off, without feeling hungry you should give us a call at (850) 837-1271. We still have appointments open.

Dr. Richard Chern MD and Sue Griffin ARNP specialize in hormone therapy for both men and women and have been seeing patients in Miramar Beach for 10 years. Dr. Chern also teaches hormone therapy to physicians across the county. Give them a call today at (850) 837-1271 for your appointment.





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By Sean Dietrich

I am an imaginary old man. I am every World War II veteran vou never knew. I am each faceless GI from the bygone European War. Or any other war for

I am in my 90s and 100s now. Lots of young folks probably don't even know I exist.

In my war, I was one of the hundreds of thousands of infantrymen, airmen, sailors, marines, mess sergeants, seabees, brass hats, engineers, doctors, medics, buck privates and rear-echelon potato-peelers.

We hopped islands in the Pacific. We served in the African war theater. We beat the devil, then we came home and became the old fart next door.

Wartime was one heck of an era to be young. Let me tell ya. When we went overseas we were still teenagers, smooth skinned, scared spitless, with government haircuts, wearing brand new wedding rings. We hadn't seen action yet, so we were jittery and lots of us smoked through a week's rations of Luckies in one day.

Then it happened. It was different for everyone, but it happened. Shells landed everywhere. People screamed. And in a moment our fear melted away and we had war jobs to do. It didn't matter who we were or which posts were ours. Everyone worked in the grand assembly line of battle.

When the smoke cleared and the action was over, we had new confidence in ourselves and we were no longer boys.

And anyway, we weren't just boys, we were girls, too. There were 350,000 females serving in the U.S. Armed Forces in World War II. People forget that.

Speaking of women. We guys were always talking about our sweethearts, wives, and mothers. If you mentioned someone's girl a man was liable to talk for hours about her. And even if you'd already seen his wallet photos before, you never interrupted a guy talking about his gal. Because

## Sean of the South: Dear Young Person

eventually you'd be talking about

There were nights overseas when we would stare at the moon and wonder if our sweethearts were looking at the same moon. There were moments of indescribable loneliness

Infantrymen had it the hardest. I don't know how our doughboys did it. They lived like pack mules. Their boots got wet, their feet swelled, and their flesh became waterlogged. Chunks of their heels would fall off; the dreaded "trench foot."

The funny thing is, even though their feet were falling off, these men still didn't want to leave their posts. Many had to be dragged away cussing. That's how committed these guys were.

Oh, and the food was god awful. You learned to appreciate the rarity of a creative company

In Italy, sometimes we could buy eggs from local merchants for outrageously inflated prices. One time I knew a guy who ate 32 scrambled eggs in his tent one night. I asked him why he did this and he told me he didn't want to die without tasting eggs one last time.

A lot of guys brought banjos, guitars and fiddles over there. They'd play music at night sometimes in the open Italian air. We'd square dance and laugh. Others would sit on their helmets, smoking, thinking of home, wiping their eyes.

The Germans had a local radio station that broadcast American stuff like Bing and Frank. Then, between songs, a German gal talked propaganda over the airwaves to us American GIs in a sexy voice, trying to mess with our heads.

She would speak flawless English and say, "Give up, boys, there's no point trying, you can't win. Everyone hates you. Your girls are at home cheating on you. They don't love you anymore. Give up. It's over. You

This was supposed to discourage us, but it usually just made us laugh. Or cry. Sometimes both.

When the war ended, we felt too much joy at once. In fact, most weren't totally sure they could trust good news. A lot of guys got like that.

So when we heard the official papers had been signed and the war was over, it was Christmas

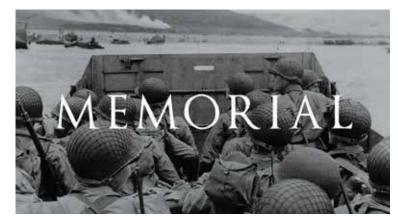
morning multiplied times a hundred. No. Times a trillion.

Those of us overseas immediately wrote letters to family and told our wives we were coming home, told our kids to grease up their baseball gloves. Our letters were covered in little wet polka dots, if you get my drift.

Stateside, there were huge celebrations happening. Sailors climbed lampposts to unfurl flags. Infantrymen stood on rooftops, toasting mugs of homebrew. Mothers were frying chickens out the wazoo.

People were partying everywhere from San Bernardino to Flatbush. Big cities, little towns, and the rural parts between. There were ticker tape parades, auto processions and girls would kiss any guy in government clothes.

But on this important day, you know what I think about? I



think about all the guys who never got kissed again. Our men in the soil.

