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# Local Signs of Fall: An Array of Art and Music that Heals

#### By WILL ESTELL

If you're a fan of the arts whether visually, musically or through their power of healing, and if you live anywhere in Okaloosa, Walton or Bay Counties, then you're likely already familiar with Mattie Kelly Arts Foundation (MKAF)—and the events this organization has been bringing to Northwest Florida's Gulf Coast for almost three decades.

MKAF has grown from humble beginnings to becoming one of the largest champions of the arts in our beautiful communities that dot this piece of paradise. MKAF is a mission-driven, membership based, not-for-profit organization, with all MKAF event proceeds going to support ArtsReach, the organization's outreach mission.

MKAF events do more than entertain the tens of thousands who attend them each year; they elevate the quality of the people, schools, groups and communities they



impact. MKAF events, such as the annual Festival of the Arts, various concerts, wine tastings and culinary gatherings might be thought of simply as entertainment or something fun to do, but the true mission and impact of the organization is about so much more than providing a good time for attendees and members. It's about making a measurable difference—a real and lasting impact for the betterment of our communities and the people MKAF serves.

Since its inception in 1995, MKAF has enlightened, empowered and educated more than 400,000 children in more than 100 schools and partner agencies throughout Northwest Florida's Gulf Coast. These exciting "Arts Empower" programs provide arts in our children's schools where, as you know if you have a student, much of the arts funding had been stopped. MKAF saw the need and is producing dynamic arts learning opportunities through its ArtsReach education initiative serving local K-12 students, at-risk youth and even those with disabilities through "Arts for All Abilities." A newer program, Paint the Music, is a collaboration between MKAF and

> **MKAF** continued on page 5

## Camp Helen State Park Pumpkin Sale and Saturdays in the Patch

The Friends of Camp Helen's eighth Annual Pumpkin Patch is officially open! They will remain open daily from 9 a.m. - 4 p.m. throughout October. On Saturdays from 11 a.m. - 3 p.m., the patch will also have various entertainment.

"We are so excited to be hosting our eighth annual pumpkin patch and each year the community continues to wow us with their support and passion. We are looking toward a theme of focusing on the natural resources and wildlife inside Camp Helen State Park," says Camp Helen's executive director, Courtney Harper.

This year, Saturdays in the Patch will feature Nature Day (wildlife crafts, interpretive programs, educational games), a fishing expo for kids,

> **CAMP HELEN** continued on page 3



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### **Community**

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#### CAMP HELEN

continued from page 1

face painting, a haunted history tour, live music (including Huck and Lily), food trucks, the second annual witches paddle, a



Published Monthly Directed Mailed to Panama City Beach Circulation: 12,000 Households

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Publisher & Advertising Manager Jack Smith jacksmith12328@comcast.net (804) 307.8780

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Production & Layout Kim Harper kim@southwalton.life

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movie night, and other games and crafts. Saturday events will run from 11 a.m. to 3 p.m.

Gelato Love, a food truck serving up your frozen favorites, will also be in the patch on Saturdays and Sundays.

Here are the dates to remember:

Stop by the park for a Haunted History Tour on Oct. 14, then stay to enjoy live music, crafts, and games

Huck and Lily take the stage on Saturday, Oct. 21. Don't just come for the live music though - find face painting, crafts, and games to keep the kids entertained.

Camp Helen State Park finishes off the month on Oct. 27 with wildlife crafts, guided nature tours, and wildlife programs (turtle and Audubon).

All proceeds benefit the Friends of Camp Helen and are used for projects and improvements for the park.

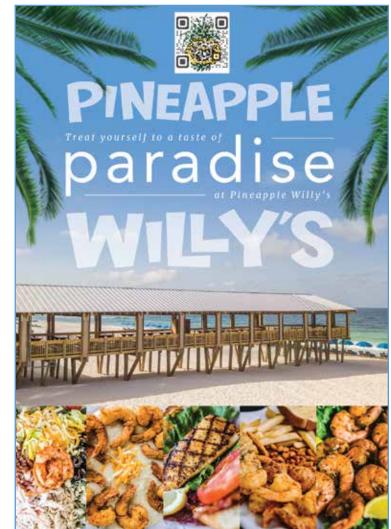
Although the Friends of Camp Helen will not host an organized Witches Paddle this year, they encourage everyone to paddle their favorite coastal dune lake at sunset on October 21. Donations made on that day at www.friendsofcamphelen.





org will be used to host a larger more organized event next fall.

Kayak and Paddle board rentals remain open throughout the fall as well. Fishing poles, tackle, and group packages are also available.



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## **PCB Chamber Spotlight**



## Introducing: Emerald Coast Indoor Digital Billboards

Emerald Coast Indoor Digital Billboards LLC, owned by Blake and Lisa Weiss, is a local company that offers a comprehensive range of digital advertising services with national reach. With a network of digital screens, geofencing, SEM, SEO, display ads, websites, social media advertising, and OTTCTV ads, they provide businesses with a one-stop solution for all their digital advertising needs.

Their digital screens are strategically placed in high-traffic areas to ensure maximum exposure for their clients' ads. Additionally, their geofencing and location-based advertising capabilities allow businesses to target specific audiences in real-time, increasing the effectiveness of their campaigns.

Emerald Coast Indoor Digital Billboards LLC also provides SEM and SEO services to help



businesses improve their online visibility and drive more traffic to their websites. They also offer display ads that can be customized to suit the specific needs of each client.

In addition to digital advertising, they also offer website development services that are tailored to meet the unique needs of each client. This includes website design, development, and maintenance.

Their social media advertising services are designed to help businesses increase their brand awareness and engagement on social media platforms. They also offer OTTCTV advertising, which allows businesses to reach their target audience through streaming services like Hulu, Netflix, and Amazon Prime.

Overall, Emerald Coast Indoor Digital Billboards LLC is a reliable and efficient partner for businesses looking to improve their digital advertising strategies. With their comprehensive range of services and national reach, they are the perfect onestop solution for all your digital advertising needs.

## New PCB Chamber of Commerce Members

Course Scout Keisha Williams Fine Art Photography Xplorie Trash Tycoon Valet Services Metro Power **Turtle Boys Services Bay County Movers** Unwind Land Co. Panama City Coffee Southern Serenity & Company Eden Shores Ministries Techspresso Gulf Coast Linen Rentals Merrimac Marine Insurance Panama City Beach Scottish Festival Hinson Law Office Stretch Zone - Pier Park North Cruzin 30A T-Mobile for Business



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#### MKAF

continued from page 1

Sinfonia Gulf Coast (SGC), and explores the musical classics while channeling students' inner Picasso—students paint to musical selections and are invited to a live SGC concert performance. If you have a child participating in one or more of these school programs, you know how effective they are and crucial the arts are toward molding our upcoming generations.

Through "Warrior Arts," MKAF, too, serves our military population suffering with both physical injuries and invisible traumas and hardships, bringing therapeutic benefits to active duty and veteran military service members. This unique and healing program features Zentangle drawing for mindfulness and there are numerous testimonies to the program's effectiveness.

MKAF's spring and summer Concerts in the Village series showcases some of the most entertaining and talented touring artists in the entire country, bringing thousands of both local and vacationing music and arts lovers to MKAF's Arts Village in the heart of Destin. This fun, musical series raises both awareness and funding, so that MKAF can impact more and more people in our community with each coming year.

As for the upcoming fall and winter events that you can take part in while also knowing you're making a positive difference just by being there, MKAF has quite a few just around the corner:

#### **Festival Of The Arts**

Now in its 28th year, Mattie Kelly Arts Foundation's Annual Festival of the Arts is the place to be Oct. 28-29. The largest and most celebrated art fair in all of Okaloosa and Walton counties, the annual art fair brings in top-tier artists in an array of media from throughout the country. This October, the growing event will feature more than 100 artists, some with multiple display spaces, all ready to show, talk about and sell their pieces, while competing for various accolades in their respective categories as part of this juried festival. "This year, we enjoyed overwhelming interest and after the blind jury scored more than 200 applicants, we are proud to present more than 100 artists hailing from 17 states across the U.S. and Europe," said Festival of the



Arts Producer, Deb Nissley.

In addition to all the unique

and creative pieces on display,

MKAF's Festival of the Arts also

features live music, food trucks,

beverages, comedian Jason

Hedden as emcee for the fes-

tivities and even a VIP Lounge

Experience. There's also an

available cash bar featuring lo-

cally sourced craft beer, includ-

ing Mattie Light from Destin

Brewery, and MKAF's famous

Bloody Mary bar to accompany

your fun in perusing the festival,

seeing friends and finding those

perfect pieces to call your own...

ones you'll treasure for years and

clude a new edition, MKAF's

Arty Kick Off Party, October 27

at 6 p.m. at Destin's Henderson

Beach Resort-an exciting way

to usher in the festival while also

partaking in great food, drinks

bring additional entertainment

with Stage Crafters performing

scenes from the Broadway mu-

sical "Something Rotten," along

with local Gulf Coast artist and

MKAF Board Member, Maxine Orange and her Splatter Studio,

which allows children to suit up

and exercise their artistic inspi-

ration while creating their own

personal art to take home from

the festival. It's never too early to

instill a love of the arts in the fu-

ture of our communities. What

better place than MKAF's Festi-

val of the Arts to introduce the

younger members of your fam-

ily to a love of arts, music and

members and the community

are invited to join in on more

amazing entertainment and fun

from small intimate concerts in

area listening rooms to MKAF's

annual Wine Walkabout at Des-

tin's Ruth's Chris Steakhouse, to

the coming inaugural Salt Water

Music Fest, bringing three days

of music and fun to MKAF's

Arts Village October 12-14th.

It doesn't stop there! MKAF

community?

This year's Festival will also

and entertainment.

This year's festival will in-

perhaps even hand down.

PHOTO BY KURT LISCHKA MOON CREEK STUDIO

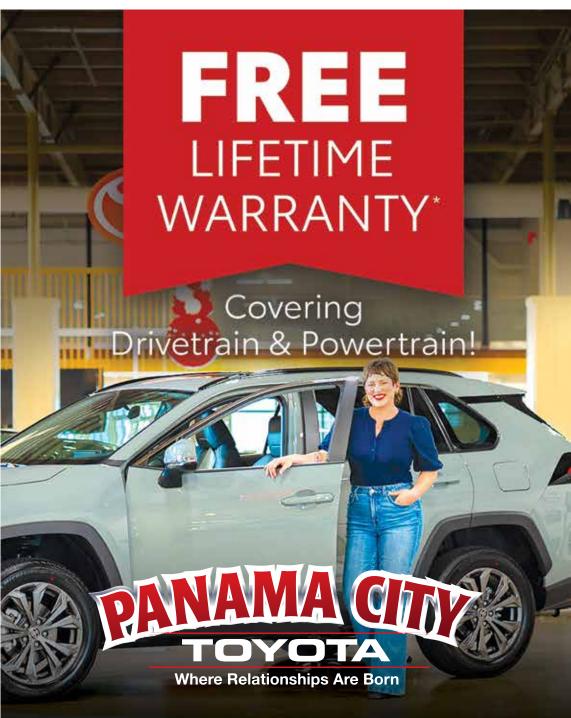
#### Salt Water Music Fest

If you're a fan of live music and lots of fun, you will certainly want to grab your three-day tickets or VIP table for the inaugural Salt Water Music Fest, presented by MKAF and Salt Water Vacations.

