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Postal Customer Local

Community

Rallies after

Tornado

A small army of first respond-

ers and volunteers throughout the

greater Panama City Beach area

instantly sprang into action after a

powerful tornado struck the Gulf

Beachfront and lower Grand La-

goon at 5:31 a.m. on January 9, dev-

astating several dozen businesses,

homes and tourist accommodations

Emergency officials and volun-

teers also scrambled to other parts

of Bay County - particularly Lynn

Haven, Bayou George and Fountain

- that fell victim to several tornados

that struck the Florida Panhandle

of 140 miles per hour, the Nation-

al Weather Service rated the Grand

Lagoon tornado as EF3 on the En-

hanced Fujita Scale, making it the

most powerful twister to strike Bay

With estimated maximum winds

in the Thomas Drive area.

that Tuesday morning.

County in over 50 years.

Counties, including Marianna.

They were prepared.

BY ED OFFLEY

Frank Brown Park to See Much-Needed **Improvements in 2024**

By Mayor Mark Sheldon

Happy new year to all! I trust that you are enjoying a prosperous and positive 2024 thus far.

The City of Panama City Beach is looking forward to a successful year, and I am especially excited to share that we have begun our improvements and enhancements to Frank Brown Park. In 2023, with your support, the City Council approved a comprehensive master plan which is a roadmap for revitalizing and expanding this landmark park. The adopted plan reflects your voices, your needs and your aspirations for our City.

The master plan is part of a collaborative journey to enhance and add new amenities to our largest and most popular park, which celebrated 40 years of existence in 2023. This park is a community gem and a place of shared experiences. It's where your kids learned to swim. It's where you hit your first home run.



It's where your daughter reveled in being a mermaid one summer. And it's where your grandmother goes to exercise with her peers. This park is the heart of our growing and amazing community.

One of the first projects we started this year was the reconfiguration of the key connector road which connects the entrance of Frank Brown Park at Mandy Lane to North Pier Park Drive. As part of this construction, and to keep everyone safe, this road is temporarily closed Monday through Friday to allow for uninterrupted construction. We want to meet our May 1 construction timeline for completion.

Straightening out the curve in this road will allow us to address traffic flow issues and enable us to make better use of existing land to add new features like a skate park, which is planned for the future. This redesigned roadway will offer park visitors a safer, more user-friendly navigation pathway.

This will also allow for the construction of much-needed restrooms and a pavilion for special-needs athletes utilizing the Miracle League Field, and for the construction of a new handicap-accessible paved parking lot. All of these amenities are long overdue for these special citizens. But the City's vision goes

FRANK BROWN

PARK

continued on page 3

TORNADO continued on page 2



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Tornado damage was also reported in Calhoun and Jackson

The community

TORNADO

continued from page 1

"The immediate response was pretty incredible," said District 5 County Commissioner Clair Pease, who said she drove over from her home on North Lagoon Drive to Thomas Drive as soon as the funnel cloud passed by, where a destroyed two-story apartment complex caught her eye. "First responders got there in five to ten minutes and were pulling people out who were trapped in their apartments," she said.

Bay County officials say the tornado damaged 304 buildings and 22 condominiums for a "total market loss" of \$20.3 million. Countywide, this included 51 structures totally destroyed and another 45 sustaining major damage. The vast majority were single-family residences, mobile homes, condo units and apartments, said county spokeswoman Valerie Sale.

Immediately after the tornado struck, dozens of Bay County Sheriff's deputies, rescue teams and other county officials were deployed to save people trapped in damaged homes and to clear debris-blocked streets. Panama City Beach dispatched 17 Fire Rescue personnel and 18 city police officers to aid their Bay County counterparts along the Thomas Drive storm path, said city spokeswoman Debbie Ingram.

"Whether it is within the city limits or outside the city limits, we remain one special community that continues to have the other's back when it comes to

1/2 price Dom Perionon Valentine's Day only.

THE ROMANCE

THE PRICE

Copt. Andersons Restaurant Waterfront Market 850-234-2225 • 5551 N. Lagoon Drive, Panama City Beach, FL 32408 • CaptAndersons.com Open 4:00pm Wednesday, February 14. Dom Special good to our February 14 diners only. Limit 1 per table. Offer not good in Waterfront Market. reeds," PCB Mayor Mark Shel- Aiding the Red Cross ef-

needs," PCB Mayor Mark She don said.

Fortunately, there were no fatalities, and only five people required hospitalization, Pease said. Two of the five were a couple whose RV was turned into "a pile of twisted metal." by the tornado. Pease, who talked with the husband after their rescue, said, "The first thing he saw when he opened his eyes was Sheriff Tommy Ford," one of the first responders who pulled him out of the RV.

Two weeks after the tornado came ashore, local government officials and volunteer coordinators say most of the several dozen victims of the Grand Lagoon twister have already secured temporary housing and other emergency assistance. In addition, several hundred others have received relief supplies and other support in the immediate aftermath of the tornado.

"I'm honored to be a part of this response," said Terri Jenkins, executive director of the American Red Cross of Northwest Florida. "It has been a humbling experience to see the community band together."

Although the funnel cloud tore through the area within minutes, the relief effort will continue indefinitely, Jenkins said in a January 19 interview. "We still have 70 Red Cross staffers and volunteers working in Bay County," including county residents and volunteers from as far away as Pennsylvania. "We assisted over 200 people this week." Alding the Ked Cross effort, Gulf Beach Presbyterian Church at 271 Arnold Road opened its doors as an emergency shelter (and warming center during the post-storm freeze), while the nonprofit World Central Kitchen provided hot meals to displaced residents and responders alike, Jenkins said, United Way of Northwest Florida has also provided assistance to those in need, as has Doorways of Northwest Florida and ReBuild Bay County.

While a relatively small toll compared with the \$661 million in Bay County property damage wreaked by Hurricane Michael's devastation in 2018, those whose homes and business were struck by the tornado face a daunting recovery.

The two most visible examples of the tornado's wrath on the PCB "island" are the Pirate's Cove Marina at 3901 Thomas Drive, and a three-story beachfront home at 5103 Gulf Drive. Just five years after the marina's massive "Mega-Barn" boat storage facility was torn apart by Michael's 150-mph winds, the structure's southern half was left a tangle of twisted steel girders and shredded wall panels, said Scott Burt, president of owner/operator Coastal Marina Management. Lighthouse Marina, a nearby facility run by Burt's company, suffered minor damage.

Asked the status of the Pirate's Cove storage building designed to hold 885 boats, Burt replied with a single word: "Destroyed." When asked about the marina rebuilding effort, Burt said he wanted instead to talk about the "stunning generosity and thoughtfulness" shown his employees by a pair of nearby eateries. Without being asked, Christo's Sports Bar and Pub and Patches Pub provided hot meals free of charge to everyone there, he said.

Several hundred yards to the south, the three-story house on Gulf Drive still rests at a seemingly impossible angle against its neighbor. It was literally ripped off its foundation and thrown against the adjacent house by the force of the tornado.

Pease said she was impressed – but not surprised – by first responders' quick action, and the sustained effort by local churches, charities and volunteer groups to assist the tornado victims. "This whole Beach has had to go through so many things,' Pease said. "It's almost like a second nature to us now."



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Community

Updates From Your Local Sheriff's Office

New Registry to Help Families

Sheriff Tommy Ford is excited to introduce a project to Bay County that he has had staff working on for several months: a Special Needs Registry. The Registry is now online and ready for Bay County families with members who have special needs due to mental or neurological disabilities. It will be another tool for them to get effective help when they need it.

The Registry is designed to serve adults and juveniles of our community who have a special need such as autism, dementia, Alzheimer's, or traumatic brain injury, and want to register with the Bay County Sheriff's Office. A recent photo can also be uploaded to save precious time when these loved ones go missing.

To register, visit our website at www.bayso.org and click on the icon Special Needs Registry. You will see a form to fill out and submit. This information will be entered into our database so that should you need us to come to your home, BAY-ROC, our real-time crime center, will provide responding law enforcement the critical information they need to successfully interact and communicate with your loved one.

Without this prior knowledge, the deputy would lose precious time during a high stress situation determining the best strategy to help. The Special Needs Registry is just one more way the Bay County Sheriff's Office can serve you.

Common Scam Hits Bay County Again

A common scam is increasing in frequency in our area and the scammer is using familiar names to lend credibility to his fraud.

The scammer uses the phone to make contact with his intended victim, informing the victim they have missed jury duty and now have a warrant out for their arrest. The scammer has done their homework and is claiming to be a law enforcement officer with the Bay County Sheriff's Office, using the names of real law enforcement officers at the BCSO. Scammers are "spoofing" the real number at the BCSO, making it look like the scam call came from the actual offices of the BCSO.

The victim, feeling anxiety, is offered a simple solution to the problem: pay a fee and there will be no embarrassing arrest. Just purchase green dot cards, or gift cards, at a store and give the scammer the code on the card so the scammer can get the money from the card, and, like magic, the warrant goes away.

But the message is a fraud. Magic is not real. There is no missed jury duty and no warrant. When the victim calms down and realizes what has happened, the money is gone, and the scammer is already on to another victim.

The Bay County Sheriff's Office will NEVER call to inform someone they have a warrant. And the BCSO will NEVER offer anyone the chance to pay money by buying gift cards in lieu of arrest. If you receive this or any other scam call, simply hang up.

If you have been victimized, please contact us to report this crime at (850) 747-4700. You may feel embarrassed but be assured it is happening every day to many people. We will do what we can to help you. Please pass this information on to someone else. Information is power and only by education can scams be prevented.

FRANK BROWN PARK continued from page 1

beyond recreation. We are investing in the health and well-being of our community through the rehabilitation of our four tennis courts. The Rob Carlson Tennis Courts are hard-surface courts which require resurfacing every 5-10 years. This project, which was approved by the City Council in January and is expected to start very soon, also includes new lighting and fencing. These courts are a vital amenity of the park, providing the public free access to tennis facilities along with structured lessons and summer camps. This renewed space offers an opportunity for friendly competition and exercise.

Making these necessary enhancements – and there are more coming, including new basketball and pickle ball courts – truly prepares the park for the future. While brick and mortar in nature, these are solid investments in the community and in the quality of life for all our residents.

The success of such projects, the success of our community,

hinges on your continued engagement. I urge you to remain involved, share your ideas, and support the future of our community. We know memories are made on the World's Most Beautiful Beaches, and many of them begin with a glove and ball at Frank Brown Park.



PCB Chamber Spotlight



er to change lives and that giv-

ing back and doing what's right

is ultimately what makes us suc-

cessful. This has been engrained

in our business since we sold our

first fishing lure in 1948, and

it will always be central to our

you and equipping your family

with their athletic needs!

We look forward to seeing

Introducing: **Dick's Sporting Goods**

DICK'S Sporting Goods opened its doors in Panama City Beach on March 7, 2014 and will be celebrating 10 years equipping the community. DICK'S is an apparel, footwear, outdoor recreation and fitness retailer. DICK's was founded in 1948 when 18-year-old Dick Stack was working at an Army surplus store in Binghamton, New York. An avid fisherman, Dick was approached by the store owner to come up with a list of products needed to get into the fishing tackle business. After Dick presented his suggestions, the owner told him he was a dumb kid and had no idea what he was doing. Dick was upset and promptly quit. He went to his grandmother's house where he spent a lot of time as a kid and told her what had happened. Dick's grandmother asked how much it would cost to build the store himself. Dick said it would cost \$300. His grandmother then went to the cookie jar where she kept her life savings and gave him \$300 and told him, "Do it yourself." Dick used that money and his relentless



work-ethic to open a bait-andtackle shop in Binghamton. By the late 1970s, he expanded his product line to include much of what you'll find at DICK'S Sporting Goods today.

Today, DICK'S Sporting Goods creates confidence and excitement by inspiring, supporting and personally equipping all athletes to achieve their dreams. Headquartered in Pittsburgh, the leading omnichannel retailer serves athletes and outdoor enthusiasts in more than 850 DICK'S Sporting Goods, Golf Galaxy, Public Lands, Moosejaw, Going Going Gone! and Warehouse Sale stores, online, and through the DICK'S mobile app. DICK'S also owns and operates DICK'S House of Sport and Golf Galaxy Performance Center, as well as GameChanger, a youth sports mobile platform for live streaming, scheduling, communications and scorekeeping.

Our company is built on the belief that sports have the pow-

New PCB Chamber of Commerce Members

strategy.

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PCB Chamber Spotlight

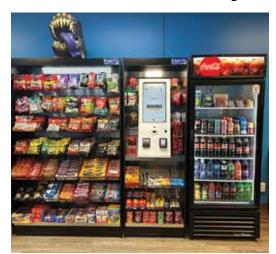


Introducing: **Giambra Vending** "Where tasty treats are all you'll eat!"

More than just your average vending company, Giambra Vending has been serving the Florida panhandle since 2005. This local Panama City company offers an extensive array of vending and refreshment services including traditional vending machines, coffee services, pantry services, and micro markets. Giambra Vending offers close to 600 products for you to choose from. Ranging from snacks, drinks, foods, ice cream, coffee, sundries, beach gear, and even PCB branded items, you're sure to find the products to meet all of your needs. Joshua Giambra and his team strive to provide excellent refreshment services while building meaningful and caring relationships with those in the community. Giambra also partners with other locally owned and operated businesses. It's because of these values and partnerships that

Joshua and the company have received national recognition, proving that Giambra Vending is not just your average vending company.

