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Postal Customer Local

Duplin Winery is the Newest PCB Attraction

By ED OFFLEY

After two years of construction, the Duplin Winery is open for business on its 70-acre site at 10101 Panama City Beach Parkway.

Located on the former grounds of the Hombre Golf Club, the 35,000-square-foot winery complex is presenting itself as both a significant PCB employer and a major family entertainment destination for tourists and residents alike, General Manager Morgan Jackson told PCB Life.

“We’re very much a family-oriented business,” Jackson said. “We wanted to find a place that fits our lifestyle and felt that we could make a positive impact here.” In searching for a new location, company officials were immediately attracted to the “coastal casual” atmosphere of Panama City Beach, she said.

“We are blessed and honored to welcome Florida into our Duplin Family,” said Jonathan Fussell, co-owner along



with his brother, Dave Fussell Jr.

The winery specializes in sweet wines made from the muscadine grape. The company both grows its own grapes in North Carolina and buys grapes from over 60 grape farming families in five southern states. The company plans to plant an additional 100 acres of grapes in the

Florida Panhandle.

Like its predecessors, the new PCB facility is far more than a bottling and retail sales outlet.

“Over these years, experience has helped us learn how to become more than just a winery. We’ve learned how to create a true entertainment destination,” Jonathan Fussell said. “It’s a place where peo-

ple enjoy hanging out, can be comfortable bringing friends and family, and come to love the whole Duplin way of life.”

After a soft launch in May, the winery is now open from 11 a.m. to 7 p.m. Monday-Saturday. Guided wine tastings, costing \$15 per per-

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Meet Superintendent Mark McQueen



By SHARON MICHALIK,
DIRECTOR OF COMMUNICATIONS,
BAY DISTRICT SCHOOLS

We’re so excited to begin the 2023-2024 school year with all of our students, staff members, mentors, volunteers and one very special new addition... our new Superintendent Mark McQueen.

Superintendent McQueen, who is a retired Major General with the United States Army and former City Manager for the City of Panama City, officially kicked off his tenure

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 Community

Southern Living Winners

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MCQUEEN
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on August 1, 2023, and we're so very grateful for his continued service to our country and our community.

McQueen brings a wealth of experience to this new position and said he's ready to get into the trenches with the troops to learn as much as possible about BDS and about how he can support our students, teachers and staff.

"I am not an educator by profession, but I have spent my entire adult life in public service (first in the military and later with the City of Panama City)," he said. "From those experiences, I know that empowering people to do their best work is where the magic happens."

Public education, McQueen said, is "the foundation of any productive society and vibrant community, and I am excited to have the opportunity to help support the great work that is happening at Bay District Schools."

McQueen said he plans to spend his first few weeks in office visiting all of our BDS lo-



cations (so you may see him at a beach school near you shortly) to soak up as much knowledge as he can.

"Obviously, I have A LOT to learn during the upcoming weeks and months, and I want

you to know that I take that responsibility very seriously," he said. "I am an ardent believer in the book Team of Teams: New Rules of Engagement for a Complex World (authored in 2015 by General Stanley Mc-

Chrystal and others), and I believe in systematic approaches to systemic issues."

McQueen said his initial focus will be simple.

"We need to resource the teachers to ensure they have what they need to do the most important work," he said. "I want to ensure we are leveraging technology, adapting to unpredictability, removing barriers that get in the way of collaboration and empowering our people to do their best."

And all of that, he said, will be built on a foundation of ensuring all students are reading at or above grade level. "Reading is really the key to everything," he said. "If you can read, then you can do math, you can do social studies, you can think analytically. So we've got to make sure that all of our students are competent readers and that they are comprehending, and applying, what they read."

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PCB Chamber Spotlight



Introducing: **Boho Beach Souls**

BY AUDREY LINTA,
CEO/OWNER OF BOHO
BEACH SOULS

My name is Audrey Linta, and I come from a 28-year medical background. My husband, Jason Linta, is a retired Air Force Firefighter of 24 years. We are the owners of a new small-family business named Boho Beach Souls in Panama City Beach. We opened our specialty shop on June 29, 2023.

Boho Beach Souls style has a free-spirited aesthetic that mixes different cultures and artistic expressions into a modern eclectic style. It has an emphasis



boho beach
souls

on organic elements, products from nature, natural healing, wellness, and self-care. We have many wellness items to assist

consumers in their self-care, comfort, and wellness regimens. Our goal is to enhance everyday life by incorporating products and items that bring relaxation, calmness, and happiness. Quality of life is so important with all the challenges of mental and physical health in this

ever-changing world we live in. Most products are vegan, soy, organic, and all-natural. We sell items like essential oils, candles, teas, journals, salves, elixirs, massage items, home essentials, affirmation jewelry, and more.

Our shop was an idea we came up with to have passive income at all times as we travel every three months to Philadelphia for Jason's terminal cancer, Adenoid Cystic Carcinoma of the Lacrimal Gland, a very rare disease.

Understandably, it became very challenging for me to keep a job with corporate America.

We see our self-care and wellness shop as an opportunity to raise awareness and educate our community about Jason's cancer while bringing other options to the area for a different way of living. Boho Beach Souls will cater to all walks of life. Our overall goal is to restore, rejuvenate and revive the soul!

The best way to contact us is via email info@bohobeachsouls.com or (850) 40-souls. Find Boho Beach Souls at 200 Bluefish Drive, suite 110 in Panama City Beach. Our hours are Monday - Saturday 10 a.m. - 8 p.m. and Sunday 12 - 6 p.m.

DUPLIN WINERY

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son, are offered from 11 a.m. to 6 p.m.

Visitors can tour the site, watch the bottling process, and even take a turn filling a bottle themselves, Jonathan Fussell said. There are five tasting bars where visitors can sample not

Continued on next page



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Introducing: **The Beach Wagon**

The Beach Wagon delivers beach supplies to vacationers for use during their vacation. The Beach Wagon has easy-to-pull wagons, chairs, umbrellas, sunshades, coolers, shady toys, and more! Our concept is plain and simple — we deliver right to you so you can set up as early as beach regulations permit, and you can stay as long as you want and watch the breathtaking beach sunsets.

The Beach Wagon's goal is to provide quality products for a reasonable price and to prevent our landfills and waters from filling up with beach gear that won't be used again. We want to serve vacationers who fly in or seldom come to our area that cannot take a chair back home with them or have no need for it



once they return; the people who leave chairs and beach equipment behind. We want to supply the family that cannot squeeze one more thing into the car, unless they leave a kid behind, with all their needs once they get here.

How does it work? Go to the website, thebeachwagon.com, and select your package. Of course, the further in advance you book, the more likely it is that supplies will be available. Schedule your duration time

and pay. You will receive a call to confirm your delivery time and address closer to your arrival date. And then, Voilà, we meet you in front of your rental and leave it with you for the duration of your stay. We will pick it up before you leave town at a prearranged time.

Have a rental property where you would like to offer beach equipment to your guests? Have a rental property off the beach?

We are going to enhance your guests' stay by covering their sandy needs.

We have a variety of packages that include several types of chairs, from children's chairs to taller chairs for those aged knees. The umbrella offers seven and a half feet of 50+ UPF sun protection. Our coolers are soft-sided and hold up to 54 standard cans. We also provide you with a couple of ice packs that can be re-frozen at night, so you won't have to go in search of ice. Our sunshades are open to allow airflow and to grant your fellow beachgoers visual access to the mesmerizing view that calms our souls. We have sand buckets, molds, shovels, and other items for children. Beach blankets are also available.

And let's talk about the wagon again... it has big balloon tires for pulling ease through the fine Florida sand and only weighs about 4 pounds, but can hold up to 200 pounds. The wagon also secures the umbrella in the side holder to prevent those wind-gust flyaways that can be quite dangerous. The inside holds your bags and the chairs fit nicely on the back rack.

Check us out at thebeachwagon.com, follow and like us on Facebook at facebook.com/thebeachwagon, and on Instagram at [Instagram.com/thebeachwagonpcb](https://instagram.com/thebeachwagonpcb). Or call or text us at (850) 977-0777.

The Beach Wagon is looking forward to making Panama City Beach even better for our guests and our residents!

DUPLIN WINERY

continued from previous page

only the wide selection of wines, but non-alcoholic beverages, and specialty snacks such as Duplin Gourmet Muscadine Pineapple Habenero Cheese Dip.

A 13,000-square-foot waterfront pavilion at the winery is available for visitors, including group events such as weddings and reunions.

A formal grand opening ceremony scheduled for August 19 sold out within days of the

announced ticket sales, Jackson said.

Founded in the 1970s at Rose Hill in Duplin County, N.C. by D.J. Fussell, Sr., the family business expanded in recent years with a second winery complex that opened at Myrtle Beach,

S.C., in 2015. The \$20-million facility on Panama City Beach Parkway is the largest of the three.

Duplin Winery is currently ranked as the largest winery in the South and thirty-sixth nationwide, with a tank capacity

of 2.1 million gallons.

Currently, there are 50 employees working at the PCB facility. That figure is projected to grow to a permanent workforce of 150 in the next few years, Jackson said.

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Mayor Mark Sheldon: Public Art, Veteran Banners and Beach Safety

both public City properties and at private businesses and entities.

We are honored to share the talents of these local artists, who merged creativity and skill in bringing these unique pieces to life. They are truly one-of-a-kind. We love the SeeLife program and want it to continue. More SeeLife pieces will be available in the future.

This project is the fulfillment of something our residents wanted. Several years ago, our strategic planning process and citizen survey identified the community's desire for public art. These artistic pieces enhance and beautify our public spaces and contribute to a more attractive community while en-

couraging both an appreciation and a love of art.

Art has many benefits to a community by encouraging community engagement, demonstrating pride, and solidifying our community identity and brand through the placement of this fun art. This is just a win-win -- showcasing great talent for the enjoyment of everyone.

The SeeLife project would not be possible without our donors. This latest round of art was funded exclusively by Visit Panama City Beach, Dr. Ronald and JoAnn Dubin Family Foundation, the St. Joe Community Foundation, and the City funded the first SeeLife project.



It's been a busy summer on the world's most beautiful beaches, and Panama City Beach is being made more beautiful by two City initiatives.

The first is our SeeLife 2 project, which placed 10 brightly-colored sculptures throughout our community this summer. This is an ongoing project, with a total now of 21 dolphins, sea turtles, and sea horses located on

The second project we have ongoing, which should make us all especially proud, is the installation of the Veteran Hero banners. Anyone can purchase a banner for any veteran or active duty personnel, and we place these on the light poles within the Front Beach Road Community Redevelopment Area (CRA).

Nearly 70 banners are located on Powell Adams Road, Front Beach Road, Richard Jackson Boulevard and South Thomas Drive. We have more spaces available. If you would like to salute a veteran, contact Communications Director Debbie Ingram at City Hall. Banners are \$100 each and will be returned to the purchaser when they are taken down, which will be after Veterans Day. These make a great keepsake for family members.

Both these projects are important to me, as beautification of the City was one of my primary campaign goals, along with building on a great quality of life.

We truly do have the world's most beautiful beaches, but we recognize that our rip currents can be dangerous. This summer has been especially taxing on our beach safety personnel and first responders, due to an unprecedented 11 straight days of double-red flags in mid-to-late-June.

Like other beach communities, the City follows Florida's uniform beach flag warning system which requires all public beaches to display uniform warning flags to inform the public of the presence of dangerous rip currents. This flag system is not perfect, but it provides a consistent message to all beachgoers.

Beach warning flag signage is also posted at every public beach access and can be found posted in condos, vacation rentals, and hotel rooms.

The reason for these flags and signage is simple – to educate our residents and visitors alike on water conditions in the Gulf. When the beach is flying two red flags, one under the other, it means the Gulf is closed to swimmers. This is not negotiable. For the safety of everyone, you simply cannot be in the water under these rough water conditions.