The spectacular festival takes place at MKAF's Arts Village in the heart of Destin, and brings internationally renowned headliners: Grammy winning R&B sensation Macy Gray and CMA nominated country hitmakers LOCASH, as well as six other hit Nashville songwriters to MKAF's Dugas Pavilion stage for what is sure to be a fun-filled celebration of music across multiple genres.

With hits like "I Try," "Sweet Baby," "Beauty in the World,"

Continued on page 17



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#### The community



FROM MAYOR MARK SHELDON City government has many moving parts. In many ways, it is like a business with various service lines including administration, finance, police, fire public works, utilities, building and planning, community redevelopment, and parks and recreation. Each and every department serves the residents, businesses and visitors of this community. While departments function individually, they act in tandem to fulfill the City's vision, mission, and values.

As a reminder, our City's vision is to be a safe, family-friendly vibrant community that values residents, businesses and visitors, supports cultural and economic diversity, and maintains outstanding quality of life.

This vision is accomplished day by day, and year by year, through adherence to our six strategic priorities. These include public safety, economic development, transportation, community quality of life, attractive community and financial health.

These priorities are being addressed in our 2024 budget, just approved in September. While it is our largest budget to date, with \$236 million in expenditures, a whopping 62 percent of this budget – \$146 million – is for capital improvements. We are addressing all our strategic priorities in this year's expenditures.

Our capital projects consist of many large, multi-year projects that have been in our longrange plans for a while. The process of designing, bidding,



## From the Mayor

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> crossing all our T's & dotting all the I's when it comes to government contracts, can be arduous. It doesn't happen overnight, but we are pleased that these much-needed projects continue to move forward.

> These include significant investment in one of our strategic priorities – public safety. We have set aside funding for two new fire stations, a fire training tower, a new K9 training facility, and a police substation on the east end. The majority of our General Fund expenditures – 58 percent – is going to public safety.

Wanting to focus on quality of life, we will see many new amenities and improvements coming to Frank Brown Park. These include a community center with a safe room, a new connector road, stormwater improvements, new restrooms and a pavilion for the Miracle League, a skate park, four new basketball courts, improvements to the tennis courts and more. As the City grows, and we attract more and more special events and tournaments, we must continue to invest in Frank Brown Park, one of our greatest recreational assets.

But we are not ignoring our all-important infrastructure, as we are putting just under \$48 million into road construction which addresses our transportation strategic priority. This includes the Front Beach Road Community Redevelopment Area (CRA) involving the current construction at the roundabout on Front Beach and multiple new segments east to Richard Jackson. We are also addressing the needs of connector roads like Powell Adams and Alf Coleman. This budget also includes nearly \$27 million for stormwater projects, including the Lullwater Outfall. There are also 10 million-dollar projects that address our future water and sewer needs, including the expansion of our septic to sewer project in Laguna Beach and increasing capacity at the Wastewater Treatment Plant. These help us support economic development as well.

The volume of projects we have is truly too much to recount here. I encourage you to examine our budget, which is posted on our websites. And if you have any questions or concerns, please reach out and ask.

As a member of the governing body of Panama City Beach, we always want to be transparent in how we spend City funds and responsive to your concerns.



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## PCB Highway Construction Takes Off

#### BY ED OFFLEY

The orange traffic signs are up everywhere on the Panama City Beach "island."

Don't expect their removal anytime soon.

From Clara Avenue to the Lake Powell Bridge in unincorporated Bay County, the Panama City Beach Parkway (US 98) this month has turned into a ten-mile construction zone as the Florida Department of Transportation (FDOT) launches a multi-year widening of the roadway from four to six lanes in addition to interim road improvements west of SR 79.

Meanwhile, the Panama City Beach Community Redevelopment Agency (CRA) has begun work to elevate and improve Alf Coleman Road between the parkway and Hutchinson Boulevard which will result in the closure of the street to through traffic for the next ten months.

For both FDOT and the CRA, this is only the tip of the iceberg.

City and state highway officials are beginning what promises to be at least a decade of disruption and traffic congestion throughout the "island" as they carry out a multi-million-dollar series of projects aimed at curing the area's worsening gridlock. Designed for a capacity of 45,000 vehicles each day, the four-lane parkway linking Walton County and Panama City regularly experiences daily peak traffic exceeding 80,000 vehicles.

"We needed this project five or more years ago," Mayor Mark Sheldon told PCB Life earlier this year. "Panama City Beach Parkway is over its capacity, and it has been for some time. Two additional lanes are desperately needed to enable traffic to keep flowing.'

The initial phase of the parkway widening began in earnest in late September. It is a \$50-million, 2.34-mile segment running from the entrance to Frank Brown Park at Mandy Lane to Nautilus Street. Roadside barriers and construction zone signs went up the week of September 11.

In addition to adding the extra traffic lane on either side, the project includes a seven-footwide bike lane and a six-foot concrete sidewalk on both sides of the roadway. Where deemed necessary, sound-buffering walls

are also in the plans. The project will remain within the existing right-of-way by narrowing the existing median strip, according to FDOT spokesman Ian Satter.

Also slated to begin construction this month is a second segment that will run 2.3 miles from Nautilus Street to Richard Jackson Boulevard. It is currently budgeted at \$60 million.

Both segments are scheduled for completion in late 2027.

The final phase – a 3.9-mile stretch of the parkway from Richard Jackson Boulevard to the foot of the Hathaway Bridge is estimated at \$61 million, has not been funded but remains in the highway department's longterm plan. That segment's completion date, while tentative, will be at least five years away.

Meanwhile, FDOT in May announced its "preferred alternative" for six-laning the western stretch of the parkway from the Bay-Walton County line to SR 79, including replacing the Lake Powell bridge. No firm cost estimate or construction schedule has yet been made, and it is unlikely to begin before the earlier segments are finished.

Motorists trying to avoid construction on US 98 will not find much relief on Front Beach Road over the long term.

In Panama City Beach, City Council last month greenlighted an accelerated plan to convert Front Beach Road from a two-lane roadway into a divided roadway with bicycle lanes, sidewalk, underground utilities and landscaping. City Council on September 14 approved a \$56.3 million CRA budget for the 2023-24 fiscal year, with nearly \$28 million assigned to Front Beach Road. Another \$4.7 million is assigned to the interim Alf Coleman Road improvements.

CRA Segment 3, including SR 79 from the parkway to Front Beach Road, a traffic roundabout, and Front Beach Road east to Sterling Reef condominiums, has been under construction for several years and is a continuing project. Work will continue during 2023-24 with an \$8.9 million appropriation, said CRA administrator Scott Passmore.

The widening and reconstruction of SR 79 from US 98 to the Front Beach Road roundabout should be finished by the end of the year, with the rest of

Segment 3 completed by the end of 2024, almost a year later than originally planned.

The CRA – like other developers – has had to work through a number of problems including inflationary increases in materials costs, chronic worker shortages, and the sheer complexity of dealing with private landowners and utility companies, Passmore said.

One additional complication is the Front Beach Road right-ofway itself.

"We're putting a five-lane

roadway inside a 66-foot-wide corridor," Passmore said. "That's incredibly tight. It's a challenge but we're working around that."

Design and planning work for Segment 4.1 (Front Beach Road from Sterling Reef to Hills Road) and Segment 4.2 (Hills Road to the intersection with Hutchinson Boulevard) are nearly complete and construction is expected to begin on both near the end of 2024, Passmore said. Construction work will take at least three years to carry out. running

Segment 4.3, on Front Beach Road from Hutchinson Boulevard to Richard Jackson Boulevard, is still undergoing land acquisition and design, Passmore said. Barring delays, that CRA segment will begin construction in early 2025 and will also take about three years to finish.

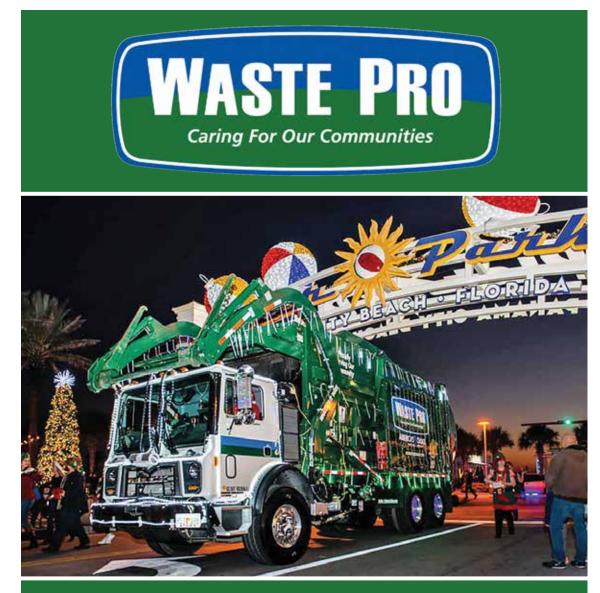
Other CRA projects on the drawing board for future funding include the completion of four-laning Powell Adams Road, Hills Road, and Clara Avenue, he said.



### The community

# Let's Get Growing with Julie: Florida Master Gardener Volunteers

By JULIE MCCONNELL, UF/IFAS EXTENSION The title "Florida Master Gardener" is not just a catchy name for someone who knows a lot about gardening; this designation is a hard-earned certification with annual investment of time by each dedicated volunteer. To become a UF/IFAS Extension Master Gardener Volunteer each person must ap-



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ply for the program when recruitment is open in their home county. The application process includes a background check, competitive selection process, and an interview. If accepted as a trainee, the recruit will attend over 50 hours of volunteer training, then volunteer 75 hours in the first year to certify as a Master Gardener Volunteer. To maintain this certification the volunteer must meet minimum volunteer and continuing education requirements every year. Involvement in this program takes a great deal of commitment on behalf of the volunteers, faculty and staff. UF/IFAS Exten-

sion Master Gardener Volunteers have dedicated thousands of hours to learning about Florida Friendly Landscaping Practices and sharing that knowledge with Florida residents and visitors. These specially trained volunteers help the Horticulture Agent tremendously by providing one-on-one consultations, teaching to groups, and participating in youth development activities on behalf of the University of Florida.

On September 27, Master Gardener Volunteers from the Florida Panhandle attended the Northwest District Regional Master Gardener Volunteer continuing education conference in Panama City. During this event, we were honored to welcome the State Master Gardener Coordinator Wendy Wilber who recognized the following volunteers for 25 years or more years of service!

Steve Bates, Bay County, 25 years

Janet Psikogios, Bay County, 25 years

Vickie Parker, Escambia County, 25 years Lockey Buhrow, Okaloosa County, 25 years

Shari Farrell, Okaloosa County,



Steve Bates and Janet Psikogios honored for 25 years



Sally Mank recognized for 35 years

- 25 years Sandy Licht, Okaloosa County, 25 years Daisy Pfoertner, Okaloosa County, 25 years Roxy Shelgren, Okaloosa County, 25 years
- Sally Menk, Santa Rosa County, 35 years!!

In 2022, there were 3,230 active Master Gardener Volunteer in Florida that donated 305,940 hours of service valued at \$8,468, 240. UF/IFAS Extension is fortunate to have this dedicated group of volunteers committed to sharing research-based gardening information with the public.

If you would like to learn more about the Florida Master Gardener Volunteer program, please visit https://gardeningsolutions.ifas.ufl.edu/mastergardener.

