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Bayway Joins 'Safe Place' Program for Helping Youths

By Ed Offley

Bay County Transit, also known as Bayway, has become the newest partner with the Anchorage Children's Home in providing emergency support to young people in crisis, according to Bayway Program Administrator Lamar Hobbs.

"It's critical to ensure that every young person has a place to go and someone to help in unsafe situations and environments," Hobbs told PCB Life. "We are grateful to be able to implement a program that allows our organization to support teens in crisis situations, creating a safety net for youth."

The safety assistance program, known as Safe Place, has been in existence nationwide for forty years. It constitutes a network pf government and nonprofit organizations in each participating community where employees are trained to provide immediate assistance to people under 18 years old in a crisis or emergency.

Safe Place programs utilize



to stopping and providing on-

scene assistance until police

or medical responders arrive.

The training focuses on iden-

tifying the seriousness of the

crisis and knowing which spe-

schools, fire stations, libraries and other youth-friendly organizations as Safe Place locations, which display the distinctive yellow and black sign. With the inclusion of Bayway, the transit system's fleet of buses operating countywide will expand the reach of the program along its route system.

Hobbs said that transit

employees are trained to react in a variety of situations, ranging from providing transportation to the main Bayway administrative facility on Corn Avenue in Panama City,

along to relieve them," Hobbs said. The Bayway Operations and Maintenance Facility,

SAFE PLACE

continued on page 4

Lake Powell Cleanup on September 16

The Lake Powell Community Alliance (LPCA) together with St. Andrew Bay Watch (RMA), Friends of Camp Helen State Park, and Bay County Audubon invite you to participate in a community effort to clean up Lake Powell. Sign-in will begin promptly at 8 a.m. on Saturday, September 16, at the Lake Powell Park [boat ramp behind Publix] or at Camp Helen State Park. The cleanup will last until noon. Free t-shirts will be given to the first 50 volunteers to register! Participate in a 'Chance Drawing' to win some very nice prizes!

According to Emily Ellis, LPCA Vice-Chairperson, "This event is part of the Ocean Conservancy's International Coastal Cleanup and this is our eleventh year participating. We typically receive about 100 volunteers and we have removed over 30,000 pounds of trash from Lake Powell and her watershed. Every year we fill dumpsters provided to us by Bay County. We are proud to be part of this global effort. It's a fun event for people of all ages

> LAKE POWELL continued on page 3



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(*) Community



Community

LAKE POWELL

continued from page 1

who want to help maintain the health of the lake."

In our little corner of the earth, we have a very unique



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and precious resource. Lake Powell was designated an Outstanding Florida Waterway in 1991. It is among the largest of the rare Coastal Dune Lakes which occur in only a few places around the world. Lake Powell is known for its beauty and biodiversity, as well as its exceptional recreational and educational opportunities. The Lake Powell Community Alliance (LPCA) is dedicated to protecting this natural resource.

This is a great opportunity to bring our community together for a common cause! Participants will be given a choice of areas to clean up with access by walking, wading, boating, or paddling. **So, join the team / keep it clean – safely!**

What to bring: closed-toed shoes, hat, sunscreen, grabber, work gloves, water, refillable water bottle, snacks



Please consider bringing your boat, canoe, kayak, or paddleboard and join our armada of cleanup crews! If you do bring your watercraft, please bring required life jackets, whistle, and safety devices.

We will provide: nitril gloves, garbage bags, data cards, coffee, donuts, and water.

Schedule

8-9 a.m. - Sign-in and Orientation

9 a.m.-12 noon - Lake Cleanup12 noon - Photos / Chance Drawing / Pizza

Lake Powell Community Alliance Mission: A community initiative dedicated to preserving the water quality and biodiversity of the globally rare and imperiled Lake Powell ecosystem through education, habitat restoration, watershed-based planning and community partnerships. LPCA is a Not-For-Profit 501(c3) FEI# 20-3730450

Please spread the word and friend us on Facebook. https:// www.facebook.com/LakePowellCommunityAlliance/. Do you have questions or ideas for ways in which YOU can help? Contact us at LPCA08@gmail. com.





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PCB Chamber Spotlight



Introducing: McCall-Bennett Co.

McCall-Bennett Co. is a family-owned and operated business that strives to be an intricate part of our local communities. We are a company built on the foundation of hope, and the belief that no matter where you live, we can make it your home! Our team consists of three owners: Ty and Jessica Bennett, and their son Aidyn Swain, who helped launch the business at age 14 in Jacksonville, Florida in 2021. Our goal is to provide exceptional service while we work together to beautify our county and surrounding areas. As a family-owned business, we specialize in many different services to help you accomplish all your property goals, as well as help make your house a home.

ida, Ty joined the real estate community in 2020 after an extensive career in the automotive industry. After watching Jessica grow her title career and launch her Title Company, Aidyn and Ty took a leap of faith into entrepreneurship to build a company that is full service to our community. We believe positive change starts in your own community, and that is what we strive for with every opportunity given.

When Ty is not making our clients' dreams come true, he enjoys spending quality time with his wife and three kids, building custom vehicles, playing softball, attending church, and a variety of outdoor activities. Ty and Aidyn are the epitome of hard work, integrity, and dedication in every transaction. We rec-



ognize the trust clients place in McCall-Bennett Co. and strive every day to exceed their expectations!

Jessica began her real estate career in 2006 when she went to work at a local title company in Tallahassee, Florida while working through college. She has a bachelor's degree in accounting and has since launched her own title company in 2021 with her partner. Not only does Jessica run the back-end operations, but



she has also launched her own home décor boutique, {the} Bradbury. With deep roots in the real estate community in north Florida, Jessica loves helping her customers and giving back to the community. She is passionate about Jesus, women's empowerment, and being a true pillar of the community.

Our mission at McCall-Bennett Co. is simple: to provide high-quality services for our valued clients. Our team goes above and beyond to cater to each project's specific needs. Through open communication and exceptional service, we hope you'll find what you're looking for with our Home Improvement Service. For more information or general inquiries, get in touch today.

We offer debris removal, lawn care, yard cleanup, pressure washing, house cleanouts, and more. Whether you are renting, buying, building, renovating, or redesigning; we can help you accomplish your biggest home dreams. Ty and Jessica love working alongside each other while they raise their family and build a legacy. We want to change lives through the hope and love of Jesus! Hebrews 6:19 – Hope anchors the soul.

agement and counseling, along

with basic shelter and non-resi-

Safe Place program, call An-

chorage Children's Home at

For information about the

dential care services.

(850) 763-7102.

Native to Tallahassee, Flor-

SAFE PLACE *continued from page 1*

Administration and Meeting Facility, and all On Demand buses now display a Safe Place sign as an indicator to youth that staff at these locations have

received the proper training to help them. Safe Place signs will also list instructions for assistance when facilities are closed, ensuring safety for youth on a 24/7 basis.

Hobbs said that the 60 employees at Bayway received

training for the Safe Place program prior to its joining the program in early August.

In addition to Bay County, the Anchorage Children's Home leads street outreach and recovery efforts, including the Safe Place program, across Gulf, Calhoun, Washington, Jackson, and Holmes counties. Headquartered in Panama City, the non-profit organization was founded in 1983 with the goal of providing care for at-risk and abused and neglected children through screening, case man-



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PCB Chamber Spotlight



Introducing: Boats N' Hoes

Hey Panama City Beach! We're the Dunigans. My name is Vanessa, nice to meet you! Thomas, my husband, was called to Tyndall Airforce Base in November 2022 for a welding contract. After 10 years of traveling the country for the Pipeline Industry, we decided to stay here, in our favorite state, and start a business. Since he has 19 years of mechanic field experience, a service truck, and the skills to fix just about anything, we decided to start up Boats N' Hoes Maintenance and Repair LLC. Boats N' Hoes Maintenance and Repair LLC is of course a play on words, and a nod to the timeless theatrical production, Step Brothers. Since we offer mobile diesel mechanic services to both boats and equipment, it fits perfectly. Plus, it makes our company name easy to remember and fun!

What makes us a unique, yet helpful, business?

We offer mobile diesel mechanic services in the field. If you own a fleet of trucks, it will cost you approximately a full day (sometimes more) of profit to get your company DOT Inspections done on your trucks. Why take profit out of your pocket/ be considered "down," when we can come to you after hours or on weekends and have all DOT





Inspections done in a timely manner?

The same thing goes for general maintenance. If your equipment or trucks need to be greased or need a monthly/bimonthly inspection, we come in and take care of everything, so that stress is off your shoulders. We also keep track of your business's maintenance expectations, so you don't even have to think twice about it anymore.

Of course, everyone breaks down and needs immediate attention. Downtime equals money loss! No one is in business to lose money, so our job is to come out as soon as possible, diagnose the issue, find the parts, and have you back up and running. No

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Did we just become best friends? I hope so, follow us on-line!



The community

Walk Like MADD/MADD DASH 5K and #TessStrong Food Truck Fest To Be Held At GCSC

BY PAUL BONNETTE

In May of 2021, WMBB Reporter Tess Rowland had a head-on collision with a drunk driver driving down the wrong side of the road. Miraculously, Rowland survived, though she suffered multiple broken bones and internal injuries. Her recovery involved seven surgeries, metal plates, and screws. Two years later she still lives with daily pain. Rowland has taken that traumatic experience and embarked on a mission to spread awareness of the dangers of drunk driving as the National President of Mothers Against

Drunk Driving (MADD).

On Saturday, September 23, MADD's Northwest Florida Chapter will be hosting its signature fundraising event "Walk Like MADD & MADD DASH 5K" at Gulf Coast State College. The organization will also be holding the second annual #TessStrong Food Truck Fest which includes plenty of food trucks, giveaways from sponsors, and even a safety fair with activities from local first responders including a drunk goggle obstacle course.

According to Rowland, this 5k event and food truck fest is all

about bringing the community together to prevent drunk and impaired driving. "Our events such as Walk Like MADD [help] bring together the community to take a step toward the future of no more victims of this 100% preventable crime," she explains. For Rowland, combining the organization's popular 5k event with an inaugural food truck fest last year proved to be a massive success and one that she is excited to bring back in September.

"It is a variation of our Walk Like MADD event which is one of our biggest fundraisers



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and we are also combining the #TessStrong Food Truck Fest, says Rowland. "The TessStrong Fest was an idea that was born last year... I wanted to bring together the community, both law enforcement as well as local businesses and the general population for a fun event to educate people and really make people aware of what drunk driving is, how prevalent it is unfortunately in the Panama City area, and how it could be prevented."Last year proved how popular the addition of the TessStrong Food Truck Fest would be as the event raised thousands of dollars to not only go toward preventing drunk driving but to support victims as well.

