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Exciting Changes Coming toFrank Brown Park



FROM MAYOR MARK SHELDON
Quality of life is important to any community, but I
like to think in Panama City
Beach we prioritize having
fun and offering a variety of
amenities and events for our
residents and visitors.

One of the City's gems is Frank Brown Park, which opened in 1977 with two baseball fields and a soccer field. It was renamed Frank Brown Park in 1983 to honor the longtime educator and father of youth sports in Panama City Beach.

On the heels of celebrating 40 years since the renaming, the City Council has estab-



lished a list of priorities for expanding and renovating the park. This was after a master plan was commissioned last year to bring some new features to the park that we felt our community was lacking.

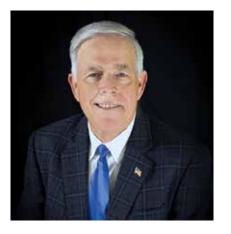
So let me tell you what is coming. We are adding up to 10 pickleball courts near the center of the park where the basketball courts are currently located. We are saying "up to 10" because we are not sure how many can fit into the space. We have to allow for stormwater needs, which could include the construction of a retention pond.

But we are not doing away with basketball. Four new courts are going in and will be located toward the front of the park. These courts will be facing north and south instead of east and west to allow for better usage.

Also toward the front of the park, we are adding a beginner skate park and eventually a BMX park. The access road that connects the Mandy Lane entrance to Pier Park

FRANK BROWN continued on page 4

Looking Back, Moving Forward



By BILL HUSFELT, SUPERINTENDENT, BAY DISTRICT SCHOOLS

This school year has certainly gone by quickly, and I always look forward to sending my "last day of school messages" to all of our stakeholders. I have been extremely blessed to be the superintendent for 15 years, so it is with mixed emotions that I craft this message for the 'last' time.

I hope the next few days are the beginning of a restful, relaxing and fun summer that all of you so deserve. The school year is fun but I

LOOKING BACK continued on page 3





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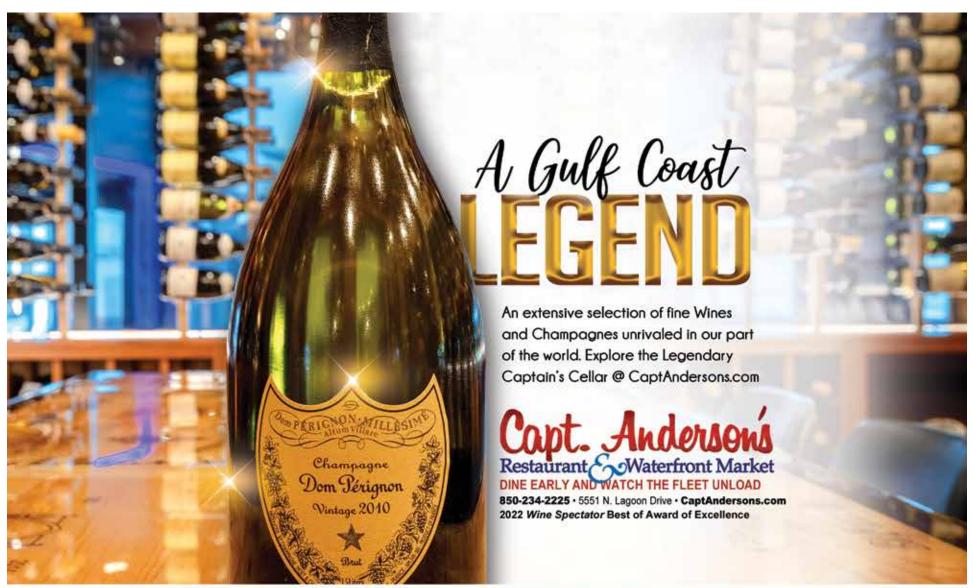
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LOOKING BACK

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know that all of those activities take a toll on our students, our staff and our families. Summer is a great time for some restorative



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mental, emotional and physical self-care and for FUN with family and friends.

I will begin a new chapter, effective July 31, as I retire after 41 years in public education. I started as a substitute teacher right out of college in 1980. I could not get a job, and subbing was my only avenue to teach. Finally, I was hired at an alternative school to teach in 1982. I fell in love with this career choice and never looked back. In addition to teaching social studies and English, among many other courses (just as most of you have done), I also coached and later became an assistant principal and a principal. I have enjoyed all of it. While I will definitely miss the day-to-day interactions with staff and with students, I will not miss the immense responsibility of securing the safety of all of us. Our world has changed in so many ways, and the job of Superintendent has changed rapidly in just the past five years. While I am sad to leave, I know that this is the right decision for my family and

But know that I am taking every memory, every relationship and all of your support with me

as my retirement 'gifts.' I am so incredibly proud of all that we have accomplished together and the resilience we have shown in the face of almost constant adversity since October of 2018. Your faithfulness, your willing spirit and our commitment to our children led us out of the darkest days following Hurricane Michael's devastation. We enabled our community to get to work rebuilding when we reopened our schools, and we all managed to keep our children focused throughout absolute

And then our educators were a beacon of hope during the crazy days of the pandemic. We ensured children didn't get lost in the system; we ensured all students had access to continued learning, food and books. WE kept them believing that there was light at the end of the tunnel.

We did that even in the face of the 'political finger pointing' that never seems to end, but keeps us in the 'crosshairs'!

I leave this position not as young or as energized as I was when I began, but more than ever convinced that public education is a calling and not just a



job. Some of us call it the 'Lord's Work,' but whatever you call it, we can't do it alone. And, all of us know that our children are worth it and need us more now than ever, if they are to have a chance in our crazy world.

Despite the divisive headlines, social media posts and soundbites surrounding us, I know the future is bright for our children because of public education, the amazing people who work at BDS and the entire community that supports us in that work.

I plan to continue to teach Sunday School, and do volunteer work with local non-profits. I look forward to spending much more time with my wife, my children and all of my grandchildren, and I plan to be a regular fixture in the bleachers and at the auditoriums as they play and perform.

In closing, I am a proud product of public education and the men and women who invested in me when I was a child, and I know you are doing the same for countless children in our community. I am honored to have worked with all of you for as long as I have. Please know that I genuinely appreciate the love and compassion you have for our children. You may never know how important you are to them, but let there be no doubt... your love provides them hope. Hope and love are critical to anyone's success, so please keep doing what you're doing to take care of our most precious gifts... our children and grandchildren. Thank you for all you do to make them successful.

"Education is the most powerful weapon which you can use to change the world."—Nelson Mandela.



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PCB Chamber Spotlight



Introducing: Jonesing 4 Cookies

My name is Cord Jones and I am a husband, father of five, and a full-time baker. My mom, Bridgette, raised me and taught me everything I know in the kitchen. Together we formed Jonesing 4 Cookies in Washington County, FL. Neither one of us had aspirations of becoming full-time bakers, but the joy of creating and seeing the reactions on people's faces after that first bite was addicting. Every day we get to learn something new and share it with our customers or, as we like to call them, #CookieCutters. They are what keeps



the party going, and we are truly grateful for everyone that has enjoyed one of our cookies.

Jonesing 4 Cookies started at home with my mom and me. When I was younger and into my adult years, my mom and I would spend time together baking and cooking. Last year, after one of our baking days, we had extra cookies left over. So naturally we wanted to spread some sugary love and took the cookies to our jobs for our co-workers to enjoy. Little did we know that would be the beginning of something special. Soon after we had people asking us for more cookies. I jokingly mentioned that we should start selling them and the next thing you know we were doing our first Farmer's Market and we were selling out! Next thing you know we were offering cookie tables for events and parties and getting booked! Fast forward a year, and you can now find our cookies at different locations such as Salty Oak Brewing Co. and Midsouth Lumber Co. We are truly blessed to be able to spread love through cookies, or as we like to say, our cookies are "Made with Love to Spread Love". We want our cookies to take you back to your childhood with that first bite. Our recipes are all original, even with the old fashion favorites.

We also like to spread love

in the community with cookie donations for various events and school fundraisers that benefit the schools at a higher level than normal fundraisers. We want the schools or school clubs who use our fundraiser to be able to raise money that will make a difference. It is our mission to continue to grow and give. Jonesing 4 Cookies is community-based because, without the community, we are just a mother and son baking cookies. We are excited about what the future holds as we continue to grow and expand.

FRANK BROWN

continued from page 1

Drive is being straightened out to give us a better use of the space.

New expanded restrooms are being added at the center of the park, and handicapped-accessible restrooms are being constructed next to Miracle League Field. We are adding more paved parking north of the basketball courts and additional lighting will be added at all the features, to allow for night use.

There will also be improvements to the maintenance facility because we know with more amenities comes more maintenance. The plan is to install a taller pole barn to accommodate park equipment and add a break room for staff, along with other improvements.

A safe room/community

center annex for field and special event evacuations is also going in at the park adjacent to the community center. This was previously approved and is being partially funded by a \$4.4 million grant from the Hazard Mitigation Grant Program through the Florida Department of Emergency Management. The safe room is currently under architectural design.

Our park is utilized by tens

of thousands of people each year. Our fields alone receive high use from the local community for both travel and recreational sports. Youth and adult teams come here from across the country to play in major tournaments on our fields.

These amenities will add a new dimension to the park. Many features, like the BMX and skate parks, widen the park's use by adding something different that can be enjoyed by our residents year-round. And from the restrooms to the lights to additional parking – all of this was desperately needed. This is a big overhaul for one of the best multipurpose parks in the area.

Great things are happening in Panama City Beach!



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PCB Chamber Spotlight



Introducing: Panama City Ballet

Panama City Ballet is a new 501c3 non-profit organization created for one reason, to bring the holiday classic, The Nutcracker, to our community using our very own local talent. There are 10 area dance studios on board to participate, bringing the dance community together like never before!

We are determined to help revitalize the arts in our community in the aftermath of Hurricane Michael. After five years of concentrating on building back our housing and our jobs, it is now time to focus on our children and give them back the artistic outlets that have been sorely missing in their development and education.

If you are not in the arts, you may not realize that we artists literally have no theatre for performances, on the city side or the beach side. The Civic Center remains extensively damaged. The Martin Theatre has been gutted with only the marquis renovated. Everyone that is looking for a performance venue is vying for use of the high school audi-

toriums, which were never built for full-length professional ballet performances. Many of these facilities are beautiful, but they were rightfully meant for their school's use. This makes scheduling a performance at these facilities much more difficult. But not only that, the rates they are charging are nearly out of reach for a new budding non-profit. We believe that we can come together as a community and make the changes we desperately need to build back the arts in our area. Wouldn't it be lovely if people wanted to move here because of the richness of our artistic community?