A few years ago, the City passed an ordinance to impose penalties for those who do not get out of the water during double red, when instructed by beach safety, code enforcement, and/or police personnel. This was a necessary move to save lives. As you can imagine, our visitors are often unhappy when flags are double red and they are told they can't get in the water.

The process of trying to keep everyone safe is emotionally and physically draining for our beach staff. As such, I would like to take this time to commend our beach safety staff, code enforcement officers, firefighters, and police officers who are working on nine miles of beach every day. They work hard to keep everyone safe and they are to be applauded for their efforts, especially in this intense heat, and under grueling conditions.

Panama City Beach has beautiful beaches for the enjoyment of locals and visitors, and we will continue to do all we can to make sure our locals are protected and all our visitors remain safe during their time here.

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Update from Congressman Neal Dunn

My staff and I are hard at work representing and fighting for the people of Florida's Second Congressional District. The House of Representatives accomplished quite a bit before breaking for a month of district work.

The House passed the National Defense Authorization Act (NDAA) for Fiscal Year 2024 (H.R. 2670) earlier in the month. As a veteran and representative of a district with a significant military presence, taking care of our troops is a top priority of mine. The NDAA is full of provisions to rein in government overreach and undo an unnecessarily divisive agenda that does nothing to help our servicemembers. The bill also includes meaningful measures to counter the Chinese Communist Party's (CCP) aggression. Above all, this bill supports the brave men and women who serve with a pay increase of 5.2%.

Though this bill doesn't include everything I want - particularly my amendment that would have ensured servicemembers separated due to vaccine refusal received backpay upon reenlistment - it's critical that we keep our nation strong and ensure our servicemembers have what they need. I look forward to working with my colleagues to resolve outstanding issues not included in this year's NDAA.

In February, I introduced the REPAIR Act (H.R. 906), a bill that would ensure access to the important repair and diagnostic data needed for auto repairs. When it comes to repairing their automobiles, consumers deserve options. In July, I spoke during a House Energy and Commerce Subcommittee on Innovation, Data, and Commerce hearing about how my bill would not only protect the business relationships between automobile owners and their mechanics but it also ensures consumers continue to have more options on where to go for repairs.

Our district is full of rural communities who sometimes drive over an hour, if not more, for vehicle repairs. This bill makes it easier for constituents to take their vehicles to local mechanics of their choosing.

Florida's Second Congressional District is no stranger to

government roadblocks that interfere with local commerce. Another example is red snapper fishing. Recreational anglers have 70 days to fish for red snapper fish this year. Red snapper season was a mere three days just seven years ago. However, a series of game-changing devel-

opments transformed this situation.

Now, there's a problem with the accuracy of red snapper counts because annual quotas are set based on Marine Recreational Information Program (MRIP) data, but landings are tracked using state surveys. I

recently sent a letter to the U.S. Department of Commerce Secretary Raimondo with my colleague Rep. Darren Soto (FL-09), encouraging her to approve a rule conversion between these systems that would increase the quota for the anglers in the Gulf of Mexico. Accurate data

means more fishing for the Florida Panhandle.

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



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PC 30A Class Topics Include:

- Florida Friendly Landscaping
- Wildlife for Newcomers
- The Pacific Air War
- Tech Trends: ChatGPT and Artificial Intelligence
- The Magic of the Memoir

Tallahassee ZOOM Topics Include:

- Race Matters in the Supreme Court 1787-2023
- Immigrants Stories of Jazz, Rock and Popular Culture
- Write, Speak, Listen to French for Regional Travel
- Goya: The Birth of a Modern Artist

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featuring Dr. Tim Chapin Presenting "People and Housing and Jobs, Oh My!: A Look at the Sunshine State"

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Community

Local Author Bookshelf: Shari Young

Shari Young is a local Children's book author who lives in the PCB area. Shari writes with the intent to encourage children to learn about the beach. Her love for the beach and dolphins inspired her book series idea which came to life with book 1, "Learning the Waves by Rylie and Ricki" and continued with book 2 "It's Beach Time with Rylie and Ricki". These books offer a great colorful interaction with sea life characters. Ricki

and Rylie teach children how important it is to follow the ocean safety rules, how to recognize safety flags, to never go into the water alone, why we need to fill in sand holes to protect sea turtles and humans from serious injury and much more.

In book 1, when Ricki (the sweet little girl) does something where she could be in danger, Rylie (the dolphin) lights up and helps Ricki learn why it is not safe. An example is; When Ric-



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ki is about to head to the water; Rylie lights up and stops Ricki, then points to the double red flags. Rylie explains that during double red flags, you cannot go into the ocean. Rylie also reminds Ricki of how important it is not to swim alone, and you should always have an adult family member with you.

In book 2, "It's Beach Time with Rylie and Ricki" reminds us to practice beach etiquette. This book provides colorful illustrations that easily allow interaction with Rylie, Ricki, and her readers. In book 2 there are several topics and highlights, such as keeping the beach clean. Shari has inspired many young readers to not only enjoy the beach, but she also further provides learning in a fun way.

Book 2 even gets more exciting with 2 new characters, Lily the Sea turtle and Sammy

the Seagull. We learn about the beach life, the importance of filling in holes and not leaving garbage behind. Sammy the Seagull gives us some insight on Seagulls too. This book encourages kindness while practicing beach etiquette.

Shari has created a super cute idea within these books: a Dolphin checklist that reminds everyone what to do while visiting the beach. Shari has provided a wonderful way to start communication with your children at a young age to help them learn and become more prepared for beach trips. Safety is always important so make sure you follow all local, regional and federal safety instructions. Enjoy the beach, It's Beach Time!

The books have beautiful and colorful illustration by Natasza Remesz. You can learn more about Natasza in book 2,



meet the illustrator.

You can follow Rylie and Ricki on Facebook, Instagram and TikTok. You can find these books on Amazon.com and at one of our local stores in Pier Park, Just Beachy Gifts & Décor 800 S Pier Park Drive #120 Panama City Beach, Florida.



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Fishing Fun Continues

BY PAM ANDERSON

School may be starting soon, but the fishing fun continues. Red Snapper and Amberjack will both be open through August 24 at midnight. Don't miss out on your opportunity to catch that 'big one' and take it home!

Grand Lagoon marinas offer many different fishing trips for you to enjoy, from small guide boats that take 2 to 4 passengers to charter boats taking 6-20 passengers, to 90' head-boats that fish 85 passengers. All offer great opportunities to catch your favorite fish at prices you can afford!

Anglers are still coming in with some really nice Red Snapper, Mangrove (Black) Snapper, and Vermilion Snapper, as well as many other species, and we expect the catching will continue.

This summer, besides all the bottom or reef fishing, we have seen a lot of King Mackerel coming in on the charter boats and guide boats. They are really fun fish to catch.

Besides some great offshore fishing, the 10 Guide Boats here

at Capt. Anderson's Marina offer some fine inshore fishing for Redfish (Red Drum) and Trout. Our guides are some of the best in NW Florida, so if inshore fishing is your thing, be sure to check them out in person or online.

Private charter boat captains have routinely provided some of the best catches of reef fish and migratory fish like Spanish Mackerel and King Mackerel. They are always fun to catch and great eating too! Occasionally you can hook into a nice Wahoo — and you'll find out how it got its name! What fun!

Our PCB Fishing Rodeo is starting September 22, so be sure to enter your boat, kayak, or get your charter and guide boat booked. Everyone wants to be a winner and there are plenty of winners in this Rodeo! The Rodeo runs through October 8 and ends with the Pirates of the High Seas Fest!

Have you planned your Fall and Holiday Events yet? It's not too soon to book the Event Center. If you haven't seen this beautiful venue, check it out at



the 360* Tour online -<https://captainandersonseventcenter.com/>. Weddings, seminars, retirement parties, anniversaries, and other events can be customized just for you.

The Panama City Boatmans Association has worked for years with different recreational fishing organizations, one of which is American Sportfishing Assoc., or ASA. They send Action Alerts through Keep America Fishing, to let anglers know of issues that will impact their access to the fishery. The Rices Whale is one of these issues.

For the restricted area, see the map at: <https://asafishing.org/advocacy/>

policy-updates/recreational-fishing-and-boating-community-opposes-vessel-speed-restrictions-in-the-gulf-of-mexico-calls-for-collaboration-in-conserving-rices-whales/. This alert is not only important to anglers but to anyone who uses the Gulf for commercial or military use. NOAA has announced that they have discovered this 'new' whale or one they thought was extinct and want to stop boating traffic or any other activities that may impact these whales.

In particular, they want all boat traffic and military use to stop if one of these whales is sighted. They want all traffic going through this area of the Gulf to not exceed the speed of 10 knots. They want this area closed to all traffic between sundown and sunrise. This means fishermen, commercial and recreational, yes. But this also means commercial cruise lines, all freight and oil tankers, and military operations. There will be a huge negative economic impact on the entire Gulf. And, they believe there are only about

50 of these whales out there.

Our Bay County Chamber is working diligently with all concerned to find a responsible answer to this dilemma. Let our legislators know your opinion on this issue or suggest a reasonable resolution to protect these whales while preventing such a negative economic impact on all concerned.

More info on all the great opportunities in the Grand Lagoon area can be found at www.grandlagoon.com.

When planning your fishing trip, remember Capt. Anderson's Marina... home to 3 large Head-boats, 35 private Charter Boats, 10 Guide Boats, and 4 Dive Boats... and Shell Island/Dolphin Cruises. Our main fishing and cruising season here is March 1 through October 31, but many charter and guide boats offer fishing trips all throughout the winter.

Capt. Anderson's Marina... Where the fish are always biting and the kids are always smiling. Visit us on the web at www.CaptAndersonsMarina.com.

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 Community



Let's Get Growing with Julie: Take the Florida-Friendly Landscaping Pledge!

By JULIE McCONNELL,
UF/IFAS EXTENSION

In Bay County you are never very far from a body of water. In addition to creeks, springs, the Gulf of Mexico, and five bays,

some areas also have a high water table. As gardeners you probably only think about water in terms of applying it to plants, but have you ever considered what impact we may have on

water availability and quality?

How you design and manage your landscape can affect water resources, but there are research-based guidelines that can help minimize negative impacts. This program is the Florida-Friendly Landscaping™ (FFL) program and is the foundation of UF/IFAS Extension horticulture outreach. In addition to protecting water quality and quantity, FFL methods also help gardeners by reducing maintenance requirements and lowering the incidence of pest and disease outbreaks.

Florida-Friendly Landscaping™ teaches Floridians how to work with the unique climate, soil, and other landscape challenges we face. The nine FFL principles with brief descriptions are listed below:

Right Plant, Right Place – choose site appropriate plants rather than trying to manipulate the environment.

Water Efficiently – amount, timing, and application method are important steps for efficient watering.

Fertilize Appropriately – understanding plant nutrition needs and how they use fertilizers are keys to effective fertilization.

Mulch – conserve water, reduce weeds, and moderate soil temperature with proper mulching.

Attract Wildlife – landscape diversity attracts wildlife which can minimize pest populations.

Manage Yard Pests Responsibly – properly identifying pests and understanding the lifecycle make treatments more

successful.

Recycle Yard Waste – instead of sending yard waste to the landfill, find ways to recycle or repurpose.

Reduce Stormwater Runoff – prevent runoff containing contaminants from reaching water bodies.

Protect the Waterfront – filter runoff, reduce erosion, encourage wildlife establishment.

Florida-Friendly Landscaping™ has in-depth information and free FFL resources for homeowners and landscape professionals on the interactive website <https://ffl.ifas.ufl.edu/>. In celebration of the 30-year anniversary of FFL, we are encouraging citizens to learn more about FFL and take the Florida-Friendly Pledge by incorporating these principles into their landscape! <https://ffl.ifas.ufl.edu/about-ffl/ffl-30th-anniversary/>

Will you pledge to make your landscape Florida-Friendly?