For Kristen Allen, the Affiliate Executive Director of MADD, the event promises to have something for everyone. "It's like two events in one," she explains. "Since we have the walkers and runners coming to this event we just thought it would make sense to do the second annual TessStrong Food Truck Fest. More people will come from the community to do the interactive activities that we have with law enforcement."

MADD's signature Walk Like MADD and MADD Dash 5k event start at 9:30 a.m. at Gulf Coast State Col-

lege. Entry is free, but there is a minimal fee for runners and 5k walkers. The #TessStrong Food Truck event runs until 2 p.m. at Carl Gray Park on Collegiate Drive. Everyone who finishes the race will receive a finisher's medal and a mini doughnut from one of the food trucks. For more information on this event and to register for the Walk Like MADD/MADD Dash 5k please visit madd.itsyourrace.com.



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Know Your Neighbor: Tam Taylor

BY PAUL BONNETTE

Actress, business owner, writer, and comedian, Tam Taylor does it all. You may know her from shows and films on networks such as TLC, Discovery+, and Lifetime or from headlining numerous comedy shows across the country, however, for Tam Taylor, Bay County is home. According to Taylor, being a business owner in Bay County goes back to her family roots.

"My grandparents had some of the first gas stations here in



Panama City. I've got roots here as I was born in Fort Walton at Eglin Air Force Base. My grandparents had restaurants and gas stations here and in Alabama, so I was kind of bounced between here and Alabama my whole life," remembers Taylor. "My mom and I, we wanted to open a restaurant here. It's a beautiful place to live with great weather. It's a great place to be and I've been here pretty much on and off my entire life."

After graduating from the Springer Opera House School of Performing Arts, Taylor decided to continue performing as taking the stage has always come naturally. From Las Vegas to New York City, radio to stage, Taylor is all about entertaining. According to Taylor, being an entertainer is a career she has known she wanted from an early age.

"I graduated from a theater school. I've always been in theater and in front of crowds. For the past thirty years, I've been on stage or entertaining in some type of capacity. I really enjoy acting. If you are an actor, you're just an actor. It's in your blood."

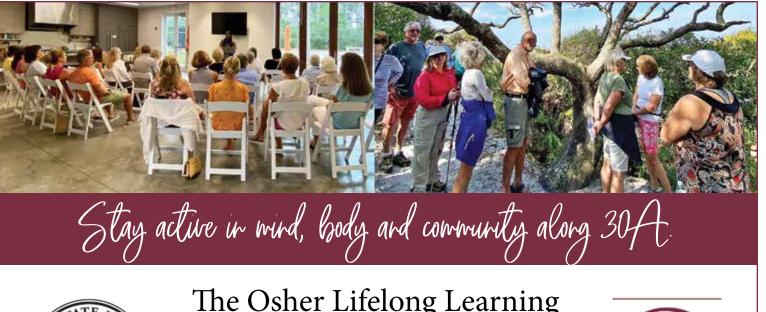
Taylor has been featured in shows on TLC such as Behind Closed Doors: The American Family, American Detective on Discovery+, and #Textmewhenyougethome on Lifetime. She has also been in several award-winning feature films showcased at numerous film fests.

For Taylor starting on in theater and television and being a comedian at heart, she decided to dive into the world of standup comedy. Fortunately, the comedy scene in Panama City was quickly developing which offered Taylor the chance to take the stage in an all-new way.

According to Taylor, progressing into the world of standup comedy was an easy transition.

"Being on stage and doing standup is so much fun for me. Acting in standup comedy is just a natural progression of theater work and the work that I've done. When I had a show, I would sing a few songs and tell a few jokes, so it was like I was already kind of doing it before. Then, the comedy scene in Panama City was getting started and I can write and work out my jokes and work out my set and travel and headline."

Continued on next page





The Osher Lifelong Learning Institute at Florida State University



Tallahassee PC30A

Fall Semester Kick Off September 12 from 5:30 - 7:30 p.m. The Hemingway Room at The Pearl, 63 Main Street, Rosemary Beach

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Join the Osher Lifelong Learning Institute (OLLI) at Florida State University Tallahassee and PC30A for engaging classes and enlightening speaker and author events. For more information contact Margaret Gamble at mwgamble@fsu.edu or check out the OLLI at FSU PC30A website at **pc.fsu.edu/olli**.

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Let's Get Growing with Julie:

The Buzz on Native Bees

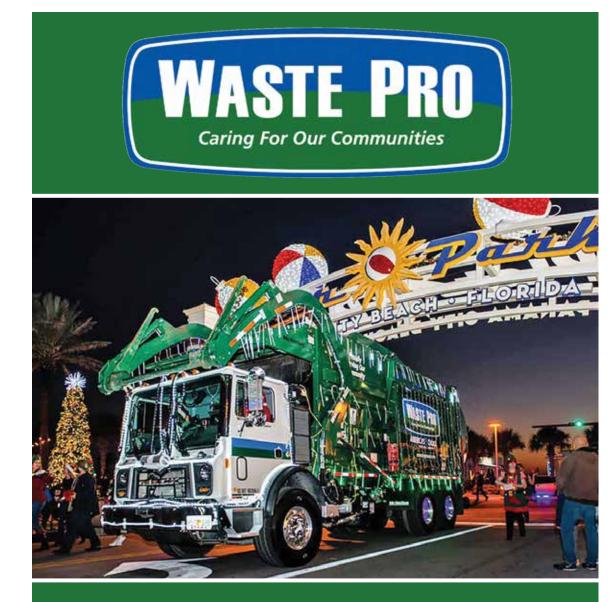
The community



By Julie McConnell, UF/IFAS Extension

European honey bees are well known for their contributions to agriculture, but did you know that there are over 300 bees that are native to Florida? This article will talk about a handful of species that may be found in your northwest Florida landscape.

The first native bee we will



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look at is the leaf cutter bee. Leaf cutter bees have some unusual activity; they cut semicircles out of leaves which are then used to line their nests. This solitary bee will build multiple chambers within one leaf lined nest. Each chamber contains a pollen ball she creates from pollen, nectar, and saliva. She deposits an egg within the chamber, then seals it and creates another chamber until the entire nest is full. As the eggs hatch, the larvae feed on the pollen ball left by the mother leaf cutter bee. The larva pupates in the nest, then emerges as an adult in the spring.

Some of the prettiest native bees with the most unfortunate name are metallic green sweat bees. These bees are iridescent green with banded abdomens and are very ornate. Like leaf cutter bees females create pollen balls for larvae to feed on which are inserted into nests. Sweat bees build tunneling nests underground. Although solitary in nature they may share an entrance hole to their nest with another female sweat bee.

One of the largest native bees are carpenter bees. Easily mistaken for bumble bees, the easiest way to tell the difference is to look for hair on the abdomen. Carpenter bees have shiny, bare abdomens while bumble bees are very hairy. Carpenter bees can be a pest since they excavate holes in wood to create

TAM TAYLOR

continued from previous page

Today, when Taylor isn't filming, she travels the country headlining comedy shows and has no plans on slowing down anytime soon.

"I am not putting any limitations on myself," she says. "I have dreams of doing more television and more movies and more comedy. People can do nests, occasionally targeting untreated wood in fences or other structures. If you have this issue, paint untreated wood and consider offering alternative nesting sites for carpenter bees.

There are five species of bumble bees found in Florida. Bumble bees are large bees and can be distinguished from carpenter bees by the abundant hair on their bodies. Another key idea identification feature is the pollen basket (corbicula) on the hind leg used to collect pollen. Unlike the previously mentioned bees, bumble bees are social, working together using a caste system in a colony. The first brood of bumble bees are workers who pitch in to help the queen with subsequent broods. By midsummer, the queen produces a brood of males just in time for mating.

To read more about bees and other pollinators native to Florida, visit "Attracting Native Bees to Your Florida Yard" https:// edis.ifas.ufl.edu/publication/ IN1255

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whatever they set their mind to. There are no expiration dates on your dreams. You can do so many things, you just have to put them in motion. You have to put in the work. I'm not putting any limitations on myself and I'm not setting any boundaries for myself. I'm just going into this next year with the gratitude that I've come this far in this business and the hopefulness and willingness to go further."

Visit Port St. Joe & Mexico Beach



The Lost City on the "Forgotten Coast"

By JACK SMITH

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

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

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







of the most beautiful stretches of beaches in America and shouldn't be missed. The "Forgotten Coast" is a name the local chamber of commerce came up with after the paper mill closed to generate some much-needed hype. Many of the permanent residents wish the forgotten coast would remain just that: "forgotten." But after several visits, I've concluded that "Unforgettable Coast" might hit closer to the mark.



Finding Magic on the "Forgotten Coast"

By JACK SMITH

In the past, you'd wake up in Mexico Beach and swear it was 1955. The town that time forgot got remembered at 1 p.m., October 10, 2018, as Hurricane Michael came ashore, a category five storm packing winds of 160 mph. Today Mexico Beach is undergoing a mammoth revitalization effort seldom seen on the Forgotten Coast. Its old-world charm is being replaced with brick-and-mortar buildings built to withstand 175 mph winds and rain. The "New" Mexico Beach is a blend of modern-day amenities and classic old-world Florida, a little slice of paradise featuring white sand beaches, turquoise water, and some of the most downhome people you'll ever meet. This little town casts the sort of spell on visitors that keeps them coming back year after year. Mexico Beach sits right on the line separating East-



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

Visit GulfChamber.org and MexicoBeach.com for more information

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Shell Shack

This part of the Panhandle was largely destroyed by Hurricane Michael in October 2018 and so you will see a lot of newer buildings around Mexico Beach. Shell Shack itself is housed in a newer structure but one that pays homage to its name and legacy. And it is quite the legacy! Shell Shack has been in operation since 1965 under the same family name. It took them two years to rebuild following Hurricane Michael, but business is booming as it has once again become a staple stop for both locals and guests thanks to its mix of offerings.

Shell Shack is a truly multi-faceted business that is part souvenir shop, part beach store, and part fish market. Whatever you're looking for at first, we're sure you'll find yourself fascinated by the options at this Mexico Beach business.

710 U.S. Highway 98, Mexico Beach, FL 32456 | (850) 648-8256



Rules, Regulations, and Keepin' on Fishing

By PAM ANDERSON

An update on NOAA's proposed actions regarding the Rice's Whale is not good news. Not only is the agency proposing limited speed and access zones in the Gulf, but they are also now proposing a Critical Habitat Designation for the Rice's Whale which will add even more restrictions. In their Fishery Bulletin regarding this matter, it states "Only federal agencies are directly affected by a critical habitat designation; non-federal entities may be affected if their activities involve federal funding, permitting, or authorization." And, "The proposed designation does not create any new regulations or restrictions on fisheries." But, our military, some of our community partners in shipping, and federally permitted fishing boats will all have to abide by whatever restrictions they plan to impose because our activities are involved in "federal funding, permitting, or authorization.' This will have a very negative economic impact on all who live on the Gulf Coast if these

proposals are brought to fruition.