Joshua Giambra was born and raised in Panama City. Growing up in this small connected community has taught him the core values of integrity, versatility and excellence. Giambra put these values at the forefront of his operation. Diligently working to make sure his company adheres to these values gained him national recognition as an Automatic Merchandiser 40 under 40 award winner in 2021. In early 2022 Giambra Vending gained national recognition for the company's "Stickto-itiveness". Giambra was able to share his story of overcoming the challenges from not only the devastation of Hurricane Michael but also the discouraging COVID pandemic. The com-



pany stuck to their values and, even though they had many setbacks, they kept thriving and moving forward.

Giambra Vending enjoys serving the community in multiple ways. The company frequently donates to local schools and other nonprofit organizations. Giambra also volunteers time, goods and services to the

Emerald Coast Odyssey of The Mind organiza-Odyssey tion. of The Mind is a team problem solving competition that competes at regional, state, and world levels. Giambra believes that having a great team problem and solving skills has helped his busi-

ness overcome so many obstacles. He believes that kids should have the opportunity to develop team dynamics and problem solving skills. Giambra also believes in supporting other locally owned and operated businesses. He has partnered with and sells products from local companies like Fat & Weird Cookie Co., The Drip Coffee Co., and Pan-

Where Relationships Are Born

ama Jack. Giambra is the true definition of a local supporting other locals.

Giambra Vending is not only committed to providing the best refreshment services, but also to supporting the community they live in. They take pride in their commitment to excellence in all aspects of their business especially when it comes to customer service. They are approaching almost 20 years as being a locally owned and operated business and they are looking forward to another 20 years and more. Giambra expresses a heartfelt thank you to all that have helped the company become more than just your average vending company in Panama City. For more information, contact Joshua Giambra at (850) 819-2011 ext. 3 or email him at Josh@giambravending.com.



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The St. Joe Community Foundation Awards 255 Grants Totaling More Than \$5.39 Million to Non-Profits in Bay and Walton Counties in 2023

The St. Joe Community Foundation ("Foundation") approved grants totaling more than \$5.39 million in 2023 to be paid to local non-profit organizations, the highest for a single year since its inception in 1999. Following the Foundation's stated goal of enriching quality of life for the people who live, work and play in Northwest Florida, the Foundation provides grants to other local 501(C)(3) entities that strive to make a positive difference for the community to

strengthen education, improve healthcare, support cultural arts, and protect the environment.

By category, in 2023 The St. Joe Community Foundation's grant awards included a total of more than \$2.6 million for Education, \$1.1 million for Healthcare, \$630k for Community Outreach Programs, \$521,000 for Cultural Arts, and \$407,000 for Environmental programs.

Examples of local non-profits receiving grants from the Foundation in 2023 include Bay



Arts Alliance and the Cultural Arts Alliance of Walton County, Education Foundation for Bay District Schools, Walton Educa-



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tion Foundation for the Walton County School District, Emerald Coast Children's Advocacy Center, Food for Thought, Emerald Coast Theatre Company, Alaqua Animal Refuge, Boys & Girls Club of the Emerald Coast, Special Olympics Florida, FSU Foundation, Gulf Coast State College Foundation, Florida State Parks Foundation, Guy Harvey Foundation, Angel House, and many others. A full list of grant recipients can be found at www.joefoundation. com.

"At the end of each year, it's exciting to see the continuous growth that The St. Joe Community Foundation has been able to generate in terms of grants awarded to deserving local charities," said April Wilkes, Executive Director of The St. Joe Community Foundation. "But it's even more exciting to see what happens when those funds get out into the community and start to make real differences in the lives of people in Northwest Florida."

"Thanks to our local not for profit partners, we are achieving improvements in quality of life for people in our community who may have been struggling to receive healthcare before, or to fund educational, environmental, or cultural art programs," said Jorge Gonzalez, President and CEO of The St. Joe Company and Member of the Foundation's Board of Trustees. "By working together, we believe we are making important improvements in Bay and Walton counties."

In total, the Foundation has now granted over \$43 million since 1999 to 501(C)(3) organizations dedicated to making a positive difference in Northwest Florida.

To apply for a grant, or to learn more about the Foundation visit www.JoeFoundation. com. A full list of The St. Joe Community Foundation's giving can be found on the website.

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Page 7

Know Your Neighbor: James Tipton

BY PAUL BONNETTE

PTSD is something that retired Air Force Senior Master Sgt. James "Tip" Tipton knows a lot about. With twenty-three years of honorable service in the Air Force including thirteen deployments, his career was tragically cut short after his last deployment by a car accident that took away his ability to walk, leaving him paralyzed from the waist down. For Tip this traumatic event turned his life upside down.

"Prior to being paralyzed and injured, I golfed quite a bit. When I became injured, I didn't golf for five or six years, and I got really depressed and got hooked on opioids and benzos and alcohol and suicidal ideations."

It was then that Tip was introduced to the Stand Up and Play Foundation, an organization dedicated to helping those with impaired mobility stand up and engage in recreational activities such as golf, archery, and fishing with a special device called the "Paramobile."

The Paramobile is a standup electric wheelchair originally designed for disabled golfers allowing them the opportunity to enjoy new freedom and independence while promoting circulation and digestion.

After witnessing the benefits of the Paramobile for himself, Tip realized that others in the Veteran community needed the same benefit.

"After I was introduced to this



Paramobile golf cart through the Stand Up and Play Foundation it changed my life dramatically. It saved my life as a matter of fact. It drastically changed my life, and I told them I needed more, and they didn't understand what I meant. I told them that if this can change my life this much, then I needed to impact other's lives. They awarded me a golf cart and from there it just kept moving forward."

With the goal of helping

Veterans, First Responders and children with PTSD and/or disabilities through golf therapy in partnership with the Stand Up and Play Foundation, Tip founded the Florida Panhandle Golf Therapy Alliance (FP-GTA). Today the FPGTA uses the game of golf to improve the physical, mental, and emotional health of veterans, first responders, and others who have suffered physical injuries and PTSD.

For Tip, forming the FPGTA has benefitted his life even more than he could have imagined.

"Initially this was designed to be

a veterans-based program, to help veterans who suffer with PTSD and I discussed this with my board that PTSD is not prejudiced. It affects more than just veterans. We have a huge population of adults and children with mental and physical disabilities here in Bay County. We need to reach out to them as well as our fire, police, and EMS. These folks see incidents and accidents every day and they are riddled with PTSD. They are basically right on the front lines daily and we need to aid them with the perils they are faced with every day. People always say, I'm not ready, just give me time. The bottom line is you don't have to be ready; you just have to come and be around like minded people. If you wait until you're ready, it will be too late."

Using golf as a form of therapy, Tip and the FPGTA helps those who suffer with PTSD to learn how to better manage it.

"In essence we use golf as a modality for therapy. It helps people manage their PTSD. Our goal is to prevent and make people aware of suicide. If we can save one life, we are successful, but our goal is save all lives. We use golf and teach mindfulness, we get people back grounded and get them back out in nature and use golf as a modality for therapy and it's proven to be very successful. It's a multitude of things we do with golf, but it's not just golf itself, we are teaching them to manage their anger and to control and manage their PTSD."

For James Tipton, this is only

the beginning of what he hopes to accomplish. Last year Tip and the FPGTA established the first annual Charity Golf Tournament at Bay Point Golf Club which raised money to help with the program. After the success of the FPGTA Charity Golf Tournament, he has high hopes that the 2024 tournament will be just as exciting.

"The tournament will be Friday March 8th and we have already begun soliciting sponsors and volunteers. I'm excited about how much community involvement we get and how many people love what we do and how much support we get from the community. I'm looking forward to this tournament being equally as good as it was last year. We just hope that this year, everyone has as much fun."

For more information about the Charity Golf Tournament and the Florida Panhandle Golf Therapy Alliance please visit www.flpanhandlegolf.org. The FPGTA also hosts golf clinics every Tuesday starting at 8 a.m. at Bay Point Golf Club.

Free Wine Wednesday? You'd think we were taste-testing our own products.



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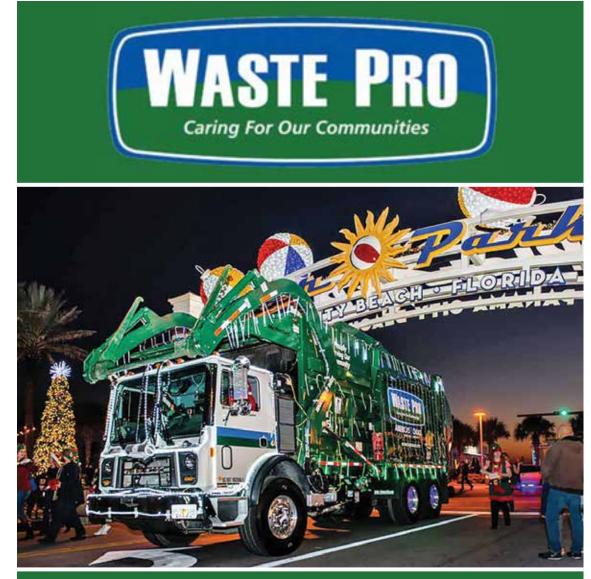
Every Wednesday is free wine day!

The second secon



By Julie McConnell, UF/IFAS Extension

Happy February, Readers! We've just experienced extremely cold temperatures and by now I expect you have seen some damage to your landscape plants and are wondering what to do about it. The short answer is patience, but I have a few tips for you as your plants attempt to recover from the shocking cold.



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Landscape Freeze Damage

Let's Get Growing with Julie:

Leave cold-damaged stems and branches intact until after the danger of additional cold weather has passed. Even damaged leaves can provide some insulation and pruning triggers bud break if temperatures warm up. New growth is very susceptible to cold damage, so you don't want to encourage this too early. In the spring check damaged branches for signs of life. Flexibility in the wood and green inner bark (scrape lightly with a fingernail to check) indicates the potential to resprout and recover.

Herbaceous (non-woody) plants

Plants without woody stems such as begonias, pentas, and million-bells may collapse and turn mushy when exposed to freezing temperatures. This tissue is dead; however, the crown of the plant may still be alive but you won't know until spring. To prevent rot issues caused by bacteria or fungi remove the squishy plant tissue and dispose of it.

Lawns

It can be difficult to determine if lawns have cold damage immediately after a hard freeze since they may already be brown from cold dormancy. A few indicators that it is cold damage rather than dormancy are blades that appear wilted, a different shade of brown or bleached out white color, and a foul odor. Since there is no cure or fix, the best strategy is to wait and see which portions of the lawn green up in the spring. Do not fertilize until all danger of cold weather has passed (typically mid-April in Bay County).

In general, the standard care is to offer water if needed, remove any tissue that may harbor rot-causing organisms, and wait to see how resilient your plants are. Avoid fertilization as the process of converting fertilizer to a usable form expends energy the plants need to recover. Winter/early spring fertilization can also trigger vulnerable new growth and contribute to fungal disease in turfgrass.

If you need to replace plants, consider using selections that

are cold hardy to 10°F to offer more low-temperature hardiness during uncharacteristically frigid winters. Other preventive measures include situating marginally hardy plants in sheltered locations out of winter winds.





Additional resources can be found below:

Freeze Damage Symptoms and Recovery for Citrus https://edis.ifas.ufl.edu/publication/HS1275

Recovering from Freeze Damage https://edis.ifas.ufl. edu/publication/CH004

Cold Damage on Palms https://edis.ifas.ufl.edu/publication/MG318

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Community

Introducing: SYNC Diagnostics and SYNC Laboratories

By Gregg Renner

"Where are patients able to get same-day testing and results for radiology and bloodwork that don't require a trip to the emergency room?" That is a question that emergency room physicians ask themselves many times over. As ER physicians with decades of experience our founders saw countless examples of Florida patients who needlessly came to the ER only because they needed the diagnostics and answers quickly.

So they decided to do something about it. They founded SYNC Diagnostics and SYNC Laboratories, now located right next door to each other in Panama City Beach. These two affiliated locations operate independently but work in tight collaboration to provide fast, efficient answers to patients and to the physicians and providers who serve them. Clients who arrive are now able to get both lab tests and radiology tests in one convenient visit.

These first locations, opened in August, are equipped with some of the latest testing and



analytics technology available. SYNC Diagnostics offers a wide range of CT Scan, Ultrasound and X-ray testing. Their state-of-the-art Philips 128 slice scanner allows them to capture images at a much faster speed, minimizing the patient's time on the table. In fact, many of the tests take less than 3 minutes of operation to complete, so patients are tested and on their way quickly.

On the SYNC Laboratories



side, the analysis equipment onsite is equipped with a wide array of test capabilities, enabling them to complete most of their tests on the premises, and on the same day that the blood samples are drawn. So for patients and physicians looking for fast answers, they offer an almost unparalleled local capability. Locals have already seen the benefits of this affordable alternative.

Physician Dr. Jonathan Jung recently wrote:

"As a physician ... I send spe-

cial cases over here due to the professionalism that was shown to me. Trudy and Dr. Rich have been absolutely amazing to me. Dr. Rich went over complex cases with me that I found to be extremely helpful. Lastly, it's extremely helpful that they are bilingual in Spanish and English because 50 percent of our patients are Spanish speaking."