They were those who evaporated like the early morning fog over Anzio, or the thick mists of Normandy. They died young. And they died for a lot more than a three-day weekend of barbecues and Budweiser.

These were men who fell upholding the mantle of our unalienable American spirit, the Blessings of our liberty and the pride of their homeland. They were friends. They were the kids next door. They were children of God who once proved, beyond speculation, that even hellfire cannot kill the great idea that is America. I hope we never forget them. I know I never will.

Happy Memorial Day.





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Musing



By Dr. Kerry Knight, Emerald Beach Church of Christ

It's so refreshing to hear someone say, "Have a blessed day." It may sound a little hokey and insincere to some, but the Bible speaks of it frequently. The word "blessed" is given over 300 times in the scriptures, and that does not in-

## A Minister's Message: Blessed of God

clude other forms of the word, such as "bless," "blessing," and "blessedness." We might seek to extend someone a blessing, but only God Himself can deliver, and He does, in fact, seek to bless His people. "The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace" (Numbers 6:24-26).

Beginning in the first chapter of Genesis, the Almighty bestows numerous blessings on His creation.

In the twelfth chapter of Genesis, God calls Abraham to leave the idolatrous country of Chaldea so that he might create a new nation of monotheism. "I will make you a great nation; I will bless you" (Genesis 12:2).

"May the Lord give strength to his people! May the Lord bless his people with peace" (Psalms 29:11).

"Blessed be the God and Father of our Lord Jesus Christ, who has blessed US with every spiritual blessing in the heavenly places in Christ" (Ephesians 1:3).

You will notice in the above passages, and many, many more that we have no time to mention, the blessings from God flow to those who are HIS PEOPLE and those who are IN CHRIST.

Our response to God and our relationship with Him are both important. God does not bless those who reject Him. Did God bless those who crucified His Son? When the Jewish mob who called for His execution, recorded in the second chapter of Acts, came to their senses and were told to "repent and be baptized for the remission of sin" (Acts 2:38), did they receive

God's blessings of salvation and the promise of the Holy Spirit.

We are blessed of God when we give Him our life. "Whoever

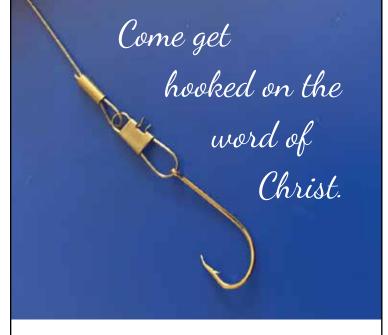
gives thought to the word will discover good, and blessed is he who trusts in the Lord" (Proverbs 16:20).

#### Humble House Thrift Store: Furniture and More Opening May 5

Humble House Ministries is excited to announce the Grand Opening of their furniture store on May 5 at 271 N Star Ave., Panama City, FL 32404. All proceeds from the new furniture store will return directly to Humble House Ministries. The furniture store is currently open to the public Monday through Friday from 10 a.m. - 3 p.m. and Saturday from 9 a.m. - 3 p.m.

"Since opening our doors to this ministry, 5 moms that had a DCF case that stated 'termination of parental rights' have been successfully reunited with their children. To help fund these endeavors and more, I am happy to say, we opened our first Humble

House Thrift Store: Furniture and More. It has cost over \$9,000 to open a new home and a furniture store, and we are in such desperate need for your continued support. Our mission is not just to save women from addiction, but to reunify them with their children who are in foster homes," says Rachel Duvall, Founder & CEO. We have operated fully on generous donations from people in our community since opening our doors. The furniture store is going to provide monthly income to Humble House Ministries allowing us to continue to reunite children with their



#### Join us!

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# Getting to the CORE COREtec: A Product Spotlight

If you're looking for quality, durable flooring, especially here in Florida, there's a great option that looks like wood, but performs well with water, heat, and humidity—it's called Luxury Vinyl Plank or LVP for short. LVP products simulate the natural beauty of hardwood floors but at a more manageable cost. They are also stronger than traditional wood, so they are great for everyday living. One of the most requested brands that customers ask us about is COREtec, a product manufactured by Shaw Floors.

#### **The Collections**

There are four different COREtec collections, each with their own styles and benefits. These collections are known as COREtec Original, COREtec Advanced+, COREtec Stone, and COREtec Pro. COREtec is beloved by countless households, but what really sets it apart from other LVP options?