In addition, in the critical habitat designation scenario the area of concern may change over time because patterns of species like whales and others change their habits. More info on this issue and comments can be made on the NOAA website, as well as at the October Gulf of Mexico Fisherv Management's meeting scheduled here in PCB in late October. Go to www.gulfcouncil.org for details. Be informed: read more about it.

You will also find information regarding a contest-

ed issue between NOAA and the fishing industry concerning the use of Fishing Effort Surveys to determine new regulations and restrictions to access Red Grouper (in particular) and more species to come. Members of the Panama City Boatmans Association are looking out for you and other fishing interests. Bob Zales, owner of Leo Too, Pres., PCBA, and involved



with other organizations, stated, "The email I sent on behalf of SOFA, NACO, and PCBA regarding the negative impacts to all sectors, fish houses, restaurants, consumers, and the fish stocks had an impact. These motions require the [Gulf] council and nmfs [NOAA] staff to prepare info on the projected impact by continuing with FES and also require all the FES data compiled by the office of science and technology to the SSC [SE Regional Science & Statistical Committee] for their review. This means they will be looking at the FES impacts and all this info is to be provided to the Council by the October meeting in Panama City."

The **PCB Fishing Rodeo** crew has posted this statement: "We have made the very difficult decision to postpone the 2023 Rodeo until next year. Due to unforeseen circumstances with the fishing regulations this year, the species that would be harvestable to weigh in are very limited. We are coming back better than ever in 2024 so stay tuned for

more information." Even so, the Fall fun will continue... Gag Grouper is open September 1st through November 10th, so all the deep-water charter and head-boats will be heading out to catch Gag Grouper, Vermilion Snapper (of which many are very big this year), all snapper species except for Red Snapper and many more!

Our 10 State-licensed Guide Boats are not only inshore fishing this Fall, but will, like many private anglers, be taking advantage of Florida's Fall opening of Red Snapper (out to 9 miles) for weekends in September, October, and November! Make plans now to fish State Waters for Red Snapper this Fall.

Information 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... the home of 3 large Head-boats, 30 private Charter Boats, 10 Guide Boats and 4 Dive Boats... and Shell Island/Dolphin Cruises. Our main fishing and cruising season here is March 1st through October 31st, 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. www. CaptAndersonsMarina.com.



🐲 Community

Return of Fright Nights: Bay Arts Alliance Unveils Second Year of Terror On Downtown Panama City

Brace yourselves for another season of heart-pounding fear as Fright Nights: Seven Spectres, an immersive haunted experience put together by the Bay Arts Alliance, announces its second year. This highly anticipated event, taking place at the iconic Panama City Center for the Arts in Historic Downtown Panama City, promises an intensified and spine-tingling encounter in the lore of the enigmatic Raven Queen.

For the past four years, the Raven Queen, created by Jayson Kretzer and brought to life by Misty Joy, has played an important role in the haunted experiences at the Center for the Arts. The character and her giant spider minion, Iktomi, have captivated imaginations and woven a web of suspense for the community. This year, Fright Nights will delve deeper into the lore surrounding the Raven Queen, promising a narrative that will immerse attendees into a world of magic, haunting secrets, and unparalleled horror.

"This year's story takes guests back in time to reveal the origin of the Raven Queen," said Jayson Kretzer, Executive Director of Bay Arts Alliance. "We are so excited to share this next chapter and given what we learned last year, it's going to be an even bigger and better experience this October."

Key Features of Fright Nights 2023:

More Opportunities & Shorter Wait Times: The haunt will be open for eight days this year starting on Friday the 13th in October and will be doing presale time slots only. This will help ensure that guests don't have long wait times.

• Enhanced Immersion: Building on the success of the first year, Fright Nights will heighten the immersive experience with cutting-edge special effects, captivating soundscapes, and stunning visuals that will blur the lines between reality and nightmare. • Character Interactions:



PHOTO BY NIKKI BONNETTE

Guests will engage with a cast of skilled performers who bring the Raven Queen's story to life as they unravel the truth behind her rise to power.

The experience is recommended for audiences aged 12 & up. Under 12 must be accompanied by a parent or guardian. Bay Arts Alliance suggests that parents take into account their children's tolerance levels for jump scares, flashing lights, and loud noises.

Those interested in joining the team or how to get tickets can learn more by visiting FrightNightsPanamaCity.com.

About Fright Nights

Fright Nights is a captivating and immersive haunted experience created by the team at Bay Arts Alliance. With a commitment to delivering unparalleled creatively curated fear and excitement, Fright Nights invites attendees to step into the heart of horror and explore the chilling world of the Raven Queen. The Experience will be open Fridays and Saturdays starting October 13, 2023.



Piano • Voice • Guitar • Bass • Drums **Ukulele • Song Writing and More**

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



Studio 237 Meet the Voice Teacher: MaryKate Cary

MaryKate Cary is a classically trained vocalist with studies in gospel, jazz, and pop. In the fall of 2022, she earned her Bachelor of Arts degree in General Music along with special studies in Music Entrepreneurship from Florida State University. Her passion is to empower youth through music and community support.

Over the years, music engulfed MaryKate inside and outside the classroom. Since the age of thirteen, she has been a part of many choral ensembles, musical theater ensembles, vocal recitals, and solo performance opportunities in Noirmoutier, France. In Northwest Florida, she was actively engaged for six years managing clubs and programs for academia and four years as the Director of Choreography for musical theater programs. MaryKate says, "I have always enjoyed the thrill of performing



and also find voice teaching just as exciting and rewarding." She loves sharing the joyful experience of music with others.

Singing songs that she enjoys has always been a safe place for her. Through trials and tribulations, music has been her support. MaryKate believes that "Music is medicine for the soul." She knows the healing elements

Continued on next page

Page 14

The Million Dollar Quartet

By Anna Fisher, Associate Artistic Director, ECTC

Picture it; America-1956. A gallon of gas is 29 cents and a glass bottle of Coca Cola costs you a nickel. Grace Kelly becomes Princess Grace of Monaco and new products on the market include Play Doh, Comet Cleanser and a funny little dice game called Yahtzee. It is also the year a relatively unknown Elvis Presley explodes onto the scene at the tender age of 21. The term "catapults" might even be more apt. 1956 is a rockn-roll pot of water that is just beginning to boil, and then Elvis comes along and cranks up the heat.

He released five songs to top the Billboard pop charts that year including "Heartbreak Hotel," "I Want You, I Need You, I Love You," "Don't Be Cruel," "Hound Dog" and "Love Me Tender."

On Nov. 15, 1956, the mov-

"Love Me ie Tender" was released, and not long after that on Dec. 4, 1956, Elvis stopped by Memphis-based Sun Records Studios to have a chat with owner Sam Phillips, also known as the man who invented rock-n-roll. It just so happened that Rockabilly artist Carl Perkins, who originally wrote and performed "Blue Suede

Shoes," was there to lay down some tracks. Wild piano man Jerry Lee Lewis was brought in to help fill out those tracks with his distinctive sound. Oh, and there was someone else there, too—a popular country singer named Johnny Cash.



These four legendary musicians proceeded to have an impromptu jam session that included gospel, hymns, rockabilly, country and a little rock-n-roll thrown in for good measure. Sam Phillips had the presence of mind to leave the tapes running, and managed to get a recording of this epic jam session that made the Memphis newspapers the next day with the headline "Million Dollar Quartet."

The actual recording wasn't released until 1981 and, even then, only in Europe. It wasn't until 1990 that the complete recordings were released in America. The musical, which is based on

this once-in-a-lifetime convergence of some of the greatest musical talent in American history, premiered in Chicago in 2008 to rave reviews and eventually went to Broadway.

I am absolutely thrilled that this incredible, based-on-a-true-

The Remarkable Benefits of Voice Lessons

Whether you're an aspiring vocalist or simply looking to enhance your communication skills, voice lessons offer a multitude of advantages. From building self-confidence to improving overall communication, voice lessons provide a well-rounded set of benefits that can positively impact various aspects of your life.

Enhanced Vocal Ability: The most apparent advantage of voice lessons is improved singing proficiency. Skilled vocal coaches guide students through proper techniques, helping them develop a healthy voice, with a wider vocal range, better pitch control, and greater tonal clarity. Lessons are uniquely crafted for the student.

Boosted Self-Confidence: Voice lessons are more than just about hitting the right notes; they encourage self-assurance. As students witness their progress, their self-esteem grows, empowering them not only on stage but in everyday interactions as well.

Effective Communication: Voice training emphasizes clear articulation, projection, and modulation. These skills are transferable to public speaking, presentations, and professional communication, enabling indistory musical is the opening show for Emerald Coast Theatre Company's 11th Season! The music makes this show great, but the story behind the music is what gives this show a magical texture. We, as the audience, have the privilege of knowing that this event was an ephemeral, once-in-a-lifetime happening. For those guys, it was just another Tuesday. What a stroke of genius for Sam Phillips to have the gift of foresight and capture the moment for all of us to savor years later. And just as brilliant that Colin Escott and Floyd Mutrux saw the magic in the story and wrote a show about it. Get your tickets soon because Elvis will be in the building on September 15th through October 1st.

The great thing about ECTC's premiere of this toe-tapping musical is that you have more than one random Tuesday afternoon to catch it. As the King would say, "It's now or never."

viduals to captivate audiences

and convey messages more ef-

Singing is a natural stress reliev-

er. Voice lessons provide a cre-

ative outlet where emotions can

be channeled through music,

serving as a form of emotional

release and promoting mental

The benefits of voice lessons

Stress Relief and Expression:

fectively.

well-being.

MUSIC LESSONS *continued from previous page*

of song and desires to enrich the souls of others with the power of music. Her mindful positivity and uplifting personality are refreshing. MaryKate says, "I highly value spirituality, joy, and

NS community."

Recently, MaryKate has joined Ray and Lisa Cyr at Studio 237 Music Lessons in Santa Rosa Beach to provide Voice Lessons for students of all ages and experience levels. Her diverse background and experience have provided enough knowledge to enable students to improve their vocal ability and sound better after a season of instructions. MaryKate is a gifted performer and teacher who understands the training each individual will need to develop their voice and gifting.



extend beyond the realm of music. They encompass personal growth, improved communication skills, and emotional well-being. Whether you desire to improve your singing abilities or simply sim to emplify

ities or simply aim to amplify your self-assuredness, voice lessons offer a holistic approach to self-improvement. The voice is a powerful instrument that can unlock a world of opportunities, both in the realm of music and in your everyday life.