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Florida-Friendly Landscaping™ 9 Principles

<p>The Florida-Friendly Landscaping™ (FFL) Program partners with Florida Department of Environmental Protection and uses science-based information to protect Florida's unique natural resources by conserving water, reducing water pollution, creating wildlife habitat, and preventing erosion. Any landscape can be Florida-Friendly if it is designed and cared for according to the nine FFL principles, which encourages individual expression of landscape beauty.</p> <p>UF IFAS Extension Florida-Friendly LANDSCAPING™ An Equal Opportunity Institution</p>	<p>1. Right Plant, Right Place</p> 	<p>2. Water Efficiently</p> 	<p>3. Fertilize Appropriately</p> 
	<p>4. Mulch</p> 	<p>5. Attract Wildlife</p> 	<p>6. Manage Yard Pests Responsibly</p> 
	<p>7. Recycle Yard Waste</p> 	<p>8. Reduce Stormwater Runoff</p> 	<p>9. Protect the Waterfront</p> 

Know Your Neighbor: **Todd Herendeen**

BY PAUL BONNETTE

For over two decades, Todd Herendeen has been a staple of the Panama City Beach entertainment scene. He's performed at Gulf World Marine Park, Holiday Inn Resort, Boardwalk Beach Resort, Days Inn, and The Breakers. Known for his high energy, toe-tapping music, residents and guests alike flock to the Todd Herendeen Theater for his tribute to the legends of Rock and Country show. Having worked with some of music's biggest stars such as Tim McGraw, Faith Hill, John Michael Montgomery, Daryl Singletary, Trick Pony, Gretchen Wilson, and many more, Todd brings Branson-style entertainment to Panama City Beach.

Todd Herendeen is no stranger to the stage. Having performed from Las Vegas to Nashville, Todd has opened for national acts such as Foreigner, The Beach Boys, Jerry Lee Lewis, Chuck Berry, and B.B. King. This career in performance wasn't an obvious outcome during his childhood years in the Midwest.

"I grew up in Northeast Indiana, a little town called Garrett, Indiana," Herendeen explains. "I was more into sports, although I liked music but in Indiana, you're a basketball player. When I got out of high school, I went to Trade School and it was there that I got the musical start. In the shop, we had our radio on the oldies channel and [would] sing along to all the artists. Some of the guys started to say that I sounded a lot like Elvis. So they entered me into a little talent contest. I had never [sung] for anybody so I decided I would do it as a comedy routine [as if] Elvis had never died and had faked his death... I ended up winning the talent contest."

It was on the stage that Todd realized he had a passion for performing. After winning second place at an Elvis competition in Springfield, Illinois, Todd qualified to compete at the Images of Elvis World Competition in Elvis's hometown of Memphis. Todd also went on to compete in an Elvis competition for TV personality Dick Clark. According to Todd, it was there that



he received advice that would change his career.

"I went and did a competition for Dick Clark and finished second in Dick Clark's competition. He hired me to be part of a show he had. He was actually the one who encouraged me to find my other voices that I had. He told me 'You'll have a lot of fun with Elvis and have a great hobby, but if you find the other voices, you will have a career.' That's when I started developing the Johnny Cash voice and



Roy Orbison and Neil Diamond."

After perfecting his talent, Todd then got the call that would eventually make him a Bay County resident.

"In 2002, I got a phone call from the owners of Gulf World Marine Park. I still lived in Northeast Indiana, and I had never even heard of Panama

City Beach. In March of 2002, my wife, Angel, and I drove down to Panama City Beach and interviewed with the owners. It was supposed to be an 8-week deal. Then the next year they wanted to do it longer and so in 2004, we relocated to Panama City Beach and that's how we got out start in PCB."

Two decades later, Todd has found success by recording a #1 hit on the Indie World Country Music Chart with "My Name is America" while continuing to tour across the country including appearances at Graceland in Memphis.

Despite a full schedule of touring, Todd and his Follow that Dream (FTD) Band still enjoy welcoming visitors and residents alike to the Todd Herendeen Theater for a night of fun, food, and great music. For more information and tickets to the show visit www.todderendentheatre.com.

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 Community

Panama City Beach Reports Boost in Tourism for May

Visit Panama City Beach and the Bay County Tourist Development Council announce collections for the month of May 2023 were up 1.2% compared to May 2022, and the destination is currently up 2.1% for the fiscal year, which began in October 2022.

“Our continued success has brought an energy and excitement to Panama City Beach that is contagious for both our visitors and the entire community,” shares Visit Panama City Beach President and CEO Dan Rowe. “As we continue to focus on growth and expanding our many accommodation, attraction and dining offerings, we look forward to welcoming new and returning visitors to Panama City Beach throughout the

rest of 2023 and beyond.”

The Visit Panama City Beach marketing team leveraged new creative campaigns to connect with potential visitors and entice summer travel, including a targeted broadcast campaign that showcased real families enjoying a variety of exciting experiences throughout the destination. In addition, Visit Panama City Beach further expanded its Moms Who PCB campaign to welcome moms for an unforgettable Mother’s Day getaway. Public relations outreach for May focused on the destination’s Fun.For.All. accessible travel initiative and sports tourism.

The Tourist Development Tax is a five percent tax on short-term rentals including



hotels and condominiums. The tax funds marketing and promotional activities led by the Panama City Beach Convention & Visitors Bureau. It is also used

for beach cleaning and grooming, product improvement and beach renourishment.

For more information on Panama City Beach visit www.visitpanamacitybeach.com

or the Bay County Clerk website <https://tdc.baycoclerk.com/TouristTax/> to learn more about the bed tax.

Applications Now Open for Class II of Regional Leadership Program

Northwest, FL—Applications are now available for Class II of Leadership Northwest Florida, a regional collaboration pro-

gram offered by Florida’s Great Northwest.

Leadership Northwest Florida is offered for professionals in

all industry sectors desiring to grow their knowledgebase, network, and skillset within Florida’s Great Northwest footprint. The goal of the program is to create informed, dedicated leaders who understand the complex and competitive environment of economic transformation.

“This experience will ultimately result in the long-term influence of the leadership graduates for the betterment of Northwest Florida,” said Jennifer Grove, Chair of Florida’s

Great Northwest Foundation. “Through this program, our goal is to cultivate leaders, help them understand the foundation of economic development, and understand why regional collaboration is so important.”

The program focuses on regional collaboration through community, content, and connection. It is designed to inform participants on a holistic view of the conditions, challenges, and opportunities shared throughout Northwest Florida, focusing

on Business Vitality, Entrepreneurship and Innovation, Infrastructure, Talent, and Quality of Life.

Applications are now being accepted for Class II of this program. The deadline to submit is September 6, 2023.

For more information, contact Kasey Killebrew with Florida’s Great Northwest at (334) 790-4557, kkillebrew@fgnw.org or www.floridasgreatnorthwest.com/lwnfl.

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www.boondocksfl.com

Fun-Land Arcade and Snack-Bar Provides Fun For Generations

By PAUL BONNETTE

It is the oldest arcade in Northwest Florida. Known for its friendly service, great food, and fun games and prizes, Fun-Land has been an iconic attraction on Panama City Beach since 1950.

For visitors and residents alike, Fun-land has been a stopping point for those wanting a cheeseburger and a trip down memory lane. With over 100 different games to choose from including classics such as Ms. Pacman and Galaga, pool tables, and of course some of the newest games on the market, this family-owned business has it all.

Despite the ever-changing landscape of our city, Fun-Land remains one of the last surviving iconic landmarks of old Panama City Beach. Over the years, Fun-Land has survived hurricanes, tornadoes, and a global pandemic, staying true to its goal to provide a fun atmosphere for every member of the family.



For General Manager Ginny McDavid, Fun-Land is all about family. She's worked at Fun-Land for over two decades, and her husband Joel McDavid was the General Manager until his passing. Now she's continuing his legacy.

"I've been here for 22 years, McDavid explains. "We used to come in and play Ms. Pacman before he used to work here, and we just really loved the place.

We came in one day and talked to the owner, and he ran it until he passed away, so it was offered to me and I took it on. I know it would have pleased him."

For visitors and residents alike, Fun-Land has been a must-do attraction on Panama City Beach. This space has undergone several changes throughout its seventy-year history. It's been a dance hall, a gift shop, as has had numer-



[his] grandkids. That happens all the time. We went through a lot of changes with tickets and tokens and now game cards, but it doesn't stop."

For McDavid, creating memories with families that last generations is what makes Fun-Land magical. "I love people and I love the children. I have fun with the kids and I've become a part of their family."

Perhaps you want to sit back and reminisce about the good old days when arcades like Fun-Land were commonplace and gas cost less than a dollar over a root beer float at the soda fountain counter. Or perhaps you want to try your luck on any of the countless arcade games. Whether you are young or young at heart, Fun-Land Arcade has something for every generation and they plan on being around for generations to come. Fun-land is located at 14510 Front Beach Rd. in Panama City Beach.

ous renovations due to storms. Now though, it's the family atmosphere and exciting environment that keeps guests coming back.

"It's just a family place. I feel like everybody is family here," says McDavid. "It's just a part of me...after 22 years it's a part of you. I had a gentleman come in here and tell me that he came in here when he was just a little boy and now [he's] bringing in

Studio 237 Music Lessons: Music Lessons Promote Balance and Harmony

We're all hoping to provide our children with a well-rounded education which not only reaps the benefits of technical subjects, like math and science, but also nurtures essential life skills and personal growth. An undeniably powerful tool to help achieve this goal is to include music lessons in one's day-to-day learning. Let's explore how the study of music can help bring balance into a student's educational experience.

1. Embellishes Learning

By far, the best thing about music lessons is that they are unlike any other subject in school. Students get to take a break from their daily class routine, relax a little, and tap into their creativity.

A 2021 study, which looked at the effect of music activities on health and wellbeing, found that positive effects on mood and emotion regulation were reported by participants across all music activity categories (including playing instruments, group singing, dancing, songwriting, and

more). In particular, a decrease in anxiety and increased optimism were commonly reported. It's clear that music is a great class for reducing stress.

Music classes provide a nurturing environment for students to be more social. When children participate in group activities like choir, orchestra, or band, they learn the value of teamwork, cooperation, communication, plus have a chance to make new friends.

2. Synergizes the 3 R's

Despite being uniquely different from typical classroom subjects, music naturally incorporates the use of other academic skills to give the brain a full workout. Learning how to play a musical instrument (including voice) activates the brain's neural pathways associated with language, problem-solving, critical-thinking, and more. Studies reveal that students engaged in music programs perform better in reading, writing, and arithme-

tic compared to those who are not.

