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PCB Unveils New Public Art Sculptures

BY ED OFFLEY

A new crop of colorful public art sculptures is now in place at locations throughout Panama City Beach.

City Council last August approved SeeLife 2, the second phase of a public arts program begun in early 2021 that initially placed eleven dolphin and sea turtle sculptures at sites across the city. Joining the artwork pieces from that first phase, city officials on June 21 unveiled ten new sculptures — five dolphins and five seahorses — affixed with topical illustrations and painted in bright colors by volunteer citizen artists.

The \$25,000 SeeLife 2 project was financed through a grant from the Panama City Beach Conventions and Visitors Bureau.

A beaming Mayor Mark Sheldon presided over the public unveiling of the sculptures on June 21 in the plaza at city hall as a crowd of several dozen people joined several city councilmen and senior staffers to applaud the artists' work.

"Art enhances public spaces," Sheldon said. "These sculptures will be adding more value, adding more art to our community."



Beach spokeswoman Debbie Ingram noted that the artists matched the themes of some of the sculptures with the businesses where they are displayed.

For instance, K-3 students at the A. Gary Walsingham Academy illustrated their seahorse sculpture, "The Whimsical Winder," with images from various STEAM (science, technology, engineering, art and math) icons including an Edison lightbulb, stars, math symbols and art.

The seahorse is on display at Wonderworks at 9910 Front Beach Road, the entertainment center that exposes young people to a wide variety of science and educational experiences, said teacher Julie DeFelice.

In addition to "The Whimsical Wonder," located at the school at 44 Chip Seal Parkway, the other SeeLife 2 sculptures can be seen at the following locations:

"See Horse," a seahorse sculpture painted by Lee Ann Leonard, is on display at Pier Park on the roundabout on Bluefish Drive near the north side of J.C. Penney;

"For the Love of the Game," a dolphin also created by Ms. DeFelice's students, is on display at Beef O'Brady's sports themed restaurant at 11226 Hutchison Blvd.;

"Majestic Magic," a seahorse painted by artist Jeri Salisbury and friends, is at Majestic Beach Resort, 10901 Front Beach Road;

"Vibrantsea," a seahorse

PCB UNVEILS

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Working Together to Raise Red Flag Awareness



BY SHERIFF TOMMY FORD

I'm beyond frustrated at the situation that we have with tragic and unnecessary deaths in the Gulf. I have watched deputies, firefighters, and lifeguards risk their lives to save strangers. I have seen strangers die trying to save their children and loved ones, including two fathers on Father's Day.

FLAG AWARENESS

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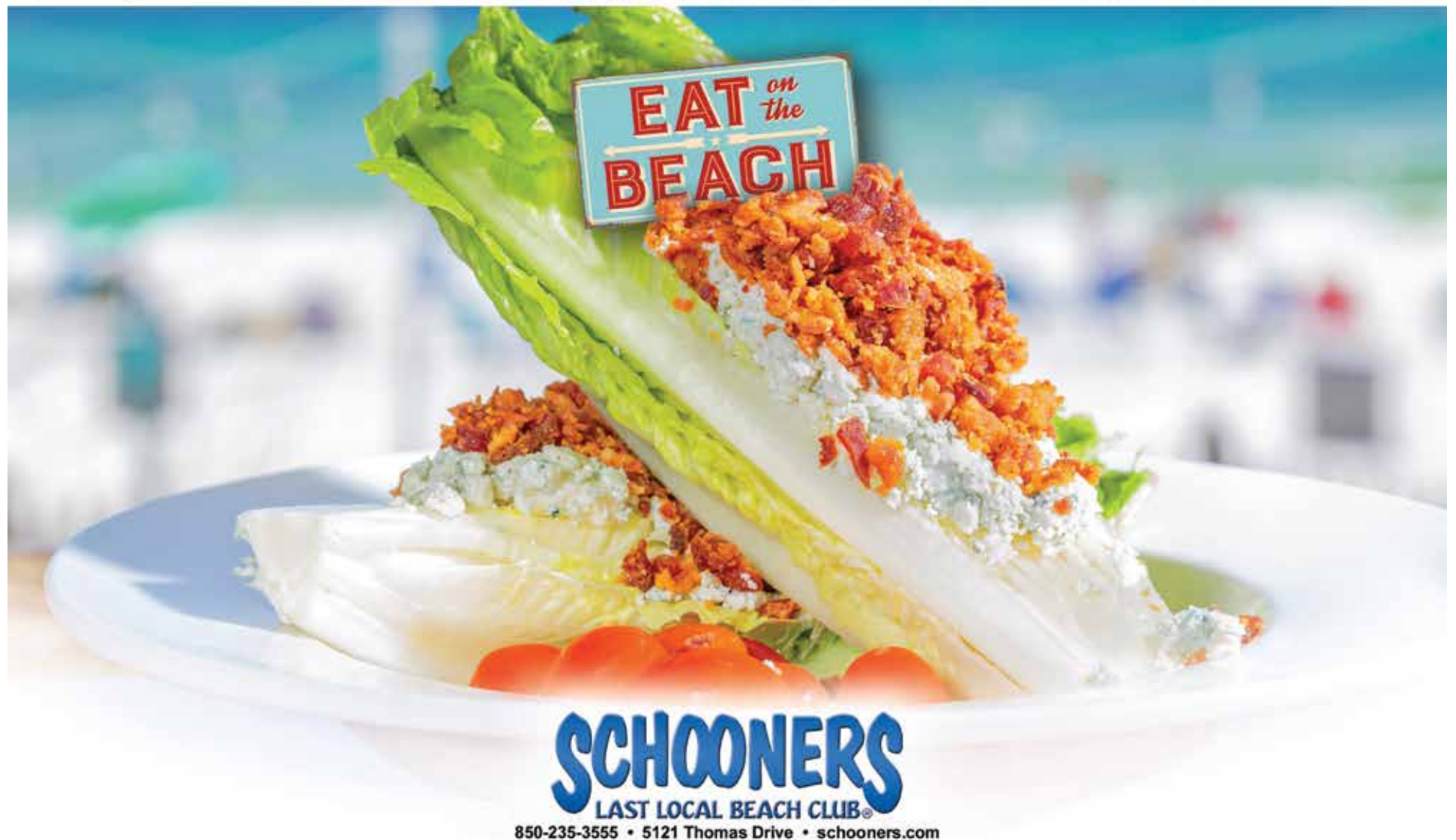


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FLAG AWARENESS

continued from page 1

These same heroes, who have risked it all to save others, have been cursed and given the finger while trying to warn visitors of



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the life-threatening dangers. We have used the tools provided by the county commission to fine violators \$500 for entering the water on double red flags. We don't have the resources or time to cite every single person that enters the water, but we do our absolute best to use it as a deterrent to keep them from entering the water. An arrest is only authorized upon a second offense unless the individual resists law enforcement.

We have been diligently working with the TDC, Commissioners, and other partners to continually improve our response capabilities and messaging to make sure everyone knows the flag conditions. Yet, people are still dying.

Government and law enforcement can only do so much in these situations. Personal responsibility is the only way to ensure that no one else dies. Please make the effort to know the beach flag status and stay completely out of the water during double red flags.

I'm so proud of the men and women of the Bay County Sheriff's Office and partner agencies that are giving their absolute best to save lives. Please be responsible and don't put your life or theirs in danger.

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-  **LOW HAZARD**
Calm Conditions, Exercise Caution
-  **STINGING MARINE LIFE**
Man O' War, Jellyfish, Stingrays





PCB UNVEILS

continued from page 1

painted by Ashley Windsor, is at Casa Loma hotel, 13615 Front Beach Road:

"Wild Thang," a seahorse painted by Michelle Jones, is located at PCB City Hall, 17007 Panama City Beach Parkway;

"Horizon of Heaven's Sea," a dolphin painted by Amanda



Maxwell and students at the Gulf Coast School for Autism, is at RC Real Estate Group, 10100 Hutchison Blvd.;

"Brighter Days," a dolphin painted by Jeri Salisbury and friends, is at Days Inn, 12818 Front Beach Road:

"Rocky," a dolphin painted by Michelle Jones, is at the Man in the Sea Museum, 17314 Panama City Beach Parkway;

"Sea-enity," a dolphin by Amanda Hunt and students at her Bay High School art class, is at the St. Joe Corporate Office,

130 Richard Jackson Blvd.

Mayor Sheldon told the audience at the sculpture unveiling that the art program is not done. "We want to continue this program," he said.

The city plans to announce it will be accepting applications from citizens for a third round of SeeLife public art later this year, city spokeswoman Ingram said.





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Introducing: **Teddy's Spaghetti & Pizza!**

Specializing in pasta and pizza, Teddy's Spaghetti is sure to become a fast favorite with locals and visitors alike. Owners Ted and Julie Nitz are often asked, why did you decide to open a restaurant? "It's simple," they say. "We have delicious food, a great business model and an even better name!"

Teddy's Spaghetti was created five years ago as Ted and Julie searched for local options to feed their hungry family. As parents to three children and two grandchildren, they reminisced about their time in the Midwest and were reminded of their favorite take-out pasta restaurants. Why not bring those favorites to the beach? Shortly after, the name was born.

Convinced the idea would go over well with both locals and visitors, they started working on branding and recipes while searching for the right opportunity and location.

In May, that opportunity appeared in the form of Marcus' Gulf Pizza. After meeting Marcus and learning the history of



his pizza, they knew it was time to bring Teddy's Spaghetti and Pizza to life.

The recipes used to create the house-made pizza dough date back more than 40 years. Mixed fresh each day, the dough is an experience in itself and creates an opportunity for dialogue with customers. Fresh in-



gredients coupled with decades of tradition and baking time in a stone oven makes for an amazing thin-crust pizza. Just listen for that crunch! Teddy himself can often be seen slicing the perfect pizza as it's prepared for guests.

The pasta sauce is the result of a weekend of research

and development, topped off by a tasting event hosted at the Nitz's home. Friends and family taste-tested six different sauces and overwhelmingly chose the one used in the spaghetti and tortellini dishes. The lasagna is a family recipe taught by Julie's mother, while the sammies were carefully selected to please a va-

riety of appetites.

In the near future, Teddy's Spaghetti & Pizza plans to cater their signature buckets of pasta and combos to visiting and local sports teams, engage in community events, and host a pizza-making class for kids. Follow Teddy's Spaghetti's social media accounts to keep up to date on their adventures. Find them on Facebook at Teddy's Spaghetti and on Instagram @teddysspaghetti.pcb (watch for our steamy videos). Find them at 7010 Thomas Drive open 7 days a week from 4 - 9 p.m.

Ted and Julie spend their free time volunteering at Lucky Puppy Rescue in Bonifay, boating on the beautiful gulf waters, and singing karaoke with new and old friends throughout Panama City Beach. As a musician, Teddy always dreamed his name would be in lights, he just never thought it would be on a restaurant sign, as the undisputed King of Pasta in Panama City Beach.

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Introducing: Fempowerment

Many women have experienced some sort of gender inequality in their lifetime. This gender inequality comes in many forms - sexual harassment, making less money than their male peers, seeing less qualified male candidates chosen over them for promotion or high-level jobs, or even being encouraged to stick to careers deemed more stereotypically female. To top it all off, women are still fighting an uphill battle against what society deems to be conventional gender roles at home including being the primary caregiver of their children, cooking, cleaning, and more. All these things considered, it can be very alienating to be a woman. Luckily, a woman's single greatest resource is another woman.