For more information about voice lessons, call or text Ray Cyr at (850) 797-3546 or leave a message at (850) 231-3199. See more about MaryKate on our website at: www. studio237music.com/teachers.



THE BEST OF LOCAL DINING

IN THIS ISSUE

ISO: PCB's Best Soup & Salad

ISO: PCB's Best Soup & Salad

By JACK Smith

While all of our featured restaurants offer a plethora of homemade soups and salads, I'd like to focus on two of my favorites, Caesar salad and she-crab soup. Most food-historians believe the Caesar salad was invented in the 1920s by an Italian immigrant named Caesar Cardini, a restaurateur with restaurants in both Mexico and the United States. On July 4, 1924, Cardini ran out of supplies at his restaurant, Caesar's, in Tijuana, Mexico (where Americans flocked to avoid prohibition restrictions). Improvising with what he had left on hand, the first Caesar salad was tossed (or so the story goes).

My all-time favorite soup is she-crab, a true southern delicacy. History tells us that she-crab soup was first made in Charleston, South Carolina, in the 1920s at The Rutledge house. There the butler, William Deas, was asked to come up with something special for visiting President William Howard Taft. We are lucky to live in a southern town that offers several versions. My favorite is found at...



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Try our Johnny's Special Greek Salad. Fresh crab meat and Gulf shrimp, iceberg lettuce and tomato wedges with Greek ripe olives, Salonika peppers, feta cheese and our famous Greek dressing. Crisp and refreshing!

American Charlie

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

American Charlie Grill & Tavern is an All-American eatery located at The Shoppes at Edgewater. From the local team that brought you Firefly PCB, On The Fly, and more, this dining experience is unlike any other, featuring favorite classic dishes that have become staples in our country for over a century. For the soup and salad lover, choose from ten delicous homemade soups and salads made fresh daily.





The Wicked Wheel

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

The Wicked Wheel's Mandarin Walnut Salad is a refreshing choice any time of the year. Think romaine lettuce served with Mandarin oranges, walnuts, red onions, tomatoes, bleu cheese crumbles, and cranraisins served with raspberry walnut vinaigrette on the side. This salad is full of flavor with every bite.

Schooners

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

The wedge with a view! A whole heart of romaine lettuce, bacon, blue cheese crumbles and blue cheese dressing sets this salad apart. Try it with our New Orleans style Seafood Gumbo!



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

9956 Hutchison Blvd. #500, PCB | ((850) 775-1480 www.hibachiexpresssushifl.com We offer authentic and delicious tasting Japanese cuisine. A convenient location and affordable prices make our restaurant a natural choice for dine-in or take-out meals. Our restaurant is known for its variety in taste and high quality fresh ingredients. Come and experience our friendly atmosphere and excellent service. You can also order online for pickup or delivery.



Señor Frogs

15005 Front Beach Road, PCB senorfrogs.com/panama-city-beach Come for the food, stay for the fun. Our fiesta taco salad is a party in your mouth with a crispy flour tortilla, beans, rice, lettuce, pico de gallo, guacamole, queso fresco, with chipotle dressing and your choice of chicken, shrimp, arrachera or carne asada. Or try our seafood gumbo with shrimp, scallops, crawfish, crab, andouille sausage, okra and steamed rice.





Boon Docks

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

Like everything at Boon Docks, the Spicy Gumbo is fantastic. Gumbo appears to have started in Southern Louisiana about 1719 and was a combination of several cultures: African, French and Creole. The name comes from a West African word for okra, which suggests its origins may go back even further. Whatever the history, today's version at Boon Docks is as good as it gets. When you go, tell Hilary that Jack says hello.

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.



Pirates of the High Seas & Renaissance Fest Returns in October

Aboy mateys and fair maidens! The crew of Visit Panama City Beach invites medieval revelers and swashbucklers of all ages to embark on a fun-filled voyage at the annual Pirates of the High Seas & Renaissance Fest, setting sail on October 6-8, 2023. The three-day celebration welcomes families to don their best pirate or renaissance garb and travel back to the days of old with a bounty of free pirate and medieval-themed festivities, including live entertainment, parades, an enchanted marketplace, fireworks, and much more.

"We are thrilled to welcome residents and visitors to this year's Pirates of the High Seas & Renaissance Fest," says Dan Rowe, president and CEO of Visit Panama City Beach. "With



a schedule packed full of exciting activities and entertainment throughout the weekend, we look forward to hosting families for an unforgettable weekend at the Real.Fun.Beach."

Celebrating the legacy of the pirates who once roamed the Gulf of Mexico and pillaged





the Emerald Coast, this one-ofa-kind festival tells the tale of Dominique Youx and his krewe of loyal buccaneers through staged pirate battles and storytelling. Attendees will learn the famed legend of the mighty men who fought to defend Panama City Beach from invaders looking to steal the destination's jewels in the early 1800s.

To see the full schedule of events please visit www.visitpanamacitybeach.com/pirates-ofthe-high-seas.



Around the Beach

The **Women's Civic Club** of **Panama City Beach** is a not-for-profit 501C3 which was incorporated in 1967 with a mission of promoting civic improvements for the beach and giving aid to worthy projects benefiting the community. Women who owned businesses, had special interests, or lived on the beach came together to form a strong group to make the Beach a better place to live and visit.

As a working club, most of the year is spent raising funds for sponsored community projects and activities. Some of the fund-raising projects are an arts and craft fair, dance, silent auction, Ironman, and the Tourist Development events by providing staff to support their projects.

During past years, the Club working with other agencies, helping to fund large projects of community value. These projects include Under the Palms Playground, Gayle's Trails and Conservation Park, Panama City Beach Public Library, and hurricane recovery. Last year, the Club helped make the Frank Brown Splash Pool a reality.

Yearly projects supported by the Women's Civic Club include Beach Care Services, Anchorage Children's Home, the Boys and Girls Club, Domestic Violence, Food Pantry, PCB Library, Maggie Still Park, Bay Co Sheriff's Department, PCB Police Department, PCB Fire Department, and special school projects.

The Women's Civic Club's next event is the **Fall Fling** - a Juried Arts and Craft Show and Sale, Saturday, September 30, 2023, from 9 a.m. till 3 p.m. in Frank Brown Park's Recreation Center (16200 Panama City Beach Parkway Panama City Beach, FL 32413).

Vendor information and applications for the Fall Fling are listed on the web page www. wccpcb.org. Email questions to womensciviclub@aol.com.

Beach Care Services will be hosting the 6th Annual Dinner at the Beach Bonfire & Beach Party presented by Panama City Toyota on October 17, 2023, at Sharkey's Beachfront Restaurant in Panama City Beach from 5 - 9 p.m. (VIP entry at 4 p.m.). This popular local event features a three-course dinner for over 700 guests, 3 live auctions, premium raffle prizes, Live Music by Sons of Saints, and a bonfire beach party.

Panama City Toyota has donated \$5,000.00 cash to be raffled off the night of the event.

Shimmering Seas has donated a beautiful jewelry set valued at over \$2,000.00, which will also be raffled off the night of the event.

Dinner tickets start at \$35.00 (plus fees on Eventbrite) and all proceeds go to Beach Care Services.

VIP attendees will be served wine donated by DiBacco Imports. Express seating will have the drink of the night – BCS Shark Attack!

This event has been a sell-out every previous year, so get your tickets now and support our local community for a night of fun on October 17 on the beach at Sharky's. All proceeds go to Beach Care Services - local helping locals.

**100% of donations go back to the community. Our Board of Directors is comprised of volunteers who work to benefit the people of Bay County. For more information, please visit www. beachservices.org.

For tickets visit beachcareservices.org/events/dinner-at-thebeach.

Join us at **Slick Kickers** on the dance floor on five Tuesdays and Saturdays in September. We're featuring **Line Dancing** on Tuesday nights and a Saturday night dance with Cha-Cha, Waltz, Two-Step, and Couples Line Dancing. There's even a free event with demonstrations of Country Ballroom Fusion, Square Dancing, and of course, Line Dancing.

All events will be held at this area's largest all-wooden dance floor. Grand Square Hall of Panama City at 1105 Bob Little Road has a genuine floating floor that's soft on your feet! This is a family-friendly event (no smoking or alcohol), and there is plenty of free parking.

Slick Kickers Panama City was established in 2015. For more info call or text Julie Gray at (850) 258-9847, email Slick-KickersPanamaCity@gmail. com, or like us on Facebook. com/Slick Kickers Panama City

Tickets are now on sale for **Holly Fair, the Junior League of Panama City's** (JLPC) largest annual fundraiser, November 9-12, 2023, at Edgewater Beach & Golf Resort in Panama City Beach, FL. Tickets are available for purchase at Holly Fair Tickets.

Holly Fair is one of the Junior League's biggest annual fundraisers, bringing in approximately \$75,000 to be used to support the League's various programs. From committing 5,000 volunteer hours to providing \$15,000 in scholarships to local teachers, the service organization has remained a constant positive force in Bay County for the past seven decades — raising over \$3 million.

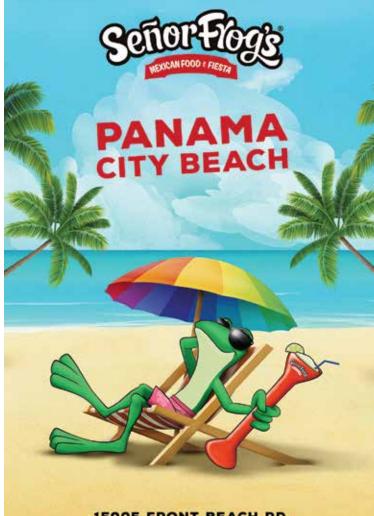
"Join us as we kick off the

holiday season with a magical Christmas event that will truly have something for everyone. Together, we can make a difference in our community and spread the joy of the holiday season. We can't wait to see everyone in November." Christina Knox, Holly Fair Chair.

Along with the holiday shopping all weekend, we are excited to announce we will be featuring a new Kids Christmas Event this vear. We will also be bringing back our live fashion show at the ticketed event, and Champagne Brunch on Friday morning. Guests can also enjoy the iconic Preview Party Thursday night featuring a live & silent auction, live entertainment on Saturday, and our Sunday Kids Christmas Event. Kick off the holiday season with JLPC, and experience a wide variety of entertainment, great food, music, auctions, and more!