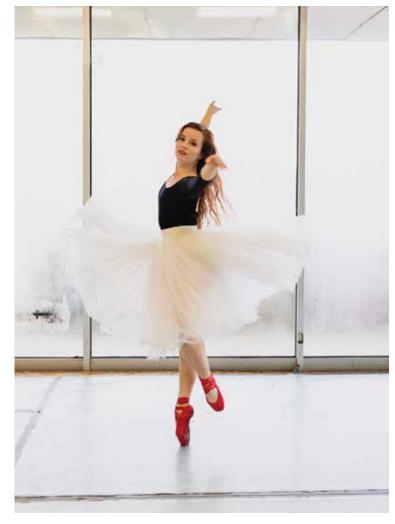
This year's inaugural performances of The Nutcracker will be the beginning of a holiday tradition for not only the dancers and their families, but for those that love and appreciate ballet and the performing arts. This will be something that everyone will look forward to, whether dancer or audience member, for many years to come!

Auditions will be held August 13, 2023, with the setting of the

ballet the following two weekends. Rehearsals will be held on Sunday afternoons, rotating between the studios, and performances will be held December 8, 9, and 10.

We will be performing excerpts throughout the Christmas holiday season at various local festivals and community events. We will also be hosting a Sugar Plum Tea Party for all the young budding ballerinas. Please keep an eye on our website as well as our social media for those dates to be announced!

We have many levels of sponsorship with benefits such as performance tickets, discounts on tickets, recognition on social and printed media, in-theatre ad displays, and a VIP backstage tour for our upper-level sponsors. All donations are tax-deductible, and remember that this is a community project so we need all of the help that we can get! For more detailed information about auditions, performances, donations, and sponsorships, please visit our website www.panamacityballet.com







The St. Joe Company Announces the Opening of Embassy Suites by Hilton Panama City Beach Resort

The St. Joe Company (NYSE: JOE) ("St. Joe"), joint venture partner Key International, Inc. ("Key International") and Hilton (NYSE: HLT) announce the opening of the 255-suite Embassy Suites by Hilton Panama City Beach Resort. The resort is located in the popular Pier Park shopping and entertainment district with unobstructed views of the Gulf of Mexico available from each of its five floors.

The resort features a Gulfview pool complex with a waterslide and hot tub, a business center, a fitness center and approximately 15,500 square feet of meeting and event space. Additionally, the resort is home to two restaurants, Blu Bar & Grill serving lunch and dinner with both indoor and outdoor seating, and Fin, which provides guests with complimentary hot breakfast. Vue 55, the fifth-floor, open-air event venue, is available for weddings and group functions and boasts sweeping views of the Gulf of Mexico and the Russell-Fields Pier.



Embassy Suites by Hilton Panama City Beach Resort's 255 suites are a mix of one- and two-bedroom suites, including two-bedroom family suites and multi-room suites with bunkbeds. The resort's Five Feet to FitnessTM suites enable guests to



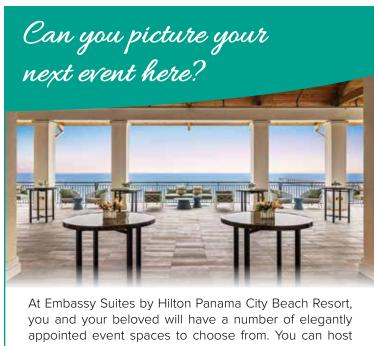
work out in the privacy of their suite with access to a variety of fitness equipment.

"The location of this resort is unlike anything in the market, and we are proud to be open and welcoming guests," said Mike Chouri, General Manager of the Embassy Suites by Hilton Panama City Beach Resort. "Our guests are able to park their vehicles upon arrival, enjoy the beach right across the street, experience great amenities on property, and easily walk to dozens of shops and restaurants."

"We're thrilled to be opening the doors to this highly anticipated resort offering a refined, yet approachable and family-friendly experience in Panama City Beach," said Shawn Gracey, Executive Vice President of Hospitality for Key International. "This is our second resort with the Embassy Suites by Hilton brand and one of the most impactful new hospitality projects coming to Northwest Florida."

St. Joe's hotel portfolio now consists of 871 hotel rooms. Four additional hotels are currently under construction and will bring the total to 1,298 rooms once complete.

Embassy Suites by Hilton Panama City Beach Resort is located at 16006 Front Beach Road in Panama City Beach, Florida. Visit www.panamacitybeachresort.embassysuites.com for reservations.



you and your beloved will have a number of elegantly appointed event spaces to choose from. You can host an indoor or outdoor event for up to 200 guests. All 15,500 square feet of event space at this resort has been designed and decorated with luxury in mind.



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Know Your Neighbor:

Film Commissioner Julie Gordon

By Paul Bonnette

Feature films, television commercials, music videos, HGTV tv shows, you name it - chances are Julie Gordon has helped make sure it films in Bay County. Bay County, known for its beautiful beaches and friendly hospitality, has been a draw to Hollywood for decades and Julie Gordon wants to make sure it stays that way.

"Commissioner Gordon" as she is affectionately known, has been working in the film industry for over twenty-five years including as a Screen Actors Guild (SAG) actor, so she is aware of what it takes to film on location. Shows such as "Good Morning America," "HGTV's House

a SAG actor for thirteen years. I did that and came back home to Panama City and started wondering why we weren't filming in Panama City Beach. At that time there was no film office or even state film office. So, I wrote a four-year economic analysis of what we were losing by not having a film office and not going over opportunities. The County Commission then said, 'Go forth and be Commissioner Gordon'."

Starting the Bay County Film Office from scratch proved to be no easy task, but according to Gordon, once word got out about the natural beauty of the Gulf Coast as well as its hospitality that's all it took.

"From being on the oppo-



Hunters," "Beachfront Bargain Hunt," as well as music videos for Luke Bryan, Florida Georgia Line, Backstreet Boys, Alan Jackson, Colt Ford, and Trick Pony have all used the World's Most Beautiful Beaches as their backdrop. Feature films such as "The Truman Show," "Secondhand Lions," "Dancin' It's On" and others have showcased this region to the world. According to Gordon though, it wasn't always this way and after moving back to Bay County, she recognized that the "World's Most Beautiful Beaches" needed a film office to bring in more business.

"I was a competitive bodybuilder and got spotted in a couple magazines and agents suggested I be in music videos. So, I got an agent and became

site side of the camera, it made me aware of what we needed to have on the other side of the camera," explains Gordon. "So, I fell in love with the art of producing. Because Panama City Beach, and Bay County are off the beaten path, it was pretty hard to begin with. However, when they started coming here and realized this was an affordable place with untapped land and white beaches, and emerald waters, we started getting repeat business. We get a lot of repeat business because people love coming here because the community here is amazing."

For Gordon, filming has been steadily increasing and ramping up as more shows, music videos, and films are looking to film on location.

"There is just always something happening, I had three HGTV/Magnolia productions in the last two weeks and more coming. Our economic impact is huge. We are bringing in over a million dollars each quarter. I'm

not stopping. We've got plans and buildings and land and we're showing everybody we can who believes in it. It's a known fact that this is a great area," Gordon says.

For more information about

the Bay County Film Office or for those interested in helping with productions or filming please contact Julie Gordon at (850) 819-4694 or by emailing floridafilmoffice@knology.net.



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Music Fans Swarm to Northwest Florida for Country on the Coast

By WILL ESTELL

If you're a music fan and live or play anywhere along the beaches of Northwest Florida's Gulf Coast, you likely already know about country music's biggest party at the beach, Gulf Coast Jam. The festival, which took place in Panama City Beach, is now one of the largest outdoor music festivals (of any

genre) in the country, boasting an attendance of more than 30,000 people per day for each night's headlining shows.

For 2023, Gulf Coast Jam was more popular than ever, having sold out most ticket packages six months in advance. The party brought millions in revenue to accommodation providers, restaurants, retailers and enter-





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tainment establishments across the three-county (Okaloosa, Walton, Bay) area, where most of the thousands of jammers stay, dine and take in the beach.

Having covered the festival for six years now, I can attest to its growing popularity and draw. I've seen everyone from Tim McGraw, Luke Bryan, Old Dominion, Brooks & Dunn, Cadillac Three and Florida Georgia Line to Riley Green, Big & Rich, Lynyrd Skynyrd, LOCASH and Kid Rock, along with many other well-knowns playing to growing crowds of music lovers from every state and those who travel from abroad to attend the festi-

For 2023 Gulf Coast Jam's headliners encompassed some of country's most popular artists, including Kenny Chesney, HARDY, Maranda Lambert

and Kane Brown, as well as well-known hitmakers such as Chase Rice, Justin Moore, Gabby Barrett, Breland and Bailey Zimmerman – with many others rounding out the total 32 artists taking the stage over the fourday event.

Kenny Chesney's late addition to the bill was secured only four weeks out from the festival weekend, having been added as the replacement for Morgan Wallen, who was originally on the ticket, but was forced to cancel a chain of concert dates due to a vocal issue.

I've had the pleasure to see Kenny play at both festivals and live at the CMA Awards, as well as, having conducted one-onone feature magazine cover interviews with him twice in the past seven years (with a third interview set for next year before

his 2024 tour) and I can assure anyone who hasn't seen him work a stage and crowd that he knows how to throw a party.

Craig Campbell of Campbell Entertainment Group in Nashville, who has played an instrumental role in orchestrating various behind-the-scenes aspects of Gulf Coast Jam since its first year, says the talent alone runs

well into the multi-millions each

"It's actually because of our great sponsorships, and the generous support of Panama City Beach that we are able to throw this level of music festival and keep the ticket prices where they are," Campbell said. "That's one of the aspects that Rendy and Mark, (the festival founders and organizers) are most proud of: bringing great music to Panama City Beach and making it attainable to most everyone.'

For additional information, follow Gulf Coast Jam on Facebook and Instagram or visit GulfCoastJam.com where you can grab your T-shirts, hats and festival merchandise early, and, if you're lucky, grab one of the few secondary market tickets as they become available.

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by celebrity Chef Hugh Acheson.

Voted Best Restaurant in Walton County by Emerald Coast Magazine, send your taste buds on a culinary adventure at Ovide. Led by James Beard award-winning Chef Hugh Acheson, indulge in delectable dishes inspired by the Gulf Coast. Reservations accepted (844) 422-2923.

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Red Snapper Season Opened June 1st!