Throughout the years,

COREtec has sought to stay true to these three founding principles-style, strength, and simplicity. You find this holds true in each of the product lines that they've created. Here's a quick highlight of each one. COREtec Original is the product that started it all. It is comprised of a WPC, or wood-plastic composite, and comes in hundreds of styles and colors. It has a cork backing, which makes the floors quieter and warmer to walk on. COREtec Advanced+ offers the same features as the original but with ultra-scratch protection. In fact, they believe in it so much it comes with an industry first—a 15-year scratch warranty. COREtec Stone is designed to be a great alternative to traditional tile. It features designer patterns and colors but has integrated grout lines. The product is softer, warmer, and quieter than traditional tile. COREtec Pro is the commercial and high traffic residential option for consumers. It offers a



more rigid and denser SPC, or stone-plastic/polymer composite core. It comes with a 15-year heavy commercial warranty and features special top and bottom layers for stability.

#### Resilient Design and Function

There are dozens of designs and colors in each collection. COREtec literally has something for everyone so finding something that fits your unique style and the way you live is quite easy. COREtec will not only look great the day you have it installed but for many years to come. It is also easy to maintain.

COREtec has a UV Acrylic finish, which makes it easy to clean dirt, dust, and any other variety of mess. The UV acrylic finish creates a protective barrier, so messes don't stain your flooring.

COREtec is scratch resistant, which makes

it a great choice for areas that see lots of foot traffic. This also means that heavy furniture is much less likely to damage COREtec floors. The scratch resistance also makes COREtec a great choice for pet owners because they won't have to worry as much about pets damaging their floors.

#### Installation

Installation is easy with COREtec as well. It can be installed using one of two methods—floating or direct gluedown. Both methods allow the floors to be installed over almost any even surface, including con-

crete or pre-existing hardwood floors, without the use of nails and screws. Floating installation involves slotting the planks together and connecting them like a giant puzzle. Direct Glue-Down installation is similar but also involves the use of adhesives to essentially glue the planks to the subflooring. COREtec is waterproof, which means that it can be installed in every room in the house. You won't have to worry about water causing damage to the planks in more humid areas, such as bathrooms or mudrooms. So, if you favor consistent flooring throughout, this is a great option.

All in all, purchasing luxury vinyl floors for your home is a great investment. It's easy to see why so many people love having COREtec floors in their homes. To learn about all the options available for luxury vinyl plank floors, see a Flooring Depot of Panama City sales professional at one of our two locations or call us at (850) 785-2216.





## Design and Culture: Modern Storage Solutions

By Amanda Kitchens

Are you shopping for cabinetry? There is a checklist you are going to want to have when you're ready to build or remodel your kitchen and baths. First and foremost, it's always a good idea to get a kitchen designer at the beginning of your project whether you're building a new home or rebuilding to ensure your dream results. Wood type, color or stain and door style are next on the list and then comes functionality and organization for our busy modern lives. New and exciting modern storage solutions are being created every day.

There are so many options to organize and create not only a beautiful but also functional space. Standard cabinetry will usually come with shelving and unless requested, lower cabinets will not have full depth shelves. Roll out shelves are our favorite accessory for storage in lower base cabinetry and pantries. I know most of us have found items in the back of our lower cabinets or pantries that we forgot we had or maybe expired, lol. Roll out shelves come in all different sizes and variations for organizing food items, pots and pans, Tupperware, etc. and they will change your life. No more lost items in the back of those base cabinets! That is why it is one of our favorite storage solutions. Deep drawers are another great functional option to add to your base cabinetry. Partitions, shallow roll out shelves, peg boards, and two tier cutlery trays can be added to deep drawers to add functionality and improve organization.

Now if any of you are like me, spices are one thing I need





organized in my next kitchen. My husband loves to cook, and we have an astronomical collection of spices. I can't wait to remodel and add some spice organization. There are different options depending on the layout of your kitchen and where you would like your spices to be. Vertical pull out spice racks are a good option. These can flank your range with one on each side, either in the base cabinet or you can flank your range hood



in the upper cabinets. Another option is a cabinet with a door rack. The shelving is shallower, and racks are added to the door for options to organize. If your kitchen has a corner cabinet, turntables create functionality for those hard-to-reach areas.

Don't forget about your vanities when thinking about storage. One of our favorite storage cabinets is a vanity grooming rack. Roll out trays are another option

for bath vanities.

I've only touched on a few of the modern storage solutions available, so for more ideas visit www.durasupreme.com/storage and www.hardwareresources. com to view options and inspiration for your new kitchen available at Granite Plus. Or, you can stop by or give us a call and we will come to you and discuss your new kitchen and baths.

