And Megan Sweeney, a recent patient posted this:

"...the two ladies that were working the front desk and that performed my ultrasound were

some of the nicest that I have met in the medical profession. They worked so well and waited for a referral from my doctor... to try and save me money. If you were paying out of pocket, their prices are very good. I will go by and see them again and again!"

Recently SYNC Laboratories also added the capability to do mobile phlebotomy. That means if you are an organization or a business that has a need for group or recurring testing they will send the phlebotomist to your location, collect all the samples, and then return the results for all the most common tests the following day.

Their stated mission is: "To deliver financially responsible, industry-leading diagnostics with compassion, trustworthiness, and expertise that will accelerate patient care, wellness, and well-being.'

Based on the reviews, they already seem to be doing a great job. When you need testing and diagnostics with a fast turnaround, the Emerald Coast now has a new solution.

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The community

Swampy Jack's Wongo Adventure Amusement Park Brings the Peculiar to PCB

By PAUL BONNETTE

Nestled away just off Front Beach Road next to Pier Park is a haven for the mythical, a refuge for the rare so to speak. At its core, Swampy Jack's Wongo Adventure is an amusement park dedicated to strange, fantastical creatures such as the Swamp Ape, the Kraken and the Yacuma, (a folkloric Amazonian water serpent). All these creatures and amusements are highlights of the travels of Swampy Jack, the mysterious Indiana Jones type character only ever glimpsed through shadow. Do you dare brave the perilous heights to escape the clutches of the Kraken and journey through the dizzying domain of the Swamp Ape?

Swampy Jack's Wongo Adventure is perhaps one of the best kept secrets on Panama City Beach. Featuring unique and outlandishly exciting rides such as the Marrakesh Road Rally, an interactive go karts style attraction that combines the thrills of outdoor electric go karts with

the new dimensions of Mario Kart style power ups. One of the park's featured attractions is the Swamp Ape, a hard to miss monstrous 25-foot-tall creature towering over the indoor scrambler ride reminiscent of the iconic Abominable Snowman attraction at the original Miracle Strip Amusement Park. Although this ride pays homage to the famous snowman, the Swamp Ape features state of the art synchronized lights, sounds, special effects, and much more to create a truly one-of-a-kind experience. Those who want a ride with a view should brave the treacherous tentacles of the Kraken, a tower swing ride that hoists guests soaring into the sky allowing panoramic views of Pier Park and Panama City Beach. Swampy Jack's also has 18 hole miniature golf, Blue Hole funky bumper cars, a spin coaster, midway games, exotic food and more, offering experiences for every member of the family. If the rides, games, food and characters aren't enough to



get your heart racing, Swampy Jack's also hosts numerous events throughout the year including Easter Egg hunts, Cinco de Mayo celebrations, mythical creatures outbreak, and of course, Mr. Creepies Demented Labyrinth, a spooktacular Halloween event.

But the question remains: how did Swampy Jack's Wongo Adventure come to be on Panama City Beach? Swampy Jack's opened in the summer of 2019



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and sits on the site of the second iteration of the amusement park which was adjacent to Pier Park. It is owned and operated by developer Del Lee, whose family owned the park the land is built on. To say Lee is the right person to own and operate the park would be an understatement as he was also the general contractor who helped build the previous complex. According to Lee, it was a challenge he was eager to take on.

"I had built the park infrastructure, a few years later I was asked to see if another amusement could make a go here... It's changed my professional career. It was construction, now I can do writing and sculpting. I've had to change my perspective on customer service."

When it came time to create a new style of amusement park experience, Del traveled around the country investigating the industry including Pigeon Forge and Myrtle Beach to get ideas about what his guests would like.

For Lee, Swampy Jack's is a completely different amusement park experience.

"I wanted for it to be unique and stand on it's own and not be compared to other type of amusements. When you say Swampy Jack's Wongo Adventure, it's clearly it's own thing. I want this to fill the void that Panama City Beach needs."

It's a sentiment echoed by General Manager Trenton Medina, who has been part of the park since the building of the park.

"I love history, I love construction and restaurants, but my favorite thing is talking to people. Here I get to interact with hundreds of people a day. I'm outside everyday with the kids and once we get into the story of the park, I just like giving the kids a story and interacting with them. It's just fun to interact with the guests as a manager or as a character and to make their day. Who doesn't want to play on an amusement park ride?"

Swampy Jack's Wongo Adventure is located at 284 Powell Adams Road between Walmart and Target and opens for the 2024 season in March. Do you dare take a walk on the wild side?

The community

Boats, Fun and More Await You at the Emerald Coast Boat & Lifestyle Show March 1-3

For some of us, it is inevitable. It happens every year around this time. It's a cumulative effect. The sun sets later. As temperatures creep up, it starts feeling very spring-like. And even though we don't want to let our thoughts wander from our current task, we can't help ourselves. We cannot ignore the symptoms of our ailment. We think about being on the water. We think about being on a boat. We think about being on our boat. We think, "I should just go ahead and buy that new boat!"

We have a full-blown case of Boat Fever! And no amount of online browsing, video watching or magazine reading can alleviate our pain. We need to see boats in person. We need to climb up on them. We need to open hatches. We need to compare them side-by-side. We need to be around shiny new boats, and we need to be around a lot of them!

Luckily for us, the Emerald Coast Boat and Lifestyle Show will soon be here, and it's just what the doctor ordered!

The annual show, which has become one of the can't-miss events of the early spring, returns to its picturesque home venue at Aaron Bessant Park, adjacent to Pier Park in Panama City Beach, March 1-3.

Each year, the show features the top dealers representing the best brands of boats and personal watercraft, and this year is no different. There will be more marine dealers than ever at the show, drawing from all across the region. Boats will be on display from dealers in Dothan, Panama City Beach, Destin, Fort Walton Beach, Niceville, Shalimar, Eastpoint, Bonifay and Orange Beach.

With more than \$40 million of marine inventory in the park, dealers will be featuring "A Boat for Everyone."

From entry-level boats to quad-powered, 45' center console fishing rigs that always draw big crowds, fishing boats, wake boats, cruising boats, personal watercraft and outboard

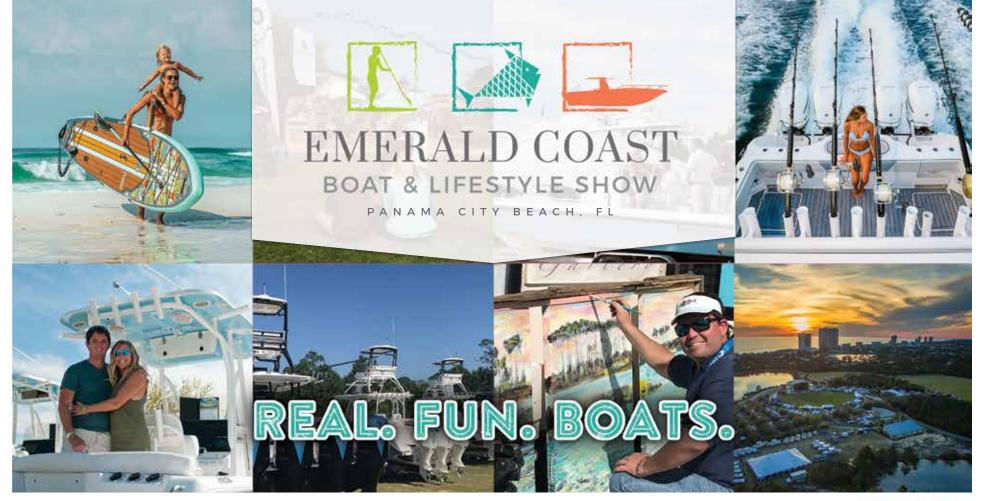




manufacturers are on site offering best-of-year financial incentives and unbeatable "Boat Show Pricing," which is indeed a real thing!

In addition to hundreds of boats, the Emerald Coast Boat and Lifestyle Show lives up to its billing with an ever-expanding line-up of products for anyone who loves living or visiting the Emerald Coast. Street-legal golf carts, paddle boards, electric bikes, personal watercraft, fishing tackle and seminars, outdoor furniture and service providers for everything from boat maintenance to installing your new dock will be at Aaron Bessant Park the first weekend in March.

For a complete list of exhibitors, more information and to purchase tickets online, visit EmeraldCoast-BoatShow.com.





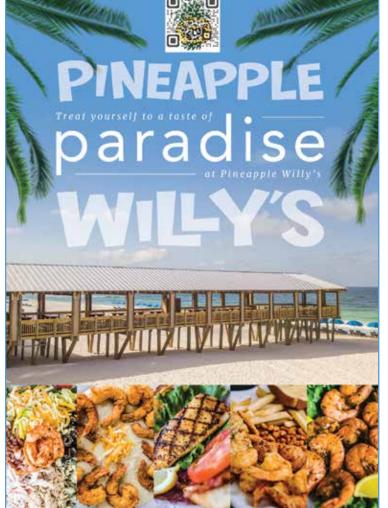
March 1 – 3 at Aaron Bessant Park EmeraldCoastBoatShow.com

The Love Language of Music

Music is a universal language that transcends borders and cultures. It has the power to evoke a myriad of emotions and connect people on a profound level. Beyond its rhythmic notes and melodic tunes, music serves as a unique love language, allowing individuals to express and communicate their deepest feelings. In this article, we delve into the intricacies of the love language of music and explore how it resonates with the human soul.

The Emotional Symphony:

Music has an innate ability to convey emotions that words



WWW.PINEAPPLEWILLYS.COM



often fail to express. Each note, chord, and rhythm create a symphony of feelings that can range from joy and excitement to sadness and introspection. The love language of music provides a platform for individuals to communicate their emotional states, connecting with others who share similar sentiments. Whether it's the upbeat tempo of a celebratory song or the soothing melody of a ballad, music becomes a vessel for emotional expression. Musicians take their audience along on a magic carpet ride of emotions and feelings as they watch and listen to the musician perform.

Cultural Resonance:

Different cultures around the world have their unique musical traditions, reflecting the diversi-



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ty of human experiences. The love language of music extends beyond individual expression to encompass collective cultural identity. From the rhythmic beats of African drums to the intricate melodies of Indian ragas, music becomes a cultural love language, preserving and transmitting the stories, traditions, and values of a community. It helps us to appreciate, embrace and learn about other cultures.

Personal Connection:

Music often serves as a soundtrack to significant moments in people's lives. A particular song can evoke memories of love, heartbreak, joy, or sorrow. The love language of music allows individuals to forge a personal connection with certain songs or genres, creating a story that encapsulates their life experiences. It becomes a means of self-expression, enabling individuals to share their stories through the melodies that touch and inspire their hearts. Often certain songs (from any time period) bring back fond memories of loved ones and moments together.

Communication Without Words:

In the realm of interpersonal relationships, music becomes a powerful tool for communication without the need for verbal expression. Couples, friends, and family members often develop their own musical language, where certain songs or genres hold shared meanings and emotions. A love song can convey sentiments that words might struggle to articulate, fostering a deeper understanding and connection between individuals.

Healing Harmonies:

Beyond its role in emotional expression, music possesses therapeutic qualities that contribute to mental and emotional well-being. The love language of music extends to the realm of healing, offering solace, comfort, and a sense of catharsis. Whether through the soothing sounds of classical music or the energizing beats of upbeat tunes, music has the power to uplift spirits and provide a sanctuary for the soul. A fun experiment to try is noticing the atmosphere changes that occur between a silent room versus turning on music. It's like a fresh coat of paint in a room. Try out different colors such as classical, baroque, contemporary, cello, guitar, violin, opera, rock, jazz, blues, folk, etc... and compare the variety of moods each genre creates in the room.

In the grand symphony of life, music emerges as a universal love language that speaks to the core of human existence. It serves as a conduit for emotional expression, cultural identity, personal connection, and non-verbal communication. As individuals navigate the complexities of their emotions and relationships, the love language of music stands as a timeless and harmonious companion, weaving a melodic thread that connects hearts across time and space.

Bay Arts' Fourth Annual FLLUXE Arts Fest March 1-2

The 4th Annual Florida Luxe Arts Festival (FLLUXE) returns to Historic Downtown Panama City on March 1-2.

FLLUXE is a two-day event: Friday, March 1 from 4-8 p.m. and Saturday, March 2 from 10 a.m.-8 p.m. This free-to-thepublic event promises to transform the streets into a kaleidoscope of creativity, showcasing the talents of local and international artists.

"FLLUXE ignites my creative soul and continues to be one of my favorite weekends of the year," said Jayson Kretzer, Executive Director of Bay Arts Alliance. "We are humbled by the continued support of our community–without that support, putting together a festival of this magnitude and keeping it free to the public, just simply would not be possible."

The festivities will take place just outside of the Panama City Center for the Arts, around the newly dedicated Four Points Plaza and along Harrison Avenue towards Gateway Park.

"We are so excited to support FLLUXE in its 4th year in our beautiful Historic Downtown," said Dr. Kesia Blenn, Arts and Culture Coordinator for the City of Panama City. "This festival gives everyone—adults and children alike—a one-of-kind opportunity to immerse themselves in the Arts and be a part of something really incredible."