By Pam Anderson

officially Red Snapper opened for the Federally Permitted Charter and Headboats and opened on June 1 and will be open until August 25 this year. We are all looking forward to taking you on a fun family experience in the Gulf of Mexico for this treasured species of fish. Treasure Island, Pirates Cove, Lighthouse Marina, and, of course, Capt. Anderson's Marina all offer great fishing experiences.

On the shorter headboat trips, many families are teaching their children to fish - no IT gadgets here! Deckhands provide bait, show you how to use it, give you a quick lesson on deepsea fishing, and then it's all up to you. You drop your line straight down to the bottom, take a couple of turns on the reel to get the slack out of the line and you are set. Be sure to check your bait every now and then. When you get a bite, set the hook (pull up hard on your rod) then reel up quickly. If you don't, you may lose the fish or it will run into the reef below and cut your line.

Your deckhand will take the fish off your line and put it on a stringer with your 'fishing spot' number on it (your spot number is on your fishing ticket, and you will need that later to claim your fish at the dock.). In the meantime, all the fish caught are kept in a common ice box until the end of the trip.

On the longer trips, the more serious anglers are able to get out into deeper water. Although on both trips you have opportunities to catch fish, the longer the trip the more fishing time, of course. Also, as the saying goes, the deeper the water, the bigger the fish - not always true, but typically it is. The same fishing techniques apply in the deeper water

Each trip has captains who have decades of experience; they will get you to the fish. They may not be hungry, but thankfully, they usually are.

Each trip has its perks... Early mornings right after sunrise all is quiet on the Gulf except for the occasional seagull asking for your Cheetos - yes, they love them! Be careful though, what



goes in, comes out.

The later morning and midday trips give you a chance to ease into your day. No matter the time, you can usually see dolphins playing, an occasional turtle easing by, or a flying fish - yes, they skim the top of the



water for long distances.

The evening trip is special in that you can catch the sunset as you travel to the fishing grounds each night. It's always a favorite for that reason and it is cooler in the evening. Capt. Ken has a knack for finding some really nice Red Snapper on this special trip!

Private recreational fishing for red snapper has a different season. It runs from June 16 through July 31 and 3-day weekends from October through November.

Red Snapper is not the only fish in the sea worth keeping, but it is probably the most popular in our area. Even though it may not be as famous a fish, Vermilion snapper is available year-round and a delicious mainstay of the local fishery. Red Grouper will be available through July 20 at MN this year. Gag Grouper season opens September 1 and runs through November

9, so it will be open during the PCB Fishing Rodeo.

Summer dates are booking quickly at the Capt. Anderson Marina Event Center, overlooking beautiful Grand Lagoon. Also, be sure to check out Fisherman's Walk with, the new Capt. Max's Bar & Grill serving breakfast, sandwiches, and drinks. They are open from 4:30 a.m. until 8 p.m. Check out the Souvenir Shop and The Sugar Shack with Dippin' Dots, also.

Looking forward to seeing you all this summer!

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



Community



Let's Get Growing with Julie: Be on the Lookout for Crapemyrtle Bark Scale

By Julie McConnell, UF/IFAS EXTENSION

In 2020, a homeowner in Santa Rosa County noticed unusual insect activity on a crapemyrtle in the landscape. The

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following summer the property owner again observed the insects and reached out to the local UF/IFAS Extension Office for advice. The Santa Rosa Extension Agent collected and submitted samples to Florida Department of Agriculture and Consumer Services (FDACS) Department of Plant Industry which identified the pest as Acanthococcus lagerstroemiae Crapemyrtle Bark Scale (CBMS). This invasive insect was first identified in the United States in Texas in 2004, but this was the first documented case of crapemyrtle bark scale in Florida.

Why should this concern home gardeners? Crapemyrtles are summer flowering trees and shrubs that are widely planted in the Southeastern United States. They are available in many colors and mature sizes; once established they are drought and wind tolerant and are generally very low maintenance. The annual value of crapemyrtle production and sales exceeds \$60 million according to the 2017 USDA Census of Horticultural Specialties. This attests to its popularity as a landscape plant and the economic impact this plant has within the green industry. Crapemyrtle bark scale has been documented on American Beautyberry (Callicarpa americana) which is native to Florida and the Southeastern U.S. It has the potential to affect other crops such as soybean, apples, persimmon, and pomegranate.

What should you look for?

Usually, the first sign that there is a problem is the appearance of a black substance on stems, bark, or foliage. This is a fungal complex called sooty mold that grows on a sugary substance excreted by sap feeding insects called honeydew. If you see sooty mold should look for the insect responsible. On crapemyrtles the most likely culprit is the crapemyrtle aphid which feeds on tender new leaves and stems. Aphids are translucent soft bodied insects that reflect the color of their food source, usually green on crapemyrtles. If aphids are not present inspect the bark and branches for small gray/brown insects soft bodied insects with a white waxy substance surrounding it that ooze pink if crushed, this could be crapemyrtle bark scale. The scale feed on woody tissue and may be found near





pruning scars, branch angles, or on the main trunk.

Because of the economic importance of crapemyrtle bark scale it is a regulatory pest and must be properly identified and documented by FDACS Department of Plant Industry (DPI). If you suspect the presence of crapemyrtle bark scale please contact the DPI Helpline at dpihelpline@fdacs.gov or 1 (888) 397-1517 or your local extension office.

For more information visit https://www.fdacs.gov/content/download/98126/file/ PESTALERT-Crapemyrtlebarkscale01954.pdf

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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Sea Screamer Dolphin Cruise:

30 Years of the "World's Largest Speedboat"

By Paul Bonnette

For the past three decades, the iconic bright yellow speedboat known as the Sea Screamer has been giving locals and visitors the chance to cruise the emerald waters of the Gulf of Mexico and experience the beauty of Panama City Beach on a thrilling ride like no other. Offering high speeds, dolphin encounters, and fun-filled narration, the Sea Screamer has been associated with Panama City Beach for the past thirty years and has no intention of slowing down.

Operating out of the Treasure Island Marina on Thomas Drive, the Sea Screamer has long been one of the most iconic family attractions on Panama City Beach, allowing guests to experience a 30-mile-per-hour smooth, yet thrilling ride down the beach while enjoying dolphin sightings as they jump and play in the wake of the boat. The Sightseeing and Dolphin Tours also allow families the chance to get up close and personal with



other sea life as deckhands pull up crab traps while educating kids about local wildlife. Guests onboard also enjoy the chance to cool off on hot summer days as water blaster battles often ensue on board.

Built by the Bonner family in Wetumpka, Alabama, and billed as the "world's largest speedboat," the Sea Screamer has been owned and operated by the Redmond family since the early 1990s. The Redmond family is no stranger to Bay County and have been residents since the 1800s. After serving as a helicopter pilot in Vietnam, founder Andy Redmond purchased the Sea Screamer and operated sightseeing tours in the Gulf. Today, it's a family affair with

his son Cody Redmond as boat captain for numerous types of sightseeing tours including the popular sunset dolphin cruise.

According to Cody Redmond, as Panama City Beach has changed, the Sea Screamer tours have also been updated. "Over the years, Panama City Beach has gone from just a party town to more of a family vacation town, so our trip has evolved with the town," he explains. "In the summertime, we get so busy that we can't accommodate everyone who wants to go, but we know these people only have one week a year to come down here, so we want to optimize it for them. So now we have two new boats, one built in 2020 and another in 2022, and both are superior to anything we have had in the past. They still look exactly the same, but the modern building materials built the most perfect version of the Sea Screamer that we have ever

Although the boat itself re-

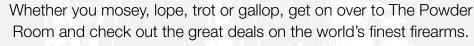
mains a major draw, updating the activities on board also helped make sure each guest has a memorable experience including offering dolphin tattoos, water gun battles, and even allowing children to try their hand at driving the large yellow speedboat. For Cody Redmond, even though the popularity of the Sea Screamer continues to build after thirty years, it is still the same family-owned business that it has been.

"We are still a small family business, this will be our 31st season, this year. One of the things that I enjoy the most is that I get to show people my hometown in a completely unique setting. I can show them the best pieces of this town from a really cool perspective, and I love what I do because I get to show off our town."

For more information about the Sea Screamer and to book your tour aboard the bright yellow speedboat, visit www. seascreamer.net.

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







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



Around the Beach

Flag Retirement Ceremony at PCB Senior Center

On June 14, 2023, at 2 p.m., there will be a flag retirement ceremony held at the Panama City Beach Senior Center on Lyndell Lane in Panama City Beach, Florida. The ceremony will include the Pledge of Allegiance, the meaning of the flag, the folding of a flag, and the retirement of the flag. This event is sponsored by the Veterans of Foreign Wars Post 10555 and the Panama City Beach Senior Center.

Summer Reading

The Northwest Regional Library System aspires to help students to prevent the "summer slide" by providing a variety of engaging, educational programs that encourage discovery. Many of these programs fit this summer's theme, All Together Now. Summer reading allows children to maintain their reading skills during the summer break and foster a love of reading when they read for fun!

Join us for All Together Now Summer Kickoff Family Movie Day Thursday, June 15 at 2 p.m. This year, Family Movie Day is featuring Studio Ghibli's "My Neighbor Totoro" (1988, Rated-G). Stick around and receive your Summer Reading grab bag!

Library cards are free for all residents of Bay, Gulf and Liberty Counties. Twenty library materials can be checked out at a time. An additional five eBooks and eAudiobooks can be checked out through the Libby app. First download the Libby app to your device, select Panhandle Library Access Network, and then Northwest Regional Library System as your location. All you need is a library card and pin number! For more information on upcoming library events and services, visit www. nwrls.com or call 850-522-2100.

For more information on the Bay County Public Library Foundation, visit bcplfoundation.org.

St. Joe Holds Employee Appreciation Event

The St. Joe Company held its annual "Spring into Season" employee appreciation event Friday, May 12, at Ace Home Helpers (17760 Panama City Beach Parkway).

The St. Joe Company's Talent, Leadership & Culture team partnered with the locally owned hardware store to present all St. Joe Company team members with gift cards to help kick off any projects at home as we prepare to spring into the busy summer season.

Along with the gift cards, breakfast snacks, and t-shirts, a raffle for employees included a chance to win a Weber Spirit II Grill.

"Hosting fun events like these are one way we strive to help team members feel appreciated, which is especially important during times of rapid growth like we are currently experiencing," says Terri Hoskins, Vice President of Leadership for The St. Joe Company.

The St. Joe Company is currently hiring, with many open positions offering full benefits and paid time off. Interested job seekers should visit www.joe. com/careers.



