



MARCH 2024  
VOL. 4, NO. 7

# PCB Life

PRSR STD  
ECRWSS - EDDM  
U.S. POSTAGE PAID  
Santa Rosa Beach, FL  
PERMIT NO. #11

Postal Customer Local

## Nature Connection 2024 Features Safari Guide and Emperor Penguin Expert

BY BRIAN DUSSEAULT

Bay County Audubon Society will celebrate its “Nature Connection 2024” Program main event on April 6 at the Holley Center, FSU PC campus. The keynote speaker is safari guide and naturalist Tom Nkwazi, “Big Tom” as he is known in his native country of Botswana. He is a fully licensed professional safari guide of more than 15 years. Also scheduled to present is Noah Strycker, who has extensively studied birds and lived with penguins, as his authorship of six books will attest. This is a great opportunity to learn more about the current state of nature in our changing world through their observations and life stories.



PHOTO BY TOM NKWAZI



PHOTO BY NOAH STRYCKER

Big Tom currently guides in the northern part of Botswana, in the Okavango Delta, close to Chobe National Park (home to 100,000 plus elephants) and world-famous Victoria Falls in nearby Zimbabwe. This is a magical area, as a quick internet search

(replete with National Geographic videos) will reveal.

Big Tom’s unique knowledge of wild Africa offers a once-in-a-lifetime opportunity to learn about the environmental issues facing the shrinking African natural habitat. The iconic image of Africa is perhaps best represented by the fauna and flora of the Serengeti, host to elephants, lions, wildebeest, crocodiles,

hippos, giraffes, antelopes, acacia trees, and exotic birds, to name a few. His message will include a discussion of issues with far-reaching consequences about the status of species and their shrinking habitat.

We are indeed fortunate to have Noah Strycker back again to present after he headlined our “Nature Connection 2022” Program. At that event,

Noah delivered a standing ovation presentation about his around-the-world birding odyssey in 2015 during which he visited 41 countries and all seven continents, identifying a record-setting 6,042 bird species. He hasn’t slowed down much since. His travels have taken him to the Arctic

### NATURE

*continued on page 2*

## Spring Break Doesn’t Just Happen in the Spring

FROM THE OFFICE OF  
SHERIFF TOMMY FORD

It’s true, Spring Break hits our beautiful beaches in the spring of each year. However, behind the scenes planning for Spring Break and the crowds it brings to our county goes on throughout the year for law enforcement.

After the last Spring Break tourist has left, It’s important that law enforcement in Bay County access results. Keeping locals and visitors safe is our goal, all while encouraging visitors to come and enjoy a safe vacation on Panama City Beach. Could we do something different to produce a better outcome for everyone?

That’s when the planning starts for the next year. Ongoing train-

### SPRING BREAK

*continued on page 4*

**COASTAL  
CARS & CARTS**  
850-999-7733

**CART SALES  
SERVICE  
CUSTOMIZATION**

106 Estes Place, PCB, FL  
www.coastalcc.net

*Located in Beach Commerce Park behind Ace Hardware*

**At Gulf Financial we make money the old-fashioned way.  
WE EARN IT!**

Find out how the **GULF FINANCIAL INCOME ENGINE** can put your money to work.

Visit [gulffinancialgroup.com](http://gulffinancialgroup.com) or call Sherri Campbell at 833-403-4041 to schedule your free consultation  
Investments involve risk and are unless otherwise stated are not guaranteed. Past performance is not an indicator of future results.

415 Richard Jackson Blvd Ste 408 | Panama City Beach, FL 32407 | [www.gulffinancialgroup.com](http://www.gulffinancialgroup.com)

**Gulf Financial Team**

Phone: 833-403-4041  
[randy@gulffinancialgroup.com](mailto:randy@gulffinancialgroup.com)





 Community

# A Gulf Coast LEGEND

Serving more fresh seafood than any other restaurant in Florida... Capt. Anderson's has innovated many of the Gulf Coast's classic dishes and has won the loyalty of millions of customers and friends for over 57 years!