In answer to these concerns, Fempowerment was founded. It is an organization dedicated to the empowerment of women. The mission is simple - promote the growth, development, and support of women by women. By utilizing a combination of

meaningful collaboration, open communication, and genuine connection, Fempowerment strives to make a positive impact on every woman they reach.

The founders, Aubrey Haskell, Beth Klein, and Brittany Tucker were colleagues and friends before the universe set into motion a chain of events that would bring the three together in business. Individually they had been getting feedback from other women about difficulties they were trying to overcome with little to no support and understanding from the men in their lives. These women were expressing frustrations about workplace inequalities, having difficulties finding a work-life balance, and even struggling to find friends to bounce things off and to be there for support. In all honesty, they could relate through issues they themselves had encountered. The thing was, Aubrey, Beth, and Brittany had no idea how deep these issues were in the community until they start-



ed talking to one another about what they had been hearing. It was at this point they knew action had to be taken. The women in the community had a need

for female empowerment so they launched Fempowerment.

In addition to their public social media presence, Fempowerment has monthly meet-ups for

members to come together and meet in an environment free of judgment and full of support - a truly safe space for women. Whether you are a woman looking for mentorship, collaboration, networking, friendship, or just a place to be yourself, Fempowerment has a place for you. Membership is only \$25 quarterly and the only requirement for joining is that you are a woman who is at least eighteen years of age. For those who want to join but can't come to the meetings in person, there will be a private group for meeting recaps and further discussions.

If you're interested in joining the Fempowerment movement, more information can be found on Facebook @Fempowerment850. You can also email fempowerment850@gmail.com. Though group membership is exclusively reserved for women, Fempowerment welcomes their male allies to join them on their public platforms.

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 Community

Local Business Expands Into Bay County

By J. ZIMCHEK

Gulf Coast Shutter and the Overhead Door Company of Northwest Florida (both Dillard companies) together are such a well-known entity, you'd be forgiven for thinking they've been around forever. But it was in 2011, when Wayne Bernheisel acquired Gulf Coast Shutter (founded in 2001) that this local business really became part of the local community. Now, with the acquisition of Quality Gates and Openers in Panama City, they're poised to extend their reach even farther down the Gulf Coast.

Wayne Bernheisel had always wanted his own business, but the path to this end goal wasn't a straight one. It took a stint in the Air Force and corporate jobs with companies like Rolls-Royce and Crane Aerospace & Electronics before he was able to buy Gulf Coast Shutter in 2011. It turned out to be the perfect time for him to combine his love of community with his dream of a self-owned enterprise. "I wanted something that provided me opportunity to be out serving

the community and building relationships, to me that was really important and more fulfilling. Coming from the corporate side, local community was not such a priority during my tenure," explains Bernheisel. For him, Gulf Coast Shutter and the Overhead Door Company of NW Florida offer a way to provide the community with needed products, for security and otherwise, but also much-needed services. Their tagline - Live Life Beautifully Secure - is reflected in a product line that ranges from basic hurricane screens to Colonial and Bahama Shutters with plenty of curb appeal to a variety of eye-catching garage door options.

And though they got their start primarily in residential, they are now a major supplier for commercial as well. Whether they're dealing with a large business or a comparatively small residential project, customer service is paramount. Recently, an older gentleman and his brother came into the showroom and said they needed springs for sheet doors on

their outbuildings. It wasn't a manufacturer that they dealt with, but Bernheisel and his team dug up the information for them and passed it along. It's this kind of community interaction that helps build strong local ties, reinforced by his out-of-office roles whether he's serving in his Niceville church or sitting on both the board of the Destin Chamber and the Apprenticeship Advisory Council for NW Florida State College. He's also been a member of the Destin Rotary Club since 2011 and will be the President-elect for the next term.

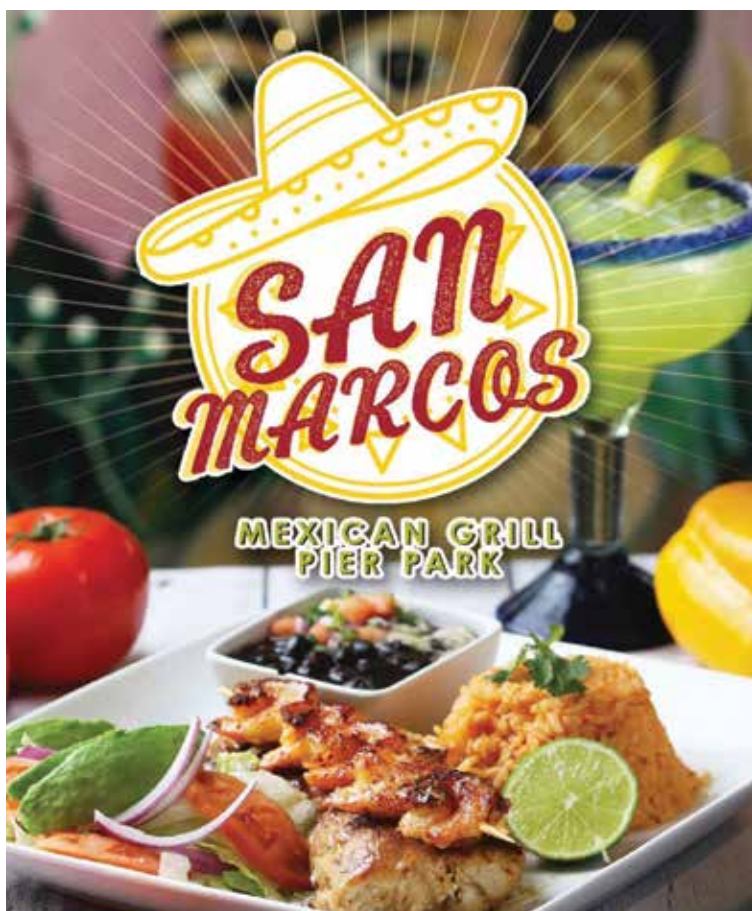
The recent merger with Quality Gates and Openers in Panama City under the ownership of Chris Harris allows Bernheisel and his team to extend this community reach well outside of Walton County. Now, they have over 40 employees spread between two locations, one location to cover the Southport to Port St. Joe region and another to service the Valparaiso/Destin area stretching west to Pensacola, as well as everything in between. Additionally, Quality Gates and Openers offers a broad range of services that will nicely complement those of Gulf Coast Shutter and the Overhead Door Company. "We design, we fabricate, we powder coat, we install, and we service automated gates," explains Harris. He rattles off a list of gates that includes (but is not limited to) driveway gates, gates for residential homes, in-

dustrial complexes, boardwalk gates, garden gates, pool gates, and pedestrian gates in general. They can also install keypads, card readers, wrist bands - if you can use it to open a gate, Harris is your guy. He's been in the gate business for 16 years, ever since he bumped into a former mentor in the construction industry driving around working on automated gates. Harris had been looking for a new opportunity and the man offered to take him on as a 50/50 partner on the spot. Now, it's a multi-million dollar business with 15 employees. In addition to offering a range of installations, Harris also offers a 24-hour response time for stuck or broken gates, whether or not he installed them. "I don't know anyone around that is reliable doing that," says Harris. "Service is something we pour a lot of effort into." Like Bernheisel though, Harris is also big on community. Every Veteran's Day since 2021, they've hosted a dinner and given a veteran an automated gate that Quality Gates installs for them. But it doesn't stop there - Harris is



also a long-time football coach at Mosley High School, and he recently joined the Panama City Beach Rotary Club. The company is a participant in both Bay and Walton County Chambers, the Community Association Institute, and the American Fence Association.

For more information or a consultation, call (850) 269-1066 or visit Overhead Door of Northwest Florida at www.destinoverheaddoor.com, Gulf Coast Shutter at www.gulfcoast-shutter.com, and Quality Gates and Openers at www.qualitygatesandopeners.com.



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Residential and Commercial



Know Your Neighbor: **Rendy Lovelady**

By PAUL BONNETTE

Kenny Chesney, Brad Paisley, Lynyrd Skynyrd, Kid Rock, Thomas Rhett and Miranda Lambert. What do all these artists have in common? They have all taken the stage in Panama City Beach for Gulf Coast Jam. For the past ten years, some of country music's biggest stars have performed in front of crowds of over 30,000 people during Gulf Coast Jam. One of the people most instrumental in bringing "Country to the Coast" for Gulf Coast Jam is Executive Producer and Bay County Resident Rendy Lovelady.

Lovelady, who has been in the music business for almost four decades, got his start at an iconic venue in New Orleans.

"I was born and raised in New Orleans and I actually got my roots starting working for Pace Concerts and Messina Presents. I worked in the Saenger Theater, sweeping floors and pulling cables and doing everything I could possibly do starting my career."

After going to college to play football, Lovelady decided that he wanted to get back to his passion of promoting the music industry.

"I started out as a tour manager that is where my roots came from, working with bands like Van Halen, Motley Crue, and Bon Jovi over the years. I moved to Nashville over thirty years ago with my family and I moved into managing," he explains. "I managed Christian acts, rock acts, country acts, and as I got older I started producing festi-



vals and events like Tennessee River Run and Bama Jam and now Gulf Coast Jam."

Although today, Gulf Coast Jam is synonymous with Panama City Beach as thousands of locals and residents alike pack into Frank Brown Park for great vendors, delicious food and drinks (and of course fantastic country music), a decade ago that was not the case. For Lovelady, bringing Gulf Coast Jam to the "World's Most Beautiful Beaches" was an easy decision.

"I was a part of the group that came in and reinvested in Bama Jam in 2010. By 2012, Mark (Sheldon) and I had partnered up about trying to take

Bama Jam to the next level. We had started looking for a place to move Bama Jam and noticed one of our top-selling ticket places was Panama City Beach and the Panhandle. So we came down and met with the Tourist Development Council and Dan Rowe. We presented our vision and honestly, they stepped up to the plate....and the rest is history."

Although there is no denying that Gulf Coast Jam is a favorite event for visitors and locals alike, for Lovelady the road has been a rocky one.

"We've been through two cancellations because of Covid, SandJam being canceled because of Covid, a hurricane canceled Gulf Coast Jam one time. It's been very dicey over the years, but at the same time God has really blessed us beyond what we can ever compare."

For Executive Producer Rendy Lovelady, Bay County was not just a draw as a perfect location for a venue, it became a perfect place to call home as well.

"I finally moved to town and met a lot of the locals and I'm absolutely in love with Panama City Beach people and Destin people. I'm blessed to be able to go to dinner in Destin and see people and they know Gulf Coast Jam. It's my home now, I've put down roots and I'm very content here and Gulf Coast Jam has the potential to be that festival in this area to be around way after I'm gone."

Gulf Coast Jam 2024 will be returning to the beach May 30 – June 2 and has announced Morgan Wallen as its first headliner. For more information and tickets visit www.gulfcoastjam.com.



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Community

PCB Hosts Eight Weeks of World Series Tournaments

Publix Sports Park is set to host eight consecutive weeks of World Series tournaments in Panama City Beach, FL from June 13 - August 6, 2023.

This year's World Series tournaments include the USSSA Global World Series, Grand Slam World Series, USFA World Series, and the Baseball/Softball Youth All-American Series.

Two of the events (Grand Slam Sports Tournaments and



United States Fastpitch Association) received the 2022 Champions of Economic Im-

pact awards from Sports Destination Management Magazine for their world series events in Panama City Beach. Last year's World Series tournaments brought in 860 teams, 38,000 visitors, and over \$30 million in direct spending to Panama City Beach. We expect even more teams and visitors to attend this year's events.