Bayway Services Now Available Sundays

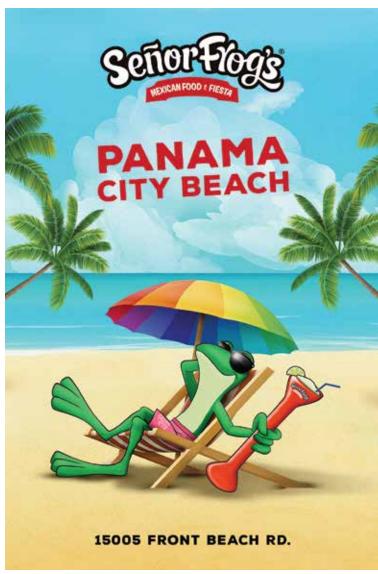
Bayway, Bay County Public Transit, recently announced the expansion of its services to include Sundays beginning now through October 2023. In an effort to support the needs of Bay County residents and visitors, Bayway aims to provide affordable and reliable transportation every day of the week.

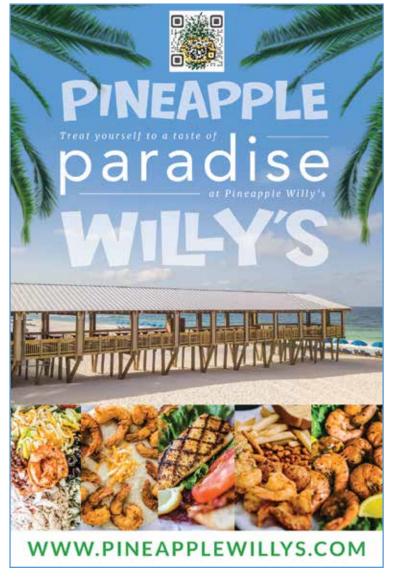
The new Sunday services will run on a limited schedule and will be available on all regular routes. These services will provide the same accessibility, affordability and safety as the routine weekday services, with fares remaining unchanged. Bayway prioritizes making its transportation offerings suitable and reliable for all current and future passengers. Expanding services to riders seven days a week offers a new opportunity for riders to explore the area, enjoy leisurely activities along coastal routes, and enjoy an easy and efficient ride. Stop locations and arrival and departure times are available now on Bayway's website.

"Whether you are a resident or visitor, Bayway connects you with Panama City's best destinations," said Lamar Hobbs, Transit Programs Administrator of the Bay County Board of County Commissioners. "We understand the importance of reliable and efficient transportation services to our riders, and Sundays are no exception. Adding Sunday bus schedules allows us to support every rider's needs every day of the week."

All Bayway buses are ADA-accessible, accommodate service animals and carry bike racks, creating a seamless and enjoyable experience for all rides. Passengers may purchase tickets on board, on the Token Transit app or by calling (850) 769-0557. For more information about Bayway, including updated routes and schedules, please visit www.baywaytransit.org.

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





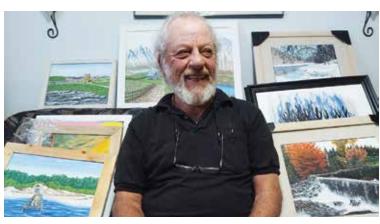


Panama City Center for the Arts Opens Three New Exhibitions in June

The Panama City Center for the Arts opens three new exhibitions for the month of June, including the Southern Watercolor Society's 46th Annual Exhibition in the Main Gallery. Photographer Kevin Boldenow presents a visual story of Florida's vanishing wilderness and history in the Miller Gallery. The Café Gallery features artwork by Jay Winters.

Over 100 watercolor artists from across 19 states in the Southeast will be featured in the Southern Watercolor Society's 46th annual exhibition. The Main Gallery opened on Friday, June 9 with a reception and awards ceremony. Visitors are welcome to view this exhibition through July 1.

By pairing visuals of the state's natural scenery with historical narrative, Kevin Boldenow's Vanishing Florida seeks to



share untold stories of Florida's lost wilderness, with the hope that its viewers recognize the beauty, vitality, and necessity of its natural resources. "Growing up in the 1960s," said Boldenow, "I realized how destructive a course we had taken – dumping pollutants into the Great Lakes, air quality, and the use of DDT and other pesticides without proper testing was upsetting the

balance of our ecology. By viewing my photography, I'm hoping that people make a concerted ef-

fort to preserve our environment and historical treasures for the pleasure and responsible use of future generations." The exhibition will be on display through July 29.

Local artist Jay Winters has had a lifelong interest in art, but did not pursue it fully until 2014, when he retired from state law enforcement after 28 years. "I have completed several projects over the years as gifts for friends and family," said Winters, "So I really never stopped creating. I have just gotten much more serious about my art lately."

Winters likes to include hidden objects to help create additional interest in his works. "Sometimes," said Winters, "I create a 'philosophical' piece that draws on a theme. My 'free-style' approach to some paintings lets me be more creative..." His works will be on display in the Café Gallery through June 24.

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.

Beat the Heat: Fun Musical Activities for Summer Break

As the school year comes to a close, summer break offers a fantastic opportunity for students to explore their creativity and passion for music. Whether they are aspiring musicians or simply enjoy a good tune, engaging in fun music activities can enhance their skills, provide a creative outlet, and make their summer memorable. Today we'll share a variety of exciting music-related activities that will keep young minds entertained and inspired during their summer break.

1. Make a Music Video:

Choose a favorite song or piece of music and become an actor/actress for the day. Kids can work together to write a creative story that goes along with the song, complete with characters, costumes and props, and then turn it into a video. Ideas could include acting out the lyrics to a song, dressing up as a famous pop star, or creating a short film and adding some music to the background, silent movie-style.



2. Form a Band:

If your child already plays an instrument, encourage them to gather a group of talented friends, form a band, and prepare a setlist of their favorite songs, or even write new ones! They could even host a backyard concert one evening for friends, family, and neighbors. This activity is a little challenging but can do wonders for encouraging teamwork and confidence.

3. DIY Instruments:

Engage in some arts and crafts for a hands-on experience. This article from Felt Magnet has

Continued on next page



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473 Richard Jackson Blvd, PCB (850) 238-8340 • americancharlie.com



Emerald Coast Theatre Company's 10 Years of Magic Continues with Season 11 on the Horizon

By Anna Fisher, Associate Artistic and Education Director

We just closed our 10th season with a sold out run of one of my absolute favorite musicals, "Sound of Music." It was a little bit magical to end 10 years of incredible shows with such a profoundly beautiful story. I look forward to Season 11 with such excitement and anticipation for what another year of great theatre will bring!

We launch Season 11 next fall with Million Dollar Quartet in September/October. This smash-hit musical tells the story of legendary music icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins as they come together on Dec. 4, 1956, at the famous Sun Studios. This show has so many great songs including "Blue Suede Shoes," "Sixteen Tons," "Great Balls of Fire" and "I Walk the Line" just to name a few. Elvis will be in the building y'all!

We follow that with the time-



less holiday classic, A Christmas Carol, in December. This fast-paced stage version is so fun and includes all of your favorite characters like Tiny Tim, the Fezziwigs, all the ghosts and, of course, the original grumpy old man, Ebenezer Scrooge. This show is a mug of warm wassail on a cold winter's night and just the right thing to get you into the holiday spirit. Our favorite Scrooge, Bruce Collier, will be returning to the stage as well in this production.

There's plenty of chances to catch The Marvelous Wonderettes: Caps and Gowns throughout the winter months with shows in January, February and March. This is the delightful sequel to The Wonderettes and follows our favorite girls as they graduate in 1958. With songs like "Rock Around the Clock," "At the Hop," "Dancing in the Street" and "River Deep, Mountain High," you will find yourself tapping along to this gem of a musical!

Another offering we have during those winter months is The Play That Goes Wrong. I absolutely adore the humor in this show! If you want a good laugh while trying to solve a murder mystery, this is the perfect night out. It was a smash hit on Broadway and we are thrilled to produce the show at ECTC!

If you liked Steel Magnolias, you will love Crimes of the Heart premiering in late February. This is a deeply touching, funny play about three eccentric sisters in a small southern town who deal with the fallout when Babe, the youngest, shoots her husband. This story serves up humor and pathos along with a large glass of sweet tea!

And since everyone loves a mystery, we're keeping the final musical of our season under wraps! Just plan to come on out to ECTC for a fantastic show in May 2024.

If Season 11 can't get here fast enough for you, make plans to catch "Broadway on the Boulevard, Dancin' in the Street" outdoors in the Grand Park at Grand Boulevard every Thursday during the summer through the end of July. We also have a fantastic group of teens performing Grease at the end of July at 560 Grand Boulevard, upstairs in our theatre. I hope no matter how busy life gets, you always make time for the joy of a well-told story and the richness of a night out with friends and family. See you at the theatre!

MUSICAL

continued from previous page

some awesome ideas for making your own instruments, from

easter egg maracas to balloon bongos and Pringles can drums. Even everyday items like buckets, spoons and trash cans can be used as performance props, just like the entertainment group Stomp who use ordinary objects to create amazing performances with rhythm, dance and a bit of comedy. Check out one of their

Florida ARTS & CULTURE performances on YouTube.

4. Music-themed Movie Night:

Host a music-themed movie night, where kids can enjoy films that revolve around music and musicians. Choose iconic movies such as "The Sound of Music," "School of Rock," "La La Land," or "Coco." After the movie, encourage a discussion about the music, themes, and characters, so they can work on their understanding and appreciation of music in different contexts and cultures.

5. Try a New (Or Old) Instrument:

If you have an old instrument sitting in the closet, now is the perfect time to dust it off and experiment with it. Music lessons are over for the summer, so there's no pressure! If instructions are needed, it's very easy to find tutorials around the internet for all different kinds of instruments. A visit to the local music shop can also be a fun experience, and you might even find something new to take home with you.

6. Campfire Sing-Along:

Thinking of organizing an evening campfire party on the beach? It wouldn't be complete without a little singing. You might consider hiring a guitarist to lead your group of friends and family in singing some old favorites.

This summer break, let the power of music fuel the creativity, curiosity, and passion of your kids. By adding a few musical activities into their day, they can nurture their talents, explore new ideas, and create lasting memories. Give these activities a go and hopefully you'll make this summer an unforgettable one!

Studio 237 Music Lessons offers online, in-person or a blended lessons. Give us a call at (850) 231-3199 or text (850) 797-3546 to ask about designing your best learning experience.