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

# Know Your Neighbor: Dan Rowe

BY PAUL BONNETTE

For over a decade, Dan Rowe has been on a mission to showcase Panama City Beach to visitors from around the world as a Real.Fun.Beach. As President and CEO of Panama City Beach Visitors and Convention Bureau (CVB) and Executive Director of the Bay County Tourist Development Council (TDC), Dan and his team promote Panama City Beach as a year-round family-friendly destination.



Rowe has appreciated travel and tourism from a young age. "I'm the son of a National Park Service Ranger so I grew up in National Parks across the country," he explains. "For the first half of my career, I was in the resort and conference center business. I was working in resorts in western North Carolina, Colorado, and Georgia. The second half of my career has been in Destination Marketing with a 2-year gap where I was in Advocacy. I spent my time creating awareness of tourism as an economic development strategy in Georgia. I was one of the Co-Founders of the Tourism Development Alliance."

For Rowe, after marketing resorts in multiple areas and working on enhancing tourism in Georgia, moving into the world of destination marketing was the next step. "I have been in Destination Marketing since 2005 and I moved here at the end of 2007. I was the State Travel Director in Georgia for two years before moving here. I came here because this was a great opportunity," says Rowe.

During his time at the CVB and TDC, Rowe has faced numerous challenges including the Deepwater Horizon Oil Spill in 2010, Hurricane Michael in 2018, and Covid in 2020.

According to Rowe, each challenge only inspired him and his team to be creative. "We work for a very good board of directors. The members of the TDC are all focused on growing this committee and through all the challenges we have faced, we have had the support of our

board which has allowed us to be able to do a lot of things to be very innovative, innovation is in our DNA. During the oil spill, different communities across the Gulf Coast took different approaches. We became aggressive storytellers. We had to tell our story."

Their quick response to marketing the area included real-time billboard advertising, special events, and more. The publicity even attracted the attention of President Obama and the first family who vacationed in Panama City Beach.

For his work during the crisis,

Hospitality Sales and Marketing Association International (HS-MAI) recognized Dan Rowe as one of the Top 25 Most Extraordinary Minds in Hospitality Sales & Marketing.

Despite the challenges, Rowe

Continued on next page



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# **Fall Family Fun**

By PAUL BONNETTE

Summer has officially come to an end, even if it doesn't feel like it just yet. Sunscreen and lemonade have been replaced with backpacks, pencils, and pumpkin spice. School may be back in session, but that doesn't mean you can't enjoy some fun fall activities. Of course, there is no better way to welcome in the spookiest season than with a trip to one of the many farms in the Panhandle. Corn mazes, pumpkin picking, family fall photos, and tractor havrides are just a few of the fun activities on offer nearby. Here are some of our top picks.

**Aplin Farms,** located near Dothan, Alabama, is perhaps one of the most popular farms in the area. Known for its fresh produce market, market, and numerous activities such as wagon rides, pumpkin picking, corn maze, pumpkin bowling, photo ops, animal petting zoo, and even live music, Aplin Farms is a family-pleaser. Aplin Farms opened September 30 and operates Wednesday through Sunday. They are located at



2729 North County Road 49, Dothan, AL, 36305. For more information visit them on Facebook at Aplin Farms.

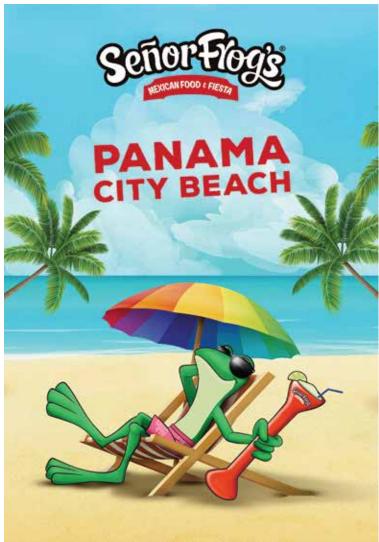
Sweet Season Farm located in Milton, FL is another family favorite, home to a wide variety of kid-friendly activities such as their sunflower speedway, cow train, hayrides, corn silo, mini golf, pony rides, and of course pumpkin picking. Those up for a challenge can tackle the farm's specialty corn maze. This 10-acre maze offers new designs every year with this year's design honoring Country Music Legend Reba McEntire with a special "Country Music Corn Maze." Sweet Season Farm is open through November 5 on Saturdays and Sundays as well as select Fridays. The farm is located at 2260 Horn Road, Milton, FL 32570. For more information visit their website at www.sweetseasonfarms.com.

**Holland Farms** is also located in Milton and offers a wide variety of fall family fun with new activities for 2023 including a mega slide, ziplines, hayrides, photo ops, petting zoo, train rides, pony rides, and of course their famous corn maze and pumpkin patch. Visitors can also enjoy local honey, fresh boiled peanuts, jams, jellies, toys, and ice cream. Holland Farms will be open all week throughout the month of October until 6 p.m. They are located at 2055 Homer Holland Rd, Milton, FL 32570. For more information and to purchase tickets visit www.hollandfarmsonline.com.

**Camp Helen Pumpkin** Patch, nestled underneath beautiful oak trees, invites families to tour the farm at the beach. Starting in October, Friends of Camp Helen State Park will be opening their pumpkin patch with pumpkins in all sizes (cash only). Photo spots will also be available, and the pumpkin patch will be available 7 days a week until 4 p.m., with special events on Saturdays. Camp Helen is located at 23937 Panama City Beach Parkway, Panama City Beach, FL, just west of the Phillips Inlet bridge.

Not to be overcooked,  ${\bf Fright}$ Nights Haunted House is back! For those who are looking for a spookier experience this fall, Fright Nights, located at the Center for the Arts in Downtown Panama City, will once again open its doors to all brave souls who dare cross the threshold into the realm of mystery and darkness. This frightening and fun immersive experience returns as the Center for the Arts gets transformed into the creatively captivating world of the Raven Queen. Fright Nights opens on Friday, October 13, and will be open Fridays and Saturdays until Halloween. For more information visit www. frightnightspanamacity.com.

As the leaves chill and the summer breeze becomes an autumn chill, there is no better way to celebrate the spookiest time of year than getting lost in a corn maze, relaxing on a hayride, picking out your favorite pumpkin, or for those brave enough, stepping through the doors of a haunted house. Adventure is waiting!



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#### **DAN ROWE** continued from previous page

and his team have proven successful at developing Panama City Beach as a fun and exciting destination for visitors of all ages. According to Rowe, developing a brand around a beach is a concept that may have started early on, but continues forward."We're really focused on the concept from inspiration to execution," he explains. "When we come up with an idea, we're able to quickly vet it and get it into the marketplace and to do things differently...that is really what launched us into all the things that followed."

For Dan Rowe, getting to market the community as a destination is something he is most proud of, and he has no intention of slowing down. "What I enjoy doing is working with the staff and the board on innovative ways to enhance this community in what we do. Everybody is focused on getting things done and my job is to help each of my staff members to take things from inspiration to execution and that is what keeps me excited."

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## **Red Snapper Weekends for State Guides**

By PAM ANDERSON

Our State Guide boat captains are excited to have Red Snapper available to all the folks who missed their 'snapper trip' in the summer or just want to pack away a few more for the winter

Florida State waters are open for private anglers on their own boats, fishing from piers or on the State-licensed guide boats to catch Red Snapper on Fridays, Saturdays, and Sundays through November. Grand Lagoon has plenty of experienced guides to offer!

The Federally permitted Head-boats and Private Charter Boats are still catching plenty of other species and will be operating through October; some will operate year round. Before long Flounder should be gathering up on inshore reefs and other structures. Check out our website at www.CaptAndersonsMarina.com for all that are available.

Embassy Suites by Hilton on Panama City Beach will host the next Gulf of Mexico Fishery Management Council

meeting from Monday, October 23 at 8:30 a.m. until Thursday, October 26 at 4:30 p.m. Some Committee meetings that may be of special interest will be the Data Collection Committee meeting from 10:15-11:30 a.m., Monday, Oct. 23 and the Reef Fish Committee meeting all day Tuesday, Oct. 24. On Wednesday morning there will be a presentation regarding wind energy development in the Gulf. Also, Wednesday afternoon is the public comment period. Each person who signs up to speak is allowed 3 minutes to make comments on the subjects that were discussed in the committees. You can find the full agenda at https://gulfcouncil.org/wp-content/uploads/A-3-Combined-Committee-and-Council\_Agenda\_Oct2023.pdf

The Event Center is booking many Christmas parties and weddings these days. Be sure to check out the virtual tour at https://captainandersonseventcenter.com/ . The view cannot be beat! This new facility is great for large or small parties and the price is right, too!

In addition to fishing here at here in our community for their Capt. Anderson's Marina we are looking forward to two special community events. The first will be our family's fiftieth Veteran's

sacrifices on our behalf and that of their families. We look forward to hosting you here for our Freedom Celebration. Veterans and their families are treated to a free cruise after the dockside festivities - reserve early!

Bethlehem Christmas Village is scheduled December 13 through 16. The parking lot is transformed into a little village with vendors and storytellers

sharing the Biblical story of the birth of the Christ Child, complete with a re-enactment of the events leading up to Jesus' birth with the Live Nativity presentation. Each night from 5:30 to 8 p.m. local schools present their Christmas music before and after the presentation. Come take a step back into time with us and listen to this most blessed story!

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... 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.



Day Celebration, which started

in 1974 on the Capt. Anderson

Dinner Boat, transferred to the

Lady Anderson Dining Yacht in

1992, and then to the Marina

and our other boats since 2013.

We are so grateful for our Vet-

erans and those in the military



October 2023

Music & Arts

## The Chilling Symphony: Creating Scary Music

Music has the power to evoke a wide range of emotions, from joy and sadness to excitement and fear. One of the most intriguing and spine-tingling aspects of music is its ability to send shivers down our spines and make our hearts race. Scarv music has a unique ability to tap into our deepest fears and transport us to a world of suspense. Let's explore the world of scarv music and delve into how certain note combinations are masterfully crafted to create a bone-chilling sound.

Music often relies on dissonant note combinations to create an unsettling and ominous atmosphere. Dissonance is the clash between two or more notes which makes listeners feel uneasy or on edge. The use of dissonance is a fundamental technique that composers employ to send shivers down the spines of their audiences.

One of the most famous examples of dissonance is the tritone. The tritone is a distance between two notes known for its unsettling and diabolical sound such as the piano's white key notes of F to B (known as the augmented 4th). Composers such as Richard Wagner and Igor Stravinsky used the tritone to great effect in their compositions, infusing their music with a sense of dread and foreboding.

Another essential element is the use of minor keys which evoke feelings of sadness, melancholy, or fear. The use of minor chords and dissonant intervals can create a haunting and chilling sound that lingers in the listener's mind.

One of the most iconic examples is the theme from the film "Psycho" composed by Bernard Herrmann. The shrill and piercing strings, combined with the use of minor chords, create an intense sense of anxiety and dread, making it one of the most recognizable and spine-tingling pieces of music in cinematic history.

Dynamics and timbre play a crucial role in crafting scary music. Dynamics refer to the variations in volume and intensity within a piece of music, while timbre relates to the quality or color of sound. Composers use these elements to build tension and suspense gradually. A sudden crescendo (increasing volume) or a startling fortissimo



together to craft a symphony of fear that continues to captivate audiences around the world. So, when you find yourself listening to scary music, remember that it's not just the notes themselves but the artful combination of musical elements creating that spine-tingling sensation.