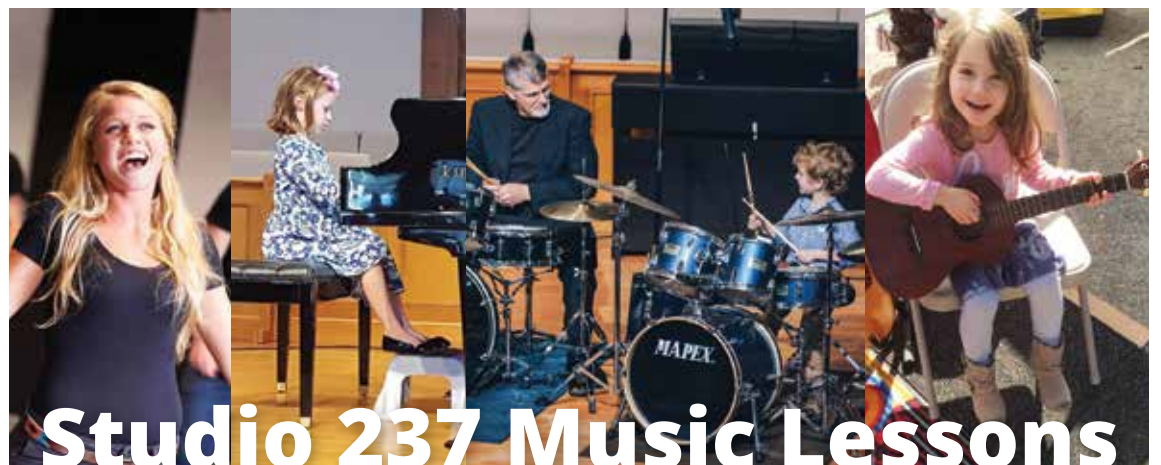
3. Physical Coordination

Playing an instrument in-

volves bilateral coordination, where both hands, fingers, or feet work independently. A study on the fine motor skills of children after two years of piano

lessons found significant improvements compared to those who didn't receive lessons. The

Continued on next page



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 Music & Arts

Theatre: Real and in Real Time; No AI Here

BY ANNA FISHER, ASSOCIATE ARTISTIC DIRECTOR, EMERALD COAST THEATRE COMPANY

The instinct to roll my eyes to the very back of my head was absolutely overwhelming when I read the headlines about the recent SAG-AFTRA actor's strike. The writer's strike I can understand—I mean how often do writers get the same recognition and pay as celebrities for giving us stories like *Yellowstone* and *Succession*. But actors? The ones making millions upon millions every year? As my teenagers would say, "Bruh." But then I did a little research and now I'm almost embarrassed at my initial reaction.

What we're really talking about are those thousands of hard-working actors who barely make a livable wage each year and just have to keep their fingers crossed for the next gig. The strike is about a lot of things—lack of residual pay due to

streaming platforms, health insurance, cost of living increase, and here's the kicker—Artificial Intelligence. What guarantee does any actor have that their likeness won't be repackaged artificially and served up as an authentically disguised work of art? Fran Drescher, president of SAG-AFTRA (yes, the Fran Drescher with the laugh) said it best when she stated, "Artificial intelligence poses an existential threat to creative professions, and all actors and performers deserve contract language that protects them from having their identity and talent exploited without consent and pay."¹

The more I researched (and when I say researched, I mean spiraled further and further into an existential crisis) the more I wrestled with questions like, How can we as humans compete with the many tentacled machine we have wrought? Will anyone ever have an original

thought again? Are human beings as we know them obsolete?

And then, I had a singular, glorious ray of realization: Theatre.

You know I had to bring it back to theatre, right? But really, theatre is the answer. For that matter any gathering of real human beings doing real things in real time is the answer. Actors, writers, storytellers, dancers, painters, chefs, garden club ladies, grocery shoppers and babies making weird noises in restaurants- we need you! We need your real authentic voices doing real authentic things that can only come from you. And if you're looking for light and life and texture and people and real authentic human experiences, come to Emerald Coast Theatre Company. There's something transformational about experiencing live theatre with other audience members, breathing the same air as the actors, and

taking in a show that will always be a unique, one-time event.

And on that note, we have an incredible Season 11 this fall opening with Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins in *Million Dollar Quartet* and closing with the beloved classic *Mary Poppins* in the spring. You can catch a wide array of shows in between like *The Play that Goes Wrong*, *The Marvelous Wonderettes: Caps and Gowns*, *Crimes of the Heart* and the holiday favorite, *A Christmas Carol*, in between. For the younger audience members, we have *Junie B Jones* in October and *Yes Virginia, There is a Santa Claus* performed by our talented Junior Company members in December, as well as an original Theatre for the Very Young show *Mother Goose on the Loose* by Heath Carroll, ECTC Education and Outreach Director, premiering in April 2024. Our

fall programming for children and teens starts at the beginning of August with *Finding Nemo*, *Mean Girls* and so many other musical theatre workshops, tap, jazz, and ballet classes, and acting opportunities for children of all ages.

All of these things are happening in real time at Emerald Coast Theatre Company. You won't find anything artificial here. It takes a lot more passion, skill, talent, people, time, resources and hard work to create an event that can only truly be experienced live. And it also takes all of you, because you are the heart of ECTC.

¹ Collier, Kevin. "Actors vs. AI: Strike Brings Focus to Emerging Use of Advanced Tech." *NBC News*, 14 July 2023, <https://www.nbcnews.com/tech/tech-news/hollywood-actor-sag-aftra-ai-artificial-intelligence-strike-rcna94191>. Accessed 18 July 2023.

MUSIC LESSONS

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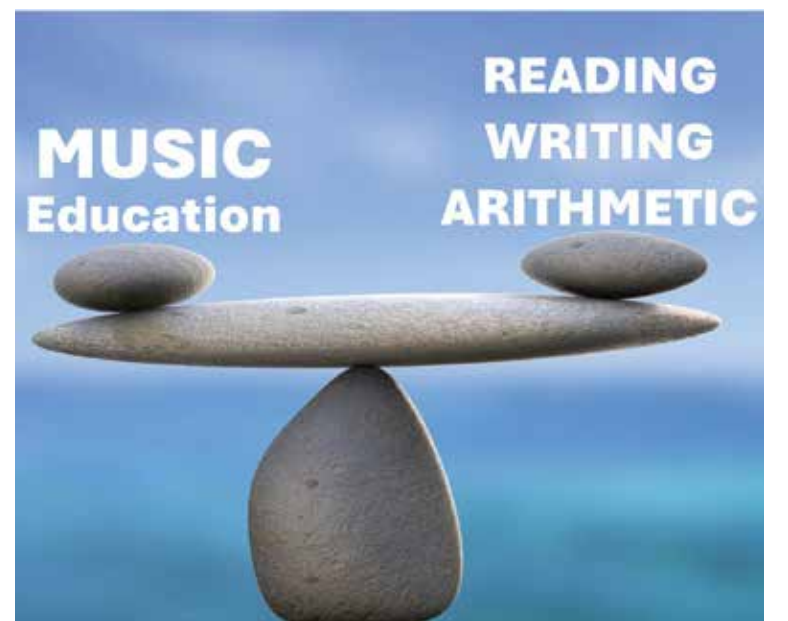
development of strong fine motor skills opens up pathways to careers which requires "an eye" for physical detail such as: jewelers, electricians, mechanics, painters, architects, doctors and surgeons.

Getting Started with Lessons

There's no wrong time to begin learning an instrument, however, we recommend age 6 and up. Here are three ideas to guide you towards a harmonious result:

Explore Your Child's Interests:

Observe what instruments or musical styles they're naturally drawn to. You can try listening to different genres together, visit a music store, or attend a live musical performance either locally at a restaurant, school, church, special event, or at a concert hall. Our area is especially full of amazing and



gifted musicians who perform on a regular basis.

lar ones that happen "maybe" twice a week.

Consult Music Teachers:

Reach out to a teacher and visit their studio/classroom to understand the various instrument options and which might suit you best.

So, as you enter this new school year, consider creating a balance in your child's educational plan with music lessons.

Create a Practice Routine:

Encourage regular practice by establishing a consistent routine. Short and frequent practice sessions at the same time of day (several days a week) are more effective than irregu-

Studio 237 Music is now open for lessons. Our teachers are ready to instruct you on: piano, guitar (acoustic, electric, bass, classical), ukulele, voice, drums, and song writing. For more information, call Ray or Lisa Cyr at (850) 231-3199 LL or 850.797.3546 cell. Visit our site at www.Studio237Music.com.

emerald coast theatre company

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3 Wonderful Wonders: Caps and Gowns *Contingency: November 18 - 19*	THE PLAY THAT GOES WRONG *Contingency: November 18 - 19*
CRIMES OF THE HEART *Contingency: February 10 - 21*	MARY POPPINS *Contingency: May 3 - 12*
THEATRE FOR YOUNG AUDIENCES	
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IN THIS ISSUE

ISO: PCB's Best Places to Lift a Cold One

Tastebudz Review

ISO: PCB's Best Places to Lift a Cold One

By JACK SMITH

The French are known for their cuisine, the Italians for their fashion, the Scottish for frugality, and the Germans, well BEER. They make it, they sell it, they drink it, hell, they even celebrate it. Oktoberfest started a long time ago when some dude married some princess, anyway it was pretty boring and we'll skip that part. The festival begins when the mayor of Munich taps the first keg and then all hell breaks loose. Last year alone the people of Munich downed over 6.7 million liters of beer. The beer mugs in the tents don't carry the brewers logo, only stamped "Munich Beer." For medical treatment of intoxicated tourists, the German Red Cross operates a medical facility on festival grounds. Don't let the fact that October is still two months off deter you - head to one of our favorite local hotspots and beat the heat with a frosty glass of something liquid.

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captandersons.com

Capt. Anderson's may be famous for outstanding wines and exclusive champagnes, but you'll also find 30A Beach Blonde on the menu, along with a range of other frosty favorites!

American Charlie

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

americancharlie.com

"For the love of God, the love of country" pretty much says it all. American Charlie features a patriotic theme, and American food and beer. Enough said.



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pwillys.com

World Famous Pineapple Willy's™ is the Panama City Beach Seafood restaurant where it all began! Since 1984, William Buskell, (aka Pineapple Willy) has remained true to his mission of great food, great cocktails and great staff. Today, we still serve the best ribs on the beach, the staff is as friendly as ever, and the music & drinks at Willy's Live just get better every year!

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



San Marcos Mexican Grill Pier Park

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

www.sanmarcosmexicangrillpierpark.com

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



Upcoming Events This Fall

Panama City Beach Fishing Rodeo

Sept. 22-Oct. 8

We are excited to bring to you the PCB Fishing Rodeo. This tournament is a 3 weekend, 17-day event with 2 weigh ins daily from 10 a.m. – 2 p.m. and 4 – 7 p.m. from Sep 22nd – Oct 8th, 2023. This year will include 11 species of fish and 7 divisions with species tailored for each division. The PCB Fishing Rodeo allows, and encourages a variety of anglers to participate. Whether you're fishing from the shore, on a kayak, paddleboard, personal boat, or you and your family decide to charter one of the many Federal and State boats registered in this tournament, we made sure to keep you in mind. There will be daily entertainment with great food. Patches Food Truck, That's what Cheese Said, and Gelato Love will be our onsite food sponsors. Legendary

marine will have a few of their awesome boats on display, and Florida Water Sports will be displaying multiple different types of tackle and gear.

Come out to Capt. Anderson's Marina located at 5550 N Lagoon Drive Panama City Beach, FL 32408 from September 22, 2022 – October 8, 2023 and be a part of the 3rd annual PCB Fishing Rodeo.

Visit pcbishingrodeo.com.

Pirates of the High Seas & Renaissance Fest

October 6-8

Calling all ye mateys, fair maidens and swashbucklers of all ages to Panama City Beach for the annual Pirates of the High Seas & Renaissance Fest. This year's free celebration sets sail October 6-8. Enjoy action-packed weekend of fireworks, live mermaid shows, a fire circus, parades, a treasure



drop, and Cirque Adventure capping off our evenings each night. Travel back in time with our Renaissance addition, where gentry and squires alike can experience an enchanted marketplace complete with sword and whip demonstrations, pirates pub, live entertainment & more!

Panama City Beach Oktoberfest

October 13-15

October is time for great

beer and brats in Panama City Beach!

At Aaron Bessant Park in Pier Park, PCB Oktoberfest is on for three days of German beer, food, music, as well as activities for kids and families.

The event will feature a massive 150'x50' tent decorated like the authentic Oktoberfest tent in Munich, Germany, as well as two outdoor beer gardens and a VIP section under the tent.