"We are thrilled to begin this string of World Series events at the park. Visit Panama City Beach has a long relationship with these important clients who bring so much to our community, and we are excited to welcome them back," says Mike Higgins, General Manager of Publix Sports Park.

This year's World Series tournament schedule is:

Grand Slam World Series: June 19th – July 9th (weeks 1-3) & July 24th – July 30th (week 4)
USFA World Series: July 10th – July 22nd (weeks 1 & 2)
Baseball/Softball All-American Series: August 3rd – August 6th

Throughout the USSSA Global World Series, we saw 146 teams compete for the tournament championship.

The Grand Slam World Series will follow up with four individual weeks of tournament

play into July. This year is the 19th anniversary of the Grand Slam World Series. Over 350 teams are expected to participate in this year's tournaments.

The USFA World Series includes two weeks of elite softball play. Age groups range from 13u 18u. 200 softball teams are projected to make the trip to Panama City Beach for these exciting

tournaments.

The Baseball/Softball Youth All-American Series includes hundreds of baseball and softball players from around the country joining together for this major event. The All-American Series will complete the final week of World Series events at Publix Sports Park.

Pier Park and Partners to Collect School Supplies for Local Youths

Pier Park will host its fourth Back-to-School Supply Drive July 24 through August 6, 2023 to coincide with Florida's Back-to-School Sales Tax Holiday. The drive will benefit the Boys & Girls Clubs of Bay County.

WHAT: Residents and visitors can drop off their school supply donations at the Mall Management Office (600 Pier Park Drive), Forever 21, Dillard's, Pink Narcissus or Tervis. Donations can also be dropped off at the Boys & Girls Clubs of Bay County facility located at 16200 Back Beach Road, Panama City Beach, Florida 32413. In addition to helping a worthy cause, donors will enjoy significant savings when shopping for supplies thanks to Florida's Tax Cut Package. According to FloridaRevenue.com, Flo-

ridians will pay no sales tax for learning aids and jigsaw puzzles selling for \$30 or less, for certain school supplies valued at \$50 or less per item, on personal computers plus related accessories priced at \$1,500 or less and for clothing, footwear and certain accessories valued at \$100 or less per item.

Donors will have the chance to win a \$1,000 prize package during a random drawing at the Panama City Beach Chamber of Commerce's July 27 Business After Hours. The organization will host the Pier Park-sponsored event and collect supplies from 5 to 7 p.m. at the mall's San Marcos Mexican Grill.

A comprehensive list of school supplies needed for the drive can be found at Simon.com/Mall/Pier-Park.

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Summer's Gettin' Hot and Fish are Biting!

BY PAM ANDERSON

Summer fishing is off to a good start with some really nice Red Snapper coming in, as well as plenty of other species (like King Mackerel) on the charter boats. Headboats always focus on bottom fishing for several types of reef fish; charter boats reef fish but also go after other species. Always a fun experience.

Headboats on Grand Lagoon are headed out daily offering 5, 6, 10, and 12 hr. day trips, as well as the 8 hr. night trip. Be sure to make reservations early to get the trip of your choice. Charter boats can adapt their schedules to yours and offer 6-12 hr trips as well as some 2-day trips. Our State-licensed Guide boats are out catching their limits of snapper too, these days.

As a reminder, federally permitted headboats and charter boats will have their Red Snapper season from June 1 through August 24 at midnight. Red Grouper closes July 20 and Gag Grouper opens September 1 through November 9.

Private anglers with their



own boats are regulated by the FWC, and their Red Snapper season is June 16 through July 31 as well as 3-day weekends in October and November. Why the difference? Private anglers, many are local, fish vacations, when school is out or on weekends. This schedule was preferred over the longer consecutive-day season with no openings in the fall, according to comments made to the FWC by private anglers.

NOAA is mixing it up this year and keeping everyone on their toes. If you want more

info, the FISH RULES app is easy to read and seems to keep up with the changes. FWC and NOAA have all the info on their websites, of course, but the app is easier... even for a non-techie like me.

If you are planning an outing on your personal or rented small boat, be sure to refresh your safety skills before you are in a position where you need them. USCG and FWC offer great info. Radios, life jackets, flares, and even a compass can be of great help if you go offshore. (Electronics are great until your



battery is dead or a rogue wave splashes all of it).

There are all sorts of fun family experiences awaiting locals and tourists alike in Grand Lagoon. We have water sports galore, from fishing to cruising. But we also have a variety of locally owned restaurants serving some mighty fine seafood, burgers, and steaks (and, of course, chicken strips and mac n cheese for the kids). Along the Lagoon are several opportunities for enjoying some great local talents

providing music for the whole family.

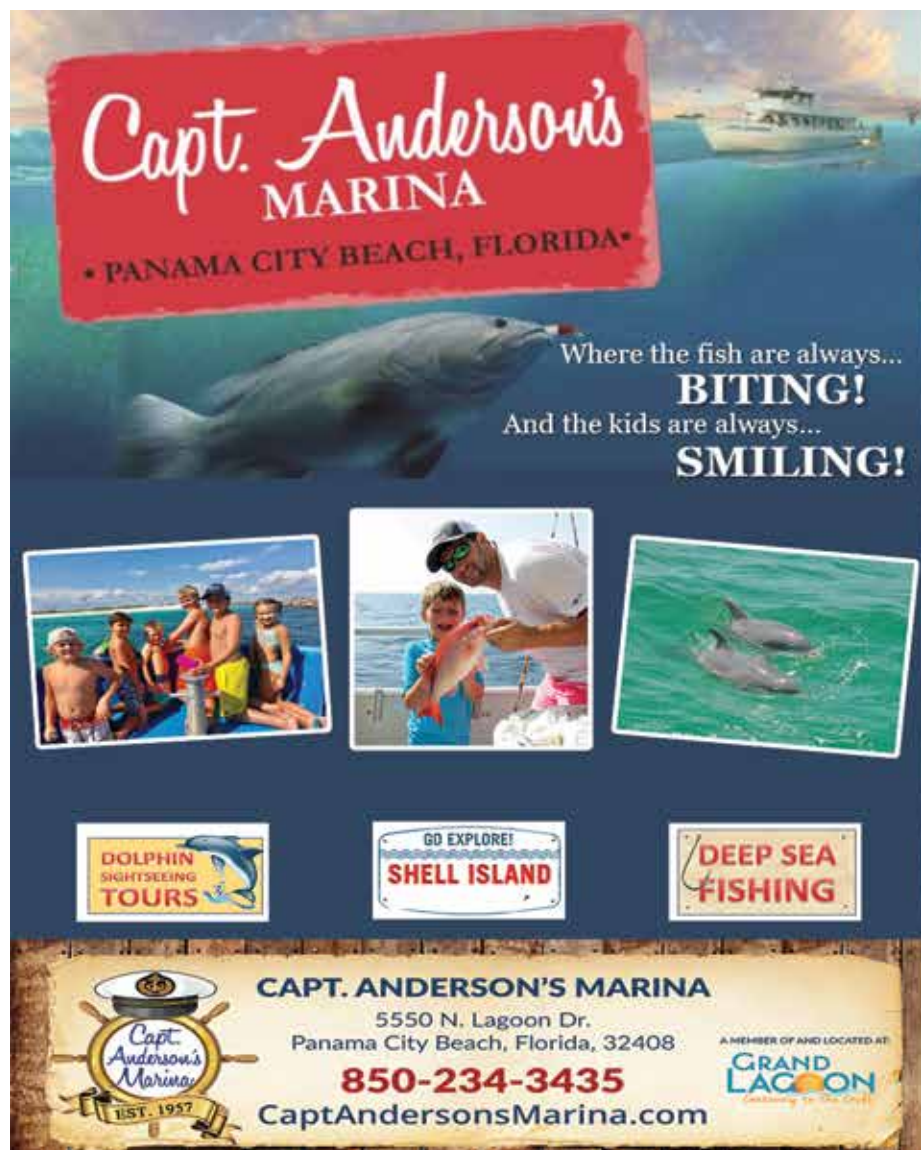
Capt. Max's Bar & Grill has live music at the Top Deck bar, overlooking Grand Lagoon. Folks watch from their second deck perch as the boats come in and out with their catch of the day. There's a kids' play area out in front with Dip N Dots and Frozen Daquiri Booths. Come watch the boats come in every day between 12 N and 8 p.m. and grab a snack or

dinner!

Capt. Anderson Marina's Event Center continues to be a great place for parties great and small, whether weddings, business meetings, or church conferences. It's beautiful and you can't beat the view!

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Community



Let's Get Growing with Julie: What are Your Weeds Telling You?

By JULIE McCONNELL,
UF/IFAS EXTENSION

I cannot begin to guess the number of times over the past eleven years a homeowner has said, "This weed is killing my

lawn." Well, not exactly. A weed is a subjective term used to describe a plant out of place. But what if the plant is in the right place, but the gardener's choice is a bad fit?



• Are there "indicator weeds" that are trying to tell me important information about this site?

The table below lists some common indicator plants found in landscapes and the conditions they can tolerate.

This table is meant to guide the gardener with site assessment and is not a definitive diagnosis of conditions listed. Let's look at how this information can be useful.

A portion of my Bermudagrass lawn struggles to fill in and every winter I have a lot of annual bluegrass in this spot. Bermudagrass prefers full sun, good drainage, and has moderate fertility needs. Annual bluegrass can tolerate shade, compaction, moist soil, and low fertility. If the bluegrass is thriving and the bermudagrass does not, this tells me that I need to take a closer look at these characteristics and decide between modifying the site or choosing a different plant for that site.

To read more about indicator plants and Florida Friendly Landscaping™ please visit the links below.

Weeds as Indicators of Soil Conditions in Lawns and Landscapes <https://edis.ifas.ufl.edu/publication/EP634>

Florida Friendly Landscaping™ Program <https://ffl.ifas.ufl.edu/>

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

The number one Florida Friendly Landscaping™ principle is "Right Plant, Right Place" which boils down to matching your plants to the location you have rather than trying to manipulate the environment for the plant you want. There are some things we can do to compensate less than ideal environmental conditions, but there are limits to what is reasonable and practical. Sometimes we find that the plant that is flourishing is just better suited for the site than what the homeowner is trying to grow.

Before planting or when troubleshooting an existing landscape issue, you should note the following about the site:

- How many hours of direct sunlight is shining on this site?
- Does the soil drain quickly or remain saturated after rainfall/irrigation?
- What is the pH, and does it match the ideal range for the plant I want to grow?
- Is this area windy? If so, which direction is the wind coming from (this can be critical for marginally hardy plants exposed to North winds as we saw in December of 2022)?
- Is there a high potential of salt exposure by wind, saltwater flooding, fluctuating salt content in reclaimed water, or saltwater intrusion into irrigation wells?