ISO: PCB's Best Shrimp

By Jack Smith

When I was a child growing up on the Chesapeake Bay, we had a special word for shrimp: bait. My first experience with shrimp as a food source was in the '60s and it came in the form of a shrimp cocktail. Fried, blackened, steamed were all in my future. Today, shrimp is the most popular seafood dish in the United States. Marco Polo wrote about how important shrimp was to the Chinese diet in 1280 and it only took us another 800 years to discover how tasteful and nutritious this protein really is. According to Forest Gump's friend Bubba, you can enjoy shrimp fried, steamed, blackened, broiled, raw, stuffed, in gumbo, BBQ, Kabobs, and Jambalaya. Feel free to add to this list.

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captandersons.com

Capt. Anderson's Grilled Bay Shrimp is FAMOUS in the South. Perfectly prepared with our own special seasoning and resting in melted butter... you have to taste to believe! Try it as an appetizer or an entree and don't forget to sop the seasoned butter with a fresh baked rice roll. Delicious! Dine early and watch the fleet unload.

Schooners

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

schooners.com

Enjoying fried seafood overlooking the white sand beach and emerald waters is CLASSIC. Schooners serves the tastiest trio of deep-fried Mahi-Mahi, Oysters and Jumbo Shrimp called the "Beach Party." Add a chilled glass of wine, ice cold local craft beer or a vodka based "Beach Bum," and you have the perfect makings of a lifelong beach memory!





Embassy Suites by Hilton Panama City Beach Resort 16006 Front Beach Rd., PCB | (850) 328-5545

panamacitybeachresort.embassysuites.com

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Boon Docks

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

boondocksfl.com

Boon Dock's grilled shrimp are seasoned to perfection with our proprietary blend of Cajun spices, bell peppers and onions, plus two side dishes and hush puppies. Thank you to all of our wonderful customers for 22 years. We look forward to many more!





Señor Frogs

15005 Front Beach Road, PCB senorfrogs.com/panama-city-beach

Our Cilantro Garlic Shrimp is delelctable. Fresh shrimp sautéed in butter sauce, garlic and cilantro, served with white rice, fresh cut veggies and lime.

American Charlie

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

americancharlie.com

You've got to try our Shrimp and Grits: jumbo pan seared shrimp with our own sharp white cheddar cheese grits, surrounded by a roasted tomato and grilled andouille low country sauce.





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.

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.





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.

The Wicked Wheel

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

Looking for the best Shrimp and Grits on the beach? The Wicked Wheel's Backfire Shrimp and Grits features a bowl of their creamy, cheesy homemade stoneground grits (yes, cheese grits are back and better than ever!) drizzled with their spicy backfire butter filled with herbs & seasonings, then topped with a dozen grilled fresh gulf shrimp.



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.



Restaurant Review: Ambrosia

By Marta Rose-Thorpe

My husband took me to Ambrosia Prime Seafood & Steaks over Memorial Day Weekend, and wow, what an experience! I had heard excellent things prior to our visit, and I knew the establishment was one year old - but little else. We arrived in the early evening. As the hostess brought us into the main dining room I fell instantly in love with the environment. Soft tones of pale beige and eggshell permeated the room, with white linen-adorned tables and sumptuous leather booths – a morphing of old school decadence with modern coastal elegance. Light music filled the background, with the low din of friendly chatter from other patrons. And then Annie and Jamie (GM and Assistant GM) arrived at our table with a welcome aperitif: glasses of chilled LaMarca Prosecco, each with a lone, plump blackberry afloat. We met our server KarolAnn, highly informed with every detail of Ambrosia as she was part of the opening team, and she took care of us throughout the night. The show was about to begin!

Craft cocktails got the evening started. I ordered the Ambrosia 75: a pale lavender elixir of Empress Gin, St. Germain liqueur and a splash of Prosecco served in a tall champagne flute... cool and crisp, with floral notes and hints of citrus. Jimy ordered the Revolver served in an old-fashioned glass: Woodford Bourbon with coffee liqueur... potent and smooth, with undertones of rich espresso and orange bitters. Annie explained that Executive Chef Pablo, who hails from Chile, had created a special tasting menu for us - each course paired with its own wine - and throughout the night Chef came out to our table to explain the details, origins, and nuances of each course. Finding the very best, top-notch, fresh seafood was one of his top priorities, he shared, and he had located his source: Tarpon Docks Seafood Market in Panama City, Florida.

First came the Ceviche: cubes of tender, fresh snapper splashed in a citrusy-ginger-cilantro emulsion, served with yucca and plantain crisps. This appetizer was paired with the Emmolo Sauvignon Blanc '22



from the Wagner Family, makers of Caymus in Napa Valley. Fresh and racy, this smooth white with a salty edge paired beautifully with the ceviche's underside of roasted sweet potato puree. Soon KarolAnn came out to pour our second wine, the Cade Sauvignon Blanc '22 from Napa Valley... playful, fun, and slightly bolder with a beautiful earthiness. This was paired with the not-so-classic Deviled Eggs, a towering sculpture of deviled egg halves under large, tender, crispy-fried oysters, then topped with a succulent bacon marmalade infused with balsamic, coffee and chives. (Note: If your evening calls for only light bites or appetizers with your libation, this is a wonderfully fulfilling dish.)

By now the room had dimmed to an amber glow as the sun was setting, casting a warm, happy ambiance. KarolAnn arrived with our

third wine, Conundrum '21, a white blend from California (also in the Wagner Family) ... gentle, sun-kissed and stealthy, a perfectly sturdy support for our next superstar entrée, the locally caught, Caribbean-inspired Florida Red Snapper. This tender fish was seared with a crispy top, served alongside fresh pineapple salsa spritzed with Persian lime and toasted coconut on a bed of warm coconut jasmine rice. This sweet, mellow rice, drizzled in a light beurre blanc, was the perfect foundation for the snapper's citrusy, salty flavor explosion.

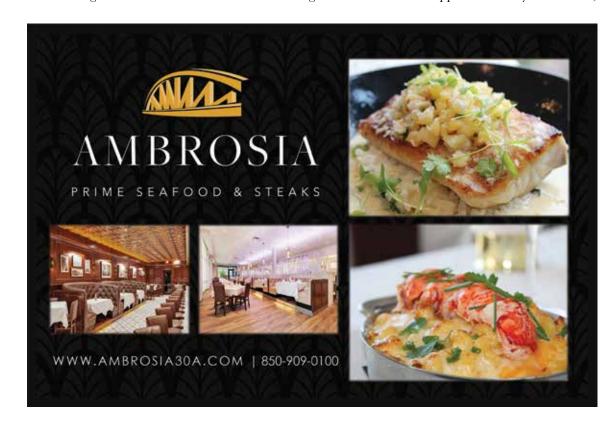
Annie shared that owner Russ Graham scoured the country in search of the very finest steaks for his establishment, and what he found were premium cuts from farms in Iowa, Idaho and Omaha, NE. Snake River Farm in Idaho is home to our main course, the magnificent Ribeye trickled with parsnip aioli, served medium-rare... tender, marbled, and perfectly cooked with a flavorful savory rub. Our sides included the delicious charred Shishito Peppers with Goat Cheese Crema lightly spritzed with lemon (it's hard to stop at just a few of these), and the five-cheese spiral Mac & Cheese, beautifully al dente noodles in a creamy but surprisingly light cheese sauce. The entree was paired with a bottle of Stellekaya '20 red blend from South Africa, complex and full bodied. Cabernet Sauvignon, Malbec, Merlot, and Cab Franc are married into a soft, smooth

wine with huge flavor that belies its age. And then finally, our last course, dessert. Coffee was served with two masterpiece classics: the Chocolate Chip Bread Pudding, brioche-based with Ghirardelli milk chocolate and cinnamon anglaise, and a slice of New York Style Cheesecake with Chantilly cream in a graham cracker crust topped with fresh strawberries.

Russ Graham chose 'Ambrosia' as the name for his establishment as it refers to food and drink of the gods in ancient Greek myths. His mission is simple: to provide the best of the best in food, service, and atmosphere. And he has succeeded. The dishes are both delicious and visually stunning. Jimy and I noted that the Ambrosia team works extremely well together; their service throughout our entire meal was seamless, from the warmth and friendliness they exude to their impeccable knowledge of the menu and the establishment itself.

Ambrosia Prime Seafood & Steaks is proud to serve the highest quality seafood and steaks in the 30A area, and prides themselves on hospitable service paired with chef-inspired dishes. Ambrosia is located at 75 Origins Main Street in the Watersound Parkway Town Center near 30A. Dining Room hours are Monday through Saturday, 5 to 10 p.m., and Sunday from 5 to 9 p.m. The Bar opens daily at 4 p.m.; "Caymus Happy Hour" is Monday through Thursday, 4 to 6 p.m. (a must-try for wine enthusiasts). Their Happy Hour menu includes a rotating collection of inventive "comfort-food" small bites like Strawberry Caprese, Fried Fish Tacos, Ceviche of the Day, Tuna Crudo, Truffle Fries, Burgers, and build-yourown Charcuterie Boards.

For more information and to make reservations, call (850) 909-0100 and visit ambrosia30a. com.





Beauty Routine Time Saver Tips for Summer

By Meg Burns, Blush Beauty Lounge

School is out and summer is here! For a lot of people that means new routines and different schedules. We find ourselves spending more time at the beach or pool, taking more time to travel, or simply running around to different family activities. However you find yourself spending your summer this year, I wanted to share some tips and services that will save you some time with your beauty and skincare routine!

Use a tinted moisturizer with SPF or apply your favorite SPF with your foundation.

Starting your day out with some SPF will help you save time and save your skin in case you forget to apply it later on in the day! If you are going to be out in the sun all day you will need to re-apply. But this tip will help you start your day off right! We have a new powder mineral SPF in the spa that you can apply over makeup and then reapply as needed. It is the perfect solution if you don't love the hassle of reapplying your sunscreen throughout the day because it makes the application so simple!

Schedule a lash lift.

A lash lift is a treatment that curls your eyelashes. The result is similar to when you curl your lashes with an eyelash curler, but the lash lift holds the curl in your lashes for about six weeks. At Blush, we include a tint with the service so your lashes will be curled and darker meaning that you can skip the mascara if you want! That is extra handy in the Summer when we are spending more time in and near the water.

Sleep in your face masque.

will need to re-apply. But this One of my favorite time-savtip will help you start your day ing tips is to sleep in my favor-



ite face masques! Eminence Organics has several fantastic masques. Some of my favorites for Summer are Bright Skin Masque (helps with pigmentation); Strawberry Rhubarb Masque (super hydrating); and the Snow Mushroom & Reishi Masque (firming + contouring). You can apply a thin layer of the masque on damp skin and actually sleep in it overnight! Most



of it will absorb into your skin and you will wake up feeling amazing. It is one of the many things that I love about that skincare line.