Get ready for great German

food! Pair your beer with brats, either famous or smoked, mettwurst, or hot dogs (with or without sauerkraut).

Plus, nothing is better with your new and old favorite beer than giant pretzels with beer-infused cheese. Come out for good eats including other traditional Oktoberfest fare.

Visit pcboktoberfest.com.



Dining

Restaurant Review: Rudy's Country Store and Bar-B-Q

BY MARTA ROSE-THORPE

This summer I took my sister to Rudy's for a relaxing Saturday afternoon lunch and a little sister-time... and boy did we have a fun feast! The establishment's online description pretty much says it all: "Brisket, ribs & sides served up cafeteria-style in a no-frills setting with indoor picnic tables." Let's start with the meat on the menu. Rudy's features the best brisket this side of the Mason-Dixon line, served sliced by the quarter pound – either regular (which I ordered), "Moist" with fat marbled throughout (my sister ordered)... this is the GOOD STUFF because it's extra tender and juicy, or "Spicy Chop with Sause." Rudy's also serves Pork Loin, Pork Ribs, Baby Back Ribs, Pulled Pork, and Prime Rib on the weekend – all weighed by the quarter pound. Regular and Jalapeno Sausage is available (a half or whole sausage), and white meat options include sliced Turkey and Chicken by the quarter pound. Most of these meats are also available as a sandwich. Potato Lovers: Let us not forget Rudy's Jumbo Smoked Potato with your option of one or two meats on top.

Can we talk about Sides for a minute? I love sides and consider this an important and very



meaningful part of the meal. (Vegetarians and vegans, please take notice!). You can order any side by Small, Pint or Quart. Three Bean Salad, Coleslaw and Potato Salad are pretty standard. For hot sides, New

Potatoes, Cream Corn, Corn on the Cob, and Rudy's Beans are options; the latter is one of my favorites: savory baked beans seasoned with brisket and a faint little kick. But it's the Green Chili Stew that keeps me coming back, and one day I'll learn exactly what's in it. For now, I can tell you that's it's thick and warm, filled with soft potatoes and other veggies including mild green chilis, and has a beautiful flavor, texture, and just a slight amount of heat.

And now the six famous words that frequently follow a meal: Did you save room for dessert? At Rudy's it would be a crime not to. Their six offerings are the perfect way to end a tasty barbeque lunch or dinner: Banana Pudding and Chocolate Pudding, Cobbler, Pecan Pie,

Buttermilk Pie, and Rice Krispie bars. I didn't try a dessert that day, but all sure looked good! Rudy's graciously adds the calorie count next to every item on the menu (yes, including the desserts), a blessing or a curse depending on how you look at it – but good information, nevertheless.

Breakfast is served daily from 7 to 10 a.m. Made-to-order breakfast tacos can include brisket, bacon, sausage, or spicy chop with egg, cheese, potato, and refried beans. So, you choose: one, two, three, four, or more items. Sausage wraps and made-to-order breakfast bowls are also available.

Rudy's Country Store and Bar-B-Q is located at 14501 Panama City Beach Parkway, across the street and down slightly from Harley-Davidson of Panama City Beach. Dine-in, Curbside pickup, and Delivery options are available. Rudy's is open seven days a week, 7 a.m. to 9 p.m., and Friday and Saturday open until 10 p.m. Check out their menu at rudysbbq.com.



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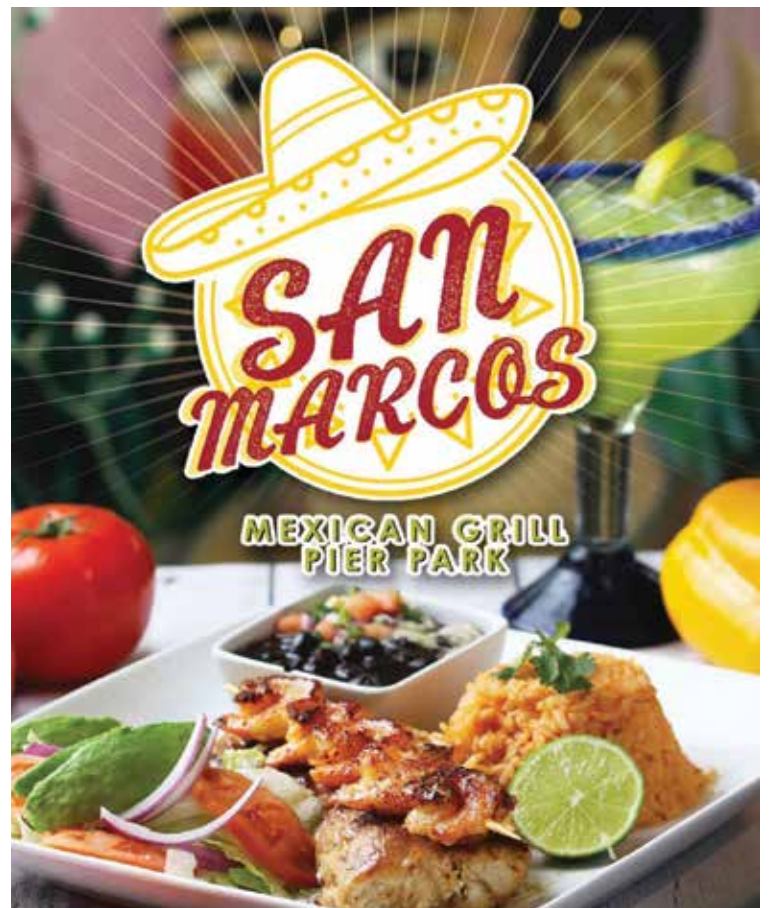
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Don't Let Stress Get The Upper Hand



BY STEPHENIE CRAIG,
JOURNEY BRAVELY

When did you last experience tense shoulders, sighing breaths, irritability, exhaustion, trying to keep it positive, being overscheduled and overwhelmed? It's back to school transition time and August tends to sneak up each year with an unending list of buying things and attending events for the new school year. Back to school is only one of many transitional times. Sometimes you experience major transitions such as moving homes, starting college, adding children to the family, changing jobs, divorce or loss. Other times, you experience regular life transitions like starting mid-

dle school, changing schedules, school breaks or daylight savings time. Regardless of the brand, transition tends to disrupt physical and emotional routines, leaving you confused, less productive, and stressed. Transition is an inevitable certainty of life, but, what can you do to manage stress effectively in the process?

8 Ways to Manage Transitional Stress

Notice and acknowledge the presence of stress. Listen to your body. Pay attention to bodily sensations, thoughts, and behavior you connect with stress such as tension, headaches, stomachaches, energy level, obsessive worry, irritability, heart rate, sweating, sighing, grumping, sleep problems or pessimism.

Look for life transitions to connect with stress. Notice your recent life circumstances that could be contributing to stress. Are you walking through a major or regular life change? Is someone you love going through a life change? Do the changes feel out of your control? Name



the transition and remind yourself stress in transition is normal. You may not have control over the circumstances but you do have control over how you care for yourself.

Acknowledge mixed feelings that accompany life transitions. Some transitions feel primarily sad. Most transitions create both excitement for the new future reality and grief to leave the previous way behind. Give yourself space to hold conflicting emotions and remind yourself it's normal and

okay to feel confused.

Engage in intentional, more frequent self care. Talk to a trusted person about your feelings, go for a walk, take a nap, create art, go for a run. Engage in activities that feel caring and calming as regularly as possible during transitional times.

Set boundaries where possible. Reduce unnecessary commitments. Say no to new commitments. Lower any excessively high or perfectionistic expectations you have for yourself. Prioritize rest. Less is more during times of stress.

Plan ahead for repetitive transitions. Make lists and use calendars for transitions like school starting to remind yourself not to procrastinate needed tasks.

Mindfully do one thing at a time. As you walk through

the necessary tasks during life stress, try not to overthink or get ahead of yourself. Plan far enough to be responsible then focus on what you are doing right now, today. Be present in the moment knowing each moment builds into a history of you moving through and out of your current transitional stress.

Accept and don't judge. Transition is inevitable. Stress happens. Notice the transition and the stress without judging yourself or the circumstance. Engage in healthy self-control and do what you can to practice health. Remember where you have power to act rather than viewing yourself as a victim which creates more stress. Your body and brain will adjust to the new normal over time.

Transitions are as common as steady, calm moments in life. Be intentional and kind to yourself in your process. As you navigate life transitions, connect with us at journeybravely.com for counseling and coaching support along your journey.

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When Your Partner Makes Mistakes, Your Reaction Makes a Big Difference



BY JAMIE C. WILLIAMSON, PhD

People in long-term relationships make mistakes. The impact your partner's mistakes have on your relationship depends largely on how you make sense of why they behave as they did. We call this an "attribution" of cause.

And, what you see as the cause depends mostly on what you look for.

Let's say your partner made a simple, everyday life kind of mistake like arriving late to pick you up. There are four basic causal attributions you could make for this mistake, and they vary as having resulted from Internal vs External causes and from Stable versus Temporary causes.

My Partner was late because:
...he is an inconsiderate jerk

(Internal, Stable attribution)

...he forgot to set his alarm
(Internal, Temporary attribution)

...his old car broke down again
(External, Stable attribution)

...he got stuck in traffic
(External, Temporary attribution)

People in healthy, satisfying relationships routinely make External, Temporary attributions (#4 – a temporary situation he did not cause) for their partner's mistakes. These attributions reduce distress about the mistake and promote the well-being of the relationship over time.

People in distressed relationships are more likely to make Internal, Stable attributions (#1 – a negative character trait) for their partner's mistakes. These attributions exacerbate the stress about the mistake and erode relationship satisfaction over time.

Let's consider a serious life-event stressor: Scott gets fired from his high-paying, work-from-home job because he is not actually working the hours he reports on his timesheet. Lori, who works outside the home, is upset because Scott lost this job (and income) and because he lied to his boss and her about the



amount of time he was working. Scott has profusely apologized.

Lori contacted me for help in deciding what to do. First, I acknowledged that it was wrong for Scott to submit a false timesheet to his boss and that his apology seems heartfelt. Then, I explained that the relationship impact of this mistake will depend largely on Lori's attribution for the cause of the mistake.

I created 4 different explanations and asked her which one best explained why she thought Scott was working fewer hours than he reported to his boss

and to her. Scott filed a false timesheet because:

...he is lazy and always tries to cut corners. (an Internal, Stable Attribution)

...he didn't pay close attention to the rules and assumed that when working remotely, if he got the job done, he should report full-time hours. (an Internal Temporary Attribution)

...his stupid company didn't provide written instructions to the remote sales force. (an External, Stable Attribution)

...to camouflage the fact that he was stuck chauffeuring the kids around and taking care of more responsibilities at home while things were crazy for us (an External, Temporary Attribution)

If Lori believed that Scott filed a false timesheet because he is lazy and always tries to cut corners, and she reacts to Scott's job loss through that lens, then Scott's mistake will likely lead to severe relationship distress, regardless of how many times he apologizes. Lori won't hear his apology, because in her view, the job loss is due to Scott's negative character trait – laziness.

But what if Lori chose to believe that Scott had good intentions, even though he did the wrong thing. She could attribute his mistake to an External, Temporary cause (#4) and determine that he was just trying to keep too many balls in the air - to keep his compensation high, while taking on more family responsibilities, ultimately to make things easier for Lori.

Bottom line: When your partner makes a mistake, what

you see depends on what you look for.

If you find yourself looking for external, temporary causes for your partner's mistakes, then you will see the positive intentions in your partner's behavior, even though you acknowledge the mistake. This will make it easier for you to accept your partner's apology and to cooperate in finding a solution to a serious mistake.

This pattern signals a healthy relationship, likely to survive the mistake and make you closer once you've worked together on the solution.