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Plant name	Wet	Dry	AC*	AK*	LF*	CP*	SH*	NM*	Salt
Kyllinga & Nutsedges	X								
Annual Bluegrass	X				X	X	X		
Chickweed	X					X	X		
Virginia Buttonweed	X								
Old World Diamondflower	X								
Dollarweed	X								
Goosegrass		X				X			
Shiny Cudweed		X							
Spotted Spurge		X				X		X	
Clover		X		X	X				
Florida Pusley		X						X	
Common Lespedeza		X	X						
Red Sorrel		X	X						
Crabgrass		X			X				
Sandburs					X				X
Dandelion						X			
Prostrate Knotweed		X	X	X				X	

*Key – AC pH below 7, AK pH above 7, LF low fertility, CP compacted soil, SH shaded, NM nematode tolerant

Sail Away on the Sea-Dragon Pirate Cruise

By PAUL BONNETTE

Shiver your timbers and set sail for non-stop family fun aboard a replica of a pirate ship that once plundered the emerald waters of the Gulf of Mexico. For the past two decades, Captain “Fearless Phil” has been the owner and Captain of the Sea Dragon Pirate Cruise, at the helm to give all guests aboard a genuine pirate ship experience. It’s become such an iconic attraction that for many families, a visit to Panama City Beach isn’t complete without boarding the gangplank to join the pirate crew for sightseeing, water gun battles, cannon firing, and face painting. For those wanting the chance to sit back and relax, there is inside seating as well as a galley offering up pirate gear (and of course grog) plus plenty of snacks and sodas. Additional seating is available up top which offers perfect scenic viewing for spotting dolphins as they jump out of the water. Whether you are wanting to get up close to local marine life on a relaxing boat ride or your goal is to join the pirate crew to swab the deck,



search for treasure, and cross swords with scallywags, the Sea Dragon truly has something for every member of the family.

It took over 11 years to build The Sea Dragon, a vessel designed to be a replica of a sailboat called The Golden Eagle and leased to popular local TV personality, Red Holland, for sightseeing cruises. According to Captain Fearless Phil, it was then that his Uncle Andy Redmond purchased it and trans-

formed it into the Sea Dragon Pirate Ship as we know and love it today.

“My Uncle Andy Redmond who is always thinking outside the box and is just a great creative thinker... He went on a vacation with his family to the Tampa area and saw a pirate ship that took people out on Pirate Cruises,” explains Captain Fearless Phil. “He remembered the boat back here in Panama City and he ended up buying it.



[He] repainted it, added to it to make it look like a pirate ship, and named it the Sea Dragon.”

After retiring and coming back to Panama City in 2003, Captain Phil decided to join his uncle aboard the famous pirate ship.

“When I got to the point where I was ready to retire, I had already come to Panama City and [seen] my uncle’s boat. I started working as a crew member and working on the deck. I got my Captain’s license renewed and started running the boat for him. I did that for a

couple of years before I bought it,” he remembers.

For Fearless Phil, buying the Sea Dragon Pirate Ship has been one of the best decisions as it not only creates memorable experiences for families but also for the larger community.

“I like being from Panama City and I like it when the business becomes a part of that.”

It’s a sentiment that is echoed by Captain Fearless Phil’s Daughter, Summer Breeze. For Summer, the idea of creating memories that last a lifetime was enough to dive headfirst into the family business.

“Our whole focus is to ride a family adventure, from the babies to the grandparents, so everyone is involved and they can make a lasting memory here in Panama City. So then they can look back on their time here and smile and we want the pirate ship to be a part of that memory,” she says.

The Sea Dragon Pirate Cruise operates from March through October and reservations can be made by visiting www.piratecruise.net.

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



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Around the Beach

Bayway Transit Expands Services with New Route to Mexico Beach

Bayway, Bay County Public Transit, recently announced the expansion of its services with the addition of a new route connecting Panama City riders to Mexico Beach. The Mexico Beach route will provide affordable, reliable, and safe transportation to residents and visitors alike traveling between the two cities, supporting Bayway's mission to connect passengers within Bay County.

The new route began operation on May 30, 2023, departing from the Callaway Walmart and making stops along Mexico Beach three times a day Monday through Saturday. Passengers can purchase bus passes through the Token Transit app, by calling (850) 769-0557 or on-board for \$1.50. Passengers can also plan their trips using Bayway's online Trip Planner.

All Bayway buses are ADA-accessible, accommodate service animals and carry bike racks, creating a seamless and enjoyable experience for all riders. For more information about

Bayway, including updated routes and schedules, please visit www.baywaytransit.org.

Local Singer and Songwriter Releases New Track



Somewhere, a new song by local singer-songwriter Mindy White, was just released in May. "It's a perfect song that beautifully complements a dreamy landscape, reminiscent of Taylor Swift's enchanting track, 'Willow'," says acclaimed music blog Kings of A&R. "Somewhere is one of a dozen songs I wrote and recorded right after I moved here from Nashville," says White. "I was so inspired by our beautiful area and my mem-

ories of visiting here every Summer growing up. Somewhere is a song about getting away from it all when things feel too heavy, and about being there for those you love. I finished it with the help of a couple of producer friends based in Denver, CO by using FaceTime video chat and Audiomovers. We built and tracked the song virtually while I recorded vocals here in my bedroom closet. While writing Somewhere, I envisioned running away in a vintage car, no destination in mind, disappearing into the sunset and stopping at the ocean to play in the waves and watch the stars come out. So, that's exactly what we tried to capture in the music video, which was also shot here on our gorgeous beaches by the incredible photographer/videographer Val B Photography. I hope y'all enjoy the song and music video as much as I loved bringing it all to life!"

You can listen to "Somewhere" and watch the music video here: <https://linktr.ee/mindywhite>

It's available on ALL streaming services—Spotify, Apple Music, Amazon music, Youtube music, and anywhere else you listen to music! Visit: website: mindywhite.net instagram: @mindywhitexo twitter: @mindywhite facebook: @mindywhitexo tiktok: @mindywhitexo youtube.com/@mindywhitexo soundcloud.com/mindywhite

Library Features Artwork of Jody Wood-Putnam



Featured local artist, Jody Wood-Putnam, has two art exhibits at the Bay County Public library during the months of June and July 2023. In the Adult Services Art Gallery, her exquisite watercolors of some of the wonderful wildlife that can be found along our shorelines including shorebirds, an alligator and crabs. In the Youth Services Art Gallery, Jody Wood-Putnam's photography showcases native plants and the insects that pollinate them. The art exhibits are on view during library open hours free of charge and open to the public.

Along the Shoreline is a series of ten beautiful watercolors by Jody Wood-Putnam. She shares information about the wildlife in each painting from their preferred habitat, to what they eat. Jody Wood-Putnam

began painting in watercolor 7 years ago after she retired from working 33 years at the Navy base. She has benefited from the excellent watercolor instructors in our area including Don Taylor, Deblyn Ceely, and Heather Clements. This is the first exhibit of her paintings of artwork on display.

Jody Wood-Putnam is Co-President of the Sweetbay Chapter of the Florida Native Plant Society. For the exhibit of native plants, you will learn interesting facts about the plants and pollinators in each of the 26 photographs. Our native plants and pollinators are dependent on one another and have developed very special relationships! The mission of the Florida Native Plant Society is to promote the preservation, conservation and restoration of the native plants and native plant communities of Florida. If you are interested in joining the Sweetbay Chapter, the group meets on the first Tuesday at 5:30 p.m. each month with the exception of July at the St. Andrew's Episcopal Church (1608 Baker Court, Panama City). Visit www.sweetbayfnpschapters.org for more information.

The Bay County Public Library is located at 898 W. 11th Street, Panama City. For more information, call the library at (850) 522-2100 or visit www.nwrls.com.



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Making Change in Florida's Second Congressional District

BY CONGRESSMAN NEAL DUNN

It has been a vigorous month on Capitol Hill. My staff and I are hard at work representing and fighting for the people of Florida's Second Congressional District.

June began with the House passing the Fiscal Responsibility Act to address the nation's debt ceiling.

The month progressed with my introduction of the Creating Accountable Respectful Environments (CARE) for Children Act. Going into the foster care system can be difficult for a child and their parents. The transition is even more difficult when there is a shortage of foster care options. The CARE for Children Act seeks to expand foster home options to include cottage-family homes. Cottage

family homes offer a family-like living environment in a single-family residency with no more than two children per bedroom unless it is in the child's best interest. This bill helps ensure a healthier and more stable environment for children raised in the foster care system.

One thing that comes up regularly in my conversations in the district is the price of prescription drugs. That's why I also introduced the Increasing Transparency in Generic Drug Applications Act.

This bill improves the U.S. Food and Drug Administration's review process for complex generic medications by allowing the agency to inform generic drug sponsors about the differences between their application and the reference product. In



other words, this increases your choices of affordable, quality prescription drugs.

You deserve access to more

Finally, we welcomed the 2023 Congressional Art Competition winner for Florida's Second District, Stella Bagby

safe, generic medications. Branded drugs currently account for 82% of the total drug spend in the U.S. With many households struggling with inflation, the more money we can help patients save, the better.

of Inlet Beach, and her family to Capitol Hill this past month. Stella is a student at the Ohana Institute, and on June 20, we celebrated her with the official hanging of her piece "Florida Beauty Aura" in the United States Capitol. Millions of individuals will view Stella's artwork while visiting the U.S. Capitol, and her art will remain displayed for one calendar year.

For regular updates about what I'm doing in Congress, follow me on Twitter at @DrNealDunnFL2 or Facebook.

Stroll Downtown for a Family Storywalk®

StoryWalk® Downtown is a collaboration between the Downtown Panama City businesses and the Bay County Public Library. Take a stroll on Harrison Avenue with your family this summer and read a story together. Each page of the book will be located on the windows of the participating businesses to be on view 24/7. Each month will be a different story that fits with the Library Summer Reading Theme of "All Together Now."

StoryWalk® Downtown Picture Books:

July: Better Together! by Amy Robach and Andrew Shue

Participating Downtown Businesses in order of StoryWalk® Downtown Route:

1. The Place Downtown – 429 Harrison Ave.
2. The Little Mustard Seed – 437 Harrison Ave.
3. House of Henry Irish Pub – 461 Harrison Ave.
4. Dance Life – 525 Harrison Ave.
5. Main Street Antiques – 535 Harrison Ave.
6. Ocean Oriental Market – 571 Harrison Ave.
7. LH Bead Gallery – 550 Harrison Ave.



8. Gulf Coast Aquarium - 472 Harrison Ave.
9. Jute and Palm – 448 Harrison Ave.
10. Amor Boutique – 448 Harrison Ave.
11. Baywitch – 424 Harrison Ave.
12. Tom's Hotdogs – 416 Harrison Ave.
13. Sage Gift – 314 Harrison Ave.
14. Elevation Salon – 308 Harrison Ave.
15. Millies – 228 Harrison Ave.
16. Lazer It – 228 Harrison Ave., Suite 103
17. C+G Sporting Goods – 137 Harrison Ave.

For more information about the Bay County Public Library and additional "All Together Now" Summer Programs, visit www.nwrls.com or call the library at (850) 522-2100.



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 Music & Arts

ECTC's 10 Years of Magic Continues with Season 11

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 timeless 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!

Studio 237 Music Lessons: Mood Music

BY LISA CYR

"Perhaps you recognize that music affects your emotions. When you listen to upbeat songs, you feel good, and listening to sad songs can lower your mood. If you think about it, the notion that tunes impact feelings shouldn't come as a surprise. The word tune, after all, as well as referring to music, relates to

frequency adjustment. Here's how to use tunes to modify your mood.

Music can make you see things that aren't there.

A study shows that music influences you in more ways than you may imagine. In the study, researchers showed people smileys and asked them to identify

sad or happy faces while music played. Sad songs made them see the smileys as unhappy, while cheerful songs had the opposite effect. The subjects saw merry faces when they heard upbeat music. It was astonishing they saw things that weren't there. It means music changed what they perceived in the environment.