If you have any questions about your summer skincare routine, shoot us an email at hello@blushbeautylounge.com or give us a call at (850) 641-0200. We would also love to see you in the spa! If you are ready to book your appointment you can do that at www.blushbeautylounge.com Don't forget that as a local you get 10% off any services, always.

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TEATTHY SKIN



What Type of Co-Parenting Partner Are You?



By Jame C. Williamson, PhD Divorce should not be entered into lightly, especially if you are a parent. Marriages may dissolve. But co-parenting is truly a "to death do us part" commitment, including all of the family life events in between.

Parents must choose (and it is a choice) whether they will have a friendly divorce or an acrimonious one. The decision has a lasting impact on the parents, and especially their children.

This obvious reality may come as a shock to even the best parents who are wrapped up in the early stages of divorce. Parents contemplating divorce or dealing with the emotional, psychological, and financial aspects of divorce often require a reminder that children need a safe, secure, and happy family environment to become well-adjusted emotionally and psychologically. Children need their parents to be partners, to like each other, and to be friends at best or, at least, to peacefully co-exist. And children need this, whether their parents stay married or not.



Fortunately, co-parents are not hostages to their old emotions or patterns of interaction that lead to their divorce. They can build an entirely new relationship based on their mutual love for their children and their interest in building a stable future for them and for themselves. To do so, they must agree to be both physically and emotionally divorced so they can focus on the future, not the past.

I call this approach a "friendly divorce". The families of these friendly divorces continue to be just that — families".

As a social psychologist specializing in relationship communication counseling and working as a family mediator, I encourage separated or divorced co-parenting couples to

assess their Co-Parenting Partnership Type by focusing on the expected frequency of their contact and tone of their interaction, both with one another and in front of their children. Of course, the ideal co-parenting partnership is characterized by Good Will, balanced by the appropriate amount of communication given the age of the

Co-parents can answer the following questions to help them decide for themselves how to begin building a friendly post-divorce parenting relationship.

Given the age of your children, how often will the two of you need to communicate to coordinate shared parenting now, and as your children grow older? How willing are you to let hostile communication with each other impact your children's development and detract from your ability to build a stable and happy future for yourself?

Given the holidays, extended-family events, your children's birthday, school and extracurricular activities, how often will you both be in the same public place at the same time now, and as your children come of age? How willing are you to let the distress associated with seeing one another detract from your and especially your children's ability to enjoy school and extracurricular activities?

As married parents, how often did you show negative feelings toward each other in front of your children? How did you feel about it on those occasions that you did show negative feelings toward each other in front of your children? How did your children react?

Did you try to refrain from displaying hostility with each other in front of the children because you were married or because you didn't want to upset your children? Why would your motivation change now that you are separating?

On the Co-Parenting Partnership Types diagram, which type of divorced parenting would characterize your current co-parenting relationship?

Which type of divorced parenting partnership do you believe will support the physical, social, intellectual, and spiritual well-being of your children?

What do you have to change about the frequency and tone of your interaction to become that type of divorced parenting team? How might your co-parenting style naturally change as your children come of age?

If you are contemplating separating or are already divorced, I encourage you to talk through these questions seriously with your parenting partner. Decide together what type of Co-Parenting Partnership supports your children's social, emotional, and intellectual well-being, focus on their needs, rather than your own hurt and anger, then "work it out".

And, 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 counseling for couples and co-parents. 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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There is no doubt that technology has made some considerable strides in the past few years, especially when it comes to hearing solutions. If you or someone you know is starting to struggle with hearing loss, it is important to stay up to date on the latest technological advancements so that you can make an informed decision about treatment options.

they work is by detecting incoming audio signals from all directions, then adaptively focusing on the desired sounds and ignoring the rest.

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6. Automatic Programs

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Hearing aids have come a long way in terms of technology and user experience. With features such as rechargeable batteries, wireless capabilities, digital adaptive directional microphones, wind noise reduction, cosmetics and automatic programs – hearing aid wearers can now enjoy the best sound quality and comfort wherever they go. Talk with your hearing health professional about hearing aids and which will be right for you. Contact Hear Again America at (850) 308-1678 to find the perfect hearing aid for your needs.

SCHEDULE OF EVENTS

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June 12, 13, 14 & 15

VIP Event with

Randi Lieberman from Starkey

Miramar Beach

& Panama City Beach



Matt Greenstein, HAS Hearing Aid Specialist

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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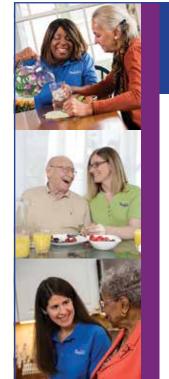


Thank you Destin!

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



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BMCD's Mosquito Surveillance Program

By Kaylyn Cullen

"Mosquito Control Districts use a variety of tools to help keep their constituents safe. One of the most important ways for mosquito professionals to know when to spray insecticide is by using mosquito surveillance. At Beach Mosquito Control, our mosquito surveillance department uses several different types of mosquito traps, as well as a sentinel chicken program to help us with our operations-related decision making.

Most people are surprised to hear that we use chickens as part of mosquito-borne disease monitoring. They can be thought of as a canary in a coal mine for illnesses like West Nile Virus and Eastern Equine Encephalitis. Once a week we take blood samples from our chickens, and we ship them to a state lab. If a chicken has been bitten by an

infected mosquito, they will test positive for antibodies of that virus. This is a great tool to see when and where diseased mosquitoes are active in our district.

Another big part of our surveillance program is our mosquito traps. We have 22 "primary" mosquito traps that we run twice a week, and 13 "gravid" traps that are run once a week, so in total we go through 55 mosquito traps every week! We use the primary traps to collect a variety of species of mosquitoes, in different types of habitats. The gravid traps are used to specifically target female mosquitoes that are ready to lay eggs. Once we collect the traps, the surveillance team then counts and identifies the mosquitoes to species. Then we can run tests on some of the mosquitoes to see if there is any virus activity in the mosquitoes we caught."

Volunteers Needed for American Cancer Society Making Strides Against Breast Cancer of Panama City Beach

The American Cancer So- Strides Against Breast Cancer cancer alone by funding innociety is seeking volunteers in of Panama City Beach will the Panama City Beach area to be a part of the annual Making Strides Against Breast Cancer event scheduled for Saturday, October 28, 2023. Community volunteers help lead and organize the event with the support of American Cancer Society staff, from assisting with planning the annual event to taking part on the day-of, there are various volunteer opportunities for interested community members. The first planning meeting for the Making

be on Tuesday, June 13, 2023, at The Church at the Beach 10620 Hutchison Blvd, Panama City Beach, FL 32407, starting at 5:30 p.m.

Making Strides Against Breast Cancer events unite the community with a shared determination to help create a world free from the pain and suffering caused by breast cancer. Dollars raised by Making Strides supporters help the American Cancer Society ensure no one faces breast

vative breast cancer research; promoting education and risk reduction; and providing comprehensive patient support to those who need it most.

Last year, 500 walkers in the Panama City Beach area helped to raise more than

If you would like more information to become a day-of volunteer, please contact Jessica Foster jessica.foster@wjhg. com or Amanda Dreszer at amanda.dreszer@cancer.org

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By Sean Dietrich

I had a dream about him last night. It has been nearly three decades since he died, but there he was. Alive. We met in some kind of diner. A breakfast joint. Maybe this was heaven?

He was running late, I was already sitting in a booth, sipping coffee. When he arrived, his first words were: "Did you miss me?" "No," I said.

He studied my face to see if I was joking. He could tell I wasn't.

I couldn't quit staring at him. My God, it really was my father. He looked good, too. Slender, red hair, tucked-in shirt, slacks. I'd gone so long without seeing him that I'd forgotten what he looked like.

But it only takes a moment to bring it all back. I could even smell his trademarked hair oil. The day after he died I confiscated his pillow and it was covered in this same scent. I slept on that pillow for five years.

Sean of the South

"You really didn't miss me?" he said. There was that easy smile of his. He wasn't offended. "No, I really didn't miss you."

He ordered a Coke. And I suddenly remembered that he always drank Coca-Cola. He never was a coffee drinker. Hated the stuff. Just one of the many things I'd forgotten.

Then I started thinking about the differences between us. There were hundreds of them.

For example: he was always well-dressed, whereas I always looked like I crawled from beneath a Chevy. He was a hard worker; I sleep in on weekdays. Everyone called him "handsome;" nobody has ever ascribed that word to me. He was a planner; there is nothing I love more than canceled plans.

When he was alive, he expected great things from me, but I failed to deliver. From a young age I knew within my kid brain that I would never accomplish the things he hoped for me.

I'm not saying I disappointed him, but I don't think I ever made him so proud that he wanted to shout publicly, "That's my boy! That's my boy!"

The waitress approached our table. She removed her notepad and said to him, "You want the usual, John?"

I couldn't believe it. They knew him by name in this heavenly place. They even knew what he ate. He had lived a whole lifetime without me.

After we ordered we didn't speak much. He was in a good mood, but I felt myself clamming up. Maybe I was mad.

Throughout breakfast I kept remembering the day after his suicide, when I was a boy. Back then I had this horrible notion that he wasn't really dead. I don't know why. It was some kind of denial thing. It used to keep me up at night.

To put my mind at ease, my mother finally called the sheriff's department and asked the deputy to assure me that he was indeed dead. The deputy — God bless him — sighed and gave it to me straight.

He said, "We used dental records to identify the body. Your dad's teeth were about all that was left of him. So yeah, he's definitely dead."

My insides turned to water. I hung up the phone and cried. But in the back of my mind I always wondered, what if he'd kept on living? What kinds of things would he be doing? Would he have new hobbies? New friends? Would he still read novels? Would he still go out

for breakfast on Saturday mornings?

Maybe that's what this place was. Maybe this was his perpetual Saturday morning.

He finished his breakfast and said, "I got something I wanna show you." He was already sliding out of our booth. "C'mon, it's in the parking lot."

Parked outside the cafe was a huge flatbed trailer attached to a truck. On the trailer was a disassembled 1957 Cessna 172 Skyhawk airplane. The wings were removed, the fuselage was strapped to the trailer, the propeller was red.

"I'm gonna restore it," he said, slapping the wing. "Gonna take flying lessons." He looked like a little kid.

He always wanted to learn to fly. Flying was his frustrated dream. But the dream never materialized. When he died, his garage workshop was plastered with posters of jets, biplanes, F/A-18 Super Hornets and A-10 Warthogs.

He kicked the landing gears of his new prize. "So do you like the plane?"