General admission tickets to Holly Fair are \$10 and include access to nearly 60 vendors ranging from Christmas decor to boutique clothing, kitchen gadgets, and designer jewelry. Special events throughout the weekend such as the Preview Party, Champagne Brunch, and our Sunday Kids Event do require separate tickets. Visit Holly Fair Tickets to purchase your tickets today. All net proceeds from Holly Fair will support the programs and mission of JLPC.

For more information about Holly Fair, visit jlpanamacity. org/HollyFair.



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Looking for the perfect seafood dinner? Your ship just came in.

on Doe

STAURAN

Located under the mighty oaks on the Intracoastal Waterway just 5 minutes from the beaches in West Bay, Boon Docks offers a delicious array of fresh local and regional seafood. Take in the history of our 1941 West Bay landmark... the old fish house, the Buchanan home and the old bait store are all now part of the restaurant.

> 14854 Bay View Cir, PCB (850) 230-0005 www.boondocksfl.com

First Responders Show Support for PCB Schools

By MARK MCQUEEN, BAY DISTRICT SCHOOLS SUPERINTENDENT

It's no secret that schools are only as successful as those who support them, and out here on the beach, we're absolutely blessed to be supported by one of the finest cadres of first responders we could ever hope to meet. It's worth noting that our Team of Teams at BDS isn't just comprised of the schools, offices, and other operations under our official logo... it truly takes the teamwork of our entire community and ALL of our fantastic law enforcement partners to accomplish our mission.

While all those partnerships with law enforcement and first responders throughout Bay County are exemplary, I want to give a special shout-out to our beach teams this month. These men and women, many of whom are also parents of our students, do all they can to support and encourage our beach children.

Whether it's a "touch a truck" event giving students a chance to sit in a fire truck or something more serious like a safety drill, our beach first responders show up in droves every time we ask them to do so. They go out of their way to interact with our students and staff members throughout the year and really do go "above and beyond."

And for that, I'd like to say "thank you."

Students from throughout our community have a chance to get to know our first responders and the services they provide for us, as a result of special events like Cops 'n Kids and the fun holiday activities sponsored by the Panama City Beach Police Department. First responders help our schools provide Christmas gifts and meals for needy families and are actively enrolled as mentors in our schools.

First responders and military members also ardently support the special 9/11 events held at our beach schools. We appreciate that they take the time out of their busy schedules to help ensure our students remember the sacrifices of so many on that fateful day.

Additionally, PCBPD Chief J.R. Talamantez is the cor-



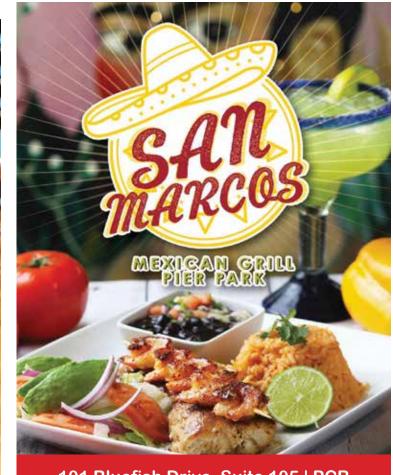
nerstone of a critical program called Parents Against Predators, which seeks to teach parents/guardians about the dangers lurking online. Last year, in two separate sessions, the Chief and his team reached more than 600 families, and we're so grateful for his commitment to serving our community and educating our families.

So, next time you see a group

of first responders out in the community, and especially here on the beach, please know that their commitment to serve extends far beyond responding to our emergencies and focusing on our safety. We're proud that first responders are valuable members of our Team of Teams, and we're grateful for their continued service to all of 118.



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Marlins Make Waves

By Britt Smith, Principal, J.R. Arnold High School

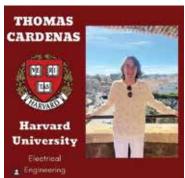
Arnold High School prides itself on providing our Marlins with a Triple-A educational experience! These A's represent Academics, Arts, and Athletics. The success of our Marlins can be seen in the various awards bestowed upon them each year.

Academically our Marlins are proving themselves to be exemplary scholars as evidenced by students excelling on state exams and those administered by College Board. History repeated itself once again as our most recent graduating class had another student, Molly Reeder, earn her Associate of Arts degree before being awarded a high school diploma!

Graduates from Arnold High School are continuing their studies at many of our nation's most prestigious colleges and universities. Two more Marlins will be attending Ivy League schools on academic scholarships as Rachel Jacquay, Class of 2023 Salutatorian, will attend Yale University, and Thomas Cardenas will attend Harvard University. Closer to home, Ridah September is attending Vanderbilt University, and Janu Shah, Class of 2023 Valedictorian, will attend the University of Florida, both on academic scholarships. Combining a high degree of academic excellence and leadership skills, Arielle McCall is attending the United States Naval Academy where she has completed her plebe summer program and is now a Freshman.

Arnold is also very proud of its Career Technical Education, CTE, program and the innovative areas it is focusing to prepare our graduates for work. Arnold's newest CTE programs include the Unmanned Aircraft System, drones, and Sports Medicine program. Through these programs, students attending Arnold High School are able to earn their FAA UAS/ drone pilot license and certification as an Athletic Trainer. Our construction trades academy recently completed the construction of a "tiny house" that is currently being auctioned off and will provide someone







with an excellent home. The CTE programs at Arnold High School are preparing students to be competitive and highly sought after in the workforce.

Artistically, Arnold's fine and performing arts programs have proven to be outstanding. Each year our award-winning Blue Thunder Marching and Pep

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bands provide excellent entertainment during sporting events. The Blue Thunder Band was proud to be invited to march in the St. Patrick's Day parade in Chicago, Illinois. Kent Arnold was the only student in Bay County to be selected to the All-State Chorus! Our Concert Band was awarded a Superior rating at the State MPA. The theatrical program also had an exceptional year. During the International Thespian Society district competition, Critic's Choice awards were earned by Grace Samarripa for contrasting monologues while Addison

Bradley and Thomas Cardenas won for pantomime.

Athletically, Arnold High School was once again among the highest-achieving sports programs in both Bay Coun-

ty and the Panhandle. While several of our team won county and district titles, Shane McEliece and Eddie Kepran both brought home FHSAA State Titles! Shane won two state titles by winning the 100-meter breaststroke and 100-meter butterfly in swimming competition. Eddie won his state championship in the 800-meter race for Track and Field.

The 2023-2024 school year looks to be another excellent opportunity for Marlins to demonstrate their championship-caliber skills as scholars, artists, and athletes! #GoMarlins

Pier Park to Host Halloween Costume Drive

Pier Park announced today that the shopping, dining, and entertainment complex will again help locals and visitors in need by hosting its annual "Halloween Costume Drive." The Pier Park team will be collecting new and gently-used costumes at the Mall Management Office.

Halloween costume donors are invited to drop off their items any weekday from October 2 to 27 between 8:30 a.m. and 5 p.m. Costumes for adults and children in all sizes are needed. Starting October 23, guests can browse the donations to find their favorite scare-wear while supplies last. The costume bank will be open during regular office hours weekdays from 8:30 a.m. -5 p.m.

Pier Park is located at 600 Pier Park Drive, Suite 125, Panama City Beach, FL 32413 Additional details about the drive and the mall's trick-ortreating event, "Boo by the Beach," can be found on the Pier Park Facebook Event page, www.facebook.com/ events/977276443584312.



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Beach Mosquito Control District Wants You to Call Us!

By James Clauson, Director, BMCD

BMCD monitors mosquito activity throughout the year with a variety of methods. The District spans from the Hathaway Bridge on the east to the Walton County line on the west, south of the Intercoastal waterway. There are thousands of breeding areas (mosquito larvae need water to breed in) and we try to monitor and treat all of them, but sometimes we cannot. That is where you, the homeowner or visitor, come into play. If you are being bothered by mosquitoes, give us a call at (850) 233-5030 and we will respond that day. We also use that information to help determine where we perform nighttime ULV (ultra-low volume) spray operations. This targets the adult mosquito.

We, here at BMCD, pride ourselves on being one of the best and most innovative mosquito control districts in the State of Florida. There are 67 Counties in the State and currently 62 mosquito control districts. We use the latest technology to monitor and evaluate mosqui-



toes in the district. We utilize a series of traps and emergence containers to capture and identify - to a species - the mosquitoes we have in the district. Our lab staff of entomologists and biologists has the latest and most sophisticated equipment available to run tests on the mosquitoes to determine whether or not there is virus present in the mosquito population. They also monitor virus activity with sentinel chickens spaced throughout the district. BMCD owns and operates 3 chicken flocks (6 chickens per flock/coop). The mosquitoes feed on animals and that includes the avian population. If a mosquito has a virus (West Nile Virus or Eastern Equine Encephalitis, EEE) and bites one of the chickens, the chicken develops antibodies and that is in the blood sample we collect.

Our chickens are sampled every Monday and the serum is sent to the Department of Health Lab in Tampa, Fl. We then get a report that Friday, and it shows positive or negative for the antibodies. We then use that information to adjust our control activities. By the way, the chickens are not hurt in any way.

As mentioned previously, we cannot be everywhere in the district. If the homeowner or visitor to our beautiful area notices mosquitoes bothering them, please call or email us or go to our webpage (www. pcbeachmosquito.org) and put in a service request. We rely on this information to help our technicians locate breeding areas as well as treat (spray) the adult mosquitoes. Remember, only the female mosquito takes a blood meal.

We can be reached at (850) 233-5030. Take a look at our website and you can put in a service request there. We are here to serve the taxpayers (and visitors) in our district! Call us!

National Library Card Sign-up Month

September is Library Card Sign-up Month, a time when the Northwest Regional Library System (NWRLS) joins libraries nationwide to remind everyone about the valuable resources available with a library card. From borrowing books, eBooks, and audiobooks to getting homework help, learning new skills, or attending a book club or story time, a library card helps everyone do more of what they enjoy. All without stretching their budget. It's elemental, really-everyone should have one!

NWRLS Library cards are free to residents of Bay, Gulf, and Liberty counties and are valid at any library in the system. A non-resident card may be purchased for \$15 per year. Bring a Photo ID and address verification to the library front desk to begin the process. A parent or guardian must sponsor their child's card up to age 16.