So, what are the implications of this study for you?

You might want to think about the results and how the findings play out in your life. You can use them to your advantage. If you are in a negative mood but want to improve your outlook, you can play joyful songs. When you want a balanced mindset, though, background tunes might skew your perception. Turning them off during a difficult conversation, for example, may boost clarity.

How long you listen to music matters.

Another study shows it takes thirteen minutes of slow tempo, classical music to aid focus, and nine minutes of uplifting music to increase happiness. Relaxing music eases stress, improves sleep, and boosts peacefulness in thirteen minutes. It seems that how long you listen to music matters if you want to change your state of mind and adopt its emotional frequency. So, persevere for more than a few minutes when you hope to change your mood.


Union to create 'Weightless,' a soothing track, listeners' heartbeats fall into rhythm with the music they hear. The BPM, or beats per minute, affects you on a physical and emotional level.

To change your mood, choose music with a tempo to match the energy you want to feel. Note whether it lifts, relaxes, or saddens you. Don't discount sad music, though. Many people swear it helps them release heartache. It's possible unhappy music resonates with despairing individuals and helps them let go of emotions.

Another theory suggests it might support the production of prolactin, a hormone that aids consolation and calm. So, when you're sad, listening to music that pulls on the heartstrings may help. If it doesn't, switch to tunes with different tempos and find one that does.


Music is a powerful tool when used with care. It can alter your perception of life, making it sunnier, or help you release sadness. Notice how tunes affect you, and you can employ them to improve your wellbeing.

Studio 237 Music Lessons is in Santa Rosa Beach. Our teachers are ready to teach guitar, piano, drums, voice, ukulele and more. Call 850.231.3199 to schedule a visit or lessons. www.Studio237Music.com



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IN THIS ISSUE

ISO: PCB's Best Shrimp

Taste Budz Review:
Blu Poolside Bar
& Grill

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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www.sanmarcosmexicangrillpierpark.com

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Summer Concert Series

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

Lineup:

July 13 Anthony Peebles (Alternative)

July 20 The Will Thompson Band (Variety)

July 27 Natalie Brady (Country)

August 3 Sons of Saints (Party Rock)

August 10 The Lee Boys (Sacred Steel)





Review: Blu Poolside Bar & Grill at Embassy Suites

BY MARTA ROSE-THORPE

A recent visit to Blu Poolside Bar & Grill inside the new Embassy Suites by Hilton Panama City Beach was a fascinating experience and an evening to behold. The food and beverages were all top-notch, which I will describe shortly, but it was the atmosphere and service at the Embassy Suites that stole our hearts. My husband and I were met by Executive Chef Scott Plumley and Director of Sales & Marketing Barbara Lita, then seated by Michelle, who would serve us throughout the evening, alongside Liz. From the first moment we knew we were in good hands and were treated like royalty (albeit in a light and breezy, not-so-formal fashion!). Everyone at Embassy Suites has a big, genuine smile, and the happy energy trickles throughout the whole establishment. Our friends Roy and Kandi Woods (Kandi of the Florida Restaurant & Lodging Association) joined us, as well as General Manager Mike Chouri and Director of Finance Carol Zukosky. It was a celebration of



the start of summer, friendship, and good food!

Michelle started us out with a cocktail, and Blu has a long list of delicious concoctions. I decided to try the Panama Pear Mojito, a lovely rum with prickly pear puree, lime juice, agave, and mint. This cool elixir was minty and crisp. Jimmy ordered his standard, an Old Fashioned, with bourbon, maple syrup and bitters. "Smooth and sleek," he commented. The Don't Slip (tequila, grapefruit, and pear juice) and Piney Mimosa (prosecco and pineapple vodka with orange and lemon juice) are future indulgences on my list. Blu also has a full wine list and serves

beers, seltzers, and spirited frozen drinks.

This establishment serves lunch and dinner daily, and with its central location and proximity to so many businesses, Blu is becoming the "It" meeting spot for business lunches and dinners, friend meetups, and social gatherings by the locals. Michelle

started bringing out a succession of dishes from the Sharables, Hot Hands and Entrée menus. The stunning Emerald Tuna Crunch salad got our attention with its pepper-crusted, seared ahi tuna strips laid over baby greens, fresh mango, avocado, applewood smoked bacon, and topped with almonds, crispy wontons, and fried goat cheese with a splash of mango sesame vinaigrette. It was an aesthetic fusion of tastes, textures and temperatures, and that goat cheese was screaming with flavor! Now, our moms always claimed that a colorful plate is the most nutritious plate, and the Lemon and Herb Seared Salmon served alongside a sticky rice pilaf (reminiscent of veggie risotto) and freshly steamed, al dente broccolini is the epitome of this declaration. The salmon was prepared in a carrot-ginger butter and soy glaze, and the entire dish was emblazoned with bold, bright, colors.

Then Michelle brought the powerhouse of the feast, Filet Mignon ladled in a luscious thick gravy with a toss of micro greens atop. The meat was a thick cut of the most mouth-watering, tender filet I've had, and

this flamboyant offering looked as good as it tasted, served with smashed potatoes and a veggie medley of red & green cherry tomatoes, red & green bell peppers, yellow squash, asparagus, and onions. The men enjoyed Blu's Jumbo Wings, crispy fried and smoked in a variety of flavors to choose from: buffalo, brown sugar-chipotle, sweet chili, spicy bbq, hot honey, and parmesan rub. I asked how they liked them... and my answer was the empty plates. A favorite "Hot Hands" plate was the Grouper Tacos... grilled and topped with kale coleslaw, avocado aioli, salsa verde, and roasted corn & black bean salsa. So many flavor sensations! Carol enjoyed what I consider to be the most unique dishes on the menu (and I will return to try this), the Roasted Cauliflower tossed in whipped ricotta and roasted chile paste, sprinkled with smoked almonds over an edamame puree.

But the best was saved for last. I didn't know how we could possibly surpass this extraordinary meal, but Michelle brought out Blu's three desserts (and I honestly can't choose which one I like the best, so you'll just have to come in, try them all, and let me know!): the Sticky Toffee Bread Pudding with a salted caramel dip, Key Lime Cheesecake with a berry coulis, and Chocolate Chess Pie with Chantilly cream. The latter was a rich, dense, fudge torte that I had not previously encountered in this area.

Let me add a few words about the wonderful team at Blu Poolside Bar & Grill. Mike

Chouri, General Manager, has many years of experience in leading hotel and resort operations for many Hiltons, Marriott's and IHG branded hotels including Hilton Boston Woburn, Nickelodeon Orlando, Westin Las Vegas, the Sheraton and The Westin Tysons corner, Hilton Sandestin, and Hilton Alexandria Old Town. Executive Chef Scott Plumley is a Pensacola native with over 30+ years in the food and beverage industry. Plumley has been curating menus and handcrafting dishes throughout resorts and restaurants in Northwest Florida for more than 30 years and has worked with a variety of respected industry leaders including chefs Philippe Robles, Gary Serrafin, Josiah Citrin, Matt Mauldwin, and Johnny Earles. Barbara Lita, Director of Sales & Marketing, joined the Hilton world in 2000 in her home state of New Jersey with the DoubleTree by Hilton Jersey City. Her Hilton career includes work at the Newark Airport, in Naples, Florida, and with the Hilton Marco Island team. "I am blessed to have found my forever home here and work with a great team and beautiful resort that feels like home and family," she says.

Blu Poolside Bar & Grill is open daily from 10:30 a.m. to 11 p.m. (the kitchen closes at 10 p.m.). Happy Hour is daily from 4:30 p.m. Located at 16006 Front Beach Road in Panama City Beach (between Pier Park and Calypso). For more information call (850) 328-5545 and visit panamacitybeachresort.embassysuites.com.

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Tips for Glowing Summer Skin

BY MEG BURNS,
BLUSH BEAUTY LOUNGE

We are smack dab in the middle of summer and our days are filled with beach days, road trips, pontoon rides, backyard cookouts, farmers markets, and other fun in the sun activities. Here are some simple tips to keep your skin glowing through it all!

Double cleanse your skin at night.

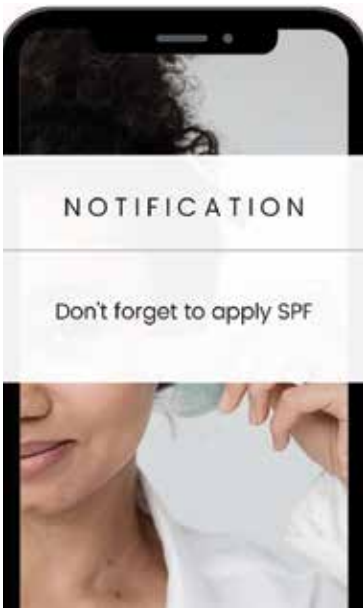
In the summer we sweat more, are often covered in salt-water or chlorine, and have extra SPF on. Double cleansing at night is the perfect way to make sure we go to bed with clean skin. So what in the world is a double cleanse? Good question! It is simply washing your face twice in a row. The first cleanse helps to remove dirt, makeup, and spf. With all of the debris removed, the second cleanse can actually clean your skin. I love an oil based cleanser or something gentle for my first cleanse. Something that will help take off my eye makeup, too. Then for my second cleanse I use some-



thing more foamy. You will notice such a difference with this step alone!

Lighten up your moisturizer.

Most people can lighten up their moisturizer in the Summer, especially when we live in humid climates. Opt for something lighter during the day to help with your glow. If you need more moisturizer at night, you



can grab your heavier night cream!

Faux tans + SPF are your BFFs.

I will forever and always talk about the importance of SPF. I will also forever and always talk about how it's actually GOOD for us to be in the sun each day. There are so many health benefits that come from being exposed to sunshine for a bit each



day. Our mood, our immune system, our sleep (and more!) all benefit from sun exposure. Florida sun is no joke and SPF helps us avoid sun damage and sunburn. Get your sunshine exposure, wear your SPF, and get a spray tan if you are wanting some more color! Spray tans have come a long way and provide fantastic natural looking results. Book one before your next fun event or outing! You will be so glad that you did!

Book your dermaplane.

If you are looking for a great summer treatment option for your skin, a dermaplane is a perfect option! It leaves your skin feeling super smooth, your

makeup application goes on much more smoothly, and your skincare absorbs even better. Say 'bye-bye' to peach fuzz and dead skin and 'hello' to your glow!

Bonus: Makeup tip!

Mixing your bronzer with some illuminator is the perfect summer glow tip! Mix them together before applying where you normally apply your bronzer. You will be bronzed and glowing in seconds! Need some makeup tips + tricks? We are now offering lessons at Blush Beauty Lounge!

If you have any questions about your summer skincare or makeup 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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HEALTHY SKIN



Couples Who Play Together, Stay Together



BY JAMIE C. WILLIAMSON, PhD

Couples who play together, stay together, but that doesn't mean you should treat your marriage like a game. If you treat your marriage like a game, you'll get played and lose every time.

Couples who "play together" by engaging in fun, novel activities grow closer to each other, experience more positive emotions toward each other and their relationship and, as a result, are happier and want to stay together.

Three Reasons Why Playing Together Helps You Stay Together

First, playing together in novel and arousing activities keeps you (and your spouse) from getting bored and your relationship from becoming a boring routine.

Boredom saps the current

joy out of your relationship and, if not addressed, leads to increasing dissatisfaction over time, the temptation to seek excitement outside the relationship, and/or ultimately the "we've just grown apart" explanation for divorce.