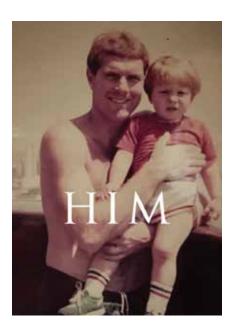
I refused to show approval because no matter how old I get, there is still a little piece of me that wants to punish him for what he did. What did he want me to do? Throw a party? Congratulate him? He ruined my life and now he's playing Charles Lindenberg?

He obviously noticed my hardened face.

After a few moments, he said, "You know I don't blame you for not liking me anymore. I get it. But, gosh, it's so nice seeing you again."

I said nothing.

At first I was struck by the tenor of his words. Because, oddly, they contained no sadness, no apologetic undertones.



Then I realized that here in this holy place there was no sadness or guilt.

Here, he was free. Here, a man was unencumbered by the weight of his crimes. Even the worry lines on his face had disappeared. This truly was heaven. I was sorry I ever hated this beautiful man.

He took one step toward me. He didn't ask permission, he simply enfolded me in his two skinny arms, just like when I was a child. My tear stained face was soon buried in my father's shoulder. There was that smell again

"I was lying," I said into his shirt. "I do miss you."

"That's my boy," he said.

Sean was born in Missouri. But, after his father's suicide, when he was 12, he moved with his family to our own Walton County at age 14. He dropped out of school and worked construction and other jobs, then became a professional musician. After going back to school, he discovered writing He has published 10 books (some of them self-published), and has written columns for many publications including appearing in Life Media. Since 2014, he has written a daily blog called "Sean of the South."









By Dr. Kerry Knight, Emerald Beach Church of Christ

I love history, especially Bible history. The Book of Acts in your Bible is a record of the events that took place from the ascension of Christ through the preaching ministry of the Apostle Paul. All along the way we are introduced to extraordinary characters who upon hearing the gospel preached were converted to Christ. The converts would include Jews, Romans, proselytes, and Greeks. Some were men, others were women. The Greek word, convert, involves turning away from the past and turning to the Savior. The past of many of them was either Judaism or Paganism. Joy seemed to prevail around every

A Minister's Message: Preaching through the Book of Acts

conversion. For example, in Acts 2 verse 41, it says, "those who GLADLY received his word were baptized." In Acts 8 verse 39, the text follows Philipp as he teaches a man from Ethiopia. "Now when they came up out of the water; the Spirit of the Lord caught Philip away, so that the eunuch saw him no more; and he went on his way REJOICING. In the 16th chapter of Acts we witness the salvation of a Roman jailer. In verse 25 we read, "but at midnight Paul and Silas were PRAYING AND SINGING PRAISES to God...". The Jailer would ask these men of God, "Sirs, what must I do to be saved?" Then in verse 31 and 33: "So they said. believe on the Lord Jesus Christ, and you will be saved, you and your household. And he took them the same hour of the night and washed their stripes, and immediately he and all his family were baptized."

These are just a few exam-



ples in the New Testament of those who gave their lives to Christ and it was always associated with Rejoicing. I want to challenge you to read through this wonderful book called the Acts of the Apostles. It also gives you the history behind the beginning of the Lord's church. It will truly bless your life.

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It's a Summertime Sale

BY: SPENCER ANGLAND, MARKETING COORDINATOR, FLOORING DEPOT OF PANAMA

Summer is officially here which means that it's time to have some fun in the sun, take your family to the beach, and enjoy the great outdoors! Summer is also a fantastic time to check off those items on your honey-do list. If one of those is to purchase new floors for your home, then you don't want to miss this summertime sale. Investing in your home is never a bad idea, especially if you are upgrading your flooring. Flooring brings every room in the house together and is what makes the house feel warm and inviting.

If you are looking to remodel or just update, it's important to find affordable and durable floors that can stand up to how your family lives. By doing so, you are increasing your home's value and giving you and your family something that they will enjoy for years to come. If you plan on selling your house in the future, new floors are a sound



investment that will increase the market value and potentially make it easier to sell. No matter the reason, now is the time to buy.

Beginning June 16, Flooring Depot is offering a Summer Inventory Reduction Sale and you can save on all in-stock flooring. Boasting the largest in-stock inventory in the city, Flooring Depot inventory has something that you will love. With more than \$3 Million in inventory and more than 100 different colors of LVP, plus tile, carpet, and hardwood, there's a lot to choose from. This sale extends to some of the most popular products with Luxury Vinyl Plank (LVP) flooring beginning at \$1.59 a square foot and tile pricing be-

ginning at \$.89 per square foot. This sale extends to all styles and colors of products that we have in stock.

With more than 13,000 square feet of showroom comes the ability to see the flooring actually on the floor. "I think one of the greatest things about our showroom is that you can see our in-stock LVP products on the floor. We have put down small sections of flooring in

a variety of colors, textures and wear," says Barry McEntire, owner of Flooring Depot of Panama City. "It's hard to tell by looking at a small sample that's in your hand if it's going to look good in your home but seeing it on the floor changes the dynamic. It's a lot easier to envision it in your space if you see it on the floor."

In addition to great pricing, we offer 12-months same as cash financing. "Financing is a great option for customers that don't want to part with the entire amount at one time," says McEntire. "It allows you to pay for it over the course of the next year at even payments so that it's easier to absorb into your monthly budget." McEntire adds, "Everyone loves a deal so it's a great time to invest in your home, business or your rental property. It's a cost that you will eventually recoup when you sell the home. If you don't sell, then you will enjoy your floors for years to come. Come into one of our two locations and see if we have something that catches your eye!"

If you want more information on this incredible limited time deal and how we can help you with all of your flooring needs, stop by Flooring Depot of Panama City at the corner of Lisenby and 15th Street in town or Flooring Depot PCB at 19700 PCB Parkway today or give us a call at (850)-785-2216.



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Design and Culture: Sweet Tea and Pecan Pie

Sounds delicious! It's going to be an exciting summer in interior design with new cabinetry finishes like Sweet Tea and Pecan Pie in the mix. WF Cabinetry has a new Southerly Collection. The collection is inspired by cities and states across the southeast, with finishes, paint and stain that are warm, inviting, and ready to change the stories of the kitchens and baths in 2023 and beyond. Two new door styles, Auburn Plains and Outer Banks, are also available this summer. Auburn Plains is a beautiful full overlay door. It is considered a skinny shaker door with a rail that is only 1 3/4 inches. It can be modern, farmhouse, or coastal depending on finish selections and hardware. The New Ellis collection from Top Knobs, also inspired by Southern roots, is a charming selection for your new kitchen. You can visit www.topknobs. com/whatsnew to check out all of the new hardware styles and finishes.

The countertop selections getting released this year are just as exciting! Viatera is about to release Calacatta Oro, which is gorgeous and a look many of our clients have been searching for in a quartz with a softer white background and warm marble-like veining. Vadara quartz has just released eight new colors, including Aurum, which is a graceful quartz in-

Southerly Collection Paint Colors

Memphis Blue Suede

Savanna Beyond Midnight Nola Rye Old Fashioned I'm Going to Jackson Charleston Blushing Asheville Reflection Birmingham Forge Siesta Key Sand

Southerly Collection Stains

Sweet Tea

Pecan Pie

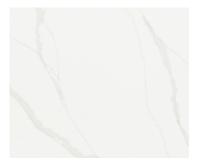
Oatmeal





Southerly Collection -Siesta Key Sand





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Florida Will Soon Be A Constitutional Carry State:

What is the Benefit of Obtaining or Renewing A Concealed Weapons License?



While Florida is a constitutional carry state as of July 1st, there are still a couple of benefits for Floridians who choose to obtain a concealed weapons license.

Florida House Bill 543 signed into law by Governor DeSantis on April 3, 2023, removes the requirement for having a concealed firearm license to carry a concealed firearm in Florida. However, the criteria for being eligible to carry a concealed



weapon or concealed firearm without a license in Florida did



not change. The criteria for eligibility are outlined in Section

790.06, F.S., the only change is there is no longer a requirement to complete training or pay a licensing fee. Additionally, HB 543 did not make any changes to the list of prohibited places to carry. You can find the list of prohibited places in Section 790.06(12), F.S.

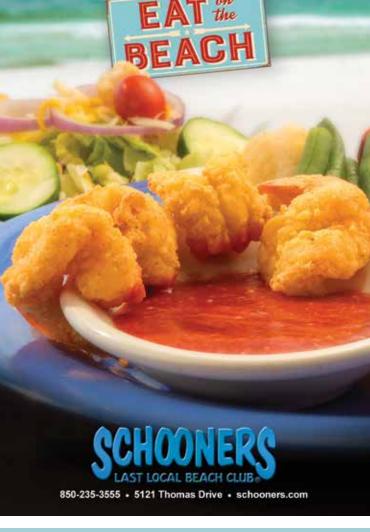
For those eligible to carry a concealed weapon, there are a couple of benefits for applying for or renewing a Concealed Weapon License:

The three-day waiting period for purchasing a firearm in Florida does not apply to Florida Concealed Weapon or Firearm License holders. This is due to a background check having already been conducted for license holders.

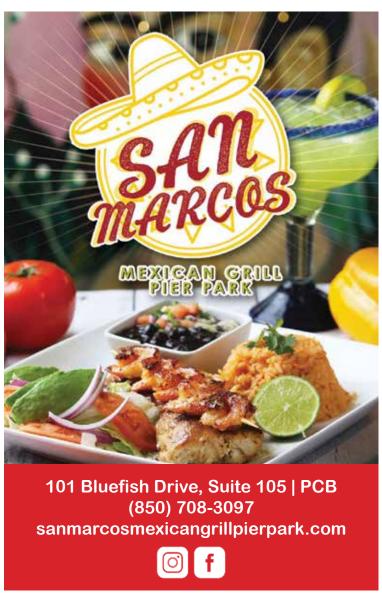
Florida Concealed Weapon License Holders can conceal carry in the states who reciprocate with Florida, based on each state's specific reciprocity agreement.

In Bay County, individuals who would like to make an application for a concealed weapon license or renew their Florida concealed weapon license can do so at the Panama City and Lynn Haven branches of the Bay County Tax Collector's Office. These services are available by both walk-in and appointment.

For more information or to schedule an appointment, visit BayTaxCollector.com.













Insights for Investors: Should You Invest in AI?