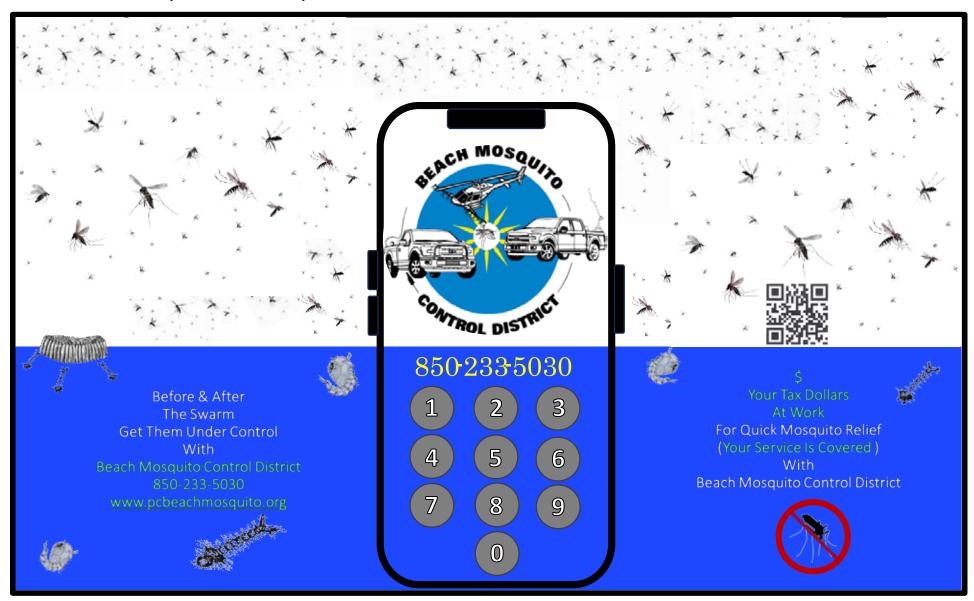
There's something for everyone at your local library. The library offers books, classes, and events that instill a love of reading and encourages creativity and exploration. To learn more about your library's resources and programs, please visit www. nwrls.com, follow on Facebook, or call (850) 522-2100.

Northwest Regional Library System Locations in Bay County:

The Bay County Public Library is located at 898 W. 11th Street, Panama City. Phone (850) 522-2100.

The Panama City Beach Public Library is located at 12500 Hutchison Blvd, Panama City Beach. Phone (850) 233-5055.

The Parker Public Library is located at 4710 Second Street, Parker. Phone (850) 871-3092.



Wellness



By JAMIE C. WILLIAMSON, PHD People often ask me "What is the main reason people get divorced?"

Protect Your Marriage: Eliminate These 4 Toxic Communication Patterns

The short answer is simple – unhealthy communication patterns. The longer answer examines how these negative patterns begin and then evolve to become so toxic that they can (and often do) destroy a relationship.

John Gottman refers to these negative interactions as the Four Horsemen of the Apocalypse: Criticism, Contempt, Defensiveness, and Stonewalling. The worst of these is contempt.

(1) Criticism is best understood when compared to a complaint. Complaints address specific behaviors, while criticism attacks a person's character or personality.

Complaint: "I'm glad you're home. But the last hour has been hard on me. I get scared when you're running late and don't let me know. Can we agree that we won't do that to each other?"

Criticism: "Well, you're finally home...an hour late. You can't even show me the courtesy you would show one of your customers if you were running late. You're selfish, self-centered, and never think of me."

Don't worry if this example seems familiar to you. A smattering of critical exchanges is common in marital relationships. But criticism does leave your partner feeling rejected and hurt, which easily leads to reciprocal negative responses and the possibility of increased frequency of criticism between you. And, if criticism between you, it leads to other more toxic negative interactions.

(2) Contempt is criticism on steroids. Contemptuous comments convey disgust and are truly mean. People who communicate with contempt treat their partner with disrespect and mock their partner with sarcasm, hostile joking, name-calling, or mimicking.

Contempt grows out of long-simmering negative thoughts about your partner, which often result from unresolved conflict. What starts out as a simple complaint, sometimes repeatedly recurs, and evolves into criticism. If the issue continues to surface and remains unresolved, negative feelings can fester and grow into generalized contempt - which shows up as an aggressive attack from a sense of superiority intended to demean the accused person.

Contempt: "Welcome home Hot Shot! You're so important. You work late, hit happy hour after, and leave me wondering if you're dead or alive. What kind of example are you setting for our boys? You want them to think that this is how a "real man" treats his wife and family? I could use a "real man" around here."

Contempt is the single greatest predictor of divorce. According to Gottman, it must be eliminated if a couple wants to avoid divorce.

(3) **Defensiveness is a** common response during conflict, particularly when

people feel unjustly accused or when they want to provide an explanation or excuse for their behavior.

Defensiveness: "You know I'm crazy busy. I didn't text because you're always on me not to text and drive. And I didn't call because I'd just get voice mail – you're always "too busy" to answer my calls."

This defensive response shifts the blame to the wife and will likely escalate the conflict. On the other hand, a non-defensive response shows respect for the wife's concerns and will likely quell the conflict.

Non-defensive Response: "Sweetheart, I'm so sorry. You are right. I should have texted as soon as I realized I was going to be late. I love that you worry about me, but you shouldn't have to. I know this isn't the first time and I promise I'll do better."

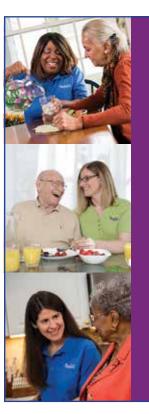
(4) Stonewalling involves a lack of responsiveness designed to avoid repeated conflict and negative interactions. Rather than confront an issue or respond to their partner's concerns, people who stonewall withdraw from interactions by tuning out, turning away, acting busy, or otherwise disengaging in the conflict.

Stonewalling allows a person to escape feeling flooded by the negativity that emerges from criticism, contempt, and defensiveness. Stonewalling often becomes a self-protective habit that leads to emotional disengagement from the relationship.

Ironically, the more one spouse shuts down to protect themselves against turbulent criticism and contempt, the more hostile and critical the other spouse becomes.

Some couples who reach this stage stay together but live lonely, parallel lives characterized by emotional indifference, peppered with occasional bouts of toxic negativity. Others experience a fiery meltdown and then divorce. Hard to say which is more painful.

Recognizing criticism, contempt, defensiveness, and stonewalling is the first step toward eliminating them. But, to re-



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🐞 Wellness

THE CONNECTION BETWEEN HEARING LOSS & BALANCE ISSUES

Not many people realize that when it comes to hearing loss, a person's balance may also be affected. In this guide, you'll understand how the two are closely linked and how best to approach this problem.

Is Age A Factor In Hearing Or Balance Issues?

Of course not. Everybody is different and age doesn't necessarily mean you won't experience hearing loss and/or balance issues. Just because you're young and sprightly, doesn't mean you're immune from health problems.

What Types Of Balance Disorders Are There?

There are a number of balance disorders that people can experience, and it's important to be aware of them. They can also be linked to hearing loss and problems with your hearing in general. With any balancing issues, you may feel unsteady on your feet or disorientated. This can happen regardless of whether you're sitting or standing.

Benign Paroxysmal Positional Vertigo (BPPV)

This type of balance disorder occurs when calcium crystals within the inner ear are

A hearing health professional will be able to offer you some sort of solution for your hearing loss or balance disorder. dislodged from their normal position to somewhere else in the ear itself. It's the most common cause of vertigo for adults. Symptoms include, a spinning sensation when you're moving about.

Meniere's Disease

This type of balance disorder causes dizziness like vertigo but also ringing in the ears, hearing loss and a congested feeling within the ear. This is a disorder that occurs in the inner ear. While this is perhaps a rarer condition than the BBPV, it's one that is most common in the younger demographic of 20-40 years old.

Why You Need To Seek Treatment

Leaving any form of hearing loss and balance issue untreated is likely to cause a lot of distress and frustration. Not only does it impact your physical health but it's also going to negatively impact both your professional and social interactions.

Balance disorders increase the risk of falling. While most falls might not be life-threatening, they could still cause immense harm. If you suspect that your balance disorder may be linked to hearing loss or problems with your hearing, then it's best to get treated by professionals.

How To Find The Help You Need For Hearing And Balance Disorders

In order to best treat your hearing loss or balance issues, it's worth speaking to a hearing health professional. They'll be able to take a good look at your ears and assess the quality of your

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hearing. A hearing health professional will be able to offer you some sort of solution for your hearing loss or balance disorder.

In order to help your body recover, you need to ensure both your visual, muscular and balance are all functioning at their best. All of which can be located in the inner ear, which is why it's important to get your hearing checked out.

Contact Our Team Today

If you're seeking expert guidance for your hearing concerns, whether it's a routine hearing check or a balance issue, we warmly invite you to contact Hear Again America. Our dedicated team is here to help you uncover the root of any balance disorders or hearing difficulties you may be encountering. Feel free to reach out to us at (850) 308-1678 to receive prompt assistance for yourself or a loved one. Your wellbeing is our priority, and we look forward to assisting you with utmost professionalism and care.

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Matt Greenstein, HAS Hearing Aid Specialist

Article Source: HAA. Excerpt from "The Connection Between Hearing Loss And Balance Issues" https://hearagainamerica.com/theconnection-between-hearing-loss-and-balance-issues/. Accessed 23 August 2023.

www.HearAgainAmerica.com

Wellness

Caregiving for a Loved One with Alzheimer's: Tips for a Compassionate Journey

By MATTHEW EATON

For Sharron Hobbs of North Bay County, caring for her mother, who is living with Alzheimer's, taught her to embrace the disease in a way she would have never imagined.

"It doesn't matter that the sky is purple, that they need to go home to their childhood home," said Hobbs. "We would ride around the block so many times that she felt like she was going home. Or we would make PB&J sandwiches for the children she could see but I couldn't, because they were hungry. You have to embrace it, don't correct it."

The

Hobbs herself was diagnosed with Alzheimer's and has used that same advice to enjoy everything life has to offer. When she eventually had to give up driving, she chose to accept what she could not change.

"I am choosing not to give up the privilege but embracing the freedom that I don't have to worry about it or fight about it with family later," said Hobbs. "If it's not essential to my life, I need to give it up. Things that create stress, anxiety; I need to walk away from it."

According to new research from the Alzheimer's Association

International Conference, more than 3,500 Bay County residents aged 65 and up are living with the disease. Florida has the second highest prevalence of Alzheimer's in the U.S., with more than 580,000 Floridians living with the disease supported by 827,000 unpaid caregivers.

Serving as a caregiver for her mother and now living with the disease gives Hobbs a unique perspective. She offers this advice.

"If it isn't detrimental to life or health, it just doesn't matter," she said. "Their reality is their reality and it is very real. When I



finally got my head around what that meant, it was so powerful. Life got easier when we went with it."

For many, caregiving can be overwhelming and individuals in the role often report experiencing higher rates of stress. According to the Alzheimer's Association 2023 Alzheimer's Disease Facts and Figures report, 66% of Florida caregivers reported at least one chronic health condition, 29% reported having depression and 14% reported being in poor physical health.