Second, playing together also helps you and your spouse connect the good feelings you experience during the activity to your overall relationship.

Third, participating in novel and arousing activities makes people feel happier in general, and when you are a happier person, you are more likely to be a happy partner and extend that positive emotion to your marriage and spouse.

How far do you have to go to keep you and your spouse out of a boring routine?

Off the couch, maybe. But not that far.

Go for a bike ride. Throw a football around. Take a walk on the beach or a canoe ride. Try a stand-up paddle board. A new restaurant. Get to know other couples — new friends you make together.

Remember, marriage is not a game. Both husband and wife are on the same side.

So be sure you aren't keeping score. If your wife "wins" because you agree to try some-



thing new that she recommended, you both win.

And, if your husband "wins" because you agree to try something new that he likes, you also both win.

Here's a common example for football season (just remember, the point of the story is gender neutral).

If your husband really enjoys watching college football, learn to like it, too, rather than pout and try to make him feel guilty. (You might have to pretend at first). This will add a new activity for you to enjoy together.

In turn, he will naturally connect the fun he has watching the

game with you to positive feelings about you. As a result, he will be more likely to want to make you happy and will look for ways to do that — like take a cooking class, or run a 5-K, go with you to church, or start a weekly date night.

Husbands, keep in mind that if you initiate the weekly date night (for example), your wife will transfer her good feeling about that to you and, as a result, be more likely to want to look for novel ways to make you happy, as well.

The point is that if you want to avoid (or get out of) the rut of relationship boredom, you have to play together by engaging in novel and arousing activities. It doesn't matter who is ahead at the end of the first quarter. You're both on the home team.

Can the novel and arousing

activities involve sex?

Sure. But you are unlikely to be any good at sex play, if you aren't fully engaged with each other out of the bedroom. And, if you suggest novel sex before you've shown a willingness to "get off the couch" your effort will backfire. First things first.

If you are starting to feel bored in your marriage, share this article with your spouse and talk about ways you can add some new activities or people to your life. Discuss how the positive feelings you get from these new experiences will help you grow closer again, increase your relationship satisfaction, and decrease the likelihood that you will "grow apart" (or be tempted to find excitement elsewhere).

Pick a new activity and begin to work it out. If your spouse won't go along at first, try learning to like something your spouse already enjoys so you can do it together. Then, try to add something novel to you both.

Let me know if I can help.

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



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It's no secret that hearing loss can lead to a range of balance and coordination issues. It's important to be aware of the potential consequences of untreated hearing loss. Evidence suggests a strong connection between your ears and the ability to maintain equilibrium and perform complex motor tasks. It's critical for anyone with hearing loss

able to communicate effectively in public or private situations. They may also experience difficulty paying attention in meetings and conversations, leading to a decreased sense of productivity. Furthermore, there is an increased risk of dementia among those with untreated

The Role Of Hearing Loss In The Development Of Balance & Coordination Problems

to improve their balance and coordination as soon as possible, which is why seeking treatment from a hearing care provider is so important.

The Relationship Between Hearing And Balance

Your hearing and balance are deeply intertwined. If you're having trouble with your hearing, it can have a negative effect on your sense of balance. Without being able to detect the subtle sound cues in your environment, like passing cars or conversations, navigating daily life becomes more difficult and hazardous. If you're having issues with your hearing, balance, or any other ear-related problems, it's important to consult a hearing health professional for evaluation and treatment. The earlier you identify and address any issues, the sooner you can return to living life confidently and safely!

Does Hearing Loss Increase The Risk Of Falls?

Yes, untreated hearing loss can have a serious impact on your daily life. Studies have shown that people with hearing impairments are more likely to suffer from depression, social isolation and loneliness as they may not be

able to communicate effectively in public or private situations. They may also experience difficulty paying attention in meetings and conversations, leading to a decreased sense of productivity. Furthermore, there is an increased risk of dementia among those with untreated

How A Professional Can Help

If you are struggling with balance, hearing, or orientation issues, a hearing specialist can help you. They will usually carry out a variety of tests to determine the cause of your symptoms and then create a personalized treatment plan best suited for you. The type of treatments can range from changes in lifestyle habits to medications, exercises, or even surgery in extreme cases. A hearing healthcare provider might also recommend assistive devices such as hearing aids or cochlear implants that may help improve both communication and sound perception dramatically.

At Hear Again America, we can provide you with comprehensive care and support services tailored specifically to those who are dealing with hearing impairments. Our team of experienced hearing care professionals will provide individualized assessments and recommendations, helping you understand the extent of your impairment and find treatments that are right for you. Take control of your hearing health now – get in touch with Hear Again America at (850) 308-1678 today.



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**Matt Greenstein, HAS
Hearing Aid Specialist**

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BY DR. RICHARD CHERN, MD
Are you seeking to regain

your energy, improve your well-being, and reclaim your zest for life? If you're a man or woman over 40, and some as young as 30, the Hormone Restoration Center in Miramar Beach offers a transformative opportunity through hormone therapy. Step into a world of renewed vitality and optimal health with advanced treatments.

In today's fast-paced world, hormonal imbalances can often disrupt our lives, leaving us feel-

ing fatigued, experiencing mood swings and struggling with various symptoms. The Hormone Restoration Center specializes in personalized hormone therapy programs that cater to the unique needs of individuals suffering from these symptoms.

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mirror the hormones naturally produced by your body. This enables a seamless assimilation process and enhances the effectiveness of the treatment with minimal side effects. The expert providers at the Hormone Restoration Center will conduct a comprehensive evaluation to create a customized treatment plan tailored to your specific needs and goals.

The advantages of hormone therapy are clear. Patients frequently report increased energy levels, improved mental clarity, enhanced mood stability, and an overall sense of well-being. Furthermore, hormone therapy can aid in weight management, boost libido and help maintain muscle tone and bone density. The experienced team at the Hormone Restoration Center will guide you through the process, ensuring you experience a transformation that extends beyond symptom relief, empowering you to live your life to the fullest.

Your safety and well-being are of utmost importance at the Hormone Restoration Center. It adheres to the highest standards of care, utilizing state-of-the-art diagnostic tools and evidence-based treatments. The expert physicians and staff closely monitor your progress, making adjustments as necessary to maximize results and minimize potential risks. Rest assured, you

will receive comprehensive care that is tailored to your unique needs and guided by a commitment to your health and satisfaction.

Conveniently located in Miramar Beach, the Hormone Restoration Center offers a warm and welcoming environment. The compassionate and knowledgeable team will provide the support and guidance you need throughout your journey. Complementing the hormone therapy program, the center offers weight loss options including the newest semaglutide to optimize your long-term success in maintaining your newfound vitality.

Take charge of your well-being and rediscover the joy of life. Experience the transformative power of bio-identical hormone therapy at the Hormone Restoration Center in Miramar Beach. Embark on a journey towards enhanced wellness, irrespective of your age. Schedule your consultation today and embrace a life filled with energy, vitality, and renewed purpose by calling us at (850) 837-1271.

Dr. Richard Chern, MD provides hormone therapy to men and women across the country and treats many of the doctors and nurses in the area. Call him for an appointment at The Hormone Restoration Center at (850) 837-1271.

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TO READ THIS ISSUE ONLINE

Be a Superhero this Summer!

BY CINDY MULLA, PUBLIC RELATIONS & EDUCATION, BEACH MOSQUITO CONTROL DISTRICT

Summer has officially arrived at Panama City Beach (PCB), Florida! All outdoor activities are in full swing in backyards and recreational parks. A positive energetic population explosion of residents and visitors are enjoying a variety of different outdoor activities, ball games, concerts, day camps, fishing, barbecues, and family reunions. Everyone patiently and anxiously awaited an entire year for the summertime festivities to begin! Each person enjoys the PCB great outdoor space except when the mosquitoes arrive as unwanted guests.

How can you be a superhero to protect yourself, family, and friends from this tiny foe that tries to suck all the outdoor fun away? Be a PCB Superhero and "Fight the Bite!" Please read on and follow these simple steps to enhance your outdoor fun.

All superheroes have a special protective force field. You have one at your fingertips too. Al-

ways, remember before heading outdoors, to put on the invisible protective shield of insect repellent to protect yourself against the bite of the female mosquito. Repellents are safe and effective when used correctly following the label instructions. You have an array of repellent choices available. To correctly choose a repellent, make certain it is both approved and registered by the Environmental Protective Agency (EPA) and has one of the following active ingredients. DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE) or Para-menthane-diol (PMD). Re-application of insect repellent is key for proper protection. Remember, the lower the percentage of the active ingredient, the more frequently you will need to re-apply it. Personal protection begins with you!

Take heed to the important phrase, William Shakespeare wrote in his famous play Julius Caesar; "Timing is everything." The statement is also true when avoiding mosquitoes. After a day's worth of fun in the sun, everyone enjoys relaxing in the re-



freshing PCB summer evenings. Unfortunately, peak mosquito activity is during these pleasant dusk (and dawn) hours too. Before heading back outdoors for the evening to embrace the outdoor nightlife, reapply your protective repellent shield or if possible, limit your outdoor activities at dawn and dusk. A newer item on the market to deter mosquitoes from biting is a portable battery-operated mosquito-repellent lantern. This lantern safely creates a barrier between you and mosquitoes. It works by thermally heating up

an EPA-approved repellent and broadcasting it by a fan so you can relax poolside or enjoy your other favorite outdoor activities. Each mosquito lantern creates an environmentally friendly 15-foot protective zone that can last up to 12 hours. Citronella candles still work (4 candles per 50-foot area). Other effective options are mosquito coils or safely using an oscillating fan.

Be a proactive superhero! Lower mosquito population numbers by eliminating potential mosquito breeding sites. Weekly, check your business or private property for possible standing water locations. Common mosquito breeding areas are bird baths, boats, buckets, canoes, coolers, fountains, kayaks, plant saucers, chemically imbalanced pools/hot tubs, trash cans, toys, watering cans, wheelbarrows, or anything else that can hold water for an extended period. Seventy-Five percent of the mosquito life cycle is in the water apart from the adult stage. Therefore, water is essential to its life cycle. Remember, "Drain or the mosqui-

toes will remain!" It only takes 7 to 10 days from the egg stage to the adult mosquito. By eliminating these locations, you are also preventing the possible spread of mosquito-borne disease.

If the above mosquito prevention suggestions have not resolved your mosquito concerns, contact PCB's experts Beach Mosquito Control District (BMCD) for relief. The service BMCD offers to residents and visitors is paid for by a local ad-valorem tax. We encourage both residents and visitors to place a service request by contacting the district directly at (850) 233-5030 or to submit a service request on our website www.pcbeachmosquito.org. We offer same-day inspections and environmentally friendly solutions during our normal business hours of operation, Monday – Friday 6:30 a.m. to 5 p.m.

Beach Mosquito Control District would like to extend our best wishes for a fun and safe summer to all the local Panama City Beach area residents and visitors.

Superhero Quick Mosquito Relief

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509 Griffin Blvd. Panama City Beach, FL 32413

 Musing


BY SEAN DIETRICH

Willie Nelson is on my radio. He is singing one of my favorite songs.

"In the twilight glow I see her,

"Blue eyes crying in the rain,
"When we kissed goodbye and parted,

"I knew we'd never meet again..."

I turn it up because I am a sucker for this tune. Though, I'm not sure why. When I was a boy, the lyrics never made sense to me.