By Maurice Stouse, Financial Advisor and Branch Manager

Should investing be about fear or should it be about optimism? And which is the greater motivator of behavior and action? We have often heard that perception without any confirmation indeed becomes reality. Investors are bombarded almost daily with messages of fear. As a result some may give up hope at the worst possible time and change their course of action or their plan. We are reminded of the coach and his or her team sticking to their game plan even if they are down early on in the game. What if, however, it is not early in the game, rather its midway or towards the end? We think, once an investor reviews objective, risk tolerance and time frame, then they should compare that with their current strategy and make changes as needed or wanted.

Investors can become overly worried when one talking head after another speaks about capitulation and that things will go from bad to worse. We think it fair to point out that often the talking head may be the type of professional investor, a hedge fund manager for example, that often can profit in up and down markets and that it is the very volatility they speak to that creates opportunity (with extraordinary risk) for them.

We believe that the individual investor should focus on the greater picture, the entire game, not just a particular slice of it. We look at the long-term returns and see that stocks are one of the higher returning investments, over time. Over time.

Diversification is critical as well. Bonds can play a part in diversifying a portfolio or perhaps generating income. It is challenging for many to find a timing strategy that outperforms a well thought out buy, hold and adjust as needed strategy.

Many in the media speak of anything but optimism. Some

## **Insights for Investors May 2023**

might easily draw the conclusion that it is over and that it is reconciliation time with the financial history of this nation. We don't understand how you can explain away that there is an entire generation (much greater in size) that is following the baby boomers. They are growing their careers, their family, and their lives and consuming. That might help explain why despite 9 straight interest rate hikes that there is still a housing shortage. And there is a worker shortage. Demand is growing or is resilient. Affluence and standard of living have never been greater. Innovation and competitiveness continue to fuel the engine for America and the world.

If a more optimistic, longterm view makes sense, we think investors can build toward and achieve their goals.

As investors contemplate their needs and objectives, we add that we believe that a portfolio should be diversified by security selection as well as asset class and that time frame, risk tolerance, tax status and ultimate objective should be the guiding light in a well-balanced portfolio.

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 \$1.00 per share, it is possible to lose money by investing in the fund. A fixed annuity is a long-term,

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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 transactions 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.

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## **The Danger of Mold:** Why Professional Remediation is Essential for Human Health

Mold is a type of fungus that grows in damp or humid conditions. It can be found almost anywhere, including on walls, ceilings, floors, and even in the air we breathe. While mold is a natural part of our environment, it can become a serious health hazard when it grows out of control.

Mold can cause a variety of health problems, especially in individuals with weakened immune systems, allergies, asthma, or other respiratory issues. Some of the health risks associated with mold exposure include:



**Respiratory Problems:** Mold spores can trigger allergic reactions, asthma attacks, and other respiratory problems. Inhaling mold can irritate the lungs and cause coughing, wheezing, and difficulty breathing.

**Allergic Reactions:** Some people are allergic to mold and may experience symptoms such as sneezing, runny nose, itchy eyes, and skin rashes.

**Toxic Reactions:** Some types of mold produce mycotoxins, which can cause serious health problems such as neurological damage, organ damage, and even death. Stachybotrys chartarum, also known as black mold, is one of the most dangerous types of mold.

**Infections:** Individuals with weakened immune systems are more susceptible to mold infections, which can cause serious health complications.

Given these risks, it's essential to remediate mold as soon as possible to protect your health and well-being. However, not all mold remediation services are created equal. While some homeowners may attempt to remove mold themselves using bleach or other household cleaners, this approach can be dangerous and ineffective.

Professional mold remediation services like APEX Disaster Specialists use state-of-the-art equipment and techniques to safely and effectively remove mold from your home or building. Here are just a few reasons why it's essential to rely on professionals for mold remediation:

**Proper Identification:**Not all mold is the same, and different types of mold require different remediation techniques. Professional remediation services can identify the type of mold present in your home and determine the best course of ac-

tion to remove it safely.

**Safe Removal:** Mold removal can be dangerous, especially when dealing with toxic mold or large infestations. Professional remediation services have the necessary equipment and protective gear to remove mold safely, minimizing the risk of exposure.

Thorough Cleaning: Simply removing visible mold is not enough to fully remediate the problem. Professional remediation services use specialized equipment and techniques to thoroughly clean and sanitize the affected areas, reducing the risk of future mold growth.

**Prevent Future Growth:** Professional remediation services can identify the root cause of mold growth, such as water damage or humidity, and take steps to prevent future growth.

In conclusion, mold is a serious health hazard that should not be taken lightly. If you suspect mold in your home or building, it's essential to rely on professional remediation services like APEX Disaster Specialists to ensure your safety and well-being. With their expertise and state-of-the-art equipment, you can rest assured that your mold problem will be remediated safely and effectively.