Practicing self-care is vital to ensure both the caregiver and the person being cared for can have the best quality of life. Services like respite care, adult day care,

PROTECT

continued from page 22

move these negative communication patterns from your marriage you must learn and adopt new, productive communication patterns to use instead.

And, let me know if I can help.

Jamie C. Williamson, PhD is a FL Supreme Court Certified Family and support groups can ease the challenges of caregiving. Many of these are available at low or no cost to Floridians through state and local programs. For more information, call the Alzheimer's Association 24/7 Help-line at (800) 272-3900.

Walk to End Alzheimer's, an event held across Florida to raise awareness and funds for Alzheimer's, has been a place of support for Hobbs.

"Doing the Walk has been helpful and supportive," she said. "When I was a caretaker for my mother, people would say they would be better off dead. I don't see my life in that way. I still have a lot to bring to this world."

Join others impacted by Alzheimer's for Walk to End Alzheimer's happening in two locations on the Emerald Coast. The Niceville Walk will take place at 10 a.m. on Saturday, October 7 at Bluewater Bay Golf Club. Register at act.alz.org/Niceville-Walk. The Panama City Walk is on Sunday, October 15 at Florida State University Panama City. The event begins at 2 p.m. with the ceremony and walk starting at 3 p.m. Register your team at alz.org/EmeraldCoastWalk.

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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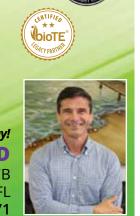
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Pensacola Sunday, Oct. 1 Alz.org/PensacolaWalk



Niceville Saturday, Oct. 7 Act.alz.org/Nice<u>villeWalk</u>



Panama City Sunday, Oct. 15 Alz.org/EmeraldCoastWalk

Look Healthy, Feel Alive!

Sean of the South

BY SEAN DIETRICH

Recently, it came to my attention that I was one of the remaining four Americans who had not seen "Barbie." In case you're one of the other three, "Barbie" is a wildly popular movie that is making waves in all the headlines.

The New York Times recently said that "Barbie" is "...about becoming your own hero." CNN stated that "Barbie" is "...Important for normalizing women's health." Toisto Magazine called "Barbie" the "most important film of the year."

"Barbie" has reportedly impressed the Hollywood establishment because it proved that, to produce a hit movie you don't need computer graphics, elaborate CGI effects, and a huge production budget to create hype. All you need is a huge promotional budget to create hype.

So I decided to see "Barbie" with my friend Dan, a former law-enforcement officer, who asked me to accompany him and his two daughters.

I haven't been to the theater in a long time. I think the last movie I saw was "Steel Magnolias." Mostly, because my people weren't big movie goers. We were sanctified Baptists who did not believe in going to the movies for fear that it could lead to mixed bathing.

When we got there, the first thing I noticed was that lots of young women were there to see "Barbie." I could tell this because they were all dressed in neon pink.

"I've seen 'Barbie' four times," one 22-year-old woman told me. "It's just a great movie, with an important message."

I asked the young woman what this message was, exactly.

"Um," she went on, "like, it's about, like... Like. I don't know. You just have to see it."

Another group of teenage women stood in line with their boyfriends. The young women had already seen "Barbie" twice. This was their boyfriends' first time.

"We made our boyfriends come with us this time," said one the girls. "Because it's a super good movie."

"Oh my God," said another young lady. "So good."

Most of the boyfriends were clad in Barbie-themed, festive clothes. I asked one of the boys whether he was excited to see the movie and I asked whether I could quote him in a column I would be writing.

He gave me a sincere but thoughtful answer by saying, "My girlfriend made me wear these pink pants."

So we waited in a long line because it was a weekend, and everyone was at the theater. Some were there to see the new Indiana Jones movie, which features an 81-year-old Harrison Ford starring in "Indiana Jones Takes a Nap."

Other movie goers were there to see "Oppenheimer" a film about J. Robert Oppenheimer, who invented the atomic bomb. The film is directed by Christopher Nolan, a director who critics hail for blending "thrill rides with thoughtful narratives which pose complex and pressing ethical questions" such as, "When will this movie be over so I can go pee?"

We purchased our tickets for "Barbie," and went into the



dark theater. Once we nestled into our seats, the movie began, and I can honestly tell you I did not move a muscle for the duration of the film.

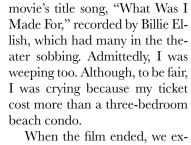
Namely, because my feet were glued to the floor because of movie-theater-floor gunk, which is an adhesive consisting of decade-old soft drink spills and petrified candy.

The movie began. The screen featured stunning set design, elaborate dance sequences, and wild costumes. The first thought I was struck with was, "Man, I'm really old."

Because most of the starring cast was comfortably in their early 20s, with fit bodies that did not contain a thimble-full of adipose tissue. And every other word in their scripted sentences was "like."

Admittedly, I am also out of touch with popular culture, so I, like, didn't get most of the, like, jokes.

Dan's daughters, however, were laughing with everyone else. Meantime, I was looking around wondering when, exactly, did movie theaters quit using ushers with flashlights. And what happened to the Wurlitzer organ?



The apex of the movie was a stirring scene which featured the

When the film ended, we exited and passed the gaggle of teenage boyfriends, lingering in the lobby.

"Please don't write about me wearing pink pants," one boyfriend said.

Which I would never do.

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Are We Prepared for the End?

Musing



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" (I Thessalonians 5:2.)

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

We will not have advance notice 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.

Sea Shul Rings in Jewish New Year

Sea Shul, the new vibrant Jewish community in Florida's 30A region, has announced its inaugural Rosh Hashanah celebration, "New Year, New Tide," including a beachside service and semi-formal dinner Saturday, September 16th, at Watersound Beach Club.

As part of Sea Shul's Rosh Hashanah weekend festivities, the event aims to offer an extraordinary experience for community members to engage in the spirit of togetherness and belonging.

Starting at 6 p.m. with a beachside service led by Rabbi Joshua Lesser, the night then transitions into a delightful Rosh Hashanah dinner at 7 p.m. featuring a range of entrees catering to all tastes, including tra-



ditional Rosh Hashanah dishes such as Challah, apples and honey, and wine.

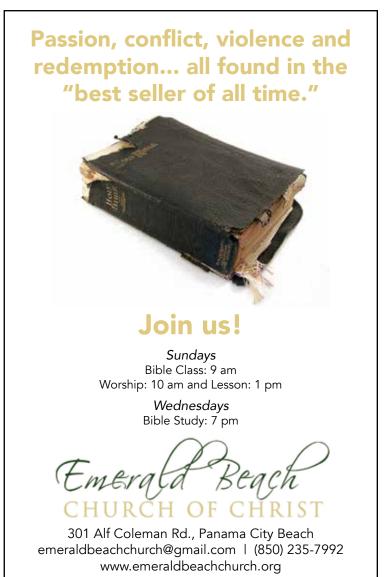
Rabbi Joshua Lesser remarked, "A Jewish New Year brings with it hope and a promise of new beginnings, and so does the creation of Sea Shul. Sea Shul emphasizes the importance of community, finding our place, and connecting with people because it nourishes our souls. As we usher in a New Year, we welcome new friendships and a sense of belonging. Rosh Hashanah at Sea Shul is not just an event but the foundation of a collective journey.

General Admission is \$150 for Adults (Ages 11+), \$65 for Children (ages 4-10) and Age 3 and Under Free. Purchase tickets at https://seashulRH2023. eventbrite.com.

"Sea Shul is not just a community, it's a vibrant catalyst for unity and connection," explained Micah Davis, Interim President of Sea Shul. "As we welcome Rosh Hashanah, we're not only celebrating a new year, but the start of an exciting chapter for Sea Shul. We're crafting a dynamic future where every member feels a profound sense of belonging and becomes a key part of our collective journey. Together, we'll foster an environment that embraces warmth, friendship and forward-thinking growth."

In addition to the "New Year, New Tide" event, Sea Shul has organized an array of activities for the Rosh Hashanah weekend including a potluck dinner on the first night, Mind and Movement prayer service, and Tashlich service that will be open to the community.

For more information, visit facebook.com/seashul or con-tact shalom@seashul.com.





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Saints of Old Florida A Coastal Lifestyle Tome Laden with Local Flair

BY CANDACE BOWENKAMP

Nestled within the timeless gilded linen cover of this beautiful coffee table book lies a treasure trove of information detailing the more undiscovered areas on Florida's Forgotten Coast. With 252 full-color pages, there truly is something for everyone. Saints of Old Florida weaves together interviews with locals, family histories, impressive photos from past and present, and delicious heirloom-style recipes, some of which have been handed down through the generations. The locations that are explored in this book are truly hidden gems, and just like the pearl in an oyster, it all started with a little grit.

There is an old adage: It's not what you go through, but how you go through it. A community isn't just a number of people who reside in the same location, it's the challenges and triumphs that shape it. These saintly communities have faced many challenges throughout the



years and like the tides, the hard times ebb and flow. Contributions from the vantage point of both transplants and locals whose family roots run deep, they recount their stories of past, present, and hope for the future. The dedication to community and family and the love of the area is evident with every colorful turn of the page.

Having grown up in Gulf County myself, I can attest to the beauty of the area, but also

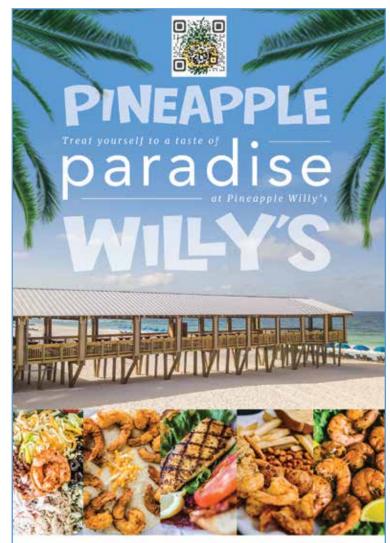
Caring For Our Communities

to the flavors. Some of my fondest childhood memories are of watching my parents throw their cast nets and climbing oyster shell "mountains" with my sister to watch the sunset over 13 Mile after a long day of mullet fishing. Our parents would then prepare and fry our mullet to a golden crisp, with all the "fixins." Flipping through the recipe pages with photos of the completed dishes and cocktails had my mouth watering, and

my feet pointed in the direction of my kitchen to make a shopping list. I normally gravitate to the Smoked Mullet Dip, but I found myself excited to try mullet in a different way. Until this book. I had no idea that a Smoked Mullet Tamale was even an option! The cocktail recipes are not complicated with the ingredients easily obtainable, if not already in your pantry. October is just around the corner and that means those little sweet and sour Kumquats will be in surplus, so set aside a few to make yourself a LilFlon Gin & Tonic. Not a fan of gin?