After all, nobody with blue eyes ever cried in the rain for me. And I certainly didn't have blue eyes. My eyes are gray. My mother used to say my eyes were the color of our pump shed.

Even so, there's something about this tune that moves me. I can close my gray eyes and go back in time.

And I see my father's work bench in the garage. A radio sits beside a chest of mini-drawers that is filled with bolts, nuts, screws, washers, and rubber grommets.

Crystal Gayle is singing "Don't it Make my Brown Eyes Blue?"

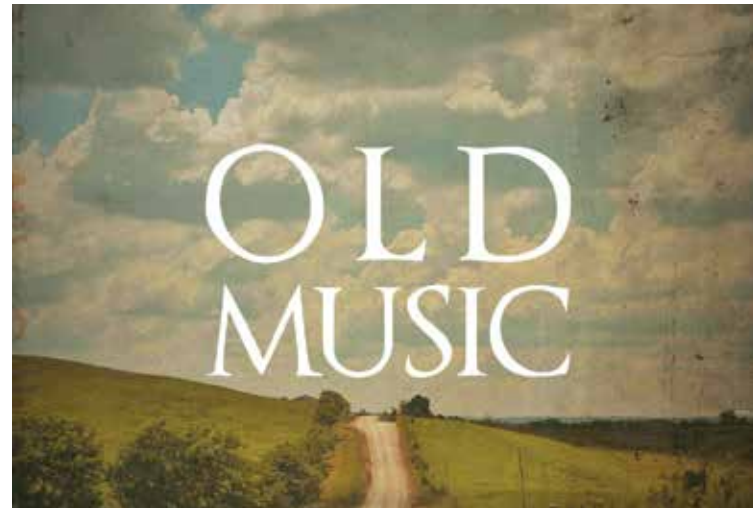
Then Willie begins playing over the speaker. My father turns it up.

"Love is but a dying ember,
"Only memories remain,
"Through the ages, I'll remember,

"Blue eyes crying in the rain..."

And I am holding a GI Joe doll, watching a tall, skinny man work on something beneath a shop lamp, holding a screwdriver.

He does all his own repairs, this man. Because he believes it is wasteful to hire people to do work you could do yourself. Just like it's disgraceful, and even unforgivable, to throw away refrig-



erator leftovers.

The people I come from are proud and self-sufficient, and they are not above eating ten-week old meatloaf that has turned Sea Foam Green. They cut their own hair. And their own lawns.

When I started travelling a lot for work, I hired a yardman to cut my grass. It only made sense. But it felt wrong. I was so guilty about it that I couldn't sleep. If my father were alive, it would kill him to know I pay a guy to mow my lawn.

I don't know why I just told you that.

Things have changed a lot since the days when I played with GI Joe. Today's radios have replaced Willie's style of music with country singers who have backup dancers.

Over the years, country music kept sinking lower, until it sounded about as interesting as your Uncle Lou using the bathroom in his RV.

Almost every song on modern country stations seems to be about girls in tank tops, or beer, or knocking boots. Much of this music is performed by

young men wearing jeans that have been pre-ripped, or young women dressed like centerfolds.

They can have it.

Because I still remember Loretta, and George, and Johnny, and Merle. And I will always remember Willie.

I remember sitting in Chastain Park, in Atlanta. I watched Willie Nelson play to a tame crowd. It was drizzling rain. And Willie invited Jimmy Carter and his wife Rosalynn onto the stage.

People went crazy. It sounded like the crowd was going to tear the place apart. Then a hush fell over the audience.

The rain fell harder.

In this moment, Willie could have played any song and we would have loved him for it. He played "Amazing Grace."

Though, to tell you the truth, I couldn't hear Willie's voice because Jimmy and Rosalynn were singing too loud.

It was a great moment, seeing Jimmy and Rosalynn singing a hymn in inclement weather. It was like watching your grandparents warm the front pew.

Jimmy and Rosalynn weren't

twirling, waving hands, or hopping up and down like the young people do at the megachurch my cousin attends. They were just singing.

I don't have anything against megachurches, but my cousin's church has a fog machine.

Before Willie, Jimmy, and Rosalynn got to the third verse of the hymn, they were joined by Kris Kristofferson, and Merle Haggard's boys, and seven thousand other people singing.

No fog machines.

And it reminded me of growing up the way I did, with simple people who were not fancy dressers. People who used weekends to do work around the house.

I come from a father who, just for fun, would separate bolts and screws and put them into little Dixie cups. A father who loved Jimmy Carter. And Willie Nelson.

After Willie sang a few more hymns, Jimmy and the others left the stage. It was still drizzling. And we all knew Willie was going to play it. All seven thousand of us. We just knew.

He started playing the familiar song.

I closed my eyes. All of a sudden, I was in my father's garage. Holding a GI Joe doll. Watching a skinny man. He was alive again, and he was beautiful. Even if only in my memory. He was happy. And so was I.

"Someday when we meet up yonder,

"We'll stroll hand-in-hand again,

"In a land where there's no parting,

"Blue eyes crying in the rain."

Don't it make my gray eyes blue.

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BY DR. KERRY KNIGHT,
EMERALD BEACH CHURCH OF
CHRIST

*“How are you fallen from heaven,
O Lucifer, son of the morning!
How are you cut down to the
ground” (Isaiah 14:12)*

Many would say, “Now wait
a minute, Satan is a fallen an-
gel, right? How can you say he
has not fallen?” Notice careful-
ly that I said he has not fallen
from EARTH. If you read from



Isaiah 14, Ezekiel 28 and Reve-
lations 12, the story of Lucifer
falling from HEAVEN is ac-
knowledgeed. In brief, he was a
powerful and beautiful angel,
even an archangel. When his
pride led him to corrupt good
wisdom and defy the God of
the universe, he was thrown out
of God’s presence. But where

was he cast? Isaiah said he was
“cut down to the ground.” He
still roams the earth, and so says
Job in the first chapter of that
ancient book. Satan is called the
“prince of the power of the air”
(Ephesians 2:2).

James 4:7 says that we must
“resist the devil, and he will flee
FROM us.” That means he is
here, on planet earth, Although
he is not visible to us since he
is a spiritual being, he wrecks
havoc by influencing us to yield
to temptation. Just because we
cannot see him with our eyes
doesn’t discount his continuous
presence. We are all tempted
when we are lured away from
God by the devil (James 1:14).
And Satan knows us well. He

has “devices” or plans to destroy
us (II Corinthians 2:11). He is as
powerful as a “roaring lion” (I
Peter 5:8). So, what’s the point
here? The point is we must be
vigilant, knowing that we are
dealing with a real spiritual
force and person. For the next
several weeks, I will be preach-
ing on the subject of Satan and

A Minister’s Message: Satan Has Not Fallen from Earth

how he works. I will be speaking
at the Emerald Beach Church
of Christ at 301 Alf Coleman
Road, right next to Shipwreck

Island Water Park. The time for
these lectures/sermons will be
1 p.m. on Sunday afternoons.
If you have ever wondered how

Satan operates, and how to
overcome his attacks, please join
us.

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Creating a Dream Kitchen

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

It's the heart of the home. Where everyone gathers to talk about their day, create delicious food, and make lasting memories. Your kitchen reflects your personality—from knickknacks to how it's organized, it is probably the most used room in your home. That's why creating a functional and beautiful space is so important. Remodeling your kitchen can be overwhelming but it's also your chance to change areas you don't like or don't function and make them fresh and new.

One of the most important things to consider when designing a new kitchen is the cabinets. Typically, people want a lot of cabinet space so that they have room to store all their kitchen essentials and not have their kitchen look cluttered. Cabinets are more than just storage, though. Cabinets are one of the first things that you notice in a kitchen, and the style and color of the cabinets can affect the way

that the whole kitchen looks and feels. There are countless designs and colors of cabinets that you can have in your kitchen, and they can be designed to fit exactly what you're looking for. Picking the right cabinet out of all these options can be a daunting task, so I reached out to Carmelita Clark, Flooring Depot's kitchen and bath designer who has more than 28 years of experience designing kitchens, to give us a little insight into some things that you should consider.

She took a little time out of her day to talk with me about designing your dream kitchen and the essential items you need to consider.

Spencer: What's one of the first things people should think about when designing their 'Dream Kitchen'?

Carmelita: When designing a new kitchen, people need to think about what they like and dislike about their current kitchen. Create a list of what works and what doesn't. Take that to your salesperson or designer so they can help alleviate those problems for you in the



new design. If you are looking for inspiration, scour the internet and find pictures of what you like. Pinterest is a great resource. Once you find your likes and dislikes, share those with your designer as well. Once the sales person knows what you like and don't like, it makes it easier to design your kitchen to be exactly the way you picture it.

Spencer: What is the most popular style of cabinet right now?

Carmelita: Right now, people love the White Shaker cabinets. White Shaker cabinets are perfect for people who want



a farmhouse/modern farmhouse or just a clean look for their kitchen.

Spencer: What are some trends that you think could become popular in the next year?

Carmelita: Grey is a very popular color right now, but people are starting to move away from that color. People are starting to pick up cabinets that are brown with grey undertones. The trends are shifting from cooler colors and gravitating toward warmer colors and undertones.

Spencer: When designing cabinets, what would you recommend for storage or organization?

Carmelita: Storage and organization is a huge issue in a kitchen. It's important to make sure that you have that space. One of the components I tend to recommend often is rollout trays for pantries. Rollout trays make keeping everything organized and accessible so much easier. A couple other choices to strongly consider include a rollout/pullout spice rack and a drawer for pots and pans. If someone struggles to reach the back of the cabinet, it's just wasted space that they won't use, but a rollout tray or drawer makes everything a lot easier and more convenient to grab.

There is so much to consider when thinking of remodeling or updating a kitchen, but our sales staff is here to help. Don't struggle with deciding what to do. Come see us at one of our two locations, our main store in town, or our PCB location on PCB Parkway (Back Beach) or give us a call at (850) 785-2216. We can help turn your vision into a reality.

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Design and Culture: **Decorative Arts**

We just finished up this lovely project of cabinets and countertops and while working, I met the artist Krista Vind. Her innovative creativity and her artistic inclusion of textures throughout the home made the spaces on this project stand out. The cabinetry in this kitchen already had a lovely texture of oyster-painted oak selected by our client, but the textures Krista used to accent the cabinetry really made for a stunning look. Krista painted the beautiful knee wall using metallic paints and transformed the wall in the dining room using plaster and metallic waxes. Both works of art are unique and bring energy and a modern touch to the spaces. I love what Krista did with the light switches too, hiding them so they wouldn't take away from the beautiful marble backsplash tile. Krista also refurbished the vanity using plaster, silver leaf, and lightly tinted waxes, just stunning.

Krista Vind has been a resident of the Gulf Coast for over 30 years. She is an accomplished artist that has traveled the country working as a field decorative artisan and also an instructor of decorative arts, teaching everything from fine art to custom finishes for furniture. Passing her gifts along, she has taught hundreds of art



students over the years, many of whom have successfully gone on to be art instructors themselves. You can follow her work on Facebook, Artists Warehouse of South Walton, and Instagram, @kristavindstudiogallery.com. If you are interested in a custom piece for your home, contact Krista at kkvind@gmail.com or visit the Artists Warehouse of South Walton located at HWY 393 in Santa Rosa Beach where her studio and gallery are located.