If you find yourself looking for internal, stable causes for your partner's mistakes, you will see selfish motives to your partner's behavior, blame your partner for the negative impact on you and your relationship, and resist cooperating in finding a solution.

This pattern signals relationship distress that needs to be addressed. You'll have several options, depending on your level of overall relationship dissatisfaction.

Let me know if I can help.

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



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HOW TO CARE FOR YOUR HEARING AIDS



Have you recently received hearing aids and are unsure of how to correctly care for them? Understanding what the different parts of your hearing aids do is essential in order to ensure that they will last and keep your ears healthy. Hearing aids come with many parts, each working in tandem to give you clearer sound.

Knowing the varying functions of these components and how to care for them can be very helpful in making sure your device is functioning optimally. Many pieces need consideration from the microphone, which grabs sound and sends it to the receiver, to the wax guard and vent, which help maintain a consistent level of sound.

If you are struggling to utilize the more advanced features of your hearing aids, don't hesitate to talk to your hearing care professional! It's our job to ensure you understand the various functions of your devices!

Cleaning And Maintenance Basics

When cleaning your devices, start by brushing away any visible wax build-up, followed by

wiping them down gently with a small piece of cloth; never submerge them in water or leave them in direct sunlight or excessive heat. If you experience lingering or recurring issues, consult with your audiologist to see if they are due to contamination, unstable program settings, poor reception, or earmold fit.

Troubleshooting Common Problems

Common problems that might arise when caring for your hearing aids can range from a clogged sound tube to the device not sitting correctly. Clogged sound tubes can be caused by wax and debris being trapped in the tube, blocking off the sound wave and impairing your hearing. To fix this, you should use a specific cleaning brush to clean out the wax build-up of debris. On the other hand, sometimes your hearing aid can slip or fall out due to incorrect fitting, which causes instability and isn't good for consistent sound quality.

Some solutions to this common problem are double-checking fit each time you put in the device, using a moldable insert material if necessary to adjust head shape and size, and replacing ear tips frequently to make sure they fit snugly against your ears. Lastly, it's important to know that troubleshooting more complex problems, such as feedback or battery life, should be addressed with an audiologist in order to ensure the best hearing possible.

With small, but regular maintenance, you can trust that your hearing aids will last a long time. Be sure to assess their performance every few months, inspect them regularly for dirt or wax build-up, and clean them with a dry cloth. Store them in a case when not in use, and have your audiologist check on the fit and sound quality annually. Taking care of your hearing aids will save time, money, and frustration in the long run! Following these simple steps will ensure that you get the most out of your devices for as long as possible.



Get in touch with the team at Hear Again America by calling (850) 308-1678 to learn more about hearing aid maintenance and care. We're here to answer any questions you have and provide the resources you need to stay informed.

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Matt Greenstein, HAS
Hearing Aid Specialist

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By KAY LEAMAN,
HEALTH ARCHITECT,
HEALTHYDAY HEALTHYLIFE
Intermittent: Coming and going at

Intermittent Fasting For Better Health

intervals, not continuous; occasional, limiting food consumption to certain hours each day.

Intermittent fasting (I.F.) is currently one of the world's most popular health and fitness trends. Reasons behind this trend include weight loss, improved health, simplified lifestyle and positive effects on the body and brain.

I.F. focuses on when you eat vs. what you eat. That being said, eating high-calorie junk

food, super-sized meals or desserts/treats during eating hours will not produce the benefits most are looking for. Following a mediterranean diet is recommended for best results. If you would like a Mediterranean diet foods list you can email hdhl@gmail.com with MEDITERRANEAN DIET in the subject line.

There are several types of I.F.:

- Sixteen hours fasting/



eight hours eating (You can also choose 14/10 or 12/12). If starting with 16/8 is too difficult you can choose the lighter one and work up to the max.

- Fast for two consecutive days each week.

- Limit food intake to 500-600 calories on two non-consecutive days each week.

- Eating one meal per day for two days each week (consecutive or nonconsecutive)

The most popular type of I.F. is the 16/8 (I am currently on a 12/12 schedule with my target being 14/10. We eat dinner no later than 6:30 pm (when life runs as planned) and breakfast just after 7 a.m.). It normally takes two to four weeks for the body to become accustomed to the new routine. Those who make it through the transition period tend to stick with it mostly because they notice they feel better.

During the fasting period limit your liquids to water and caffeine free herbal teas. If you're just starting out and struggling, chicken, beef or bone broth can be consumed. Things to consider are staying hydrated, avoiding thinking about food (remember, the digestion begins in the brain followed by saliva secretion) and rest and relaxation.

One recommendation I found was to eat high-volume, low-calorie foods, which can include popcorn (plain or added spices), raw veggies and fruits with high water content such as grapes and melons. You can also improve taste without the added calories using garlic, herbs, spices or vinegar. Flavor can also reduce the feeling of hunger. Focus on nutrient dense foods after fasting that are high in fiber and nutrients.

Studies have shown the main benefits as being weight loss, a reduction in insulin resistance and inflammation, heart health, brain health and anti-aging. In-depth studies are in their early stages. Many were short-term, small or conducted on animals. Even though higher quality human studies are still needed, Mark M., who has studied I.F. for 25 years, said that when the body goes without food, it exhausts the body's sugar stores and starts burning fat (referred to as metabolic switching). One research study that was not designed to look specifically at I.F. found that limiting the daily window of eating does not prevent weight gain over time or yield significant weight loss. Reducing the number of large meals or eating smaller meals may be associated with minimizing weight gain and maintaining weight. What I didn't find in my research were any negative effects of fasting, unless of course it's abused.

Fasting is not recommended for people under 18 years of age, women who are pregnant or breastfeeding, Type 1 diabetics or those with a history of eating disorders. You should check with your primary care physician if you need clarification in regards to your current health status.

Fasting has been a part of life for thousands of years for various cultures. It offers the body time to rest and repair and aids in cellular elimination of waste products. A healthy lifestyle is about balance. It's about the choices we make and being honest with ourselves.

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Mosquitoes Gone Viral?

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

Are you itching to understand more about those annoying Panama City Beach mosquitoes?

Did you know, the male mosquito is not the one responsible for biting and taking a blood meal? Both the male and female mosquitoes feed on plant nectar which assists with pollination but the female mosquitoes are the bloodthirsty vampires of the insect world. Regrettably, she requires the nutrients from a blood meal to produce her eggs. A single blood meal from a female mosquito can produce 250 to 300 mosquito eggs. After a blood meal and resting she lays eggs within three days and with optimal environmental conditions these hatched eggs become adults in a week to ten days. On average, female mosquitoes can lay eggs twice in their lifetime.

Not only can mosquitoes adversely impact your outdoor enjoyment, but it is possible they can negatively affect both the local public health and yours too.

BMCD consistently monitors for the following endemic mosquito-borne (arboviral) diseases, Eastern Equine Encephalitis Virus (EEEV) commonly referred to as Tripple E, St. Louis Encephalitis Virus (SLEV), and West Nile Virus (WNV). The transmission cycle for these three viruses is similar. First viral infected wild birds carry the virus. Second, they become bitten by a female mosquito (the vector) which can keep amplifying the virus by biting other birds creating other new hosts. Third, to complete the transmission the infected mosquito will bite a dead-end host (a mammal or human) where the transmission cycle stops. Humans and mammals cannot transmit these viruses further. The only slight differences between each of the three individual viral transmission cycles are the main vector specie(s) of mosquitoes needed for transmission of the certain virus, their feeding habits, and the special environmental conditions necessary for positive transmission during a specific time of year.

Are mosquito populations monitored in Panama City Beach, Florida, and by whom?

Consistently for over seventy years, Beach Mosquito Control District (BMCD) collects mosquito trap data. Currently, our area has up to thirty-six distinct species present seasonally and approximately fifty recorded species annually in Panama City Beach. The state of Florida has an approximate total of over ninety recorded species.

BMCD's staff of biologists use multiple different trapping methods to monitor mosquito populations at designated trap locations. The daily catch of mosquitoes is individually speciated by size, coloration, patterns, and biology. After the mosquito identification process and if there are enough mosquito vectors available per trap site location, biologists will run tests to determine if arbovirus is in the area. Seventeen mosquito species in our local area have the potential to transmit disease to people, pets, and livestock.

BMCD's mosquito surveillance team of biologists also

use another method to monitor mosquito-borne viral activity in local avian populations. Biologists weekly visit three distinct sentinel chicken flock locations and take blood samples from each of the six chickens in each location equaling a total of eighteen samples. Next, BMCD's laboratory processes and sends these samples to a special state laboratory for analysis. The state laboratory processes, collects, and forwards these data reports to health departments, mosquito control districts, and other state entities. If a specific percent threshold for positive confirmation(s) of arbovirus data is met from individual samples or a combination of any of the other samples gathered from mosquito control surveillance flocks, mosquito pools, medical human or veterinary horse cases reported from any county of the state, the recorded data is compiled and forwarded to public health departments and mosquito control districts so an immediate plan of action can respond to the situation. Also, the health department is instru-

mental in coordinating public service announcements (PSA's) for mosquito-borne disease advisories and alerts.

Mosquito surveillance is key and the first line of defense for proper mosquito control management. Monitoring mosquito populations ensures proper population management. It determines if methods are still working properly or to determine if re-application or if additional methods of treatment are necessary to combat the mosquito populations and their potential for disease transmission.

Can mosquito bites harm your pet(s)?

Yes! Please, remember to keep your pets safe by administering monthly preventive heartworm products to your dog(s) and cat(s). Mosquitoes are the vector for transmitting dog and cat heartworm parasites which can potentially be a fatal disease for your pet. Remember to have your pets evaluated for heartworm by your veterinarian during their routine visit.

Continued on page 28

The Writing is on the Wall...
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Musing

Sean Dietrich



I travel for a living and stay in lots of hotels. In my short time on this planet, I've learned a few things about kids in hotels.

One: Never get into the pool. Two: when it's approaching midnight, children will collectively hold a decathlon in the hallways above your room.

Three: regardless of which is your room, in the middle of the night, gaggles of kids will hold a laughing contest outside your door. Four: Every apple on the breakfast buffet has been fondled by a 5-year-old with a runny nose.

Anyway, the pool. There were two boys at the swimming pool who caught my attention.

The hotel pool. The sun is high. All the hotel guests' children are wearing bathing suits, excitedly scurrying into the pool so they can pee in it.



One of them was named Ben. I know this because Ben's little brother kept shouting it. It was always "BEN!" this. And "BEN!" that.

The little brother was missing both arms at the elbow joint. And one of his legs was impaired, too. When they arrived at the pool, Ben removed his little brother's prosthetics and left the paraphernalia with their towels. Then he helped his tiny brother into the pool.

"I'm scared, Ben!" said the boy.

"Don't worry," said Ben. "I've got you."

Ben had his arms wrapped around the little boy, bear hugging him from behind. He was carrying him.

When they eased into the

water, Ben was still embracing his little brother tightly, and his brother was freaking out.

"Don't let me go, Ben!"

"I won't."

"Promise!"

"Promise."

So Ben held his brother even tighter. In the pool, Ben carried the little boy around the shallow end until his brother calmed down. And when Ben's brother was relaxed, Ben taught him to float on his back.

"Don't let go of me, Ben!" said the little boy who had no arms.

"I won't," said Ben, supporting his brother from beneath. "I have you. I'm not going anywhere."

Soon, Ben's brother's face was turned up toward the sun,

lying in the supine position, floating like driftwood. Together they floated around the pool like that until Ben's little brother was starting to enjoy himself.

"I wanna know what it's like to swim, Ben!"

So Ben gave his brother a piggyback ride. The armless boy placed his amputated residuums around his brother's neck and squeezed tightly.

"Are you holding on good?" asked Ben.

"Yes."