By Maurice Stouse, Financial Advisor and Branch Manager

Innovations and industrial revolutions might bring a lot of opportunity for the economy and the people of the world. Today, investors can't go a day without hearing the latest news on artificial intelligence, or AI. Many might be wondering if they need to incorporate this into their investment plans. We think investors should always consider innovation, invention and productivity, among other things when considering investing for their future. We feel that stocks (along with the risk) provide investors with the greatest opportunity to grow and compound their assets. So, what should investors be thinking about when it comes to AI?

What is AI?

Artificial intelligence, per Microsoft Bing is "the theory and development of computer systems able to perform tasks that normally require human intelligence, such as visual perception, speech recognition, decision-making, and translation between languages."

Who is developing it? While certainly not limited, investors would recognize such firms as Microsoft, Google, IBM, Apple and Google, among others. There is even a firm called OpenAI which has developed an online program called ChatGPT. What do people find when they go there? That tool can answer questions, provide information and generative AI can create songs, contracts, lesson plans, and a host of other things. There are producers of chips that can help make AI work, firms like Nvidia and Advanced Micro Devices as other exam-

AI has been put to the test with college and graduate entrance exams as well as the exam to become licensed and registered in the financial securities industry. The results have reportedly been mixed on those attempts.

Will the innovation of AI bring about another industrial revolution? Should investors be prepared for that?

The Economist magazine, in its May 13 issue, addressed that. It pointed out that while past industrial revolutions brought about change two things also occurred: 1) It took much longer than originally thought (decades for example) and 2) while it boosted productivity, in some cases it was only marginal. One example was the advent of the locomotives to power the movement of freight. It was pointed out that the nation's productivity could have done just as well with the current methods and with additional waterways or canals for the mass movement of goods and services. In other words, the boost in productivity proved to be marginal. Also take note that while many jobs go away, many more jobs are created. The World Economic Forum predicts that 97 million jobs could be created while 85 million might go away. Goldman Sachs reported that generative AI could raise global GDP by 7 percent, a very significant effect for any single technology. Many of today's technology jobs didn't even exist just one or two generations ago. And some jobs may take decades to go away. The Economist takes note that telephone operators continued to grow in number even after the advent of advanced phone technology.

Manufacturing, too, may be transformed by AI. The manufacturing sector is facing many challenges, including sustainability, a shortage of skilled workers, and geopolitical instability. The World Economic Forum notes that AI can help by improving productivity and efficiency, while increasing flexibility and augmenting the workforce. Yet today, only about 9 percent of manufacturing organizations are leveraging AI today. What are the implications for workers, revenues, and the bottom line of profits? Technological advances also bring about an acceleration in output, think gross domestic product or GDP. Many risky jobs might be



able to be done with machine vs man. Lawyers, medical professionals, and accountants - cognitive workers - might see some of their work done by AI. Unlike most advances in automation in the past, AI is a machine of the mind affecting that work. A recent research paper found that the Large Language Models like ChatGPT (LLMs) could affect 80 percent of the U.S. workforce in some form. Less complex work – e.g., case prep, procedures, tax returns - will lower cost for clients and legal cases. Implications for training: Medical procedures can become more precise and hence more effective. That could mean getting more done and becoming more organized, efficient, and profitable. That could boost industries across the entire stock

There are 11 sectors of the market: Consumer staples, consumer discretionary, financials, health care, energy, real estate, materials, industrials, utilities, communication services, and, of course, technology. We can't think of an industry, sector, business or person that would not benefit from the advancement of AI. So, in conclusion, we encourage investors to think about the opportunities across the economy, not just the makers and distributors of AI. We think, over time, companies will see job creation (acknowledging that many will go away), new products and services, greater revenues and, if managed well, greater profits. We think that the world will continue to see affluence build and problems solved and standards of living enhanced. While today's problems seem plentiful, the quality of life (mortality, health, wealth) has continued to grow. For children born today, there is an incredible opportunity that awaits them. Whether still in the workforce, or retired, the quality of life can only continue to grow.

In the end, attaining any goal means building a plan and investing according to that plan and trying to lower personal biases as well as the noise from the media. Someone was heard to comment on Bloomberg TV this past week that if you listen to all the talk about the markets all day, you will believe that the world is coming to an end by sundown. Expect that investing at times like these can be more volatile due to debt ceiling, banking, international and economic issues.

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: 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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Understanding Water Mitigation:

Importance and Common Events

Water mitigation is the process of minimizing the damage caused by water. In this article, we'll discuss what water mitigation is, its importance, and some common water damage events. Water damage can be a devastating event for homeowners and businesses alike. Whether it's caused by a natural disaster, a burst pipe, or a leaking roof, water damage can quickly es-

calate into a major problem. In many cases, water damage can lead to structural damage, mold growth, and other serious issues

That's why it's essential to



address water damage as soon as possible.

What is Water Mitigation?

Water mitigation is the process of preventing or reducing the amount of damage caused by water. It involves taking immediate action to extract water, dry out affected areas, and prevent further damage.

Water mitigation is typically done by professionals who have the knowledge and equipment necessary to handle water damage properly.

They use specialized tools and techniques to extract water, dry out the affected areas, and prevent mold growth.

Importance of Water Mitigation:

Water mitigation is critical for several reasons. First, water damage can quickly escalate into a much larger problem if left unaddressed. For example, a small leak in a roof can quickly turn into a major issue if water continues to seep into the struc-

Second, water damage can lead to mold growth, which can be hazardous to your health. Mold can cause respiratory problems, headaches, and other health issues.

Finally, water damage can lead to structural damage, which can be expensive to repair. By addressing water damage quickly, you can minimize the amount of damage caused and reduce the overall cost of repairs.

Common Water Damage Events:

Water damage can happen in a variety of ways. Some common water damage events include:

Flooding: Flooding is one of the most common water damage events. It can be caused by natural disasters such

as hurricanes, heavy rain, or snowmelt. Flooding can also be caused by human error, such as leaving a faucet on or failing to maintain a sump pump.

Burst Pipes: Burst pipes can cause significant water damage. They can be caused by freezing temperatures, corrosion, or damage to the pipes. Burst pipes can lead to water damage in walls, ceilings, and floors.

Leaking Roofs: A leaking roof can cause significant water damage. It can be caused by damage to the roof, clogged gutters, or poor installation. A leaking roof can lead to water damage in ceilings, walls, and floors.

Sewage Backup: Sewage backup can be hazardous to your health. It can be caused by a clogged sewer line or septic tank. Sewage backup can lead to water damage in basements, bathrooms, and other areas of your home.

Appliance Malfunction: Malfunctioning appliances can cause water damage. For example, a malfunctioning dishwasher can overflow and cause water damage in your kitchen. A malfunctioning washing machine can cause water damage in your laundry room.

Water mitigation is critical for minimizing the damage caused by water. It's important to address water damage as soon as possible to prevent further damage and reduce the overall cost of repairs. Some common water damage events include flooding, burst pipes, leaking roofs, sewage backup, and appliance malfunction. If you've experienced water damage, it's essential to contact a professional water mitigation company to address the issue quickly and effectively. Call Apex Disaster Specialists at (850) 660-6900.



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ALDI, One of America's Fastest-Growing Retailers, Opens First Crestview Store

Voted the price leader for six years running by dunnhumby Retailer Preference Index Report

ALDI, one of the country's most trusted grocers, opened last month in Crestview offering food (and more) that the whole family will love, all at great prices. More than 1,000 new ALDI stores have opened throughout America over the past decade, and customers nationwide have become loyal fans of the company's fast and affordable shopping experience.

The ALDI business model is intentionally different, and ALDI fans across the country rave about the company's award-winning exclusive brands and weekly lineup of limited-time ALDI Finds. The store is open daily from 9 a.m. to 8 p.m.

"Our stores are designed to make grocery shopping smarter, faster and easier, and we've been voted the price leader for six years running," said Heather Moore, Loxley regional vice president for ALDI. "We're excited to open our first ALDI store in Crestview and introduce local customers to a new, more affordable way of shopping."

Here are just a few things that set ALDI apart:

Low-price leader: Access to affordable groceries is important, and the company's commitment to low prices is unwavering. In fact, the dunnhumby Retailer Preference Index Report has ranked ALDI No. 1 on price for six years running.**

Quality: ALDI is so confident in its products, such as its fresh, organic produce delivered daily, that every item is backed by its Twice as Nice Guarantee.*** If for any reason a customer is not 100% satisfied with the quality of a product, ALDI will gladly replace the product AND refund it.

ALDI-exclusive products: ALDI sells mostly exclusive brands made by the best partners. Crestview shoppers will find food for every taste and lifestyle (gluten-free, plantbased, dairy alternatives, etc.)

along with an unbeatable wine and cheese selection. Shoppers will also discover weekly offerings of limited-time ALDI Finds like candles, delicious seasonal food, home goods and more.

Shoppers participate in the savings: The savings start before customers enter the store. Depositing a quarter to unlock a shopping cart is one way ALDI saves shoppers money. ALDI doesn't need to hire employees to corral loose carts, and customers get their quarter back when they return the cart. ALDI also asks shoppers to bring reusable bags and has never offered single-use plastic bags — a sustainable policy that leads to savings passed

on to customers.

Online shopping and curbside pickup: Customers want convenient shopping options, which is why nearly all ALDI locations offer grocery delivery, and Curbside Grocery Pickup is expanding rapidly nationwide.**** Visit shop.aldi.us to place an order.

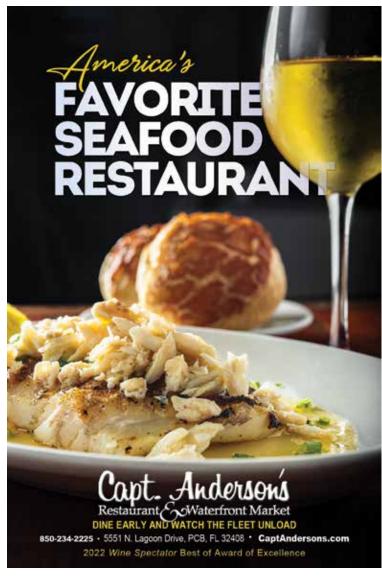
Store size: ALDI stores are designed for simplicity and efficiency, packed with the products shoppers love. A typical ALDI store is approximately 12,000 square feet of retail space, making it easier to shop than oversized grocery stores.

Work with ALDI: ALDI is an award-winning employer that

is nationally acclaimed for prioritizing its employees and their well-being. Known for offering highly competitive wages and industry-leading benefits, ALDI has been recognized as one of America's Best Large Employers by Forbes six times in the past seven years. As one of the fastest-growing retailers in the U.S., ALDI is constantly creating new jobs in local communities, coast to coast. To learn more about working at ALDI and search job openings, go to careers.aldi.us.











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