**Capt. Anderson's**  
Restaurant & Waterfront Market  
DINE EARLY AND WATCH THE FLEET UNLOAD

850-234-2225 • 5551 N. Lagoon Drive, PCB, FL 32408 • [CaptAndersons.com](http://CaptAndersons.com)




**EAT on the BEACH**

**SCHOONERS**  
LAST LOCAL BEACH CLUB®  
850-235-3555 • 5121 Thomas Drive • [schooners.com](http://schooners.com)

**EASTER WEEKEND HOP ON OVER**  
MARCH 29-31

SPINACH & WALNUT SALAD - Spinach, Bacon, Walnuts, Red Onions, Hard Boiled Egg, Dried Cranberries and Blue Cheese Crumbles.



NATURE

continued from page 1

and Antarctica numerous times, allowing him to compile a vast

knowledge of these icy regions through on-site experience and scientific studies.

This time, Noah will update us on his current area of intense nature focus, the status of the Emperor Penguin in Antarctica. Recent scientific reporting suggests Emperor Penguin populations are suffering serious nesting (and survival) issues due to accelerating melting sea ice (their chicks can only hatch on ice). He will relate his recent experiences living with Emperor Penguin colonies.

Noah will once again visit many of our local schools to give an updated educational program on penguins and nature to new groups of kids eager to learn more about these incredibly cute (and important) birds. Big Tom will also be speaking at local schools about the African story.

To participate, consider attending and donating through our tickets on sale. Depending on the type of ticket or level of donation towards the April 6 main event, there are several enhancements to the main program presentations. These may include a "Meet and Greet" with our two speakers, a ca-



PHOTO BY TOM NKWAZI



PHOTO BY NOAH STRYCKER

tered buffet, a string quartet, the North Bay Haven Charter Academy Chorale, and photo exhibits. General Admission is \$30 for the presentations starting at 6:30 p.m.

To buy tickets, or for more information, see www.baycountyaudubon.org. Proceeds go to the Bay Education Foundation, which funds grants to public school and charter school teachers who apply for nature-related classroom projects. Also, part of the proceeds will be directed to a community school that three of Big Tom's children attend in his hometown, Kazungula, Botswana.



PHOTO BY NOAH STRYCKER



**PCB Life**

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

**Publisher**  
Dave White  
dave@southwalton.life

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

**Editor**  
Jamie Zimchek  
editor@mypcblife.com  
(757) 663.1987

**Production & Layout**  
Kim Harper  
kim@southwalton.life

*PCB Life assumes no financial liability for errors or omissions in printed advertising and reserves the right to reject/edit advertising or editorial submissions.*

©Copyright 2024 PCB Life

We will guide you through our impressive selection and help you find the perfect cart to suit your style and needs.



**ADVENTURE Awaits**

“ Steve at **Electric Cart Watersound** was very knowledgeable, friendly, and professional to work with. We are very pleased with our cart and highly recommend them. ”

Michelle Vannice  
Google Reviews

**Shop by brand.** Largest Selection of Golf Carts. Visit our new building today!



CLUB CAR



STAR EV



EVOLUTION



ATLAS

(850) 233 0020

8435 West Bay Pkwy Panama City Beach, FL 32413

www.ElectricCartWatersound.com

Sales@ElectricCartWatersound.com

**YOUR ONE-STOP SHOP FOR GOLF CART NEEDS**



**ELECTRIC CART WATERSOUND**

Watersound® is a service mark of The St. Joe Company and is used under license.



## Introducing: Resurrection Diesel Performance

My name is Rory Smith-Bell, and I'm the owner of Resurrected Diesel Performance. After serving 5 years in the Marine Corps as a fixed wing safety equipment mechanic, I knew I wanted to start my own business. I decided to use my passion for trucks and experience as a mechanic to start a shop. I started Resurrected Diesel Performance in a single-bay garage in California. I knew the potential was there but California wasn't where we needed to be. So I called up my friend Dalton, who was a Panama City Beach native, and he told me PCB needed

a shop that specializes in diesel repair. After months of planning and trips out to Florida we knew this would be the new home of our business. We couldn't have been happier to have moved into such an amazing community. Since opening our doors here we have expanded our operations to include diesel repair and custom fabrication. Our services range from routine maintenance work and engine rebuilds to custom suspension and upgrades. Something that makes us different is the addition of our CNC plasma table. The opportunities are endless with it, we can make



just about anything from custom brackets and traction bars to signs and art.