National chalk artists-Chris Carlson, Kimberly Herring, Jan Riggins, and more-will bring their talents from across the United States to the streets of Historic Downtown Panama City to create 3-D interactive pieces for the public to enjoy.

Visitors will have the chance to witness the magic unfold as the artists transform the sidewalks of downtown into a visual feast of colors and 3D illusions, as well as enjoy performances by local musicians and visit with local artisan vendors. They will also be able to enjoy the Panama City Farmers' Market and see the newest exhibitions at the Center for the Arts.

"Embracing the essence of our artistic city, FLLUXE brings art to the streets of Historic Downtown Panama City in a way that's truly engaging," said Maria Williams, Director of the Panama City Downtown Improvement Board. "The inter-



Festival artists and staff posing with artwork by Tracy Stum, FLLUXE 2023

to new levels.

More about

Kimberly Herring

push his limits and the art form

A native of Houston, Texas,

active street art created by the talented artists adds a special touch to our community, making every stroll through downtown a unique and memorable experience."

More information about the festival can be found on www. fluxeartsfestival.com. The website will be updated as more details become available.

More about Chris Carlson

Chris has been studying anamorphic 3D perspective (the special perspective that allows a drawing to pop off the pavement) for over 10 years. He has traveled all over the country and the world studying with masters and creating artwork in front of thousands of people. In this time Chris has developed his own unique style.

He has created artwork for national advertising campaigns with Fortune 500 companies. Chris has also won multiple "Best 3-D" awards at sidewalk chalk art competitions around the country. Chris continues to Kimberly Herring started using oil paints at age 11 after inheriting her grandfather's paint set and painting books when he passed away. She continues to create today as a stay-at-home mom to four children.

More about Jan Riggins

Jan Riggins of Fort Worth, Texas is a largely self-taught artist who started out as a musician but grew up in a family of artists. Starting in March of 2020, she and her daughter, Olivia, began chalking on their driveway and sidewalk. This soon became a nightly activity, enjoying different themes and subjects to explore. Jan now chalks for companies and at festivals across the world, bringing 3D creations to life.

FLLUXE Arts Festival

FLLUXE is a street painting festival presented by Bay Arts Alliance, the local non-profit art agency for Bay County with support from our generous sponsors. The event includes renowned national street painters and local artists. FLLUXE also features live music, performers, and artisanal vendors.

Chamber of Commerce 2024 Annual Awards Dinner February 22 | 5:30-9 p.m.

Mark your calendar for our Annual Awards Dinner presented by Noble Public Adjusting Group on February 22, 2024 from 5:30-9 p.m. at Edgewater Beach & Golf Resort.

Cocktail Hour starts at 5:30 p.m. and the awards program promptly begins at 6:30 p.m.

This prestigious event will recognize members for their dedication and accomplishments in the community and with the Beach Chamber. These awards include the Young Professional of the Year, Ambassador of the Year, Business Excellence, Humanitarian of the Year, Community Impact, and Outgoing Chairman Award presented by our 2024 Chairwoman. You won't want to miss it! Email Shannon@pcbeach.org to reserve a table or for sponsorship opportunities.



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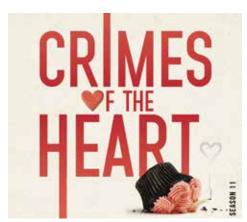
Crimes of The Heart

By Anna Fisher, Associate Artistic Director, Emerald Coast Theatre Company

Back when I was a little baby acting student in grad school, I had the pleasure of playing the character of Meg in "Crimes of the Heart." She's the sister who has returned home after an unsuccessful attempt to make it big in Hollywood. Her favorite pastimes are drinking, dating and telling half-truths, which makes her a really fun character to portray-think of that wacky cousin who is always making bad decisions, but never really learning from their mistakes. I remember being fascinated by

these three sisters who make odd and unexplainable choices while trying to navigate such unusual circumstances.

Playwright Beth Henley masterfully writes each character with such depth and dimension that one might suspect they are drawn from real life inspiration. Exploring the motivations of such a richly written character is the kind of role that actors live for, and the character of Meg was no exception. Henley creates the perfect storm of disappointed Meg, withdrawn and bitter Lenny, and Babe, who has seemingly had a mental break from reality. Although I don't



have sisters, it wasn't too much of a stretch to understand the multi-layered relationships of three sisters in this broken family. We all have that weird neighbor, crazy sister-in-law or eccentric aunt who continually surprises us with their zany antics.

This darkly comic, 1981 Pulitzer-prize-winning play has everything you want in a good story: dysfunctional family relationships, scandalous affairs and a shooting.

In 1986, it was made into an Oscar nominated film with a heavy hitting cast of actors including Diane Keaton, Jessica Lange, Tess Harper and Sissy Spacek. Harper and Spacek both garnered Oscar nominations for their exceptional performances in this southern, gothic story about the ties of sisterhood and family.

The humor, quirky characters and twisty plot all translate into one very fun night out with your crew. Just like "Steel Magnolias" last season, this show pairs well with a bubbly glass of champagne and your favorite people. We hope you'll join us at Emerald Coast Theatre Company this winter for "Crimes of the Heart." Because, the heart of ECTC is you—and that's no crime!

Upcoming at Emerald Coast Theatre Company

I Only Have Eyes For You: Valentine's Day Musical Revue

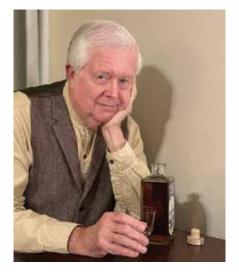
February 13 at 7:30 p.m. and February 14 at 2:30 p.m. and 6 p.m.

Share this evening or afternoon event with the ones you love. Enjoy beautiful love songs from yesteryear performed by our top vocalists. This very special evening can be complemented with a bottle of wine and a sweet or savory charcuterie box. This is a fun way to celebrate with your Valentine or



Galentine and avoid the packed restaurants. We have everything you need right here at ECTC to spend a memorable evening with your favorite people! Featured ECTC vocalists Arin Walker, Grant Oberle, Gavin Parmley and Skylar Smith will perform songs such as "My Girl", "Stand By Me", "Chapel of Love," "Unchained Melody," and "Can't Help Falling in Love," to name a few.

Nathanael Fisher, co-founder and producing artistic director of ECTC says, "It's such an intimate setting, it's perfect for Valentine's Day. The songs ignite the love spark and bring couples closer together."



The Wet & The Dry: The Last Night of Prohibition, with Joe the Bartender February 20 at 7:30 p.m.

The Wet & The Dry: The Last Night of Prohibition, with Joe the Bartender is written and performed by Bruce Collier. An audience walks into a bar... and meets Joe the Bartender. We're in a speakeasy somewhere in Cincinnati. It's December 4, 1933, nearly midnight. At the stroke of 12, the Noble Experiment that was Prohibition will come to its legal end. After nearly 13 years, a fellow can buy a beer, or a whiskey, without having to look over his shoulder. Joe has been there, done that, and before he closes, he'd like to share a story or two about saloons, temperance, human nature, the United States government, and what all these Whoops and Jingles might have meant. Join Bruce Collier for "The Wet & The Dry," his fourth Storyteller Series play for

Emerald Coast Theatre Company. His previous three shows, "Three Palaces at Yalta," "The Fall of April," and "Winston Churchill: Through the Storm" all had their world premieres at ECTC.

Nathanael Fisher, co-founder and producing artistic director of ECTC says, "Take a trip back in time as Joe the Bartender tells stories of a time when "grabbing a drink" could earn you time in the clink."

Crimes of the Heart February 16-25

Beth Henley's Pulitzer Prize-winner is a deeply touching and funny play about three eccentric sisters from a small Southern town rocked by scandal when Babe, the youngest, shoots her husband. Humor and pathos abound as the sisters unite with an intense young lawyer to save Babe from a murder charge and overcome their family's painful past.

Nathanael Fisher, co-founder and producing artistic director of ECTC says, "Hilarious, touching and scandalous, Crimes of the Heart shows how strong family ties really can be, no matter the circumstance. This is one to truly not miss."

For more information and to purchase tickets, visit www.emeraldcoasttheatre.org. You can now choose your seats when you purchase your tickets.



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ISO: PCB's Best Beef

Ву Јаск Ѕмітн

Where's the beef? Although we live in a seafood destination, almost every restaurant offers some sort of steak or beef dish. Whether it's a "surf & turf" dish, a sizzling ribeye, a porterhouse, or my favorite, a country fried steak, PCB restaurants have some delicious steak and beef options to choose from.

IN THIS ISSUE

ISO: PCB's Best Beef

Review: Mimmo's 30A Ristorante Italiano



Personally, I believe that the best cuts of meat come from Black Angus, although I suppose a case could be made for Kobe beef as well. In the end, perhaps these questions were best summed up in the 1984 Wendy's commercial starring unknown actress Clara Peller when she famously asked "Where's the beef?"



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5121 Gulf Drive, PCB | (850) 235-3555 schooners.com The Schooners Burger is 10 oz. of choice Angus Beef grilled to perfection. Topped with all your favorite fixin's and served with a view... a legendary burger on the Gulf Coast.





Capt. Anderson's Restaurant 5551 N Lagoon Drive, PCB | (850) 234-2225

5551 N Lagoon Drive, PCB | (850) 234-2225 captandersons.com Capt. Anderson's signature steak... the Grilled Churrasco! A perfectly seasoned Nicaraguan Cut Tenderloin with grilled Bermuda Onions. Deliciously paired with a bottle of Penfolds, 389, Cabernet Shiraz.

Teddy's Spaghetti and Pizza 7010 Thomas Drive, Panama City | (850) 234-5000

7010 Thomas Drive, Panama City | (850) 234-5000 teddyspcb.com

At Teddy's, fresh ingredients are coupled with decades of tradition. The lasagna is a family recipe taught by the owner's mother. The recipes used to create the house made pizza dough date back more than 40 years. But when you're in the mood for beef, you can't beat our spaghetti!





The Deckhand Social

3901 Thomas Dr., PCB | (850) 238-8575 thedeckhandsocial.com

Our bone-in ribeye is a flavorful center cut, grilled and served with two sides. Delicious sides include Yukon mashed potatoes, french fries, baked potato salad, steamed vegetables, sweet potato soufflé, hushpuppies, coleslaw, cheese grits brussel sprouts, mac n cheese, collard greensgreen beans or side salad. Scheduled re-opening Feb. 28th after tornado damage.

Boon Docks

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

You've got to try our certified Angus beef brand filets & ribeyes...only the best at Boon Docks! Relax on the docks while you wait at Fish Tales. Take in the history of our 1941 West Bay landmark, the old fish house, the Buchanan home, and the old bait store, all now part of Boon Docks Restaurant. Look out over the water as you sip on something cold and refreshing.



American Charlie

473 Richard Jackson Blvd., PCB | (850) 238-8340 *americancharlie.com* American Charlie Grill & Tavern is an All-American eatery located at The Shoppes at Edgewater from the local team that brought you Firefly.

Come in and try our Kentucky Bourbon Steak – 10 oz. tender medallions, grilled and topped with Kentucky bourbon cremini mushroom glaze.





San Marcos Mexican Grill Pier Park

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

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

Upcoming Events





Panama City Beach Food Truck and Craft Beer Festival Feb. 17-18

Food Truck Festivals of America is bringing the Annual Panama City Beach Food Truck & Craft Beer Festival back to

Aaron Bessant Park! 12-5 p.m. (VIP hour 11 a.m.-noon). Florida's most popular food trucks will dish out fan favorites while the season's top craft beers will be available for sale. This festival will be a weekend of craft beer, great food, lawn games, music, and fun for the whole family. 30 food trucks will be serving everything from fall-offthe-bone BBQ to wood-fired pizza to juicy prime rib to spicy Korean to gooey mac & cheese and so much more!

Beer Lovers Package:

\$40 one-day ticket/ \$70 twoday ticket 3 craft beers of your choice

\$1 off additional craft beers Early admission (11 a.m.noon)

FTFA koozie

Unlimited bottled water during the festival

VIP Package:

\$25 one-day ticket/ \$40 twoday ticket

Early admission (11 a.m.-noon)

FTFA koozie

One free dessert from the VIP dessert truck

Unlimited bottled water throughout the festival

\$1 off craft beer tickets

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General Ticket Information:

General admission tickets will be available for purchase in advance online only for \$5, or at the gate for \$10. Children 12 and under are free. All first responders will receive free admission both days with valid ID.

Panama City Beach Scottish Festival March 2

We are proud to mix the Florida sunshine with the sights, sounds, smells, and tastes of Scotland!

Our bands this year are Celtica Nova, who received the "International Celtic Artist of the Year" award at the 2019 Australian Celtic Music Awards. Co-headlining is Celtic Conundrum, known for creating new traditional music, exceptional harmonies, and heart stopping vocals!

Four of the best Pipe and Drum bands in Florida will provide us not only with the sights but also the sounds of Scotland. Highland dancers, axe throwing, kid's games, and of course, the ever-popular Highland Athletic competition will round out the entertainment.

Be sure to check out one of the many vendor booths for Celtic-inspired merchandise, or head over to the Clan Village to show off your Celtic pride. Wet your whistle at the Whisky Tasting tent (tickets required), Tea Room, or Beer Tent and enjoy your favorite Celtic food at one of the many food vendors. Get your tickets today at www.pcbscottishfestival.com.