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One of the most underestimated aspects of unsettling music is the strategic use of silence referred to in theory as "the rest." Music teachers will often remind their students to remember to observe all the rests (or silence). Just as loud, dissonant notes can send chills down our spines, moments of silence can be equally powerful. Silence is like a pause in a horror film, allowing the audience's imagination to run wild with images and scenarios. Next time you are watching a movie, notice how the moments of silence in the music match and embellish the action.

Scarv music is a mesmerizing and chilling realm of artistic expression. Young students just love to learn songs that contain the mysterious adventuresome elements of scary music. Composers, through the careful selection of note combinations, minor keys, dynamics, timbre, and the artful use of silence, can create music that taps into our deepest fears and unsettles our senses. Whether it's the haunting tritone, the mournful minor key, silence, or the increase of volume, these elements work



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Page 14

## We Hope You Get Butterflies

By Anna Fisher, Emerald Coast Theatre Co.

My Dad took me to see Camelot when I was around 12 years old. It was my very first experience seeing a live performance, and I remember walking up the steps at the Fort Walton Beach Civic Auditorium with such excitement that I had butterflies. We had the honor of escorting none other than Mrs. Mattie Kelly herself that day, as she was one of my dad's clients at his brokerage firm.

Oh, the music, the lights, the

voices, the costumes! Guinevere was so beautiful with her long flowing locks and shimmery gowns and I was in awe of the spectacle of everything. My only other experience with a musical was catching a rerun of Grease 2 on TV whenever I got really lucky. But this live performance feeling was different. It had texture and weight; it was fully immersive and glowing, like an intense sunset that washes over everything in its path.

The power of that live performance never left me. I still feel the magic of it every time I watch a new cast thrill our audience with everything they've got. The most rewarding moments of all happen when I get to watch children experience that magic for the first time at ECTC.

We are bringing **Junie B. Jones the Musical to life on stage October 13-22** and I am so excited to have multiple schools attending on field trips, as well as our offerings to the general community. Aside from the boost that live theatre gives students in every area of education, it gives space for kids to imagine and dream, just like I did so many years ago.

We have something inspiring for the adults in October as well. Me and My Gal: A Musical Tribute to Judy and Gene is a joyous walk down memory lane with such songs as "Singin'in the Rain" and "Get Happy." Like putting your toes in the sugar white sand, attending a live performance is one of the best reset buttons we can employ in this technology age. I turn off my

Hamilton,

Preacher Law-

en Mills, John

Crist, Jimmie "JJ Walker, and

the late John

Witherspoon.

She has been

son.

James,

Janelle

Kar-

phone, take a deep breath, and just feel all of the music, dance and life that is being played out before me.

Whether you're attending Junie B. Jones, Me and My Gal, or any of the multiple productions we offer throughout the year, I hope you get those same butterflies of excitement and anticipation as you walk up the steps to ECTC. Come join us in real life and real time to experience the magic of that reset for yourself.

# More Emerald Coast Theatre Company October Events

Coming October 13 and 20 at 7:30 p.m. is An Evening With Bryan Kennedy and Kevin Boyle. Bryan, an author, novelist, actor, poet, playwright, and three-time #1 hit songwriter for Garth Brooks shares his "campfire" with Comedian and improv actor Kevin Boyle for a night of unpredictable songs and 'true stories'! Be prepared to laugh, sing along, and be entertained as they invite you to sit around the campfire with them. Tickets range from 27 - 40 and can be purchased at emeraldcoasttheatre.org.

The always popular **Com**edy **On the Boulevard is**  **coming on October 14** at 7.30 p.m. Come for an uproarious night of laughs! ECTC presents some of the Southeast's most hilarious comedians hosted by resident funny guy Jason Hedden. Tickets range from \$27 - \$40 and can be purchased at emeraldcoasttheatre.org.

## Vien Phommachanh (feature):

The #1 Ranked, Laotian, Ear, Nose, & Throat Doctor/ Comedian in Southwest, Florida (probably)

Yes, he is a real-life doctor. Seriously. Dr. Phommachanh is a practicing ear, nose, and throat doctor in Sarasota, FL. During the daytime, Dr. Phommachanh is really helpful if you have an ear infection, runny nose, or sore throat. Call for an appointment. Medical advice given after shows will be for his amusement only. He is based in Florida, but Vien has performed standup all over the United States and overseas.

**Tara Brown (headliner):** Tara Brown performs clean and family-friendly comedy across the country. The nationally touring headlining comedians she has shared stages with have included Theo Von, Ilana Glazer, Cristela Alonzo, Josh Wolf, Jon Reep, Jeff Allen, Ryan



featured in Newsweek, the New York Post, the Charlotte Observer, the Lancaster News, Carolina Gateway, the Charlotte Post, WBTV-TV, WJZY-TV, WBT Radio, WFAE.com, and CLTure. org. Tara Brown is a native of Brooklyn, New York, and now resides in Nashville, Tennessee.

#### Jason Hedden (host):

Jason Hedden took to standup comedy when his wife stopped laughing at his jokes at home. He lives in Panama City, Florida where he produces monthly shows with Panama City Comedy. He has been seen at StarDome, The Comedy Catch, Stand Up Live, Comedy Bar, Laughing Skull Lounge, Dothan Opera House, and dozens of other venues throughout the southeast. Jason has performed at the Pensacola Indie Fringe and Comedy Festival, West End Comedy Festival, Gulf Coast Comedy Festival, and P3 Comedy Fest. He is a frequent opener for Grand Ole Opry member, Henry Cho. Follow him at @jasonheddencomedy or jasonhedden.com

The final October event is coming to the stage four nights -

VISIT MYPCBLIFE.COM



Me and My Gal - A live Judy Garland and Gene Kelly Musical Tribute October 26-29 (various times). Tickets range from \$30 - \$50 and can be purchased at emeraldcoasttheatre.org.

"That's Entertainment!" The bells are ringing for this night of "Ritz," glitz, glamour, and the beautiful music of Judy Garland and Gene Kelly. Judy and Gene were giants of the silver screen whose songs still make you feel like "Singin' in the Rain," and take you "Somewhere over the Rainbow." "Get Happy" as the stars of ECTC sing the songs "I Got Rhythm," "The Trolley Song," "Good Morning," "Be a Clown," and many more classics you know and love.

All special events will be staged at ECTC, located on the second floor of 560 Grand Boulevard in Grand Boulevard Town Center in Miramar Beach. Purchase tickets online at www.emeraldcoasttheatre. org. There is an additional processing fee for ticket purchases. You can now choose your seats when you purchase your tickets.

# THE BEST OF LOCAL DINING

## IN THIS ISSUE ISO: PCB's Best Bloody Mary

# ISO: PCB's Best Bloody Mary

#### By JACK SMITH

The origin of the Bloody Mary revolves around two of the world's greatest bars. The tale begins in the roaring twenties at the famous New York Bar in Paris (later known as Harry's New York Bar), one of Ernest Hemingway's favorite haunts. There, bartender Fernand 'Pete' Petiot is said to have conceived the first rudimentary version. After prohibition Petiot moved to the U.S. where he refined his invention at one of my favorite bars, the King Cole Bar, located in the St. Regis Hotel in New York. There, in 1934 it is said Pete enhanced his creation by adding a few dashes of salt, pepper and cayenne, along with Worcestershire Sauce and lemon juice, to the vodka and tomato juice, which he served shaken over crushed ice.

The story of how the cocktail got its name is as unclear as the libation itself, but my favorite version of history is that Pete named it so, after a patron remarked that it reminded him of his girlfriend Mary who was a dancer in a cabaret called a Bucket of Blood. No matter the history, today the Bloody Mary is one of America's most beloved cocktails... perhaps that is because we can drink it, guilt free, before noon!

Cheers to the Bloody Mary!



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## Capt. Anderson's Restaurant

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Is there anything more decadent than buttery Scallops? Their rich flavor makes an exceptional accompaniment to a Bloody Mary. They can also bring down the heat a little bit, especially if you have a heavy pour on the Tabasco! Try Capt. Anderson's super colossal Seared Sea Scallops with a traditional Bloody Mary!

#### Schooners

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

You can never go wrong with the White Cheddar Cheese Curds Appetizer and a Bloody Mary! Cheese always makes an excellent accompaniment to tomato and its gooey nature contrasts nicely with the horseradish in the Bloody Mary. Enjoy it with a view at Schooners!





## The Wicked Wheel

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

The Wicked Wheel serves up a wicked great Bloody Mary with their "Wicked Mary." This Bloody Mary comes with 3 ounces of copper distilled Tito's Vodka mixed with Whiskey Willy's Bloody Mary mix in a 20-ounce souvenir glass for you to take home. Garnished with greens & served ice cold.

## **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.





## Hibachi Express & Sushi

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

### **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.





#### 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.

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

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



#### MKAF

#### continued from page 5

"Still," and "Why Don't You Call Me," you're sure to enjoy a night of reminiscent musical fun, moving to the tunes of Macy Gray, just as country fans are sure to sing along to LO-CASH staples like "I Love This Life," "I Know Somebody," the band's remarkably popular 2023 patriotic hit, "Three Favorite Colors," and the chart-topping, "You Gonna Fly" written by LOCASH'S Chris Lucas and Preston Brust for Keith Urban.

The festival and ticket proceeds will further support and grow awareness for MKAF's outreach to our communities, schools, veterans and residents of these coastal communities.

As if that's not enough music, MKAF has also added to its 2023 fall season two, new MKAF Unplugged live concerts! These popular listening-room style concerts will showcase singer-songwriters, solo artists,

musicians, duos and small bands performing for limited numbers of attendees in intimate acoustic sets. The two upcoming fall concerts include American country music singer-songwriter Erin Enderlin on Sunday, Oct. 25, and the country rock duo, Capps & Hughes on Sunday, Nov. 1. Both limited availability events take place on Henderson Beach Resort's Sunset Terrace in Destin. These particular concerts are a remarkable value, as they are offered as a bundle for only \$75. Tickets also include complimentary valet service, light bites and a cash bar.

MKAF's CEO, fearless leader, and champion of the arts Demetrius Fuller, had this to say about the addition of the new Unplugged Series: "Our first Unplugged benefit concert last June featuring Adam Ezra and Corrina Smith was so well received that we partnered with our friends at the Henderson to add these acoustic sets. With limited seats on a terrace, overlooking beautiful Henderson Beach State Park and the Gulf at sunset, this is a wonderful way to gather with friends to experience live music, a cocktail and delicious food. It's literally the magic memorable evenings are made from."

Whichever MKAF events you choose to attend and support this fall, one thing is for sure: By being a member of, or simply an attending supporter of Mattie Kelly Arts Foundation's growing number of artful community events, you will be doing so much more than enriching your own life through contact with the organization's art, music, and outreach programs. You will quite literally be making a lifelong difference in the lives of others. How's that for having your proverbial cake and eating it too?

For more information, including tickets to any of the array of MKAF events, Salt Water Music Fest, and to become a MKAF member and take advantage of



Grammy winning R&B sensation Macy Gray

their corporate sponsorship opportunities, visit MKAF.org

Will Estell is a writer, media entrepreneur and coastal real estate professional with more than 600 published magazine features in an array of genres, from celebrity interviews to travel and tourism to automobiles and real estate. During the past 25 years, Will has been instrumental in founding and co-founding 12 new



Will Estell, his wife, ABC 3 news anchor, Laura Hussey, and Tommy Shaw of Styx

magazines from concept to fruition, as well as serving as editor in chief for numerous others. Originally from the backwoods of rural Ripley, Mississippi, Will is a father of three who splits his time between Destin and Navarre, along with his wife, ABC 3 news anchor, Laura Hussey. Will is a regular contributor to Life Media and numerous other publications, as well as a member of the Mattie Kelly Arts Foundation's board of directors.