Whereupon Ben began to swim forward. The child without arms gripped his brother, who was dog paddling, struggling beneath the weight of his little passenger. But he never faltered.

They trolled around the pool. Ben made boat motor sounds with his mouth.

The little boy was really enjoying himself now. And when their mother finally said it was time to get out of the pool, Ben lifted his brother out of the pool, carrying him the way a groom carries a bride.

"Don't drop me, Ben," I heard the child say.

"I'll never drop you," said Ben.

And I for one believe him.

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A Minister's Message: Are We Prepared for the End?



By DR. KERRY KNIGHT,
EMERALD BEACH CHURCH OF
CHRIST

"For you know perfectly that the day of the Lord so comes as a thief in the night" (1 Thessalonians 5:2.)

many more. Although there has been a diminishing of water for some time now, there are more realistic causes for the lowering of water levels than portending the end of mankind.

Droughts in this area have been, sadly to say, rather common. The overuse of water and fertilizer have both contributed. Population growth is also a huge factor.

Concerning the end of the world, the Bible teaches that signs of this type are exceptionally rare. Now consider this in I Thessalonians 5: "But concerning the times and the seasons, brethren, you have no need that

fort each other and edify one another, just as you also are doing."

We will not have advance no-

tice when God decides to pull back the curtain. We should always be faithful and watching.

It will be a glorious day so be

prepared. He will receive the righteous unto Himself. Heaven awaits.



There appears to be some new hysteria about signs of the coming of the end of the world. The latest involves the drying up of the Euphrates River in the fertile crescent. The theory describes combative forces heading west from the east who will be able to walk across the Euphrates on dry land. This river is very important to countries such as Iran, Iraq, Syria, and

I should write to you. For you yourselves know perfectly that the day of the Lord so comes as a thief in the night. For when they say, "Peace and safety," then sudden destruction comes upon them, as labor pains upon a pregnant woman. And they shall not escape. But you, brethren, are NOT IN DARKNESS, so that this day should overtake you as a thief...therefore com-

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Tile: Versatile, Durable, Beautiful

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

When trying to find the right flooring for your home, there are a lot of factors to consider. What color or style do you want? How important is the durability of your floors? How often do you want to replace your floors? There are so many different types of flooring out there that finding the perfect floors that fit all your needs can be overwhelming. One option that stands the test of time for both beauty and durability is tile.

Tile can be made of a variety of materials, including porcelain, ceramic, natural stone, and glass to name a few. It also comes in a wide variety of colors, patterns, materials, and styles. You can let your personality come alive with tile. You can choose a more subdued design or pattern for elegance or choose something fun, colorful and vibrant that gives your space an element of design and style. The sky is the limit.

Tile is extremely durable too.



It's great for Florida because it's water and sand resistant and cleanups are much easier than other products. Plus, if you take care of it, it will look brand new for years to come. Due to its durability, tile can be used just as effectively outside as it is inside.

If you are remodeling a pool deck or patio, tile is worth your consideration.

One of our most popular manufacturers of tile is Florida Tile. Florida Tile is a premium brand in the tile industry and is always an option worth con-

sidering when looking at tile floors. Beyond floors, Florida Tile offers beautiful options for kitchen and bathroom walls and backsplash as well. One thing to consider is the life cycle of tile. If correctly maintained, tile can last a lifetime. Maintaining tile is also easy, as stated earlier, cleanups are a breeze with a little warm water and a mop. Bacteria, mold, and dust can't stay on tile easily which means that it will help the air be cleaner for people who have asthma or other allergies.

Tile can be used throughout your home and in addition to flooring is a great option for backsplash in your kitchen or shower walls in your bathroom. It's easy to keep clean, and it is a great way to add some color, personality, or style to a room. One popular choice for kitchen backsplash is colored glass tiles. Tile doesn't have to come in the average square shape, there are a lot of different options to choose from based on how you want the room to look. Mosaic tiles are extremely popular and can be used in both modern,

beach, and farmhouse designs.

Just like other home improvement projects, adding tile to your home in whatever capacity is a long-term investment in the value of your home. Whether you are looking to live and love your new tile or listing your home, home buyers are searching for properties with all the bells and whistles. Featuring a beautiful tile in the design of your home makes it more desirable with a higher price as well. Buyers know that tile is both beautiful and durable and they feel comfortable paying a little more for a property that has those extras.

If you're interested in purchasing tile, or if you have any questions about the best type of flooring for your home, rental, or business, stop by Flooring Depot of Panama City today! We have two locations, and each of them has a very talented sales team that would love to help you find the perfect product. You could also visit our website or give us a call at (850) 785-2216 to learn more! We hope to see you soon!

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Design and Culture: Cabinetry and Countertops Go Matte

One of the top trends in Interior design for paint, tile, countertops, cabinets, furniture, and more is a finish that is referenced in many different ways, but “matte finish” is probably the most common name. When discussing natural stone countertops, it is a honed or leathered finish. Quartzite, a natural stone, is in high demand right now due to its beautiful characteristics, but many of the slabs available are polished. It is not well known that fabricators can have these slabs and any natural stone honed or leathered. The next time you are out shopping for your new countertops and find the perfect slab but it is polished, ask your local fabricator about having it honed or leathered. I have been asked if this changes the stone, but honing or leathering the slab does not change the stone’s characteristics such as durability or porosity. These processes have been around for years, honing most commonly done to Calacatta marble or Carrara marble due to their soft properties. We have recently honed White Oblivion Quartzite, White Santorini Quartzite, and Matarazzo Supreme Quartzite all of which are all stunning.

If you prefer Quartz countertops and are interested in a matte finish, check out Cambria, Caesarstone, and Silestone quartz, all available at Granite Plus. If you plan on a matte quartz finish, I recommend planning ahead as many of these colors are special order which means longer wait times. Cambria refers to this finish as a matte finish. All of their colors are available in a matte finish but may be special order depending on the color. You can visit www.cambriausa.com to view their quartz colors. Caesarstone’s flat finish is referred to as a honed or concrete finish and not all of their colors are available in this finish. You can visit <https://www.caesarstone-us.com/> to find out more. Silestone’s matte finish is referred to as a suede finish and like Caesarstone, not all of the colors are available in this finish. You can visit www.cosentino.com/usa to find out more.

If you are interested in matte



Interior Designer: Susan Smallwood. DuraSupreme Low Sheen Cabinetry in maple with a cashew stain and a coffee glaze. Cabinetry and countertops by Granite Plus.



Florence Honed Dolomite. This beautiful dolomite is energetic and bold with subtle grey and tan hues. Available at Granite Plus.



Cambria Quartz Everleigh is the one of the top colors right. Available in matte, Everleigh’s subtle movement and color combination of cool grey and sandy warm tones is a perfect selection for your coastal home.

finish cabinetry or countertops or want to view samples of any of these products, you can contact Granite Plus. Our showroom is located at 17801 Ashley Drive in Panama City Beach.

You can also give us a call at (850) 236-6363.




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Understanding the Property Tax Cycle

sible for collecting. If you own property in multiple states, or if you are new to Florida, you may be unfamiliar with the specifics regarding Florida's property tax process and cycle.

In Florida, the Property Appraiser is responsible for maintaining the tax roll. If you have questions regarding your property assessment, need to update your address on your property tax account, or want to apply for an exemption, you will need to contact the Property Appraiser's Office at (850) 248-8401 or online at BayPA.net.

Florida collects property taxes in arrears meaning property is assessed on January 1, but you are not billed until November 1.

We're still a few months away from collecting property taxes, but as new residents move to Bay County we wanted to make sure all taxpayers understand the property tax cycle in Florida.

Each state's property tax laws are different. Collection times vary between states as do the names of the agencies respon-



Property owners have from November through March to pay property taxes before they become delinquent.

This month the Property Appraiser will be sending out the TRIM notice. This notice shows an estimate of your property taxes based on the proposed millage rates of the taxing authorities, property values and current exemptions. It also notifies you of the proposed tax

rates of each taxing authority as well as the dates and times those taxing authorities will hold their public meetings to discuss budget. Finally, the TRIM notice also provides a deadline date in which to file a formal appeal with the Value Adjustment Board (VAB) if you disagree with the estimated market value of your property as determined by the Property Appraiser.

Keep an eye out for your TRIM notice this month, if you have questions regarding your TRIM notice, please contact the Property Appraiser's Office at (850) 248-8401.

Notices mail November 1

Online roll available in

mid-October, BayTaxCollector.com.

Owner updates will not show on the Tax Collector's website until the 2023 roll is available in mid-October.

Pay by November 30th to take advantage of the 4% discount period.

You can pay online with an e-check for FREE.

Once paid, your downloadable statement will show your payment information and can serve as a payment receipt.

Please visit BayTaxCollector.com for more information related to property taxes and the other services provided by the Tax Collector's Office.

MOSQUITOES

continued from page 23

Annually in the Florida Panhandle region, horses can contract and die from Eastern Equine Encephalitis. There are highly effective vaccines available from tack and feed stores. Be a responsible owner, have your pets(s) routinely examined

by a licensed veterinarian, and ask for prevention advice.

What foreign mosquito illness is it possible to get while visiting foreign Subtropical Countries?

Other mosquito viruses such as Chikungunya Virus (CHIKV), Dengue Virus (DENV, commonly known as Dengue Fever), and Zika Virus are traditionally imported

infections from foreign countries that travelers might contract and might not even realize that they have an illness. It can take between two to fifteen days after receiving a bite from an infected mosquito for symptoms to appear or sometimes a traveler can be an asymptomatic carrier with no signs of an arbovirus infection. Arbovirus Illness symptoms include fatigue, fever, headache, dizziness, muscle weakness, joint pain, and sometimes a rash. Unfortunately, these symptoms mimic the flu. There are no cures for arboviruses. It is important to seek medical attention for these symptoms because if left unattended a person can develop more severe life-threatening

health issues. However, most people infected with an arbovirus do not even become ill.

Imported Mosquito-Borne Disease

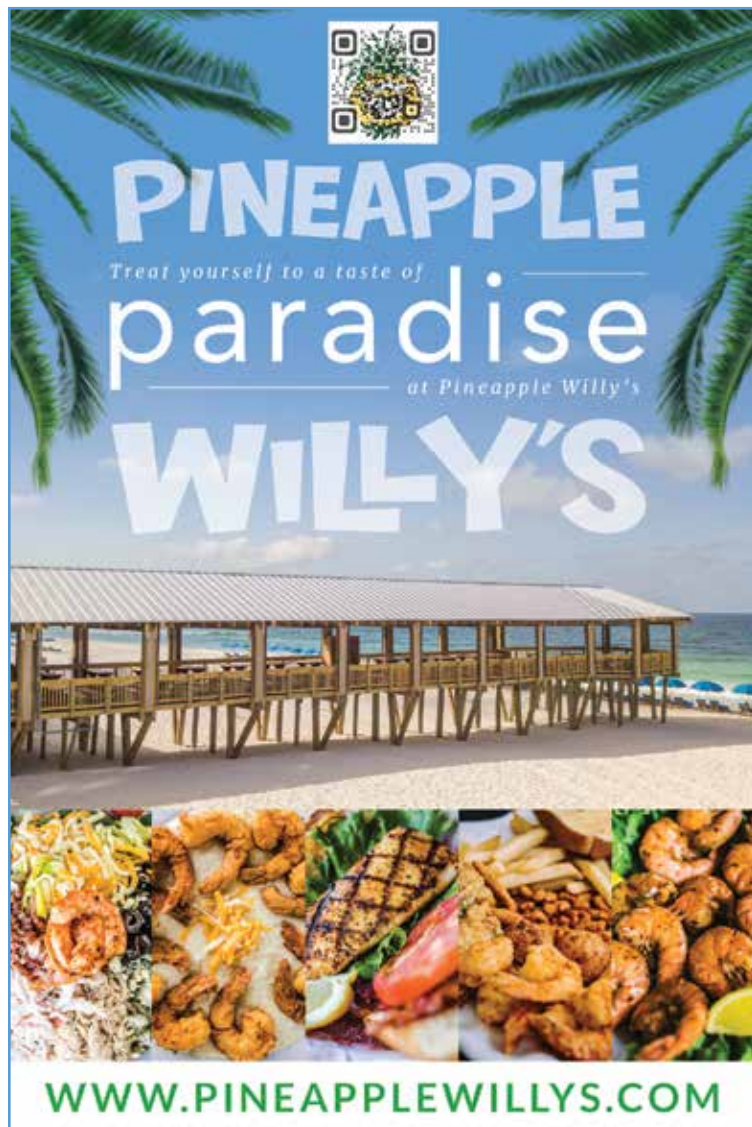
It is possible for an infected traveler returning from a high-risk foreign country to introduce or spread tropical arbovirus disease to their local area. However, certain things must be in place for this type of illness transmission to succeed. The traveler must receive a bite from specific mosquito species in their area, capable of spreading subtropical mosquito-borne disease to other humans during the viability of the virus. If this type of transmission successfully occurs, it then becomes a "Local Transmission."