Emerald Coast Cruizin' Car Show March 7-9

They're fast, they're furious, and they're getting revved up for you and your friends. Make your way to Frank Brown Park and our classic car show in Panama City Beach, FL, to see some awesome hot rods. Emerald Coast Cruizin' features live music and awards. Across the street, Pier Park offers over 125 stores for fabulous shopping! You will not want to miss this event! Make plans now for Emerald Coast Cruizin'!



Dining

Finding Mimmo: Mimmo's 30A Ristorante Italiano

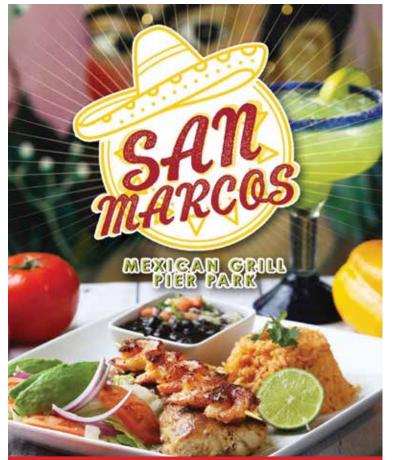
By Marta Rose-Thorpe

I've been hearing great things about Mimmo's 30A, and my husband Jimy and I were fortunate to dine there recently for our first time, although the establishment has been open just over a year. Nestled on 30A in Blue Mountain Beach, Mimmo's was alive with vitality and people - yet felt somehow relaxed and laid back at the same time. Mimmo's wife, Meghan Hall, is the décor guru behind this warm and beautiful "Old World" yet modern establishment.

General Manager Deni brought over aperitifs to get us started, and it was immediately apparent that Mimmo's cocktails are Next-Level! An Espresso Martini arrived for me, chilled and frothy, made with St. Augustine Vodka, Borghetti Caffe Espresso Liqueur, and espresso. Smooth, sweet, and strong! Jimy ordered the Costa Nostra made with Mimmo's Knob Creek, bitters, orange zest and smoked oak. Bursting with orange essence, a large, square ice cube filled the glass; a slice

of orange rind was fastened to its side with a miniature clothespin. Two other Mimmo's cocktail favorites are Death Rides a Horse (30A Reposado Agave, lime, squid ink agave, blood orange, and Calabrian Sea salt) and the Barberini (Malfy 'Con Limone' Gin, lavender, Old-Florida honey, and lemon). Mimmo's has an extensive cocktail, wine and beer menu.

We loved our server Dayna... so friendly, so sweet, and so knowledgeable. She brought fresh bread with dipping oil infused with basil, chives, spicy red peppers, and parmesan, and we could've made it an entire meal, it was so good. We decided upon a bottle of Tall Dark Stranger Malbec to accompany our dinner... perfectly smooth and full-bodied.



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





For our first course, Mimmo sent out his Caprese salad: fresh, colorful, and bursting with flavors. This was no ordinary Caprese. The most tender, creamy burrata was topped with microgreens, micro purple basil, and heirloom tomatoes that Mimmo imports from Italy (along with numerous other ingredients). A pesto drizzle completed the dish. Now, I must note, somewhere in my restaurant reviews I always mention the culinary trilogy of the Three T's: Precision in Taste, Texture, and Temperature. The Caprese had all of this. But that night I realized a fourth T needed to join the band: Tint. The dish's colors were dazzling in a palette of bright and dark reds, yellow, green, white, and deep purple.

Next, Dayna brought us a Pistachio Pizza: perfectly golden crust topped with pesto Genovese, pancetta, cherry tomatoes, and fresh mozzarella. Jimy noted the creaminess of the pesto (with delicious pistachios blended in) paired well with the salty pancetta.

At this point, Mimmo sat and joined us, and we had a wonderful conversation about how this all started. Personable and warm, Mimmo hails from Sicily, Italy, and lived in England for five years before coming to the U.S. fourteen years ago. In 2007 he opened Fat Clemenza's in Destin, and in 2013, opened the first Mimmo's, located in Destin. Mimmo's 30A came along in November 2022. The key to success, he says, is consistency



and keeping a fantastic team. "We focus on finding and keeping good people, and we are always training," he says.

Mimmo is proud of his pasta and loves getting creative with it, explaining, "We play with the pasta. The red manicotti, for instance, is made with the juice of roasted red peppers." His pasta is all homemade and the flour is imported from Italy. "We cook with love," he continues. "Simple ingredients. Fresh fish every day; fresh produce arrives daily." I ask him to name one of his most unique dishes. The Gnocchi with pistachios and burrata topped with cherry tomatoes is his answer

And then two more dishes arrived that knocked our socks off. The first was Wild Mushroom Ravioli with honey walnuts in a creamy sauce. One bite into the ravioli made my pulse quicken. Those honey walnuts gave the otherwise savory dish a sweet crunch that stole my heart. The other dish was Mimmo's famous Pappardelle all'Aragosta, featuring tender wide noodles and huge chunks of succulent, juicy lobster meat. This paired beautifully with sweet cherry tomatoes, tender mushrooms, and a subtle tomato basil cream sauce - with a toss of microgreens. Another fabulous "Four T" dish!

For our final course, Dayna brought us Pistachio Tiramisu, an off-the-menu creation. Layers of chocolate and vanilla custard layered with cake then topped with whipped cream and – you guessed it – pistachios. Rich but not too rich, said Jimy. Sweet but not too sweet. Just perfect. If you haven't yet guessed, Mimmo loves pistachios! "The best pistachios in the world are grown in Sicily," he declares.

Throughout the evening Mimmo strolls the restaurant floor, chatting, meeting, and greeting in his warm, welcoming way. "I'm all in... I'm involved. I keep eyes on everything. Watch everything. Taste everything. It's about the whole dining experience," he explains, "from atmosphere to service to food. Our goal is that when someone comes through the door, they want to come back."

Mimmo's is located at 2700 W. County Hwy. 30A in Santa Rosa Beach, FL 32459. Hours are Sunday - Thursday 11 a.m. to 9 p.m., Friday and Saturday 5 p.m. to 9:30 p.m., with Happy Hour Monday - Friday 3 to 5 p.m. Mimmo's has a side room for private affairs and monthly wine dinners that seats 42, organized by Deni Gilson. For more information visit mimmos.com.

Education

By Mark McQueen, Superintendent, Bay District Schools

I am grateful for the warm welcome and support I have received from this incredible community during my first six months as the Superintendent of Bay District Schools. Working alongside our dedicated Team of Teams to shape the future of education in our district is a privilege and a commitment I am determined to execute to the best of my ability. This week, I am excited to provide you with an update on our progress and outline our priorities for the coming months.

Priority One: Ensuring Campus Safety

The safety of our students is our top priority. During the past six months, we have implemented several measures to enhance the security of our campuses. From upgrading security systems to conducting regular safety drills, we are committed to creating a safe and secure learning environment for every student. And yet there is more that we can, and will, do to ensure the continued safety of all.

Priority Two: Putting the "A" back into Bay District Schools

Currently, Bay District Schools is ranked 29th in the state, but we're on a journey to a top-ten position. We are dedicated to providing a world-class education for our students and intend to significantly improve our state ranking and the overall academic achievement of our students. This involves an intentional, focused and aspirational recasting of our vision, our mission and our overall strategy - work that is already underway. I am confident that, working to-

Priorities

gether, we will put the "A" back into Bay District Schools.

Priority Three: Valuing Our Team of Teams

Our Team of Teams is the backbone of BDS, and it is crucial that we recognize and value their contributions. A comprehensive salary study is underway, and we hope it will highlight ways to improve compensation for our dedicated educators and staff. Competitive salaries play a key role in our ability to attract and retain the top talent needed to provide an exceptional education to our students. It is incomprehensible to me that 70 percent of our support employees currently make \$15 an hour. As a school system and as a community, we must address this while ensuring that our other salaries are the best they can be.

Priority Four: Comprehensive Policy and Salary Review

A comprehensive overhaul of BDS policies is already in progress. Did you know that, just last year, there were 72 laws changed in the state of Florida that relate to education? That means, at a minimum, 72 policies must be revised and aligned with new state statutes. While this, in and of itself, would be a herculean task, the reality is that many of our policies need to be improved. Working with a consulting company, we will ensure that our policies align with the evolving needs of our students, educators, and parents and that they are aligned with State and Federal law. We are committed to transparency, inclusivity, and responsiveness in developing these policies.

Long-Term Priority: Building Trust and Planning for the Future

Establishing and nurturing trust in Bay District Schools is an enduring commitment that spans various facets. Our pursuit of excellence in safety, education, policy reform, and employee support is integral to cultivating a strong sense of trust within our community. We are proud of our robust partnerships with the Bay County Chamber of Commerce and the Panama City Beach Chamber of Commerce. These collaborations signify the unwavering support of our business leaders, who are prepared to address the challenges that lie ahead.

In addition to our valuable business alliances, we acknowledge the pivotal role played by the numerous non-profit agencies in our community. Their dedication to supporting our children and families is a cornerstone of our collective efforts. Rest assured, we are dedicated to harnessing every available resource on behalf of our stakeholders, fostering an optimistic outlook on the collaborative work that awaits us.

Simultaneously, we are committed to championing community-wide initiatives such as affordable housing and expanding our community's childcare network. Prioritizing the stability and well-being of our employees and families is paramount, and we are grateful to the community leaders who are driving these essential initiatives.

Looking ahead, I am resolute in ensuring that Bay District Schools remains well-positioned for the future. With a notable influx of residents to our area, proactive planning is imperative to meet the evolving needs of our community's children. As certain areas in Bay County experience explosive growth, our strategic planning extends to establishing several new schools within the next 5-10 years. Recognizing that each school is a substantial investment ranging from \$50 to \$90 million, we are committed to thorough assessments of needs and identifying optimal locations for these new schools. This forward-thinking approach ensures that Bay District Schools meets current demands and continues to thrive in the years to come.

By working collaboratively, we will continue to make Bay District Schools a place where every student thrives and every educator excels. We want you to be proud of us and to join us in celebrating our achievements. Thank you for your dedication to our students and our shared vision for a bright future.



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February 2024

Education

Upcoming Library Events and Activities

The Bay County libraries have organized some fantastic adult programming throughout February for our residents and winter visitors! If looking for programs highlighting arts, culture, and history, the library is the place to be. Library programs are free and open to the public to attend.

Library cards are free for residents of Gulf, Bay and Liberty Counties. Non-residents can pick up a Northwest Regional Library System fee card for \$20 that is good for a year. Ebooks, eAudiobooks, and over 3,000 magazines are available with your library card through the Libby App, which can be

accessed anywhere 24/7. Visit www.nwrls.com to find out more about library programs and services.

Panama City Beach **Public Library**

Sea Needles Fridays at 10 a.m. - 12 p.m.

Bring your knitting, crochet, or quilt projects and join other crafters for an enjoyable time!

Chess Wednesday, February 14 from 3 - 5 p.m.

Drop in to play chess with a friend. We will have tables set up



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for chess in the children's/teen's list for the next available copy! section.

WJHG Chapter Chat Tuesday, February 27 at 2 p.m.

Jessica Foster and Mel Zosh from WJHG News Channel 7 will lead Chapter Chat Book Club. Come join us to talk about this month's book and just fun conversation in general! Extra copies of this month's Chapter Chat book will be available to borrow for the Book Club thanks to the Bay County Public Library Foundation. Call the library at (850) 233-5055 to see if they are available for you to borrow or to place you on the

Bingo Wednesday, February 28 at 10 a.m.

Program limited to 24 attendees.

Beach Book Club (Zoom/ In-Person Hybrid) Wednesday, February 7 at

10:30 a.m. Remarkably Bright Creatures by Shelby Van Pelt

Email shill@nwrls.com for Zoom invitation or meet at the library! New members are always welcome. Extra copies of Remarkably Bright Creatures will be available to borrow for the Book Club thanks to the Bay County Public Library Foundation.

Beach Ukulele Musical Society (BUMS) Wednesday, February 14 at 10 a.m.

One of our favorite musical groups is back! Come and sing along to your favorite songs with this talented local group of ukulele musicians.

Michael Roth Wednesday, February 21 at

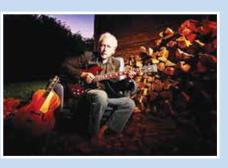
10 a.m. Hear the soulful sounds of this talented local musician. Michael Roth's return visit this winter is highly anticipated! You don't want to miss his music & stories. Program sponsored by the Panama City Beach Public Library Foundation.

Mountain Sam Wheelock **Performing at The Annual Friends of The Bay County Public Libraries Celebration**

For this year's Annual Friends of the Bay County Public Celebra-Library tion, Mountain Sam Wheelock: A Story and a Song will perform on Thursday, March 14 at 6 p.m. at the Bay County

Public Library. The afterhours program is free and open to the public. Light refreshments will be provided. A short Friends meeting will follow the performance. The full event is sponsored by the Friends of the Bay County Public Libraries. To become a member of the Friends or learn about how the Friends support the library, visit https://baycountylibraryfriends.org/

Mountain Sam Wheelock is an authentic part of the heritage of the music and subculture of the southern Appalachians. It's been said he's "like Leonard Cohen dunked in a barrel of Tennessee Whiskey." His knowledge of the region's music runs deep. "A Story and a Song" is a one-man production about growing up



in the mountains of eastern Tennessee, the grandson of a convicted moonshiner. The extended Carter Family often played in an aunt's front yard. The mission is to be respectful of that form while being active in the evolution of roots music. "A Story and a Song" is modern electric folk music layered with a personal memoir; a heartfelt journey into the heritage of a regional people. For more information about Sam Wheelock, visit www. samwheelockmusic.com/.