#### 🔅 Dining

## Restaurant Review: The Old Florida Fish House

The Old Florida Fish House is a charming and historic restaurant on 30A in Seagrove Beach. Nestled along the pristine shores of Eastern Lake, a rare coastal dune lake, the Fish House offers lakeside dining with views of the Gulf. Steeped in tradition and brimming with character, this iconic fish house has been a beloved fixture of the local 30A community since 2005. With its rustic ambiance, delectable seafood, and breathtaking views, it continues to enchant visitors from far and wide.

Since its founding, the Fish House's menu and ambiance have evolved and improved. Old oak trees adorned with Spanish moss still greet guests entering the grounds. While outside seating has always been available with viewing areas by the lake, the Fish House has continued to enhance its grounds with lush gardens, romantic café lights, and flickering tiki torches. Inside the Old Florida Fish House, the weathered wooden walls adorned with fishing nets, vintage photographs, and local art evoke a sense of nostalgia.

Three kitchens offer guests a



wide variety of delectable dishes. All are scratch kitchens, meaning all ingredients are prepared in-house. The main kitchen continues to serve fresh gulf-caught seafood, such as grouper and red snapper. Recognizing the health and flavor benefits of humanely and sustainably raised food, the Fish House serves Joyce Farms chicken, Upper Iowa Farms certified angus beef, and regionally grown produce.

The Fish House's expert chefs, Thomas Stuckenborg and Ron White, pay homage to traditional recipes, while also infusing their own creative flair to create a truly memorable dining experience. In addition to traditional seafood dishes, each night the chefs prepare features using the best seasonal ingredients. Recently, a fishing boat captain called Chef Thomas at four in the morning to offer a rare catch of scorpion fish. Thomas immediately agreed to buy the entire catch, and later that night whole baked scorpion fish stuffed with organic vegetables was on the menu.

The sushi kitchen and bar, led by Chef DJ McCracken, is the second kitchen at the Fish House. As one of the top sushi chefs in the Southeast, Chef DJ combines exceptional skill with the freshest sushi ingredients to provide a oneof-a-kind culinary experience. DJ sources the best sushi ingredients from all over the world, including BlueFin tuna from the Mediterranean and Japan, Scallops and uni from Hokkaido Japan, and A-5 wagyu beef from all over Japan. A local buyer bids on tuna, uni, scallops, and wagyu at the Toyosu market in Japan each week. The week's purchases are flown in overnight to the Fish House.

The Fish House continues to source the finest available exotic and rare ingredients. Last December the Fish House was the first restaurant in the US to purchase an entire wagyu cow from Japan. The cow was a Champion, raised in the Gifu prefecture in Japan. Its trophy still adorns a wall behind the sushi bar. This year, the Fish House was selected to be one of approximately 50 restaurants in the US to be certified to serve Kobe beef from Japan. There are only six other restaurants in Florida certified to sell Kobe in Florida. In addition to Hida and Kobe beef, the Fish House offers Snow Beef from Chateau Uenae, Miyazaki Beef, as well as Olive fed and Drunken Wagyu.

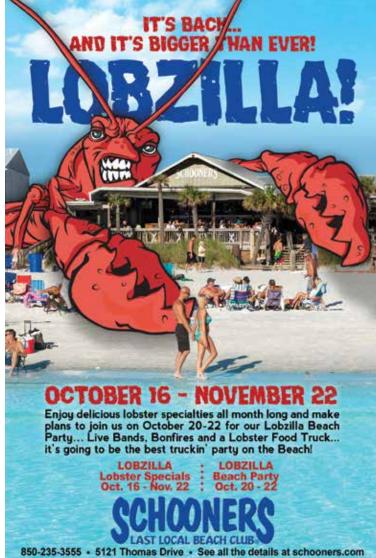
The third kitchen at the Fish House is the Oyster Bar, which sources the best oysters from all over the US and Canada. Butter and parmesan-drenched grilled oysters are the main attraction for those who enjoy them New Orleans style. Raw oysters are sourced from the best providers available during the optimal harvest and season, including Canada, Virginia, and the Gulf.

In addition to serving delicious food from multiple kitchens, the Fish House offers several unique ways to experience the Old Florida lifestyle. One highlight is its open-air patio, providing panoramic views of Eastern Lake and glittering Gulf waters. As you savor your meal, you can bask in the golden rays of the sun, and feel the gentle sea breeze while listening to live music performed by local musicians. In the fall and spring, fire pits provide a cozy warmth for cool evenings. It's a mesmerizing setting that captures the essence of 30A and old Florida charm.

Inside there are several different dining areas, including the lower dining room with views of Eastern Lake, the sushi bar and the oyster bar. The renovat-

Continued on page 20





**Solution** 

# **Community Contributions Can** Help PCB Schools Thrive



By Mark McQueen, Bay District Schools Superintendent

It's no secret that parental involvement is one of the key indicators of student success. And it gives me great pleasure to note that our beach schools enjoy extraordinary parental support.

While everyone is busy, and it's tough to find even five extra minutes some days, parents/guardians can support our schools in so many simple ways. With this in mind, I want to take a few minutes this month to talk about a few of those.

Elevate Bay/Take Stock Mentors: Elevate Bay and Take Stock in Children are always looking for mentors who work one-on-one, or in small groups, with students who need just a little extra guidance. If you're interested in either of those programs, please call us at (850) 767-4100 and ask for either program. While both programs have similar goals, Elevate Bay mentors primarily work with our elementary and early middle school students. Take Stock in Children, coordinated by the Bay Education Foundation, focuses more on high school students preparing for college.

**Classroom Volunteers:** Our schools are always looking for classroom volunteers and those who would like to volunteer at school-sponsored events like Book Fairs, Fall Festivals, and other celebrations. If you're interested in volunteering in one of these capacities, please contact your child's principal or the school principal closest to your place of employment or your home. Even an hour a week can make a HUGE difference.

**Chaperones:** Field trips and special events often need additional chaperones, and we'd love to help you complete the background check process so that you can chaperone regularly or even just once for a special event. Please contact a school near you for more information about their needs and how you could help as a chaperone if that interests you.

**Donors/Sponsors:** Many of our school-based programs rely on the generosity of donors and sponsors, and our schools are constantly seeking new business partners and others who can help pay for purchases and programs, both large and small. For example, someone could donate \$20 to cover the cost of two students who can't afford an optional field trip. Someone else could agree to help pay for dinner for a parent night event. Several businesses might band together to sponsor a shade sail for playground equipment or even a new piece of equipment. All of our principals have a needs/wants list, and they would love to share with you what's on their list and how you might help.

Thank you, in advance, for thinking about how you might contribute to the long legacy of parental involvement in our beach schools. Our beach principals would LOVE to hear from you, and I can guarantee you will get more out of your volunteer time and/or donation than you will give. Our children deserve the very best we can give them, and it truly takes commitment from us all to build the strongest Team of Teams here at BDS.

MILLES

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tator Best of Award of

# Surfside Middle School Academy

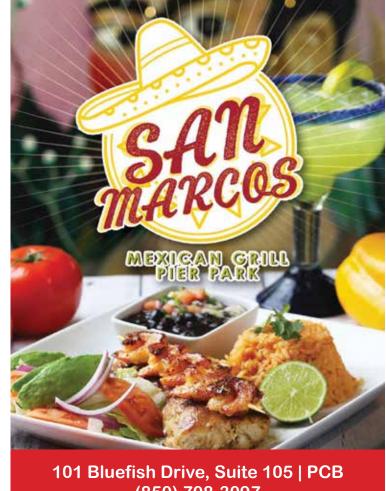


BY MATT PITTS, PRINCIPAL OF SURFSIDE

A need has been met for many Panama City Beach families with the opening of the Surfside Middle School Academy! The Academy consists of four classrooms of students with intellectual disabilities from kindergarten to age 22. Many of these students previously attended Margaret K. Lewis School in Millville. Students were spending one to two hours per day on the bus to get to school, and the district knew they needed a solution. Principal Matt Pitts of Surfside Middle School heard about the need and graciously offered a portion of his campus.



The campus allows for new experiences for our students with disabilities where they can be integrated with middle school students. Surfside is the first school in Bay County to start the Best Buddies program. Best Buddies is a club where our middle school students are matched and have frequent opportunities to spend time with an SMS Academy student in order to build a culture of acceptance on campus and help with social skills. Students who have joined this nationally known club in the past have created lifelong friendships and some even find a career path in Special Education.



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



#### Wellness

## **Medicare Open Enrollment is Here! Now What?**



By DIANA BROWN It's finally here again... it's Medicare Open Enrollment or more precisely, the Annual Enrollment Period (AEP). Every year, from October 15 to December 7, Medicare-eligible people can do pretty much anything they want with their coverage. Simply put, you can add, drop, or change virtually any plan and change to or from any insurance company.

Piece of cake, right? Wrong! Many people don't want to relive the information overload they experienced when first becoming eligible. Remembering the volume of phone calls, emails and mountains of regular mail would understandably send anyone running for cover!

Please know, this time will be different. First, you've now had some experience with what the plan you originally selected can or cannot do for you. Were you happy with the premium? Were all your doctors in the network? Were all your prescriptions covered at a reasonable cost? Did you get any of the extra benefits like Dental, Vision, Hearing, Telehealth, At Home Caregiver support or Over-the-counter cash allowances?

If the answer to any of these is no, then now is the time for you to get answers so you can make the right choices for 2024.

How can you get this information without reigniting the previous overload? The answer - YOU need to initiate contact. Look for advertising from local people you know will be able to get you what you are looking for, like myself. We WON'T SELL your information to strangers. This simple tip will allow you to rest assured that you will not be overwhelmed again.

Once you've decided to call, be ready with information about the plan you currently have such as what you're paying (some plans can be as little as \$0 per month!) and what it is you would like to improve or change with a new plan. Also, make sure you are ready to answer questions about your doctors

#### OLD FLORIDA FISH HOUSE

continued from page 18

ed main bar is inside, where live music is performed most nights, year-round. In its third year at the Fish House, dueling pianos is a popular show that runs up to five nights per week, depending on the season. On other nights, local favorites perform both inside and outside, depending on the weather. The main bar also features one of the most extensive liquor and wine selections on 30A. The Fish House prides itself on custom barrel selections and hardto-find wine, bourbon, whiskey, and tequila.

The Old Florida Fish House is more than just a restaurant; it's a gathering place where friendships are forged and memories are made. Locals and tourists alike come together to celebrate birthdays, anniversaries, and other special occasions. Live music fills the air, adding an extra layer of merriment to the festivities.

Guest convenience is also a priority. Reservations are accepted year-round, including for large groups. This allows guests to avoid long waits if they are able to plan ahead. Complimentary and prescriptions so you can make sure what you are considering changing to will provide you with all you expect. You're looking for no surprises so it's a good idea to also have a few questions ready of your own!

The bottom-line message is this: be not afraid. This time of year (AEP) is designed to help you make improvements, not make you relive the trials and tribulations of your initial enrollment.

Reach out and learn ways to make things better for you. Your health may change from year to year but your need for excellent health insurance remains constant.

Follow these simple steps and make 2024 your best health insurance year yet!