If you are building a new home or remodeling, Granite Plus has cabinets, countertops, and flooring. We are your local dealer for Dur Supreme Cabinetry and Welbourn Forest Cabinetry. A wide range of Quartz, Quartzite, Granite, Onyx, and Marble countertops are all available at Granite Plus. Our



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- All vehicle owners on title should be present with photo identification. If one of the owners cannot be present, a Power of Attorney should be completed for that individual.

- Proof of Florida Insurance on the vehicle. Call your insurance company and ask them to switch you to a Florida policy.

- Bring the vehicle with you. A VIN inspection will need to be done at our office.

- Driver License/ ID Card: Florida is a Real ID State, which requires residents to provide specific documents to prove their identity when applying for



The number of residents in Bay County continues to increase with many moving to Florida for the first time. If you have recently moved to Bay County from a different area of the country, we want to welcome you to our beautiful county and offer assistance as you transition to becoming a Florida resident. Here are some things you need to know before visiting our office to obtain your Florida Driver License/Identification Card or to register and tag your vehicles. Follow these directions and you should be able to get everything accomplished in one trip!

a driver license or identification card. If you're a U.S. citizen, you'll need to bring the following original documents with you to your appointment, we cannot accept photocopies of these documents.

- State Certified Birth Certificate or Valid U.S. Passport
- Two pieces of mail with your current name and current address
- Social Security Card or number
- If your name has changed since birth, please bring proof of every legal name change document (certified marriage license, court order, etc.).

Maximize Your Time, Schedule An Appointment

A New Resident Appointment can be set up at BayTaxCollector.com. Scheduling an appointment provides us the ability to take care of driver license and vehicle registrations for new residents in one visit.

New Resident transactions are a bit lengthier than a standard driver license renewal or vehicle registration renewal,




please be patient with our team. Our goal is to get you served in a timely manner and to minimize your visits to our office.

Did You Purchase Property? File for Homestead.



If you have purchased property in Florida and will be claiming it as your homestead, don't forget to apply for homestead exemption with the Property Appraiser's Office. The dead-

line to qualify for homestead exemption for 2023 property taxes has already passed, but you can apply for 2024. You can learn more about Homestead Exemption and other exemptions at www.baypa.net or contact the Property Appraiser's Beach Office at (850) 248-8470.

More information can be found online at BayTaxCollector.com.



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Insights for Investors: Stocks, Real Estate and Treasuries Over Time



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

A review of the long-term return of stocks versus U.S. Treasuries reveals that a small number of stocks have outperformed US Treasuries and inflation going back all the way to 1926. That result can leave an investor wondering if stocks make sense to invest in at all. The same can be said for real estate as well.

The long-term return for stocks is 8 percent (without reinvesting dividends) and real estate is closer to 4 percent (not considering income). That is according to Peter Earle, an economist at the American Institute of Economic Research. That puts those two classes ahead of Treasuries and inflation, which are both closer to 5 percent and 3 percent over the same time frame. A review of gold also reveals that it has consistently underperformed stocks, as a group, as well. That leaves the investor wondering that if stocks offer the greatest potential for wealth accumulation, where might an investor put his money?

If someone is fortunate enough to have found the right stock, in the right sector at the right time, that probably resulted in outsized gains. Most investors who have accumulated their wealth with equities have done so through the buying and holding of businesses, represented by their stocks, over long periods of time. That also means sticking with a strategy until your needs, objectives, timeframe or comfort level change. We believe that investors can work toward their goals by investing in the American economy (and across the world in some cases) and across all its industries and to be careful not to over allocate to any one area.



What about trends and momentum? Many investors have seen the extraordinary return of a relatively small number of stocks thus far in 2023. Many might wonder if that is indeed the thing to do: Invest where the trends and momentum are currently. The challenge is knowing where that next trend is at any given time.

We think it is critical for investors to look at the importance of sectors, industries, individual companies (or funds of companies) and economic factors over a long-time frame. Time is the main advantage for an investor, as it takes long time periods, consistency, and a good degree of patience to see these returns. 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.

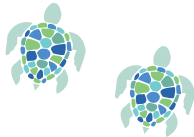
Diversification and asset allocation does not ensure a profit or protect against a loss. Holding investments for the long term does not ensure a profitable outcome.

Maurice Stouse is a Financial Adviser and the branch manager of The First Wealth Management/ Raymond James. Main office located at The First Bank, 2000 98 Palms Blvd, Destin. Phone (850) 654.8124. Raymond James advisers do not offer -tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com.

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Think Before You Act

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

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- Take the time to consider your motivations for selecting certain investments or strategies.
- Don't rule out an investment or financial strategy because it's foreign to you.

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



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Financial Advisor



Amy Parrish
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 Business

Berkshire Hathaway HomeServices Beach Properties of Florida Expands with New Commercial Division

Berkshire Hathaway HomeServices Beach Properties of Florida is pleased to announce the opening of a new Commercial Real Estate Division, further enhancing the brokerage's comprehensive range of real estate services. Headquartered in WaterColor, Berkshire Hathaway HomeServices Beach Properties of Florida has eight offices across the Northwest Florida Gulf Coast serving communities from St. George Island to Destin.

"This expansion reflects our commitment to meeting the diverse needs of our clients in both residential and commercial sectors," said Jimmy Burgess, Chief Executive Officer for Berkshire Hathaway HomeServices Beach Properties of Florida. "With our new Commercial Real Estate Division, our agents will have a complete suite of tools and marketing support to better assist customers buying, selling, leasing, and managing commercial properties, such as office buildings, retail spaces,



industrial facilities, and more."

By adding the commercial division, Berkshire Hathaway HomeServices Beach Properties of Florida agents representing commercial properties will now have the opportunity to market listings within the Berkshire Hathaway HomeServices network of over 344 brokerages nationwide. This opportunity along with other tools offered exclusively to Berkshire Hathaway HomeServices commercial brokerages will provide expansive

reach for commercial properties represented by the brokerage.

"As a Berkshire Hathaway HomeServices Beach Properties of Florida agent already focused on commercial real estate, I am thrilled for this new expansion and the additional opportunities it will offer my commercial clients," said Chris Wooten, Sales Associate at Berkshire Hathaway HomeServices Beach Properties of Florida, and the current Commercial Board of Director at the Emerald Coast

Association of Realtors. "Our agency continues to establish itself as an innovative and resourceful leader of the market in residential real estate sales, and we look forward to doing the same in the commercial market."

Established in 2007 to be a premier real estate company dedicated to extraordinary customer service, Beach Properties of Florida became an affiliate of Berkshire Hathaway HomeServices network in 2016 and will be wholly owned by HomeServices of America in 2022. Since that time, it has earned a host of honors, including being recognized for seven consecutive years as members of the Berkshire Elite Circle, a prestigious designation given to the Top 50 companies in the Berkshire Hathaway HomeServices network.

About Berkshire Hathaway HomeServices Beach Properties of Florida

Berkshire Hathaway HomeServices Beach Properties of Florida is

home to more than 260 agents in ten offices across Northwest Florida's beautiful Gulf Coast from St. George Island to Destin. Consistently recognized for its market-leading sales volume, Beach Properties of Florida is a proud member of the Berkshire Elite Circle, a prestigious designation given to the Top 50 companies in the Berkshire Hathaway HomeServices network.

Founded in 2007 and joining as an affiliate of Berkshire Hathaway HomeServices in 2016, the brokerage supports an impressive New Homes Division, exclusively offering new construction opportunities in KATYA Beach Resort, Watersound Origins, Cottage Grove, RiverCamps at Crooked Creek, Breakfast Point, and more.

Berkshire Hathaway HomeServices Beach Properties of Florida transitioned from an independently owned and operated member of the Berkshire Hathaway HomeServices network to a wholly owned company by HomeServices of America in 2022. Visit www.BeachProperties-FLA.com for additional information.

St. Joe Company Opens the 124-Room Hotel Indigo



The St. Joe Company (NYSE: JOE) ("St. Joe"), and IHG Hotels & Resorts [LON: IHG, NYSE: IHG (ADRs)] announce the opening of the 124-room Hotel Indigo Downtown Panama City Marina. The five-story hotel is located in the historic waterfront district of downtown Panama City, Florida. The hotel offers sweeping views of St. Andrews Bay and a walkable location convenient to the many locally owned restaurants, bars and businesses that make up the unique and historic downtown.

Hotel Indigo properties are designed to be as individual as their surroundings and reflect the local culture of their communities. Each hotel is part of the pulse and rhythm of a place, drawing on the unique story of its local area to inspire every aspect of the hotel, from intriguing design to distinctive local ingredients on menus. At Hotel Indigo Downtown Panama City

Marina guests will enjoy two on-site restaurants: Tarpon's, offering a delicious Southern twist on coastal fare for breakfast, lunch, and dinner with indoor and outdoor seating providing water views; while the open-air fifth-floor dining venue, Steam on 5, serves fresh local seafood alongside thoughtfully curated craft cocktails with breathtaking views of St. Andrews Bay.

Guests of the hotel can enjoy the conveniences of high-speed internet, complimentary parking, a private pool, an outdoor fire pit, a 24-hour fitness center and an onsite retail shop. The hotel is pet-friendly and able to host meetings and special events in a spacious banquet room or outside on the event lawn.

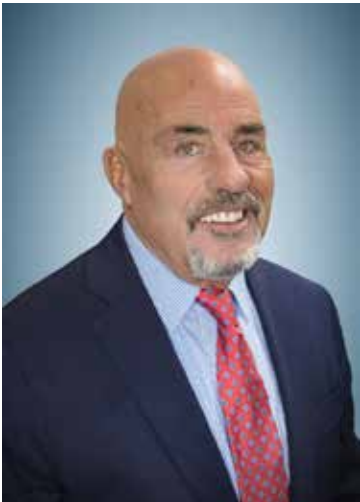
"We are excited to be a part of the downtown Panama City community," said Jean Capps, General Manager of the Hotel Indigo Downtown Panama City Marina. "We have an amazing

venue to showcase to our guests, and we can't wait to welcome both visitors and locals to enjoy an experience with us that's both upscale and authentic to the distinct fabric of downtown Panama City."

This is the fourth of five new hotel openings planned in the first half of 2023. St. Joe's hotel portfolio now consists of 1,102 operational hotel rooms. Two additional hotels are currently under construction, with Camp Creek Inn planned to open later in June of this year and the other, Residence Inn by Marriott Panama City Beach planned to open in 2024. These hotels will bring St. Joe's total portfolio to 1,298 rooms once complete.

Hotel Indigo Downtown Panama City Marina is located at 7 Harrison Ave., Panama City, Florida. Visit www.hotelindigo.com/panamacityfl for reservations.

Supercharge Your Life



BY RANDY LOCKLIER,
PRESIDENT, GULF FINANCIAL

Today, dear readers, we delve into a way to supercharge your life by living in a spiritual fashion. How can we have conscious contact with our Higher Power and find a way to a faith that works wonders?

We each see God in our own way and are free to define a God of our own understanding, a God of love and all that is good. All we need to do is knock and the door will open. It is our willingness to knock that brings us into contact with God.

This simple decision can put us on a rudimentary path to a spiritual manner of living. We can, through prayer and meditation, improve our relationship with our Higher Power. In this heightened state, we will gain knowledge of His will and the power to carry it out. Dream big dreams, for our God is a powerful God. We know that with man all things are not possible, but not with God. With God all things are possible! Try this as your daily prayer and watch your life changing for the better

St. Francis Prayer

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,



it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

Until next month, be happy, be safe, and be blessed!

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