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The deadline for ads and editorial is the **23rd of each month** for the following issue.



# Should this Panama City Beach Estate be the Setting for the Next James Bond Film?

Prominently Perched on the Shores of St. Andrews Bay, Villa Chimera Inspires the Imagination.

replicate the authentic wood-

work of the time. The door-

knobs throughout the home are

all handcrafted by Baltica with

each knob related to all the oth-

FROM BERKSHIRE HATHAWAY HOMESERVICES BEACH PROPERTIES OF FLORIDA

Imagine an opening sequence through the gun barrel. 007 stands watchfully on the regal balcony of Villa Chimera overlooking the Venetian estate and the waters of St. Andrews Bay. The 1964 Aston Martin is parked in the driveway in front of the marble fountain, the mythological Chimera, a fire-breathing, three-headed monster foreshadowing the larger-than-life villain to come. Moneypenny and Q enter the scene through the opulent fover underneath a crystal chandelier to arrange a top-secret meeting in the study. Throw in an epic sailboat scene on the bay, an extravagant party with lavish guests and double agents, and some high-speed chases and you have the makings of a riveting James Bond film set on the Gulf Coast of Northwest Florida.

With its authentic European design and architecture, the Villa Chimera evokes an imperial aura. Inspired by the classic Palladian villas of the Veneto in Italy, this residence was years in the making from planning to construction and boasts an architectural integrity and authenticity rarely found in modern construction. There's simply no other home like it in Bay County.

With just one step through the columned front porch into the soaring foyer, it is immediately evident the meticulous amount of detail and care poured into every element of this masterpiece home. Says listing agent Amin Delawalla of Berkshire Hathaway HomeServices Beach Properties of Florida, "In my many years representing luxury properties along the Emerald Coast, I have never encountered a property that embodied so much thoughtful artisanship and purposeful use of materials. The owners desired to replicate an Italian villa in Panama City Beach, and they have done that and so much more - this property positively transports you to another time and place."

The regal foyer sets the tone for what lies within the home





with its cushion-cut marble walls, solid stone stairs with balusters crafted of marble, a custom-cut marble compass rose inlay in the floor, and a grand Schonbek Chandelier draped with crystals. Just off the foyer, a look into the dining room reveals graduated Venetian plaster walls designed to appear like the many walls of Venetian Palazzos stained from the rising tides of the lagoon over the centuries. A custom stone table crafted in Rome outside of the Vatican walls is a striking centerpiece.

"Every finish and selection throughout this property was carefully sourced and constructed to create an accurate representation of a Venetian Palazzo from minor to major elements," explains builder Cliff Myers. "The walls in the great room are upholstered in silk made in Venice by the Bevilacqua Family, famous internationally for their intricate fabrics. The millwork has a hand-applied strié to

sourced from Italy or abroad, it was, giving this home an unparalleled purity of design." This unique and deliber-

ers. When a material could be

ate customization continues throughout all the rooms of the residence with marble and limestone accents in the grand living room overlooking the bay. At the heart of the room, find a stunning marble fireplace and note the millwork crafted from individual blocks, perfectly aligned by artisan woodworkers. A media room adjacent to the living room serves as a cozy space to unwind with wood-paneled walls and a custom movie theatre size screen with theatre-style lights.

This home has welcomed many guests through its doors for festivities of all types over the years, and the ease of entertaining is evident in the gourmet kitchen with Wolf and Sub-Zero appliances, a breakfast bar, and a separate bar area. A butler's pantry with additional appliances, storage, and more provides convenience for preparing all the necessities of large-scale soirees.

As likely anticipated, the second-level master suite is suitable for royalty with separate his and hers bathrooms, closets, and offices. The sleeping quarters include gorgeous bay views along with a private columned balcony. Artist Jody Matakovich hand-painted the Groin Vault on the ceiling of the bedroom with a style influenced by the frescos of the Renaissance. Each master bathroom offers heated floors and double showers with jets while one is centered around a stunning free-standing bathtub. In addition, the suite includes an exercise room with sauna and a vault plus safe room with ventilation.

Not to be overshadowed by the interiors, the outdoor spaces of the Villa Chimera are equally enchanting. A towering iron gate secures the property which features over 3 beautifully landscaped acres and 380 feet of waterfront on West Bay. A marble fountain at the entry of the residence carved and transported from Italy depicts figures from Greek mythology including the Chimera, a fire-breathing, three-headed monster. Highlights of the rear yard entertaining spaces are a heated infinity pool with spa overlooking the bay, an outdoor air-conditioned kitchen, a firepit, and a shallow dock to the bay.

For more information on Villa Chimera, visit www.villachimera.com.







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