Diana Brown is a qualified, licensed agent with Florida Health Connector, your local agency for Florida Blue, providing Medicare plans throughout the State. She has been licensed with the State of Florida for over 25 years. She can be reached at (850) 819-4135.

valet parking is available during peak times to ensure all guests are able to park with minimal inconvenience. Outdoor activities entertain all ages, such as corn hole and ring toss. The Fish House dock is a great place to watch the sunset and take pictures with the lake and Gulf in the background. Shops are available on the property for gifts, toys, and souvenirs. Next door, Coastside 30A offers retail items, as well as craft beer and fine wine. Beach Bean Coffee serves up quality coffee and food during the day.

In a time that is constantly evolving, the Old Florida Fish House stands as a testament to the importance of preserving history and tradition, while growing and evolving to meet changing tastes and palates. It is a place where the past meets the present, where stories are shared, and where the simple pleasures of good food and good company reign supreme. Whether you're a seafood enthusiast, a history buff, or simply seeking an authentic Florida experience, the Old Florida Fish House is a must-visit destination that will captivate your senses and leave a lasting impression.

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# Medicare enrollment starts soon.



## How to Stop Cheating Before it Starts



BY JAMIE C. WILLIAMSON, PHD

You may have heard the adage "cheating is a symptom of relationship problems, not the cause of it." With notable exceptions for certain pathologies, this statement is generally accurate.

So, the time to protect your relationship from an affair is long before your partner feels the need to seek attention or support outside your relationship.

Extant research conducted over the last two decades shows that between 20 and 26 percent of married men cheat and between 10 and 19 percent of married women cheat. As reported in Life Science Magazine, these numbers have remained consistent over the last twenty years.

The difference now is that relationship partners have a lower tolerance for cheating because attitudes about marriage have changed. As more women earned higher education and entered the workforce, married couples began looking for their spouse to be their best friend, their confidante, their parenting partner, their homemaking partner, their wage-earning partner, and an amazing lover.

This is a lot to ask of one person. Even strong marriage partnerships can cascade downward to a betrayal if the couple is not vigilant about turning toward each other in response to daily bids for connection and, especially, when repairing their relationship after regrettable incidents.

Couples who successfully protect their relationship from an affair understand how to bolster trust to prevent a betraval. Trust is built on a solid, reciprocal foundation of predictability, dependability, and faith - the three building blocks of trust. When trust is fully present in a relationship, partners perceive that they will behave in a consistently positive manner toward each other, that they will be reliable when it counts, and that they will continue to be responsive and caring to each other, which includes "turning toward" each other's bids for attention AND not doing things that they know

will hurt the other's feelings.

Happily married couples expect each other to work on maintaining relationship trust. However, they also accept that they will let each other down from time to time. When these regrettable incidents happen, happily married couples "turn toward" each other and work together to repair the damage. This repair work involves fully processing the negative event and the feelings around it. As such, it lets the couple move past the incident, close their discussion about it, rebuild trust, and remain close.

Couples who "turn away" from each other after a regrettable incident don't fare as well. Instead of showing empathy, regret, and forgiveness, couples that turn away from each other place blame, become defensive, and hold a grudge. As a result, the regrettable incident becomes an open sore between them and festers. This creates negative feelings that infect the couple's reactions to other issues, and leads to flooded arguments, contempt, and "turning against."

Sometimes the "turning away" is less obvious and involves simply avoiding any discussion of the incident. Avoiding discussion of important negative incidents may initially seem to keep the peace, but soon the unprocessed negative feelings coalesce into either (a) surprisingly negative reactions to other unrelated issues or (b) avoidance of other issues, and eventually avoidance of the other partner, intimacy decay, and loneliness.

Both types of "turning away" lead to relationship decline, create emotional distance within the relationship, and serve to justify the conclusion by one or both people that the other is "not there for me." This often prompts people to begin comparing their partner to real or imagined alternatives and asking, "Would I be happier with someone else?"

And here is where the cascade from unrepaired broken trust to outright betrayal often begins.

It's a long path from "Turning Away" from your partner when regrettable incidents occur to actively "Turning Toward" others to have your needs met or to find what is now missing from your relationship. Nonetheless, the tumble to real betrayal begins when couples fail to "turn toward" each other, especially in the aftermath of a regrettable incident, large or small.

Turning toward each other to meet each other's daily attempts

to connect and especially after a regrettable incident establishes trust and allows couples to remain close. So, then, they either never ask the question "Would I be happier with someone else"? Or if they do, the answer is a resounding "no way."

If you and your partner have let each other down and need to repair the trust in your relationship, summon the courage to turn toward each other and fully process your negative feelings with all the honesty, empathy, regret, and forgiveness required to truly put the incident behind you. Take action to stop cheating before it starts.

Let me know if I can help.

Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and Couples Counselor who uses Gottman Method Couples Therapy. 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.



## What's Your Body Telling You?



By Stephenie Craig

You're moving through life, checking off your list, achieving, getting kids to activities, contributing to the community, and working. You're so busy you don't notice when a stomachache becomes the norm, tightness in your chest becomes

more continuous, and tension in your body leaves you with unexplained aches and pains regularly. While all physical symptoms are not necessarily a result of emotions, all emotions are expressed physically through the body. Your mind, thoughts, feelings and spiritual life are all deeply connected to your physical experience in your body. When you view your body as separate from your inner emotional life, you're blocking an important avenue for self-awareness and personal growth.

American culture encourages people to wear busyness and stress as badges of honor resulting in the ignoring of our body's

Continued on next page



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

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## It's Time to Take Care of Yourself

bio-identical hormone pellet therapy clinics in the Southeast. I've seen so many lives change for the better with bio-identical pellet therapy.

As we age hormone levels decrease and this is normal but I see it occurring at different rates for different people. I have patients in their seventies with untreated natural testosterone levels in the 900's. These patients spend most of their time outside the U.S. eating clean foods and staying amazingly active. Unfortunately, that's not how most of us live.

I believe because of our lifestyles, exposures, food, and activity levels, our hormones begin falling much sooner than they should. Many people have the idea that hormones are only for

sexual function but our patients will even tell you this is just one of the many positive effects of bio-identical hormones. Mood and outlook improves, relationships with spouses, family members, and coworkers improve, sleep improves, stress reduces and so much more. You are more understanding of others, more forgiving, more loving.

This doesn't even touch on the health benefits. Unfortunately, many doctors will tell you hormone therapy is not safe, not proven, and may cause cancer or some other harm. I was taught the same way. Unfortunately, these doctors are just wrong. They fail to keep up with the medical literature and are unable to consider the possibility that medicine has evolved over the last fifty years. Even the American Heart Association changes blood pressure treatment guidelines every couple of years. It's unfortunate because when doctors disagree it causes confusion and fear in patients.

We do have patients in their 20s but I always say if you are over forty you should have already seen me. That's when I got treated and it was a life-changing event that has made me happier and healthier than I have ever been in my life.

If you struggle with motivation, mood swings, irritability, fatigue, or just don't feel like you're at your optimum then it's time to take care of yourself. Come get your labs done and let us talk to

vou about how bio-identical hormone therapy can help different aspects of your life and health. I hope to see you soon.

Dr. Richard Chern, M.D. provides hormone therapy to men and women from across the country. He is also on staff at BioTE Medical and teaches hormone therapy to new providers including providers right here in our local area. Dr. Richard Chern, M.D. treats countless doctors, medical providers, and first responders in the area as well. He is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country right here in Miramar Beach. Call Dr. Richard Chern, M.D. today for an appointment at The Hormone Restoration Center at (850) 837-1271.

#### **YOUR BODY**

continued from previous page

subtle and moderate messages regarding what needs internal attention. When we don't listen to its earlier messages, the body begins to yell louder and louder until we begin to listen and tend to our daily stress and emotions. People begin to get increased headaches, stomach problems, chronic pain, skin irritations and hives, irritability, depression symptoms, anxiety symptoms, and other medically

unexplained ailments in connection with ignoring messages from the body.

Your body may use physical sensations to tell you things like you're overwhelmed, it's time to rest, slow your pace, set a boundary, reduce commitments, tend to your relationships, nourish yourself more intentionally, prioritize sleep, say "no" more often, make a new friend, make a doctor appointment, ask for help, play more, prioritize fun. When you don't make time to listen, you're missing wisdom that can bring more health and balance to your life. So, you want the wisdom your body is trying to share, but how are you supposed to listen?

#### **5 Ways to Listen** to Your Body

1. Slow down and breathe. Try stopping 3x per day to do 2 minutes of deep breathing which is about 20 slow breaths. While breathing, intentionally notice where you are holding tension or discomfort in your body. Think about

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releasing the tension while you breathe and make note of patterns as you breathe over days and weeks. Try adding reminders in your phone for breathing time for the first 4 weeks of practicing deep breathing.

2. Determine your baseline for stress and calm. When you practice deep breathing, notice the difference between how your body feels when you are under stress and when you find a space of calm. Notice how your breathing is different, notice how tension in your body is different, notice how your thoughts are different, notice how your energy level is different, notice how your body temperature is different. Note the differences so you can check in with yourself daily and become more familiar with the physical sensations that occur when you are moving into a stressed state.

3. Study how your body expresses emotion. Notice discomfort in your body such as tension, aches, sweating, change in heart rate, tingling, or itching. Try matching your physical experiences to feeling words. For

example, when I feel happy, I

smile, have stomach butterflies, my limbs feel light, I have high energy. When I feel angry, I clench my jaws, feel hot, sweat increases, my tone of voice becomes abrupt. Naming your physical sensations with feeling words guides you to more insight.

4. Match your feeling word to a thought or external circumstance. Explore what thoughts or situations may have preceded the feeling. For example, I felt happy when my husband surprised me with cake for no reason. I felt angry when I was thinking about a past time when a friend talked about me behind my back. Think about how the experiences or thoughts connect with the feelings and what that might mean for you on a deeper level.

5. Determine what wise action might be needed based on insight gathered from listening to your body. Feelings and bodily sensations may indicate it's time for: a conversation, a change of pace, a change in self-care, a different relationship boundary, a different bedtime, a healthier coping tool, facing issues rather than avoiding, more information, increasing support.

Listening to your body is a practice that is developed over weeks and months of slowing, attending, and repeating. Be kind to yourself as you practice. Connect with us along your journey for additional counseling or coaching support at journeybravely.com.

Call Dr. Chern, MD and Sue Griffin, ARNP today! BEST CD Dr. Richard Chern, MD DESTIN 12889 Hwy 98W, Suite 107B **Three Years In A Row!** Thank you Destin!

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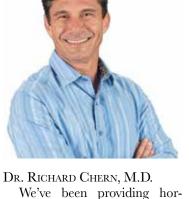
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## EXPLAINING **HEARING LOSS TO** YOUR LOVED ONES



Hearing loss is a slow process that is often unnoticed by the person who is suffering from it. Hearing aids are used by only approximately 30% of those over the age of 70 who could benefit from them. Between the ages of 20-69, the percentage drops to just 20%. It can be difficult to watch a loved one struggle unnecessarily, but getting them to accept their hearing loss can be even more challenging. As a result, here are some suggestions to help them accept their condition and reach out for proper treatment.

#### **Explain The Health Advantages First**

When approaching a talk concerning hearing loss, it's best to start with the facts. As a result, describing the health benefits of hearing aids is a good place to start. Hearing loss, for example, has been linked to major health problems like dementia in multiple studies. There is a strong correlation between depression and hearing loss, as evidenced by numerous research. In fact, depression is found in nearly 12% of people who have some degree of hearing loss.