With modern transportation, we are only a flight or cruise away to a tropical paradise!

When traveling far or near, please remember to pack insect repellent, and do not forget to use it to prevent yourself from bringing back any unwanted souvenirs. Remember one bite can impact you for life!

For all your local Panama City Beach, mosquito concerns, contact the professionals at Beach Mosquito Control District by visiting our website www.pcbeachmosquito.org, or calling (850) 233-5030 to place your service request today.

There is absolutely no charge. Beach Mosquito Control District is funded by local ad valorem tax dollars.



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Tips on How to Choose the Correct Auto Body Repair Shop

BY MIKE HORNE, MIKE'S AUTO COLLISION

Get recommendations

Check with friends and neighbors and family. Almost everyone has had a car repaired for body work.

Your insurance company might also be a good place to start as they conduct background checks on local shops.

Who you choose is your choice

Although the insurance company may have its own "Direct Repair Program" or preferred partners that can expedite the process, you can take your vehicle to the center of your choice.

Ask questions

Don't be afraid to ask ques-

with the correct training, equipment and parts. For example, not all shops can fix a Porsche, because Porsche will only sell OEM parts to a Porsche-Certified shop.

Always get an estimate in writing

Any estimate should be in writing and free of charge. Ask the estimator to explain if you have questions. The shop should also examine the car indoors or in the shade away from direct sunlight to avoid missing any areas that might need repair.

Look for technicians certifications

These certifications are costly and time consuming to receive. Some industry certifications to look for include I-Car and ASE.

mechanical and body repair.

Remember to use us as a resource

At Mike's Auto Collision, even if you choose to use another

shop, we are always available to answer all of your questions and to make recommendations. We don't mind earning your business. At Mike's, "whatever it takes" is not just our motto,

it's our promise to you. Call us at (850) 265-6065. Located at 2433 Jenks Ave., Panama City, FL 32405. Visit our website at www.mikesautocollision.net.



tions. You are entitled to as much information as you want before agreeing to use a body shop.

Find a manufacturer-certified shop

This may sound simple, but you need to know your car's make, model and year when contacting a repair center. You want a shop that is certified to work on that specific vehicle,

Both are impressive and show the shop's investment in quality. Certificates will typically be displayed in a prominent place.

Remember: You are an amateur and need a professional

The good news is that most collision centers now offer one stop shopping and should be able to fully repair your car from start to finish, including



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The St. Joe Company Announces the Opening of the 75-Room Camp Creek Inn

With stunning style and architecture, the newest boutique hotel to open in Northwest Florida's famed 30A area is now welcoming guests and accepting reservations. The St. Joe Company (NYSE: JOE) ("St. Joe") today announces the opening of the 75-room Camp Creek Inn, a beautifully designed boutique inn situated on the grounds of St. Joe's private membership club, Watersound® Club. The new inn is just minutes from the Gulf of Mexico and offers guests access to the Watersound Club collection of golf, beach, dining, and recreation amenities.

Camp Creek Inn is a three-story, 75,000-square-foot inn that overlooks both the Tom Fazio-designed Camp Creek® Golf Course and a collection of new amenities that opened to Watersound Club members earlier in 2023. The inn's main level exudes the feeling of a member clubhouse and features two dining venues: 1936, a lounge-style bar and restaurant named in commemoration of the year



that St. Joe was founded, greets guests just past the inn's main entrance; and the upscale dining venue ANR, named in recognition of the historic tie between St. Joe and the Apalachicola Northern Railroad, offers dining room and patio seating for dinner. An outfitter shop, men's and women's locker rooms, and executive meeting rooms are also located on the main level for the exclusive use of guests of Camp Creek Inn and Watersound Club members and their guests.

Many of Camp Creek Inn's 75 rooms feature balconies that overlook the golf course

and amenities. The inn's guest rooms include a mix of king and queen rooms and some larger suites. "Treat Suites" on each guestroom floor offer complimentary soft drinks, coffee, and snacks to guests throughout their stay. Other services include valet parking and onsite concierge.

Adjacent to the inn and available to guests is a collection of new Watersound Club amenities, including an approximately 11,000 square foot wellness center complete with group exercise rooms, a functional fitness training room, a cardio and strength training area, and locker rooms equipped with men's and women's steam rooms and saunas, as well as an adult-only pool area. Other onsite amenities include eight

lighted tennis courts, eight lighted pickleball courts, a hot tub, a family-friendly resort-style zero-entry pool with a waterslide and lazy river, a poolside dining venue called Bark N' Brine that serves healthy twists on southern BBQ favorites, grass fields for sports and recreation, a half basketball court, and a teens' lounge.

"We're very proud to bring a resort experience of this caliber to Northwest Florida," says Dave Merryman, General Manager of Camp Creek Inn. "This is unlike anything else being offered in the region in terms of the quantity and quality of amenities available to our guests. We're excited to open our doors to guests, and I believe they're going to be thrilled with the private, elevated experience

that Camp Creek Inn provides."

Additional Watersound Club amenities available to guests staying at Camp Creek Inn are just a short drive away. Watersound Beach Club® amenities include more than 1,000 feet of private Gulf of Mexico beachfront with complimentary beach chair and umbrella setups, two dining venues, two pools, and additional tennis courts. The Greg Norman-designed Shark's Tooth Golf Course provides another 18-hole option for inn guests and includes a clubhouse with a bar and grill.

"This is our fifth hotel opening of the year and it delivers a very unique experience," said Patrick Murphy, Senior Vice President of Hospitality for St. Joe. "Being able to participate in a private club experience as a guest of Camp Creek Inn is sure to create a very memorable stay. From the golf courses to the beach club to the pools and all the other amenities, in addition to the beautiful inn itself, there really is nothing else like it."

Camp Creek Inn is located at 684 Fazio Dr. in South Walton County, Florida. Visit www.campcreekinn.com for reservations.



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It Takes a Village: Agents Support CPAR's Second Sponsored Habitat for Humanity Bay County Home in Honor of Eileen Shaw

Berkshire Hathaway HomeServices Beach Properties of Florida agents were thrilled to participate both in fundraising and in volunteer hours to the second Habitat for Humanity of Bay County home sponsored by the Central Panhandle Association of Realtors (CPAR). CPAR raised over \$118,000 in funds to help build the home and is proud to continue their partnership with the organization to provide affordable housing for a local family in need.

Making this project even more special, the CPAR home donations were made in honor of REALTOR® Eileen Shaw. A longtime Berkshire Hathaway HomeServices of Beach Properties of Florida sales agent, Eileen passed away in 2022 and was instrumental in bringing the first CPAR home to fruition.

"We are honored to support Habitat for Humanity of Bay County in their mission to build homes and communities," said Berkshire Hathaway HomeServices Beach Properties of Florida Vice President of Broker Operations and 2023 CPAR

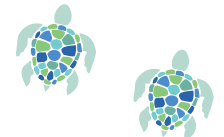


sponsors of the build included Remsco Inc., Econo Carpet Sales, Inc., Think Real Estate, New American Funding, Peoples First Insurance, Clear Title & Escrow, and Simply Granite.

Habitat for Humanity of Bay County Florida, Inc. is an ecumenical Christian organization that welcomes volunteers from all faiths who are committed to helping Habitat in its mission of eliminating poverty housing. With the help of hundreds of volunteers Habitat builds decent and affordable houses for people in need. Homes are sold with no profit made. Homeowners contribute "sweat equity" and their no-interest mortgage payments are recycled into the 'Fund for Humanity' to build additional homes.

President, Jennifer Ledesma. "Our members are dedicated to making a difference in the lives of our neighbors, and we are thrilled to be a part of this project. It makes it even more special to do it in remembrance of our dear Eileen Shaw."

In addition to Berkshire Hathaway HomeServices Beach Properties of Florida, top-level



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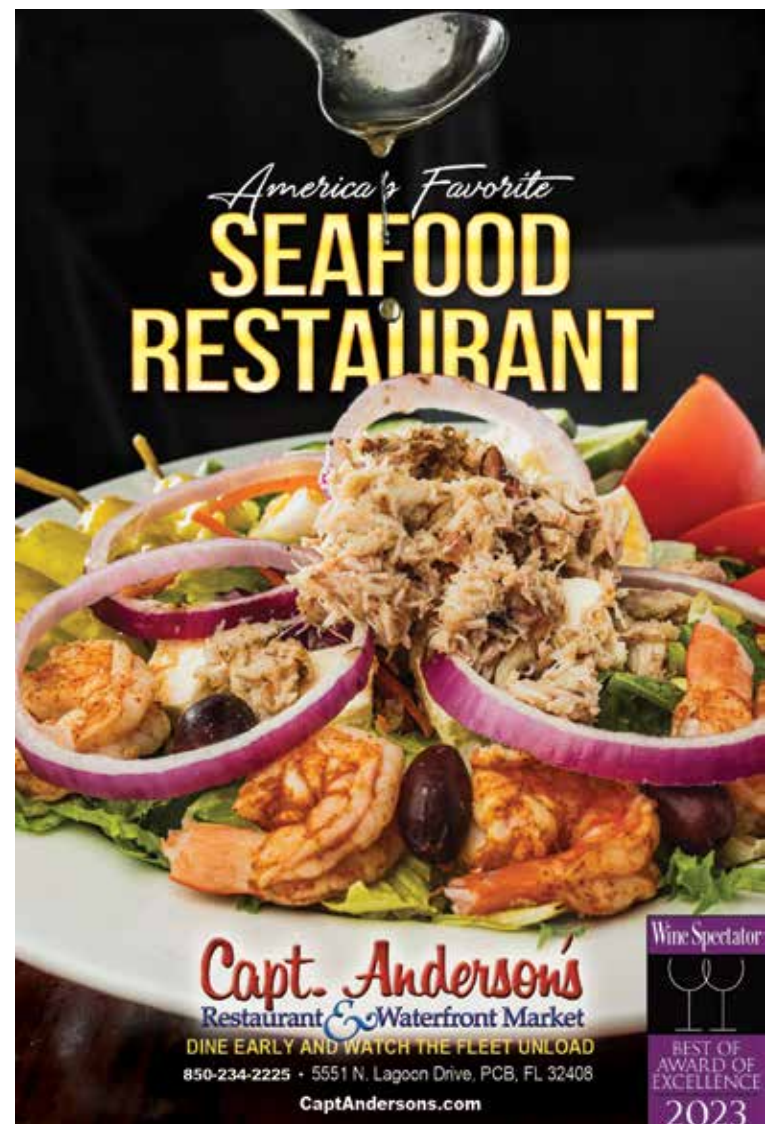
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