The Avenue C Salty Dog cocktail with Wewahitchka's famous tupelo honey on the rim sounds like the perfect combination of salty and sweet.

Í was taught that you should never judge a book by its cover, but this book is the exception as it is beautiful and timeless inside and out. Even locals are sure to learn something and be encouraged to go explore these hidden gems and the flavors they offer. Saints of Old Florida would make a great gift for anyone who loves a good story, a good recipe, beautiful pictures, or just a love of Old Florida.



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Design and Culture: Black and White

tenance qualities, but recently I

came across this Black diamond

honed quartzite which is gor-

choice for this look.

happy to assist you.

Sophisticated and classic, black has been making a comeback into interiors over the last few years. White cabinetry continues to be the most popular color in interior design and black is a stunning accent color, bringing a stark and impactful contrast into our white spaces and creating chic and timeless looks.

If you are thinking about a black and white kitchen space, we have some successful designs and ideas to share with you. A black island with white cabinets on the perimeter or all black lowers with white uppers are wonderful options. You can choose a black painted cabinet or a dark stain wood. The Onyx stain from DuraSupreme Cabinetry on a red oak or Knotty Alder is beautiful. A stained cabinet will also bring some texture into your space. Your countertop selection can help you decide if you want a smooth painted cabinet or to allow your cabinetry to bring texture in your space. Macaubus fantasy and White Macaubus quartzite are beautiful natural stones with lots of movement that look gorgeous on a black painting cabinet. These two stones have just enough dark veining to accentuate the black cabinetry and bring texture and pattern into the space. If you are thinking you'd like a white quartz countertop, a stain cabinet would be the perfect touch to bring in some texture. Nordic Storm is a new color from Vadara Quartz that is a lovely choice for a black and white kitchen or bath and would look lovely on a dark stained cabinet. Vadara explains their journey to this color as "the perfect contrast of light and shadow, a yin and yang of ice over waters so dark they appear black...we wanted to explore extremes of contrast and the striking balance of complete opposites."

Another great option for creating a black and white kitchen is choosing all white cabinetry with a dark countertop. Brazilian Mist honed granite or Negresco granite are great options for this look. We have many requests for something that looks like Soapstone. Soapstone is a beautiful stone but not a good option for a kitchen due to its high main-







Kitchen perimeter cabinetry is Dura Supreme's Meridien door style in white paint and the island is the Homestead panel painted on a red oak. Design by Kitchen Design Partners and Photography by Dennis Jourdan Photo & Video, Inc.



Kitchen design by local Interior Designer Linda Mugglin of Tassels Interiors in Panama City Beach.





It's Our Business to Help Your Business

Your dream is coming true... you're opening or renovating your own business. You want everything perfect from the floors to the ceiling. But where do you start to get the look, durability, and design that you crave?

There's a lot to consider. How many customers do you expect on a yearly basis? How frequently do you want to maintain or clean your business floors? Will you be moving equipment, racks, or displays across your floors? Will other heavy items be sitting on your floors for long periods of time? What type of style or design are you trying to achieve and last, but not least, what is your budget?

We know it can be confusing, so we are highlighting a few great commercial flooring options for you to consider when opening or renovating your commercial space. Here we go:

Porcelain Tile—This is a great option for lobbies, office spaces, commercial kitchens and bathrooms, restaurants and bars, schools, and many other locations. Porcelain tile is easy

to clean and keep clean, it's also water and stain-resistant, and virtually scratch-proof. If you are afraid of someone slipping or falling, there are slip-resistant options to ensure your customer's safety. In addition, there are beautiful color options, so your imagination is your only limitation.

Vinyl Flooring-There's a reason that Luxury Vinyl Plank (LVP) is experiencing a boom in popularity, it looks great and can keep looking great for years. Commercial grade LVP is resilient but also offers cushioning for walking or standing, but if you drop something, chances are it won't break like porcelain tile. It's also very scratch, water, and stain-resistant. Installation is easy and the floors come with great warranties if installed properly. It's easy to clean and maintain and the best part is that the styles and colors are limitless so you can individualize your space just the way that you want it.

Carpet Tiles—Carpet is an oldie but goodie. It's even better when it's carpet tiles. Com-



mercial carpet tiles have a lower nap, so office chairs roll easily. Carpet helps keep the noise down if you are in a large open space and it is soft and offers cushion to walk on. It's non-slip as well so it's great for all types of customers. There are a multitude of colors and patterns to choose from as well. The great thing about carpet tiles is that if one tile gets stained, you can take it up and put down another without replacing an entire room. It's virtually seamless too so you can't tell that it's a tile as it looks very cohesive.

Epoxy and Polished Concrete—Polished concrete is also an oldie but goodie, and epoxy is growing in popularity. Both flooring options are very hard and durable. They are easy to clean and maintain and can be customized. They can be made more non-slip if that is a concern. These floors can last a lifetime and overall may cost more upfront, but ultimately have a lower lifetime cost than other options—simply because they are that durable and you won't have to change them. There are different types of stains and colors that can make these floors both beautiful and unique. Again, you are only limited by your imagination when choosing this option.

There's a lot to consider when deciding on the right material for your commercial space, but no matter what material or advice you may need in choosing the right floor, Flooring Depot of Panama City can help you find the best option that fits your needs and budget. We have a wide variety of products and manufacturers in a variety of colors, sizes, designs, and styles so that you can find the perfect fit for your residential or commercial property. If you are in a hurry, we offer in-stock products as well. Give us a call at (850) 785-2216 or visit one of our two locations-one in town and one at the beach.

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Business

Tips on How to Choose the Correct Auto Body Repair Shop

By Mike Horne, Mike's Auto Collison

Get Recommendations

Check with friends and neighbors and family. Almost

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

everyone has had a car repaired for body work. Your insurance company might also be a good **Who You Choose Is Your Choice** Although the insurance com-

pany may have its own "Direct Repair Program " or preferred partners that can expedite the

"WHATEVER IT TAKES" IS NOT JUST A MOTTO....



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You have the right to choose where you get your repairs completed.

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Mike Horne and April Eisenman

process, you can take your vehicle to the center of your choice.

Ask Questions

Don't be afraid to ask questions. 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 certified shop to work on that specific vehicle, 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; they typically will be displayed in a prominent place. Some industry certifications to look for include I-Car and ASE, both are impressive and show the shops investment in quality.

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 mechanical and body repair.

Remember to Use Us as a Resource

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.

VISIT **MYPCBLIFE.COM** TO READ THIS ISSUE ONLINE

From the Office of Congressman Neal Dunn

The House may have been out of session throughout August, but that did not stop my staff and me from fighting for the people of Florida's Second Congressional District.

Last month, I sent a letter to the U.S. Secretary of Commerce requesting a new framework to appropriately increase the red snapper quota for Gulf of Mexico anglers and stimulate the economy. Accurate data means more fishing for the Panhandle. Governor DeSantis also announced a 17-day Florida Red Snapper Season extension. This brings the entire season to a total of 87 days. Fishing is critical to Florida's economy, and red snapper fishing is essential to the Panhandle's economy. I've spent years working on improving red snapper season for anglers districtwide. I see this announcement as a huge win for Florida.

I am also working to stop a potential National Oceanic and Atmospheric Administration (NOAA) rule that could negatively impact the Gulf Coast's economy by adding restrictions to boat operations. I introduced a bill that would prevent NOAA from issuing a vessel slowdown zone in the Gulf of Mexico. Forcing a vessel to operate at a maximum of 10 knots would add several hours to a typical trip. Halting vessel transit at night, as this rule suggests, would surely devastate the seafood economy.

This month I also visited the Bay County Emergency Operations Center to survey efforts to clean up debris and downed trees from Hurricane Michael. The public-private partnership between Bay County and Team Rubicon, a non-profit organization that cleared several acres on August 19, was part of a training exercise to provide important wildfire mitigation. Bay County's road to recovery has been a long one, and it's far from done. I'm grateful to Bay County officials and veteran-led Team Rubicon for teaming up to take another important step forward. This partnership proves that we are unstoppable when our community rallies together. I hope to see more partnerships like this in the future.

Bay County also experienced

another major milestone this month with the arrival of the F-35 Lightning II fighter jets at Tyndall Air Force Base. Their arrival will bring more airmen, more families, and more economic benefits to our district. Additionally, Bay County was elected as the 31st official U.S. Coast Guard Community. This is a designation given to communities that support the work of the Coast Guard. Our district loves our servicemembers, so this was a well-deserved award.

Florida's Second Congressional District continues to make me proud. There's no better district to represent on Capitol Hill. Before I close out, remember that while we're now in the peak of Hurricane Season, we still have a long way to November 30. Please be sure to double-check your disaster plans and supplies. The more prepared we all are, the better.

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



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18916 FRONT BEACH ROAD Laguna Beach | Panama City Beach 3 Bed | 3.5 Bath | 2,220 SF | Listed at \$2,675,000 Contact Lynne Hand 850-532-0886



6628 S LAGOON DRIVE Panama City Beach 3 Bed | 2.5 Bath | 2,176 SF | Listed at \$1,849,000 Contact Angie Outlaw 334-465-9351



221 SANDS STREET Laguna Beach | Panama Clty Beach 4 Bed | 3.5 Bath | 2,125 SF | Listed at \$1,350,000 Contact Lora Ponds 850-373-7747



6807 SUNSET AVENUE Panama City Beach 3 Bed | 2.5 Bath | 2,106 SF | Listed at \$970,000 Contact Lora Ponds 850-373-7747



23011 FRONT BEACH ROAD W-42 Ramsgate Harbour | Panama City Beach 2 Bed | 2.5 Bath | 1,062 SF | Listed at \$950,000 Contact Whitby Jerkins 850-974-4140



17878 FRONT BEACH ROAD B1 The Palms | Panama City Beach 3 Bed | 3 Bath | 1,958 SF | Listed at \$735,000 Contact Trudy VanHorn 850-819-4335



11347 FRONT BEACH ROAD 802 Edgewater Tower II | Panama City Beach 2 Bed | 2 Bath | 1,366 SF | Listed at \$689,900 Contact Betty Brewer 334-701-8848



838 BREAKFAST POINT BOULEVARD Breakfast Point East | Panama City Beach 4 Bed | 3 Bath | 2,509 SF | Listed at \$675,000 Contact Cheryl Ward 850-691-6645



203 MIDDLEBURG DRIVE Palmetto Trace | Panama City Beach 3 Bed | 2 Bath | 2,247 SF | Listed at \$575,000 Contact The Duran Group 850-527-0221







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