#### **Help Them Understand The Different Options**

Another reason people avoid wearing hearing aids is that they believe they are bulky, painful, and unsightly. While this may have been true 20 or even 10 years ago, hearing aids nowadays are far more evolved in terms of functioning and design. In fact, there are many hearing aids you can equip with features like Bluetooth that enable you to better connect to compatible technology around you, like televisions, speakers and soundbars.

Some hearing aid styles - like invisible in canal (IIC) and completely in canal (CIC) - are virtually undetectable to people around you. Modern hearing aids, whether behind the ear (BTE) or in the ear (ITE), are sleek and inconspicuous, coming in shades that blend with hair color or skin tones. Do some research and offer photographs of current models to your loved ones before speaking with them.

#### Set A Good Example

While you can't compel your loved one to try hearing aids, you can set a positive example by having your hearing tested on a regular basis. Hearing aids will be less stigmatized as a result of this, and hearing health will become more typical.

Hearing loss can have an impact on all aspects of your life, including your employment, family, friendships and romantic relationships. Ultimately, you are your own best champion for hearing health awareness if you have a hearing

Don't forget to mark your calendar and schedule your Hearing Screening at NO COST TO YOU! CALL US TODAY! We specialize in second opinions.

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loss. Getting your own hearing checked will put you in a better position to help those around you understand hearing loss.

If you require additional assistance in speaking with a loved one, please contact one of our hearing care providers at Hear Again America, who will be pleased to assist you. You can reach one of our friendly staff members by calling (850) 308-1678 to discuss our different hearing technology options.



#### 🔅 Musing

## Sean of the South

BY SEAN DIETRICH

I am a dropout.

I grew up pretty hard. I am an educational failure. I had few academic opportunities. As a result, I am a very slow reader, and an even wurse speler.

This is because, after my father died, my family hit rock bottom. My mother cleaned houses for a living, and worked in fast food. I, my ownself, dropped out of school and got my first job at age 14, hanging drywall.

Later. I would install tile and wood floors. I hung commercial roofing and seamless gutter. I had other ignoble occupations, too. I scooped ice cream. I was a telemarketer for exactly 13 hours.

In the evenings, for extra cash, I played music at local bars where overserved people twostepped and showed their appreciation by lobbing bottles at the piano player.

I wasn't particularly talented. I owned a guitar. I had a cheap piano my father bought from the classified section. I had long hair. Nobody wanted their daughter to date me.

But something about the communal glow of a beer joint changed me. I've had some powerfully good memories in dim rooms with clinking glassware.



When I was 16, I spent my birthday playing "Faded Love" in a joint on the Alabama state line. The bartender, Wanda, asked if I wanted a beer. Wanda was five foot, even, and had a voice like a pack of filtered menthols.

I told Wanda, without hesitation, yes, I did want a beer. So Wanda opened a PBR and poured three fingers of the golden nectar into a tumbler.

"Happy birthday," she said.

"You'll have to wait until you're 21 to get the rest."

Whereupon she ceremoniously finished the bottle.

I also played piano in church, and at every Baptist function including fifth-Sunday sings, Decoration Day potlucks, and VBS. Most Baptists turned a blind eye to my nocturnal habits.

I attended community college as a 30-year-old man. I rectified my high-school misgivings. And I learned how to spel prety good.

And somehow, here I am.

I have an overbite, red hair. and a list of bad habits which causes fundamentalists to send me emails with subject lines that read: "Will I spend eternity without you, Sean?"

But there were a few people who have consistently believed in me. Namely, my wife. And my mother. My sister. My friends,

And in a few days, the Grand Ole Opry will be releasing my first album. In a few days, I will be performing selections from this album on the Opry stage, on the air.

I'm not even sure what this means, since none of this feels real. But I'm telling you about all this because, I suppose, I still can't believe it.

Even so, my first Opry album single "dropped" yesterday, on

my father's birthday. I don't know what "dropped" means. But I know that this is something my old man would have loved.

My father was an avid Opry listener, and often swore that if he ever met Minnie Pearl in person, he would either propose marriage or, at the very least, a scandalous love affair.

I can also tell you that my first album was not recorded in a fancy studio with world-famous sound engineers named "Pootie Tang" running the mixing board. This album was recorded by me, in a rustic cabin, on Lake Martin, with cheap equipment.

There were quilts on the walls, to deaden the sound. The way all the professionals do it. My best good friend, Aaron Peters, played fiddle. We played antique music. There were empty Ovaltine bottles strewn around the cabin.

And a blue heron visited the lakeside dock every night after recording, to flap its wings and say hello.

Sometimes at night, after recording, I would lie in bed and wonder if prayers can travel backward in time. If they can, I continue to pray that a young 14-year-old, redheaded, construction-working musician will just hold on.

Because one day, in the year 2023, even though he is much older than most Opry walk-ons; even though he feels like a consummate failure; even though he can't spell worth a shuck; that little boy will not be able to believe what I just wrote.

I know I can't.

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



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## A Minister's Message: Why did Jesus Teach in Parables?



By Dr. Kerry Knight, Emerald Beach Church of Christ

Even the disciples of Jesus posed the question as to why He chose to teach the masses in parables rather than just teaching a direct and clear message. His answer sounds a little odd on the surface, but He makes it clear. To His inquiring disciples He said, "To you it has been given to know the mysteries of the kingdom of God, but to the rest it is given in parables, that seeing they may not see, And hearing they may not understand"



(Luke 8:10). In short, what He is saying has to do with having the right heart. The Pharisees and the Scribes had ulterior motives for following Jesus as He taught. They were looking to find any possible way to discredit Him or catch Him in some critical words regarding Rome or the

Sanhedrin. They weren't listening to his message, and that's why Jesus said, "Let who has ears to hear, let HIM hear."

The meaning of the word "parable" is from the Greek word, parabole, which means to lay or cast a well-known action, person, or part of nature, beside



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a truth. A parable is a story that engages the listener and brings them to understand a deeper truth. A good example would be the parable of the sower. Everyone is well acquainted with growing a crop. The main points would be the sower, the seed, and the different conditions of the soil. Jesus tells the story and brings in the spiritual lesson that was apparent to the true believer or seeker, who has no evil motives.

And who can forget the parable of the Good Samaritan? Many of the Pharisees would have agreed with the priests in the story that just left the wounded Samaritan on the side of the street and walked by him, with no sign of compassion. There are great lessons in that story for those who have a generous heart.

There are more than 50 parables of Jesus in the New Testament, and over the next few weeks, we will be studying these on Wednesday Nights at 7 p.m. with our congregation at 301 Alf Coleman Road in PCB. All are welcome to come and study along with us. It will bless your life.

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# It's Fall, Y'all!

By Spencer Angland, Marketing Coordinator, Flooring Depot of Panama City

Summer's over, and fall is here. The change in seasons also means a change in the rental landscape. The rental market slows down a bit as school gets into full swing and families are focused on those activities. If you own a rental property, fall is a great time to begin working on that property and getting it ready for the next rental season. Using this downtime to make needed repairs and improvements will help increase the value of your property and rental appeal before the next busy season.

One of the best investments that you can make in your property is the flooring. An investment in flooring is an incredible way to increase the overall value of your property. In some cases, installing new floors can increase the value of your property by 2.5 percent. Quality floors can be a game changer for your rental property and can provide returns that may not be reflected in the dollar value of your home. Vacationers want to find the nicest place available in their price range, and beautiful new floors could be the tipping point that makes people lean more toward your property instead of someone else's.

Another reason that fall is a great time to renovate your rental property is that you won't have to wait long before you start seeing a return on your investment. After the dip in tourism during the fall, there tends to be a huge resurgence only a few months later, for one simple reason-the holidays. The weather may not be as nice as it is during the summer, but there will be no shortage of tourists trying to find a property to rent for their family's holiday vacations. Taking time to renovate your property during this part of the year could be almost as detrimental as taking time during the summer when every day that you don't have someone in your property is a day you aren't making money. If you want to increase the value of your property at the lowest opportunity



cost, you need to take advantage of the dip in tourism between summer and the holidays.

As a property owner, you know that not everyone cares for your property the way that you would. So, finding something both durable and beautiful is key to maximizing that rental income. Flooring that's popular in Florida because of its durability is luxury vinyl plank (LVP) and tile. Both are extremely durable and will hold up to Florida's high humidity, water, and the high traffic volume of a rental. Whether you're looking for a design that's beachy or coastal or something more traditional for your space, these options come in beautiful colors and patterns. The sky is really the limit when it comes to what you can choose.

Tile and LVP are great options for the rental market, but it also boils down to budget and what you want to spend on your property. It's important to choose something nice, but don't over-improve because of the very reason that we mentioned earlier—not everyone will treat your property like you would. So, durability is important, it just doesn't need to break the bank.

Flooring Depot of Panama City can help you choose the best flooring option for your rental property, which hopefully in turn, will raise your rental demand and rental income just in time for the next wave of families and vacationers to arrive for the holiday season.

If you want to know more about how Flooring Depot of Panama City can help you find the perfect floors for your rental property, please give us a call at (850) 785-2216. You could also stop by one of our two locations, and we can help you with all your flooring needs!

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## Design and Culture: Outdoor Kitchens

How we love the outdoors and the best time of year to be out and about in the Panhandle is here! If you are looking to build an outdoor kitchen or maybe remodel an area outside, we have some local resources to get you headed in the right direction.

SeaBee Constructors, LLC is a locally owned company. They offer a wide range of services including a new build or an outdoor kitchen remodel. Stucco, Brick, Hardy board, and Stone are a couple of options to consider for your new outdoor kitchen, and Heather Greise from Seabee Constructors will help you design an outdoor kitchen that works for your exterior space.

When it comes to outdoor storage in your outdoor kitchen, The top two options are stainless storage or outdoor cabinets. NatureKast is the leader in the industry for outdoor custom cabinetry. It can be customized to the grills and appliances you would like in your outdoor kitchen, custom hoods are available if you need ventilation and it is all weatherproof. NatureKast has a limited lifetime warranty and offers a wide range of finishes with



Design by NatureKast, Louvered door style, Weathered Graphite, Fantasy Brown Marble countertops. Granite Plus is your local resource for NatureKast Cabinetry.

seven door styles: Slab, Shaker, Rustique, Louvre, Contempo, Euro and Metro. If you would like to find out more you can visit NatureKast.com or stop by Granite Plus.

When selecting countertops for your outdoor kitchen there are a wide range of options. Granite and natural stones are the most common materials used in outdoor kitchens for now. Dekton, a manufactured material, is slowly making its way into our outdoor kitchens. Dekton is scratch-resistant, stain-resistant and heat-resistant. One of the wonderful characteristics of this product is its patterning, influenced by nature. For example, The Onrika Collection from Dekton gives the Calacatta Marble look without the maintenance of Marble. Dekton can also be used for wall cladding in your outdoor kitchen. Last but not least, Caesarstone Quartz is one of the only companies that has a quartz collection that can be used outdoors. It is durable



Marine grade patio furniture available at Panhandle Patio

and perfect for an outdoor space. Samples of these products are available at Granite Plus.

Now it's time for barstools to go with that new beautiful outdoor kitchen. Panhandle Patio, located in Panama City is owned by a local family, Austin and Lynsey Beasley. All of their furniture is from Florida, and they have a line of Marine Grade Polymer furniture that comes in a wide range of colors and fabrics. If you would like to find out more, you can stop by their showroom located at 3715 West 23rd Street.