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

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Panhandle Assistant Care: Committed to In-Home Assisted Care Excellence

Panhandle Assistant Care (PAC) is a team of dedicated health care professionals committed to in-home assisted care excellence. And with over 20 years experience in the field, PAC has mastered the art of creating independence with peace of mind. "With every client interaction, that is our goal; to

"Our Mission is to provide compassionate, personalized in-home care for clients of all ages, ensuring their comfort, safety, and dignity," Cheri says. "We are dedicated to enhancing the quality of life for our clients by offering supportive, independent care right at their doorstep. We have a team of



bring peace of mind to both the client and their families," says owner and founder, Cheri Allen. "Above all, we promote and support an independent lifestyle for our client, empowering and assisting him or her to live their best life, while in the safety and comfort of their home."

Cheri was born and raised in Minnesota and adopted into a large, and God-loving family. At the age of 5, Cheri's love and passion for helping others began when the family moved into an elderly building that her family would manage.

"In a sense, I grew up with 70 sets of grandparents" She said. I fell in love with caring for and assisting others. It gave me a sense of purpose and pride; to bring peace, joy and comfort to others.'

After graduation, Cheri pursued her passion and enrolled in the Lakeland Medical Academy in Minneapolis. She has spent the last 20 years caring for others. Four years ago, after much prodding from friends, Cheri decided to open her own business in Minnesota. Now, she has relocated to Florida and chosen the Panhandle to fully invest herself, her passion for others, and share her experiences to better the lives of those on the Emerald Coast.

skilled assistants committed to delivering exceptional service with warmth, respect, and professionalism, fostering a sense of independence and well-being for every individual we serve."

Panhandle Assistant Care Services

Each client receives a personalized, care-giving plan, tailored to their individual character, hobbies, health, and capabilities. A few of the most popular services requested are: In-home care, 24-hour care, personalized care plans, travel staff, live-in staff, meal preparation, help with errands and tasks, technology, household chores, visiting local senior centers, grocery shopping, nails and hair, attending church services and more.

Cheri and Company are guided by a set of core values;

First, compassion: "We listen with empathy, respond with kindness, and are committed to understanding and addressing the unique needs and concerns of our clients with the utmost care and respect."

Next is honesty: "From our transparent pricing to our straightforward advice, we pride ourselves on creating an environment where clients can expect nothing but genuine and honest service."



Third is professionalism: "Entrusting someone else to

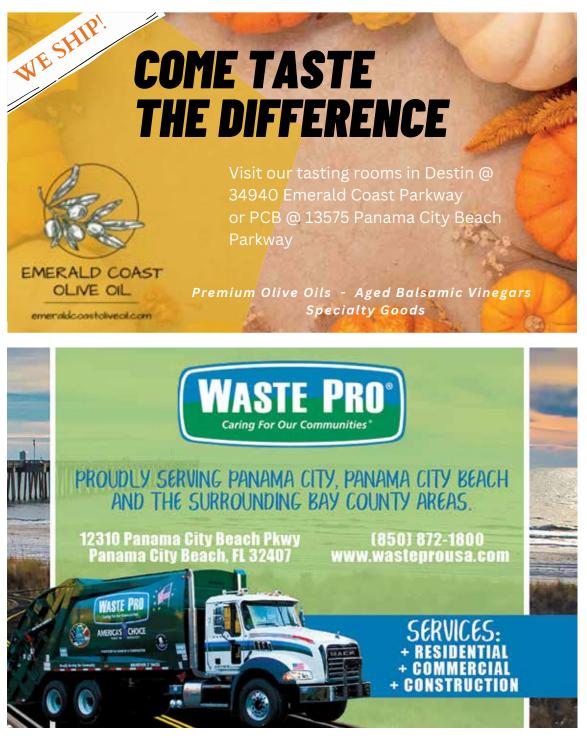


deeply about is a big decision, one that requires immense trust assist with a loved one you care and confidence. We believe pro-

fessionalism is fundamental to providing high-quality compassionate care.

And finally, reliability: "We understand that our clients count on us, which is why we've made reliability a Core Value - always exceeding expectations, and being there when our clients need us the most.

Cheri Allen and the team at Panhandle Assistant Care is dedicated to provide the highest quality care and attention for you and your loved ones. If you have any questions or would like to learn more, please contact Cheri at (850) 517-5745, panhandleassistantcarefl@yahoo. com or visit www.PanhandleAssistantCare.com.



Page 22

🔅 Wellness



By JAMIE C. WILLIAMSON, PHD Loving relationships are es-

Relationships Keep You Happy and Healthy If You Actually Like Each Other

sential for human wellbeing and happiness at all ages. In fact, the quality of our relationships determines the quality of our lives.

According to Robert Waldinger, director of the Harvard Study of Adult Development, "good relationships keeps us happier and healthier. Period". A variety of social connections and close relationships can produce these health and wellbeing benefits. It's not the number of family connections, close friends, or even whether you are in a committed romantic relationship that matters.

If you cultivate a few warm, satisfying, loving relationships, you'll reap the benefits of a hap-



The key to quality senior care is asking the right questions.

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py, healthier, longer life.

For the people who choose to be married or live in a committed relationship, the relationship-life happiness connection is more complicated. The quality of this primary relationship has the greatest impact on the quality of their life. And it requires both liking and loving.

A satisfying love relationship where partners both love and like each other makes people happy, bolsters their ability to deal with outside stressors, and provides protection for their physical and mental health as they age.

But beware. A dissatisfying, loving relationship has the opposite effect. Marriages with high levels of unresolved, hostile conflict or those that lack intimacy, trust, and commitment erode the physical and psychological wellbeing of partners involved.

Or put another way, toxic or loveless relationships keep people unhappy and unhealthy. Period. Some (like me) say this is worse than getting divorced.

Therefore, one of the most important skillsets people can learn involves how to prevent negativity or indifference from eroding their intimate connection and overriding what was once their warm loving bond.

Ironically, the key ingredient for maintaining a happy relationship involves more "liking" not more "loving".

The foundation of any loving committed relationship is the couple's friendship, or how much they like each other. This friendship forms the foundation of what Gottman calls the Sound Relationship House and allows the relationship to stand firm when inevitable conflicts and stressors arise.

Specifically, the foundational level of the Sound Relationship House model accentuates three important aspects of friendship and liking in a romantic relationship:

Build Love Maps: A love map contains the intimate information you know about your partner that you can use as a guide to your partner's inner world. What are your partner's likes and dislikes? Who is your partner's best friend? Did they have a happy childhood? How do they prefer to relax after a tense day? In an ideal relationship, you and your partner know each other better than anyone else.

Share Fondness & Admiration: Sharing your fondness and admiration for your partner involves vocalizing the personal characteristics you appreciate. This can be something as simple as saying "thank you". Or you could comment on your partner's good deeds to a neighbor, creative problem solving, intelligence, or good looks. Let your partner know that you are proud of them, especially in front of others. Compliments mean the most when they come from the person most important to us.

Turn Toward Each other Instead of Away: When partners need attention, support, or comfort from each other, they say or do something to let each other know about their need. Gottman calls this gesture or request a "bid" for attention, affection, humor, or support. Turning Toward your partner involves giving an affirming response to



BY RICHARD CHERN, M.D.

Hormone therapy can be traced back over 2000 years when the Chinese isolated pituitary and sex hormones for medicinal purposes. The hormones had not been identified, but the benefits were already known. Of course, many discoveries have occurred since then and today we are not only treating symptoms but also using hormones to improve our overall health.

Health problems associated with hormonal imbalances can go on for years, often undetected by both patients and their physi-

The Origins of Hormone Restoration cians. Increased risk of cardiovascular disease, Alzheimer's, metabolic syndrome, diabetes, and osteoporosis are only some of the problems associated with hormonal imbalances. And, like high cholesterol, you can't "feel" any of these to know you have a problem. Instead, you must get tested.

To make things more difficult, the symptoms of andropause, menopause, and hypothyroidism are often so slow to occur that we discard them as part of the aging process. Fortunately, at The Hormone Restoration Center, we know what most of these symptoms are and can screen for them to see if there is a potential hormonal imbalance.

There are a number of symptoms associated with hormone imbalances to help identify those at higher risk. Symptoms can include fatigue, depression, weight gain, decreased libido, joint pain, poor memory, mood swings, low stamina, and sexual dysfunction are just a few.

If you have ANY of the above symptoms, you should complete a symptom checklist and get tested. These symptoms are an indication that you may need treatment.

After identifying an imbalance, physicians and non-physicians may use pills, creams, supplements, tonics, and much more.

At The Hormone Restoration Center we use what we consider to be the best of the best. We use bioidentical BioTE hormones which means the hormones are identical to what our body produces. That way the key fits the lock exactly as it should

The BioTE method uses hormone optimization created from hundreds of studies using hundreds of thousands of patients worldwide to successfully optimize the hormone levels of women and men once their body's production is no longer sufficient. Surprisingly, our bodies can stop producing sufficient hormones in our early thirties or

before

As shown in different studies, Hormone replacement therapy has been shown to reduce fatigue, improve sleep, improve libido in women and sexual performance in men, decrease muscle loss, reduce body fat, and reduce irritability, anxiety and depression. Also, the symptoms of osteoarthritis and rheumatoid arthritis are significantly reduced.

Long term, men and women will have a reduced incidence of Alzheimer's disease, heart disease, and osteoporosis. Also, multiple studies show a long term reduction in breast cancer. Testosterone and estradiol also improve lipid profiles, reduce triglycerides, and increase HDL cholesterol which can have positive benefits on the cardiovascular system. Therapeutic testosterone levels can also protect the body from diabetes, prostate cancer, and all-cause mortality.

Hormone replacement therapy by pellet implantation has been used with success in the

United States, Europe and Australia since 1938, and has been found to be superior to other methods of hormone delivery.

All the practitioners at The Hormone Restoration Center are BioTE certified and have had extensive clinical and didactic training specific to the treatment of hormonal imbalances. This is to ensure the highest safety, efficacy, and results for our patients. More than 96% of patients are satisfied with treatment when using BioTE.

Dr Richard Chern, MD is a Certified BioTE provider in Miramar Beach at The Hormone Restoration Center. He has been seeing patients for over 25 years and treating patients using hormones for nearly as long. Dr Chern is currently accepting new patients and you can call for an appointment at 850-837-1271. For more info on BioTE and The Hormone Restoration Center please contact visit www.TheHormoneRestorationCenter. com

Start 2024 with Pampering at Spa Lilliana

It is that time again when health and wellness are at the forefront of many resolutions - 48% of people say improving their physical health is a top priority in 2024, according to a new survey from Forbes Health/ OnePoll. What better way to ease into a wellness journey than with luxurious, revitalizing spa treatments that make one feel good inside and out?

Spa Lilliana, located at Hotel Effie at Sandestin Golf and Beach Resort, welcomes guests with a tranquil pampering experience on Florida's Emerald Coast. Embracing health and wellness in the New Year, the spa introduced the Age Defying Facial (available as a 60- or 90-minute session, as well as a customized series), which

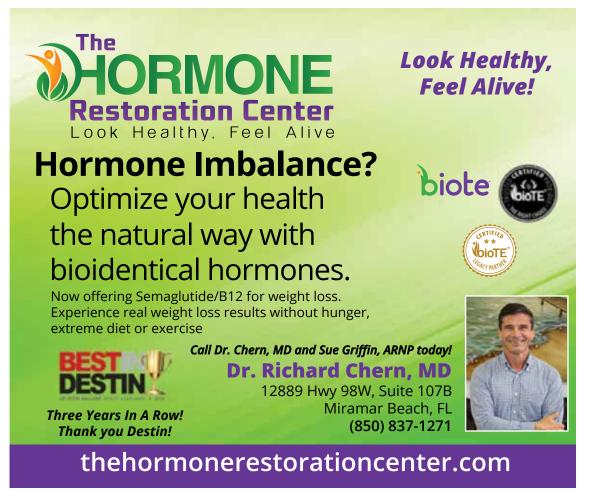
features anti-aging products by French skincare brand Biologique Recherche and Lyma Laser, a powerful FDA-cleared laser device that is 100x stronger than LED light. Penetrating the deepest level of the dermis, Lyma laser addresses a wide variety of skin concerns; from wrinkles and fine lines and acne to rosacea, yet is very gentle and has zero downtime.

Guests can also indulge in the Detox & Restore treatment (\$345 for 110 minutes), which starts with an invigorating skin brushing and exfoliation to clear dead skin and improve circulation, followed by a customized full-body detoxifying massage with aromatherapy and a warming algae envelopment. Post-treatment, guests can en-



joy refreshing coconut water in the relaxation room. For headto-toe relaxation, ask about the Miriam Quevedo Hair & Scalp Treatments (\$95 for 30 minutes),

which are easily added to any facial or massage. Highlights include the Golden Opulence Hair & Scalp Treatment and the Baccara Age Reversing Ritual. For more details or to make a reservation, guests can contact (850) 351-3020 or book online at https://www.hoteleffie.com/ january-spa-specials.