Our team is committed to providing excellent service and an open line of communication to ensure you feel confident

about the work done on your vehicle. We know that you not only rely on your vehicle to get them from point A to point B, but a lot of you use your trucks to run your businesses as well, so getting you back on the road as soon as possible is extremely important to us. When we get a truck in the shop, we thoroughly diagnose the issues at hand, create a list of recommended repairs with pricing and timeline, and promptly repair vehicles as soon as the parts come in. Honesty, efficiency and reliability are the pillars

that I built Resurrected Diesel Performance on five years ago and we strive every day to provide the best service possible. We are here for all your diesel needs!

You can find more information about us at [Resurrectedmf.com](http://Resurrectedmf.com). If you need a quote or have any questions about your truck feel free to reach out to us via phone or email at (850) 740-9537 or [resurrecteddp@gmail.com](mailto:resurrecteddp@gmail.com). We are located at 7823 McElvey Rd in Panama City Beach and open Monday through Friday 9 a.m. - 5 p.m.

### SPRING BREAK

*continued from page 1*

ing is important, as is keeping equipment current. Perhaps one of our newest tools is the multi-agency effort called BayROC. The Bay Real Time Crime Center uses the latest technology to help keep Bay County safe, from border to border. But it is particularly effective during times of increased

concentrated population to our beaches like Spring Break.

Deputies receive additional information on the calls for service they are sent to handle. Cameras integrated into BayROC monitor suspects who may try to flee from law enforcement. This information is sent to deputies in the field who can then locate these suspects quickly. Crime Analysts working day and night in BayROC in-

crease effective law enforcement response to spontaneous incidents, giving officers and deputies the opportunity to contain it before it gets too large to quickly control.

Beach Patrol members have already been in training for water rescue. This is an important part of Spring Break. Even though water temperatures re-

*Continued on next page*

### New PCB Chamber of Commerce Members

- |   |   |
|---|---|
| MWR - NAVAL Support Activity<br>Panama City | Rotary Club of Panama City<br>Beach           |
| Autentika Mexican Grille                    | Panama City Implants &<br>Periodontics        |
| Easy Accounting                             | Bay Mobile Notary Services                    |
| Pirates Voyage Dinner & Show                | Wish Upon a Starfish PCB                      |
| Nemours Children's Health -<br>Panama City  | Total Climate Control                         |
| RE Florida Homes                            | DEX Imaging                                   |
| GreenEarth Landscape<br>Maintenance         | LMS Hospitality                               |
| Elysian Med Spa                             | Panama Flats Apartments                       |
| United Rentals                              | Coconut Charlie's<br>Mawmaw's Little Miracles |

## LOOKING FOR THE FINEST IN FIREARM INSTRUCTORS?



**I'm your Huckleberry.**

Let our team of experts guide and train you in gun safety and certification courses at our indoor shooting range.





## Introducing: Point Break Arcade

Point Break Arcade is an Arcade and Bar with over 7000 sq ft of '80s-'00s Arcade games (including Ms. Pacman, Galaga, Streetfighter, Dance Dance Revolution), Pinball Machines (one of the largest collections in North Florida), and Retro Consoles. All the games are set to free play, not tokens or scan cards. A single-price admission grants a wristband for access to all the games all day. Since PBA is in the center of Downtown Panama City, it is a fantastic way to break up the boutique shopping and brewery hopping that the area has to offer within walking distance.

The Co-Owners: Ben and

Nick served together in 7th Special Forces Group stationed at Eglin Airforce Base. After leaving their respective times on active duty, both families coincidentally found homes in Panama City. Ben and Nick wanted more for their families to do in the area. The growth they've seen since 2020 inspired them to do something for the families of the community as well. Since opening PBA, the most rewarding experience for them has been seeing older generations teaching their children and grandchildren how to play these classic games. Their goal is not only to give a wonderful space for the community to en-



joy but to give back to both the local community and the veteran community. Their collaboration with Hope Project has been a dream come true for them.

Their indispensable team of



employees is created from passionate and enthusiastic locals who enjoy teaching customers how to play some of the more obscure games, discussing our many craft brew options, and dabbling in some arcade and gaming history themselves!

Most common phrases

heard in PBA: "I remember this game!", "I can't believe they also have THIS game!", "OK, let me teach you the strategy for this game," "I SET A HIGH SCORE!", "Let's play again!"

PBA also hosts themed parties, tournaments for various games, private events, and new game release parties!