Design by Heather's Interiors with Seabee Construction







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# \$32.5M "Project Maple" at Northwest Florida Beaches International Airport to Spark Economic Growth, Diversification

Premier Aviation to open location here, creating 250 high-wage jobs

In a boon for regional economic development, an international aviation maintenance, repair, and overhaul (MRO) company will soon break ground at Northwest Florida Beaches International Airport (ECP), bringing more than \$32.5 million of capital investment and creating 250 high-wage jobs in the next four years.

Premier Aviation USA Overhaul Services (Premier Aviation), which is headquartered in Quebec City, Canada will open its second location in Bay County, Florida. The project, dubbed "Project Maple" in a nod to the company's Canadian roots, is the result of two years of efforts by ECP and Bay Economic Development Alliance to expand the region's aviation sector.

"Family is our most important core value, and we are overjoyed to be expanding in Bay County and creating new opportunities for people to prosper in their hometown," said Sylvain Perron, president of Premier Aviation. "We look forward to being part of this community and are eager to break ground and establish ourselves as the region's leader in aircraft maintenance."

"This project could have gone



anywhere in the United States and Premier Aviation chose Bay County," said Holly Melzer, chair of the Northwest Florida Beaches International Airport Board of Directors. "With major customers in the Southeast, the company recognized that our centralized location would be an advantage, as is our proven capacity to train talent in the aircraft maintenance sector."

"This is a milestone moment along our journey to further diversify our community's employment base, particularly with high-wage, high-skill jobs," said Patrick Jones, chair of the Bay EDA Executive Committee. "Premier Aviation will be an excellent asset to the region and will complement the accelerated growth at our airport."

To prepare new hires, Haney Technical College will facilitate tailored courses in aviation maintenance. Haney currently trains students in both aviation airframe mechanics and aviation powerplant mechanics. The 40 to 50 aviation mechanics trained each year have had to leave the community to find work without maintenance, repair, and operations services, but that won't be the case much longer.

Premier Aviation plans for the Bay County operation to become "the center of excellence"

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on Embraer and ATR products: the ERI 145, EMB 175/190, and the ATR42/72 series aircraft, which range in passenger capacity from 40 to 106 seats. The company estimates it will hire 10 employees in 2024 and 80 in each subsequent year through 2026. Wages are anticipated to be over 115% of the Bay County average. Overall, approximately \$13.75 million of private payroll will be added to the region annually. Premier Aviation plans to work closely with CareerSource Gulf Coast on their hiring and recruiting plans.

Construction has not yet begun on the two-bay, narrow-body hangar but is expected to ramp up quickly, with completion by summer 2025. Half of the funds will come through Triumph Gulf Coast, a nonprofit that oversees expenditure of economic damage funds from the 2010 Deepwater Horizon oil spill. The other half will come from Space Florida and Premier Aviation through a conduit financing structure. Space Florida will own the facility and long-term lease the facility to Premier Aviation.

This major investment from an aviation MRO is a step toward the establishment of the Aviation Center of Excellence at ECP, with a goal to provide a ready pipeline of workforce for future maintenance, repair, and operations services. As one of the newest international airports in the United States with 3,000 developable acres, global air traffic network, and development-ready sites adjacent to a 10,000-foot runway, the airport is well positioned to attain its goal.





ESTAURAN

🛞 Business

## **Bay County Tax Collector Sworn in as FTCA President**

Bay County Tax Collector Chuck Perdue was recently sworn in as the 78th President of the Florida Tax Collectors, Inc., the state-wide Association of Florida's Tax Collectors. Perdue will have an opportunity to work with fellow tax collectors, state agency directors, and legislators on initiatives to improve systems and work processes for tax collectors to better serve Florida citizens.

"I'm honored my colleagues have placed their trust in me to lead the organization this year. I have a talented board of directors and collectively we are passionate about the opportunities we have to improve relationships with state agencies and move forward with improvements to not only help our teams assisting the public, but to help the citizens we are here to serve," said Perdue.

Prior to his role as President, Perdue served the association as both Legislative Chairperson and most recently Treasurer. He looks forward to continuing the legacy of FTCA, Inc. in working on solutions to advance technology and increase customer convenience while still maintaining the security of issuing state credentials. Additionally, Perdue sees tax collector offices as a resource for protecting the customers they serve.



Perdue sworn in as FTCA President Retired Lee County Tax Collector Larry Hart swears Perdue in as president at the 2023 FTCA Education Forum in August

"Tax collector offices are a tomer interactions."

first visit for most new residents to obtain their driver license and establish residency as well as annual interactions with property owners and vehicle owners,' said Perdue. "Our tax collector teams encounter people from all walks of life in our offices and a large cross-section of Florida residents annually. If our teams receive the proper training, we can assist law enforcement in identifying suspected victims of trafficking, elder abuse, and fraud. While our primary goal will always be to provide state and local services to our citizens, we also recognize the need to be alert and aware during our cusIn his role as president, Perdue will meet with tax collectors around the state to learn about the challenges they face in their offices. He will also travel to Tallahassee to meet with state agency directors from the Florida Department of Highway Safety and Motor Services, Florida Department of Revenue, Florida Department of Agriculture and Consumer Services, and Florida Wildlife Conservation Commission as well as state legislators.

"I would not be able to serve the FTCA as president if it weren't for the talented team of individuals I have leading the

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Bay County Team. Our leadership team comprised of the chief deputy, directors, and managers do a fantastic job managing the daily work and assisting our knowledgeable team in serving Bay County citizens. I'm grateful for their focus on service and problem-solving that allows me to serve my industry colleagues in this role this year."

To learn more about the Bay County Tax Collector's Office, visit BayTaxCollector.com or the Florida Tax Collectors, Inc. at floridataxcollectors.com.



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#### Business

## **The Marshmallow Experiment**

By RANDY LOCKLIER, PRESIDENT, GULF FINANCIAL

Don't we all love smore's? I do! On a recent mountain trip, we enjoyed them by the firepit. Melting chocolate and marshmallow oozing over a warm graham cracker is so delicious. Could you resist? In 1972, an experiment was conducted at Stanford University. Children were brought into a room one at a time and sat down at a table. On the table was a marshmallow. The researcher told the children that he was leaving the room for 15 minutes and that if they did not eat the marshmallow, they would get a second one upon his return. A simple choice: one treat now or two later. Only 1 in 3 could wait. The really interesting part came later. Stanford researchers studied these children for 40 years (That's right!) and made an amazing discovery. Over and





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over again, by any measure, the children who waited succeeded in life at a much higher rate than those who didn't wait. Higher SAT Scores, graduation rates, income, job performance, net worth as well as overall life and relationship satisfaction were the norm in this group. Is there a message here for us?

True happiness, said Aristotle (c. 300 BC) is about developing daily spiritual habits and surrounding yourself with people who grow your soul. At the center of the spiritual life is the concept of delayed gratification. Delayed gratification is an essential element of self-control. When you disavow immediate pleasure to seek a long-term higher-value goal, you are practicing delayed gratification. It is here that we will move toward our greatest potential in this life. Studies have shown, like the Marshmallow Experiment, that deferred gratification is one of the most effective personal traits of highly successful, happy people. People who learn to manage their need to be satisfied in the moment thrive more in their careers, relationships, and finances than people who give in to it.



Food, drugs, gambling, alcohol (ever had a hangover?), sex, screaming in anger, or overusing our credit cards don't necessarily bring out the best in us, they just ease our discomfort or satisfy our desires for a moment. Our modern society is one in which instant gratification is glorified and obtainable, becoming a barrier to many seeking the spiritual life. To some, these temptations open the door to turmoil, addiction, and death.

Jesus teaches us not to store up treasures on earth, but to store up our treasures in heaven. For where our treasure is there



This seems to be proof of a path to an abundant and fulfilling life in this earthly realm. What of the spiritual realm? One must have faith. Faith is the substance of things hoped for, the evidence of things unseen. It is this Faith, this hope for the future that gives us the strength to deny ourselves, pick up the cross daily, and walk in the will of our Maker. A life aligned with the will of God creates real joy that keeps our happiness meter on high!

Just think for a moment about some of the things in life that bring us immediate pleasure but can impose upon our physical, spiritual, and mental health. will our hearts be also. A person will never be successful on a spiritual walk without knowing how to say no to temptation and the pleasures of this world. Delay a little gratification and you will draw close to God. Say no to sin and temptation and they will flee from us. Believe that the promises of Christ are true and the promises will come to pass in our own lives and the next.

That's good news for us all! Great to be with you again. Until next time be happy, be safe, and be blessed.

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## From the Office of Congressman Neal Dunn

The looming government shutdown dominated the headlines in September, but there was more happening in the House of Representatives that impacts Florida's Second Congressional District.

Last month, I introduced a bill that would award the late Coach Bobby Bowden, a football legend and leader in our district, who passed away in 2021, with a Congressional Gold Medal. Coach Bobby Bowden was a leader on the field and in his community. While his grit and determination led the Seminoles to victory on many occasions, his kindness and generosity made him one of the most highly respected individuals in Florida. We are all grateful for his contribution to the Seminole Nation and the Sunshine State.

I also introduced the Timely Access to Coverage Decisions Act of 2023, which will ensure that local coverage determinations for the Medicare program are made in a timely manner. There are many uncertainties in life, but no American should be uncertain about their access to care. My bill seeks to streamline local coverage determinations so seniors in my district and nationwide can receive quality care without delay. Uneven approval timelines result in inadequate care, delays in needed treatments, and uncertainty about access to health care. Innovative products must be promptly evaluated to provide our nation's seniors with top-notch care.

Before I close out, I would like to remind all of you that while we're past 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.

I would also like to thank evervone who rushed to aid the counties impacted by Hurricane Idalia. Our district knows how devastating hurricanes are, and every time, you volunteer, donate, and support without hesitation. Once again, you've made me very proud to represent Florida's Second Congressional District.

For regular updates about

follow me on Twitter, Threads,

what I'm doing in Congress, Facebook, and Instagram at @ DrNealDunnFL2

## Florida Sheriffs Task Force Announce Successful Completion of Operation Safe Kids

The Florida Sheriffs Association (FSA) Task Force released the results of Operation Safe Kids, a strategic initiative in 42 Florida counties that called attention to traffic safety in and around schools to ensure that children had a safe return to school from Summer Break. During the Task Force Operation Safe Kids, Florida's sheriffs issued 7,218 warnings and 5,171 traffic citations, dedicated 5,900 hours during the enforcement period, delivered 5,520 educational messages, and posted 80,674 social media messages throughout the state.

"Safeguarding Florida's future through youth-focused programs and services is a key objective for law enforcement statewide. This goal is being achieved through this opera-

tion by identifying and monitoring high-risk areas, issuing warnings and citations, and educating the public on the importance of school zone safety," said FSA President and Nassau County Sheriff Bill Leeper. "The implementation of this program highlights Florida sheriffs' strong commitment to upholding the security of families and local communities in our state."

"I am immensely grateful for the collective effort of the Florida Sheriffs Association and the 42 counties who participated in Operation Safe Kids," said Bay County Sheriff and Chair of the FSA Task Tommy Ford. "This initiative has been instrumental in ensuring the safe return of Florida's students to school. Through



these partnerships, we are setting the stage for the growth of community-centric resources to reduce accidents throughout the state.'

Operation Safe Kids contributes to two of the FSA business operations goals: to foster effective law enforcement and crime prevention for the public safety of the citizens and visitors of Florida and to protect Florida's future by promoting public support of programs and services focused on the youth of our state.

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



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