Musing



By Sean Dietrich

The plane landed in Tuscaloosa at 8:37 p.m. Central Time. Coach Kalen DeBoer deboarded.

He was met with an entourage of photographers and reporters with iPhones. DeBoer's press conference was scheduled for 1 p.m.

It was a blustery, rainy day in the Yellowhammer State.

Nick Saban retired on Wednesday. DeBoer was announced as his replacement on Friday evening. The former head coach of the University of Washington is about to be applying for Alabama auto insurance.

Kalen is a young name. I went to school with guys named Kalen. I played baseball with Kalens, Justins, Corys, and Brandons.

There was a Kalen in my seventh-grade drama class. He had epilepsy. We weren't allowed to use strobe lights in our performance of "Cats."

Kalen DeBoer isn't much older than me. And so this marks the first time someone from my generation will be coaching Alabama football.

And I don't know what to think about it. Or how to feel.

Walkman, rode BMXs, saw the ber final episode of "M*A*S*H," the and learned to "Just Say No" pro

Sean of the South

from Nancy Reagan. All my life, Alabama's head coach has been either someone from my grandfather's generation, or my dad's generation.

Someone old enough to re-



Nobody in my father's generation was named Kalen. A guy named Kalen grew up playing Atari, watching Nolan Ryan, listening to Michael Jackson. Or worse: The Osmonds.

A guy named Kalen owned a

member Iwo Jima. Or Hamburger Hill. Or the Tet Offensive. Someone with enough gray in his hair to recall Benny Goodman, Nat Cole, or at the very least James Brown.

A guy named Kalen remem-



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bers Styx, the Gulf War, 9/11, the OJ Simpson trial, and he probably watched the Smurfs.

Alabama is my childhood team. I was born during the third quarter of Bear Bryant's Liberty Bowl, in Memphis, Tennessee. I was born directly after a critical touchdown. Peter Kim made the kick. The kick was good.

And I made my earthly presentation. Seven pounds eight ounces of red hair. The doctor was shocked when he saw my unusually large hallux.

A hallux is your big toe. Get your mind out of the gutter.

So I don't know how to feel about all this. What does it mean? Alabama's head coach is from my generation. Can we be trusted?

Consequently, who is this idiot in the mirror? The man with white in his beard? The guy with crappy health insurance. When did this man's hairline

RELATIONSHIPS

continued from page 22

commuted from page 2

their bid.

To experience the health and wellbeing benefits of a romantic, committed relationship you must keep the sentiment of your relationship positive and the foundation of liking and friendship strong. This requires that you:

Continually improve your Love Maps: Make time to connect and truly listen to each other and respond in ways that show that you care about each other's interests and concerns.

Revisit the reasons you like and admire your partner: Think about your partner's positive characteristics. Then look for opportunities to articulate the big and little reasons you appreciate your partner. You may want to start by writing a love letter or Valentine that includes start retreating toward the nape of his neck?

When did this man's middle become soft? When did they start playing his favorite songs in elevators?

When did I start eating supper at 5 p.m.? When did I discover that the volume knobs also turn left? When did flowers start scaring me?

So anyway, don't get me wrong, I'm glad Alabama has a new, accomplished, head coach. I'm glad he's here. I'm glad he has lots of enthusiasm.

But I miss the old guys. I miss the trilby fedora hats, the pressed khaki pants, and the sport coats worn on the sidelines. I miss Howard Cosell, Don Meredith, and (dare I say it?) Frank Gifford. I guess I miss my dad's generation.

And I guess my old man was right when he said "The older you get, the earlier it gets late."

that top 5 reasons you admire your partner.

Respond favorably to your partner's needs: To create a safe space where you and your partner both feel you can express yourselves and meet each other's needs, be sure to "turn toward" each other when the other makes a bid for attention or support.

Let me know if I can help.

Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and Couples Counselor who is part of the Gottman Referral Network. She is an owner and partner at Amity Mediation Workshop, a mediation practice specializing in "friendly divorce" mediation and psycho-educational sessions 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.



🌸 Musing

dence draw near to the throne of grace,

that we may receive mercy and find grace to help in time of need." (He-

brews 4:14-16)

A Minister's Message: We Need Someone Like Us

ers.

tify

need a person

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with us, without losing his pow-

who can idenwith

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By Dr. Kerry Knight, EMERALD BEACH CHURCH OF CHRIST

On November 12, 2018, in Los Angeles, California, we lost one of history's great storytellers. Since 1939, Stan Lee had been responsible for creating some of the world's most popular superheroes. He gave us the likes of Spider-Man, the X-Men, Thor, Iron Man, the Fantastic Four, the Incredible Hulk and Ant-Man. The Avenger franchise alone generated \$10 billion in ticket sales at the box office since 2008. What made his work so brilliantly successful? He was interviewed by Entertainment Tonight in 1984 and offered some insights.



"The whole formula, if there was one, I think was to say: 'let's assume that somebody really could walk on walls like Spider-Man, or turn green and become a monster like the Hulk. That's a given, we'll accept that. But, accepting that, what would that person be like in the real world if he really existed? Wouldn't he still have to worry about making a living? Or people distrusting him? Or having acne and dandruff? Or his girlfriend jilting him? What are the real problems people would have? I think that's what made the books popular."

Superhumans with normal struggles, that's it. We Christians can relate to that. We need someone who can rescue us (put a check by that one). And we

Welcome Back, **SNOWBIRDS!**

struggles without falling victim

to them (another check mark).

"For we do not have a high priest

who is unable to sympathize with our

weaknesses, but one who in every re-

spect has been tempted as we are, yet

without sin. Let us then with confi-

That person is Jesus Christ.



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Once again, we welcome our Canadian cousins and invite them to join us as we celebrate Christ.

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SUNDAY AM: Bible Class 9 am Worship 10 am

SUNDAY PM: Lesson 1 pm

WEDNESDAY: Bible Study 7 pm

Difestyle

Make a Splash with Backsplash

By Aubrie Rounds, Marketing Coordinator, Flooring Depot of Panama City

When designing your kitchen, there is one small yet impactful element waiting to transform your space—the backsplash.

The primary purpose of a backsplash is to protect your kitchen walls from splashes, spills, and cooking stains. It's easy to clean and resistant to mold and mildew to keep your kitchen sanitary. But to most, the backsplash is much more than that—it's one of the main statement pieces in your kitchen—along with your countertops.

The infinite variety of colors, textures, and styles excites creativity and is an opportunity to showcase your personality and style. Whether you want to make a bold statement or choose a more subtle approach, you will benefit from backsplash in both form and function.

With so many choices, it can be challenging to pick a backsplash that is right for you and your home. Let's break down some of the most popular backsplash options!

Subway Tiles

Originating from the walls of New York City subway stations in the early 20th century, subway tiles exude a classic and enduring charm. Due to its simplistic layout, clean lines, and neutral tones, subway tile is a timeless choice while also being incredibly adaptable to ever-evolving design trends. While subway tiles have been historically white, flat, and unassuming, modern subway tiles come in a wide range of colors and textures. Whether you're looking for something more understated or want to go bold, there is a subway tile for your style.

Tip: Jazz up your kitchen by installing your subway tile vertically rather than horizontally.

Mosaic Backsplashes

If you're more creative than the classic, a mosaic backsplash might be right for you. Mosaic backsplashes consist of small tiles arranged together to form a larger pattern, scene, or abstract arrangement. Mosaic backsplashes come in an assortment of different materials, such as



glass, ceramic, stone, and more. The design options are limitless! Mosaics add depth, texture, and personality to a kitchen that it might otherwise be lacking. Each small tile serves the larger purpose of reflecting the personal taste and style of the homeowner.

Tip: Consider incorporating gradient transitions in your mosaic backsplash to create a sense of depth and movement.

Glass Tiles

Glass tile backsplashes have become a popular choice among designers and homeowners alike, bringing a sleek and sophisticated feel to kitchens all around. Glass tile backsplashes offer your kitchen a radiant and inviting ambiance while still feeling sleek and modern. Thanks to the non-porous surface of glass tiles, they are extremely easy to keep in pristine condition, making them a great option for areas prone to messes. Also, if your kitchen feels a little small, glass tile backsplashes create an illusion of openness due to their reflective nature. Much like subway and mosaic tiles, glass tile backsplashes are diverse in color and texture options.

Tip: Choose a recycled glass tile backsplash as an environmentally friendly option!

Marble Backsplash

If your preferred style is more elevated and elegant, a marble backsplash is an excellent choice.

Marble is a versatile canvas that can effortlessly harmonize with many other elements. Its polished surface exudes luxury, elevating the overall atmosphere of your kitchen. The rich colors, natural veining, and patterns found in marble backsplashes makes it a unique and timeless backdrop for your kitchen. While marble requires a little more upkeep than other backsplash choices, it's a very durable choice for a bustling kitchen. When cared for properly, you can enjoy the elegance of a marble backsplash for many years to come.

Tip: Planning to sell your home? A marble backsplash can add to the resale value of your home.

Backsplashes are a relatively simple way to personalize your kitchen to match your unique style. With a multitude of options to choose from, picking the perfect backsplash can be somewhat overwhelming. The experts at Flooring Depot are here to help!

Come stop by one of our two Flooring Depot of Panama City locations. We offer free design consultations and would love to help make your vision come to life. Call us at (850) 785-2216 or visit our website at flooringdepotofpanama.com.

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Lifestyle

Lifestyle

Design and Culture: Modern and Chic

The most popular door style in cabinetry right now is a flat panel door style. It is modern, functional, chic and the variety of colors and materials this door style comes with is almost endless. The hottest trend right now is guarter sawn white oak, but it is also beautiful in Oak, Maple, Knotty Alder, Hickory and Cherry and comes in a wide range of beautiful stains. Along with a solid wood, the flat panel door style is available as a acrylic, veneer, painted HDF or MDF, laminate, textured TFL, matte foils, wired gloss foils, and laminate, all extremely durable doors.

If you are looking for something light and modern for your coastal home, the alabaster stain is a beautiful light stain. It is available in all the solid woods and a veneer. If you would like a laminate door or a textured laminate, White Barn and White Cypress are light color door style with a soft grain. For a Modern Mediterranean look a warm wood is a good choice whether you choose a veneer or a solid wood. For a strong modern look, an acrylic or an exotic veneer are good options. If you have been searching Pinterest and other resources for a modern door style you may have come across a style with a strong straight grain. To get that look with no variance in the wood grain, a laminate or a veneer is going to be the best choice.

If you are interested in any of these door styles, stop by the Granite Plus showroom and a project manager will assist with designing your new modern space. We offer a wide range of flat panel door styles for all budgets and look forward to seeing vou!

Granite Plus is located at 17801 Ashley Drive Panama City Beach, FL 32413. You can give us a call at (850) 236-6363 or just stop by our showroom during business hours. We are open Monday - Friday 8 a.m.-5 p.m. and Saturdays from 10 a.m.-2 p.m.

Right: Design by Dura Supreme Cabinetry with two custom colors, and Dura Supreme door styles

Chroma and Louvered. Visit www. DuraSupreme.com for more information. Granite Plus is your local dealer for Dura Supreme Cabinetry.









Above: Modern sea-inspired powder room. Design by Chris Chidester at The Cabinet Center, San Ramon. Photography by John Welsh. Dura Supreme Tem-po Textured TFL (thermal fused laminate) door style.

Left: Design by Granite Plus. Painted flat panel door on the perimeter. Island is Dura Supreme Textured TFL.

Below: Painted door style with top knobs bit pull in honey bronze. Bath design by Sylvia Ignas.



Business

What the Happiest Retirees Know: Five Habits for a Healthy, Secure, and Joyful Life

By Randal Locklier, President, Gulf Financial

Establish satisfying daily routines that allow you to interact with the community around you. Structure and routine can lead to a feeling of inclusion and well-being. Make plenty of friends with similar interests and your calendar will be as full as you like. Maintain a schedule, but not like before you retired. Think a daily walk along our white sand beaches, a weekly visit to the gym, a Sunday church service, regular lunch or coffee with friends, volunteer work, hobbies and activi-





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At Gulf Financial, we are passionate about preventing the catastrophic effects of large market drawdowns during retirement. Find out how we use a sophisticated mix of financial instruments to reduce risk without sacrificing growth.

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ties, and virtually anything you enjoy. The choice is yours. Get involved, make friends and you will foster social connections (not Facebook but Face to Face!) Social isolation has been linked to higher rates of heart disease, stroke, and increased risk of dementia, and shorter life span. Get out there!

Take your health seriously. Retirement is not a time to indulge unhealthy habits. Eat right, get plenty of regular moderate exercise, and you will feel great. Don't let smoking, alcohol abuse, physical inactivity, or obesity wreck your retirement. Local senior centers are a great resource for information on healthy living and plenty of fun activities and events to keep you motivated and moving forward.