Find Point Break Arcade at 445 Harrison Ave in Panama City. For more information, call (850) 481-1898 or follow Point Break Arcade on Facebook. They're open Weds and Thursday from 3 - 10 p.m., Friday and Saturday from 11 a.m. to 11 p.m. and Sunday from 11 a.m. to 5 p.m.

### SPRING BREAK

*continued from page 4*

main a little cool for locals, visitors from northern areas find them just right! Beach Patrol deputies are ready for the task

of water rescue. Information is disseminated on social media about the Beach Flag Warning System, encouraging locals and visitors to watch for water conditions by checking the beach flags.

On February 9, 2024, Sheriff Tommy Ford and the Police Chiefs of Bay County held a press conference at the Panama City Beach Police Department. The message was clear. Don't come for Spring Break on our

beaches and expect to act like a criminal. You will be arrested.

By declaring boundaries before the first Spring Breaker arrived, law enforcement set the tone for the holiday and alerted anyone planning trouble that

this wasn't the place to carry it out.

By working together, law enforcement can provide safety all year long, including Spring Break.

# FREE LIFETIME WARRANTY\*



At Panama City Toyota, we love things that last. And now, we're proud to offer something you can count on year, after year, after year — a FREE Lifetime Warranty\* covering drivetrain and powertrain on any new Toyota. After all, peace of mind should last throughout your entire journey.

[panamacitytoyota.com](http://panamacitytoyota.com) • 850-769-3377

# PANAMA CITY TOYOTA

Where Relationships Are Born

\*New Toyota's only, original owners, non-transferable, proof of manufacture maintenance required, excludes commercial and fleet vehicles.



Community

# UNwineD Returns to Panama City Beach April 5-6

## Featuring Southern Living's Ivy Odom and Sommelier Michael Green

Visit Panama City Beach is pleased to announce the return of the destination's premier two-day culinary festival, UNwineD presented by Publix. Taking place April 5-6 at Aaron Bessant Park, the eighth annual event welcomes visitors and residents to take part in an unforgettable weekend showcasing craft beer, wine and spirits from around the world, plus culinary creations by some of the South's leading chefs. This year's event will feature Southern Living's Senior Lifestyle Editor and notable culinary personality, Ivy Odom, as the guest chef and

acclaimed wine expert Michael Green as the sommelier.

"We are thrilled to welcome visitors, as well as our local residents to Panama City Beach for the eighth annual UNwineD presented by Publix," says Visit Panama City Beach President and CEO Dan Rowe. "With all-star tastemakers Ivy Odom and Michael Green joining this year's Southern Living kickoff party and Grand Afternoon Tasting, we look forward to a memorable celebration spotlighting the spectacular cuisine, craft beer, wine and spirits from our region."

The weekend's festivities begin on Friday, April 5 at 6 p.m. with an exclusive kickoff party hosted by Southern Living and Visit Panama City Beach, featuring a southern menu curated by Ivy Odom paired with wines by Sommelier Michael Green. The one-of-a-kind night presents attendees with the opportunity to mix and mingle with the chef and sommelier while enjoying an evening of delectable cuisine and live music. Now available for purchase at a limited supply, tickets to the preview party are \$195 per person and include early entry into



ternoon Tasting invites guests to sip and savor an array of wine, craft beer and spirits in addition to delicious bites from the region's top chefs while enjoying wine seminars, cooking demos and live musical performances from local artists. Throughout the afternoon, attendees can browse unique treasures and artwork from local shops and boutiques at the Art and Vendor Row, stop by the Visit Panama City Beach retail tent, sample mouthwatering bites and beverages from the Publix tent, and much more.

Saturday's event, plus a VIP gift bag with commemorative UNwineD glasses. Ticket holders for the Southern Living kickoff party must be 21 and older.

On Saturday, April 6, UNwineD officially gets underway with the Grand Afternoon Tasting, beginning at 1 p.m., with the option to purchase an early entry ticket for noon admission. Early entry tickets provide first access to all vendors and a "Meet with Mimosas" with Chef Ivy Odom and Sommelier Michael Green. The Grand Af-

Tickets to the Grand Afternoon Tasting are \$85 per person and ticket holders must be 21 and older. Kids 12 and under are permitted at no charge but must be accompanied by an adult. A portion of all ticket sales will benefit the Make-A-Wish, Heartland Animal Rescue and Beach Care Services charities.