Invest for income, not for growth. One thing retirement should absolutely NOT be is a time of uncertain income. That problem will only add anxiety and discomfort to your life. Once we retire, we have exited the Accumulation Phase and entered the Distribution Phase of retirement. At this point risk reduction and income creation are paramount. This not only requires planning, but also someone (whether a Financial Advisor, friend, or yourself) that will keep tabs on your investments and knows to buy things that have income streams like CD's, Dividend Stocks, Structured Income Notes, Annuities, I-Bonds, and Investment grade Corporate Bonds. Think of your retirement as a time to relax and live well off income, not a time to focus on expanding your portfolio. This mistake can expose you to Sequence of Returns Risk, the biggest retirement wrecker of all. That's

when you are spending at the same time the markets are falling. You would do well to emphasize low risk income over growth in retirement and sleep peacefully.

Help Somebody. Did you know that study after study reveals that retirees are 3 TIMES more likely to say helping people in need brings them more happiness in retirement than spending money on themselves? I can promise you there is no shortage



of people in need along the Florida Panhandle. Opportunities abound to work with churches, community groups, and charitable organizations focused on helping the less fortunate. Help somebody and help yourself to a joyful retirement as well.

Begin a Spiritual Journey. Reframe aging from a time of physical and mental decline ending in death to a spiritual transition from our earthly realm to the next. We can release our former indentities, transcend our ego, and move toward the fulfillment of God's promise as children of the Most High. This promise is true, and for all:

John 3:16: "For God so loved the world, that he gave his only-begotten Son, that whosoever believes on him may not perish, but have life eternal."

A Long and Happy Retirement. That's the Gulf Financial Way. For help visit Gulffinancialgroup.com or call Sherri Campbell at (833) 403-4041



Investments involve risk and are unless otherwise stated are not guaranteed. Past performance is not an indicator of future results.

Business

Property Taxes: Apply for Exemptions by March 1



March 1 is fast approaching and the window to apply for property tax exemptions for 2024 is quickly closing. Whether you're a new Florida resident or have lived in Florida for many years, it never hurts to double-check your exemptions and see if you qualify for additional exemptions.

"Each year after tax notices are sent we have customers ask how they can reduce their bill, but the opportunity has already

passed for that property tax year. can only direct them to the Property Appraiser's Office to see if there are any exemptions they may be eligible for next tax year," said Tax Collector Chuck Perdue.

March 1 is the deadline to apply for property tax exemptions for the 2024 tax year. Homeowners must have been living in their homes by January 1, 2024 to be eligible for exemptions for the 2024 tax year. Exemptions must be applied for at the Property Appraiser's Office. A list of exemptions and requirements are available on the Property Appraiser's website at baypa.net.

If you still need to pay your 2023 property taxes, you can pay online at BayTaxCollector. com. Select E-Check as your payment method to avoid paying any convenience fees. The deadline to pay 2023 property taxes is March 31.

Motor Vehicle Title Application

Save Time When Titling a Vehicle - New Requirement January 1

On January 1, a new procedure goes into effect requiring a title application to be completed for each title transaction- vehicle, vessel, and mobile home. If you plan to title a vehicle, vessel, or mobile home in 2024, you can save some time at the tax collector's office by completing



the title application and bringing it with you to your title appointment. Title applications are available online and can be accessed at the QR codes above.

For more details regarding services provided by the Tax Collector's Office, visit BayTax-Collector.com.

Vessel

Title Application

23rd of each month

GCSC First State College to Receive Designation as Florida Collegiate Purple Star Campus

honored to announce its recognition as the first Florida Collegiate Purple Star Campus.

This distinguished designation, established by the Florida legislature in 2023, highlights the College's commitment to supporting military students and families as they transition to the college environment.

"Our institution takes great pride in being acknowledged as a Collegiate Purple Star Campus," said Gulf Coast

Gulf Coast State College is President Glen McDonald. "This recognition represents our ongoing dedication to maintain an educational community that values and supports those who have served our nation and their families. Being the first state college to earn this honor is a depiction of that commitment."

The Florida Collegiate Purple Star Campus Program recognizes colleges that strongly support military families, in line with Florida Statutes. Gulf Coast State College met

all the listed criteria found in the statute, including: military liaison; military webpage; student-led transition program; professional development for staff on issues relating to military students; and priority registration for military students and families.

Learn more about the Florida Collegiate Purple Star Campus Program by visiting https://www.fldoe. org/schools/higher-ed/fl-college-system/military/purple-star.stml

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Business

What's New in Panama City Beach in 2024

Panama City Beach is pleased to share a variety of exciting new offerings and experiences for visitors in 2024. From new hotel openings to captivating attractions and expanded food and beverage choices, the destination invites travelers to create lasting memories on a Real. Fun. Beach. getaway in 2024.

"Panama City Beach is thrilled to highlight the many new developments, openings and enhancements throughout the destination in 2024," says Visit Panama City Beach President and CEO Dan Rowe. "We look forward to welcoming both new and returning visitors to experience the premier accommodations, exciting activities and incredible dining options that await along Panama City Beach's 27 miles of sugar-white sand beaches."

Please see below for a preview of what's new in Panama City Beach for 2024 and beyond.

Accommodations:

Residence Inn by Marriott - Opening Summer 2024

The new 121-suite Residence Inn by Marriott will be located on the north side of U.S. Highway 98 near the intersection of Pier Park Drive. Guests will be within walking distance of a number of notable attractions, including the Pier Park shopping and entertainment district and the destination's beautiful beaches. Along with suite-style rooms equipped with full kitchens, full-size refrigerators, stovetops, microwaves and dishwashers, the Residence Inn will also boast a pool, fitness center, laundry services and breakfast area.

Tru by Hilton – Opening Spring 2024

The new Tru by Hilton will open on Panama City Beach Parkway, offering a vibrant, affordable lodging option that blends both comfort and functionality, with a streamlined design and an array of amenities for travelers. The new property will be located just minutes from Publix Sports Park, and a short distance from public beach access points.

Food and Beverage:

Ford's Garage (Pier Park) – Opening 2024

Neighborhood burger and brew joint Ford's Garage is coming to Pier Park, Panama City Beach's premier shopping and entertainment complex, in 2024. The Fort Myers-based chain serves up mouthwatering All-American favorites in a unique vintage atmosphere that pays tribute to America's most iconic automobile brand. After a day of fun in the sun or shopping at Pier Park, keep the good times rolling and enjoy famous Black Angus burgers and craft beers inside the restaurant's one-of-a-kind 1920s service station-inspired dining room.

Tootsies Orchid Lounge – Relocating in 2024

Nashville-based Tootsies Orchid Lounge opened its doors to country music lovers in Pier Park in 2008, and the popular hangout is set to relocate to the vacant Spinnaker Beach Club property on Thomas Drive this year. Once remodeled, the new space will offer an expansive beachfront property for guests with increased space for nightly live entertainment.

Pirates Voyage Dinner & Show – Opening Spring 2025

Country music icon Dolly Parton is bringing swashbuckling fun to Panama City Beach with the Pirates Voyage Dinner & Show, expected to open in spring 2025. The family-friendly attraction will feature a 60,000-square-foot theatre where guests can enjoy a fourcourse feast while watching a thrilling pirate battle aboard full-size pirate ships and in a 15-foot-deep lagoon. Beyond the thrilling pirate stunt show, audiences will encounter enchanting mermaids, tropical birds, and playful sea lions for an immersive and entertaining dining experience.

Attractions and Experiences:

DEEP STIM III Vessel Deployment for Diving and Fishing – Deployment in early 2024 Northwest Florida's extensive artificial reef system continues to expand with the upcoming deployment of R/V DEEP STIM III, scheduled for early 2024. A 239-footlong offshore supply vessel previously used for oil explora-

tion, the DEEP STIM III will be the second largest artificial reef site deployed off the coast of Destin-Fort Walton Beach, Panama City Beach and Walton County. The vessel will sit in a range of depths from approximately 70-feet at the top of the wheelhouse to 135-feet at the sand and will be accessible to a wide range of dive levels. In addition to diving, the 65-foot high-relief site will provide an outstanding fishing location.

Gulf Coast Salute Airshow - May 4-5, 2024

Panama City Beach's inaugural Gulf Coast Salute Airshow will take place on May 4-5, 2024, at the Russell-Fields City Pier. Witness the skies come alive with an exciting show featuring military demonstrations including a F-22 Raptor Demo, 325th Fighter Wing Fly-By, US Navy LCAC Demo and a 1st Special Operations Wing Demo.

Frank Brown Park – Improvements Continue in 2024

A top facility for sports in Panama City Beach, Frank Brown Park is utilized by thousands of local and traveling sports teams each year and is the home of several special events which draw thousands more to the area. Improvements and renovations to the park will continue in 2024, with plans to add numerous amenities, including additional basketball and pickleball courts, a skate park, a BMX park, and more paved parking and bathrooms.

Accessible Beach Access (Beach Access Point 22) – Opening 2024

Public Beach Access 22 on Surf Drive will soon be handicap accessible, enhancing the visitor and local experience for those who will benefit from accessible beach access. Bay County Parks and Recreation



and Visit Panama City Beach have teamed up to convert Beach Access 22 into a new ADA-accessible point, and all features at this location will be catered to those with special needs – including handicapped parking spaces, accessible mats that will roll down to the beach, and ADA-accessible showers.

Gayle's Trails –

New segment now open

The recently opened eastern segment of Gayle's Trails spans 1.45 miles and gives visitors and residents the opportunity to extend a serene nature walk or bicycle ride throughout the destination. The new segment of the trail connects the Breakfast Point subdivision past Arnold High School to just east of Clara Avenue, with a 12-footwide trail and boardwalks that stretch over wetlands.

Bicycle Lane on Back Beach Road – Expansion continuing in 2024

Back Beach Road is currently undergoing a multi-phase expansion project that will include new asphalt bicycle lanes and sidewalks for locals and visitors to enjoy. In addition to enhancing the destination's walkability, the project aims to reduce traffic congestion and improve safety by expanding Back Beach Road from four to six lanes.

TopGolf - Opening Spring 2025

High-tech golf entertainment complex Topgolf is set to open a new 38,000-square-foot facility in Panama City Beach's Pier Park area, near Powell Adams Road and LC Hilton Jr. Drive. The premier sports entertainment attraction will feature two levels with climate-controlled golf ball hitting bays and an outfield with electronic targets for a game that all ages can enjoy – plus a full-service restaurant and bar and event space.

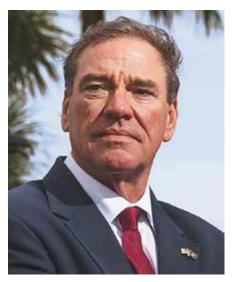


FOR LOVE OF FOOD, LOVE OF COUNTRY. American Charlie Grill & Tavern is a new All-American eatery located at The Shoppes at Edge-

water in beautiful Panama City Beach, Florida. From the local team that brought you Firefly PCB, On The Fly, and more, this dining experience is unlike any other, featuring favorite classic dishes that have become staples in our country for over a century.



From the Office of Congressman Neal Dunn



2024 began with a reminder of Florida's Second Congressional District's resilience and strength. On January 9, our district was hit by multiple tornadoes that left behind a tremendous amount of damage. The destruction was absolutely heartbreaking. That said, we did what we do best – we rallied together.

I often brag about my district while I'm in Washington. Not because of the beautiful beaches or the incredible sports teams, but because of our strength and generosity. How you all responded following the storm and tornadoes is a shining example of that. Neighbors were helping with debris removal, small businesses offering warm meals, and volunteers distributing supplies and donated goods. I cannot thank you all enough!

I also had the opportunity this month to visit our southern border in Eagle Pass, TX. Since 2021, my Republican

colleagues and I have voted for significant funding increases for Border Patrol and ICE beyond what the Biden Administration has requested.

This includes the Secure the Border Act of 2023 to restart construction of the border wall, increases the number of Border Patrol agents and provides bonus pay, and ends catch and release. This bill passed in the House in May 2023.

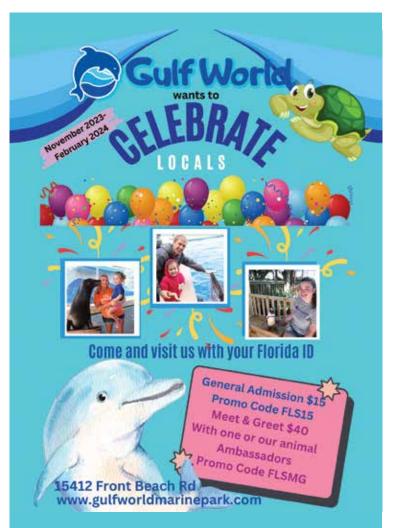
Congress voted on another continuing resolution $\left(CR\right)$ last

month that pushed appropriations deadlines to March. I voted against the bill. The CR ultimately passed in the House and Senate moving appropriations deadlines to March 1st and March 8th, however, I could not support moving the deadline further back.

We have a crisis at our southern border, and continuing resolutions do nothing except encourage the same failed policies. Congress cannot keep kicking the can down the road. I owe it to Florida's Second Congressional District to demand Congress do its job.

While National Blood Donor Month has passed, I encourage you to donate blood and save lives. The number of U.S. blood donors is at an all-time low and there is now a national emergency blood shortage. Please consider rolling up your sleeves and donating.

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



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



Whether you mosey, lope, trot or gallop, get on over to The Powder Room and check out the great deals on the world's finest firearms.

February 2024