For more information about UNwineD and to purchase tickets, please visit [www.visitpanamacitybeach.com/unwined](http://www.visitpanamacitybeach.com/unwined).

**Rudy's**  
**MILITARY AND VETERAN DISCOUNTS**  
 10% EVERYDAY and 20% MONDAYS  
 \*Active and Prior service with military ID  
 \*Not valid on Group Meals or with any other promotion.  
 14501 PANAMA CITY BEACH PKWY // 850-588-1996 RUDYS.COM

**SPA Lilliana**  
 Signature treatments designed to rejuvenate, restore and relax. Spa Lilliana at Hotel Effie is the only spa on the Emerald Coast to offer exclusive treatments by Biologique Recherche. Call (833)-718-1941 to book your appointment and experience the luxury.  
 Located at Hotel Effie Sandestin



# Shop Talk: Spring Style Guide



BY LEE ANN LEONARD, PIER PARK DIRECTOR OF MARKETING & BUSINESS DEVELOPMENT

After a rainy winter, locals and visitors are ready to pack away sweaters and jackets and step into the sun! We spoke with experts from some of our trendiest stores to learn what's hot in fashion right now.

## Bows & Feminine Fashion

Roses, hearts and bows aren't just for Valentine's Day anymore. "You've probably noticed that everything has been covered in bows and ribbons, and the trend shows no signs of slowing down for spring," commented Lizard Thicket owner Casey Johnston. "We're seeing fashion heading into a feminine era this year. Even if you're not a girly girl, you can add touches of the trend with long hair bows or bow earrings." While florals are always a spring staple, roses are having a moment. Find feminine, flirty looks at Lizard Thicket or Coastal Casuals.



## Oversized Blazers

Celebrities like Rihanna and Kate Hudson have been spotted in big, boxy versions of the classic blazer. Oversized blazers add polish when paired with jeans or tailored trousers. They can also be thrown on over a dress for an of-the-moment look. Browse the trend at Versona or LOFT.

## Denim Everything

With wide and straight-leg jeans trending in recent years, expect denim to stick around in different silhouettes. Jump-suits, rompers, dresses and tops will make their way to the racks this season. Lighter wash denim pairs well with spring colors. Forever 21, Dillard's and JCPenney offer a wide selection.

## Silver & Personalized Jewelry

Move over gold. Silver is making a comeback. The cool tone will modernize your spring wardrobe. From simple to statement pieces, find the latest sterling or silver-tone jewelry at Shimmery Seas Jewelry & Gifts. Prefer precious metals like platinum or white gold? Visit Reeds Jewelers, Zales Jewelers or Kay Jewelers to add to your collection.



Initial jewelry made popular by stars like Hailey Bieber is still in demand. The necklaces, charms and bracelets are an easy way to personalize your look. Jewel Time can drape you in drip.

## Peach Fuzz

This pinkish-orange shade, Pantone's Color of the Year, is



everywhere! The pale, delicate color pairs well with earthy browns and even deep reds and plums. But Coastal Casuals owner Laurie Olshefski cautions that the color won't compliment every skin tone. "We're big believers that the colors you wear should complement your skin tone whether they're trending or not. Our stylists can help you pull pieces that work on warm-

toned or cool-toned fashionistas."

With more than fifty fashion and specialty shops, Pier Park is the perfect place to build your spring wardrobe. Get started now by exploring our new Simon Search tool—the fast and easy way to find the products you're shopping for—at [simon.com/mall/pier-park/search](http://simon.com/mall/pier-park/search).



## STEVEN PASTOR ELECTRIC

For all of your electrical needs!

Residential & Commercial


Serving Bay County / Walton County / 30A Areas

www.stevenpastorelectric.com

(850) 691-6554




Florida License #13012921



## PIER PARK SUPPORTS OUR TROOPS

Military members, veterans and their families can enjoy the following benefits:

- Military Discounts
- Dedicated Military Parking
- Special Events Honoring Veterans & Their Families





 Community



# Let's Get Growing with Julie: Growing Azaleas Successfully

By JULIE McCONNELL,  
UF/IFAS EXTENSION

By Julie McConnell

Nothing says spring in the south like blooming azaleas! Their colorful flowers are some

of the first to make their appearance as winter starts to recede. In the right conditions, azaleas are low maintenance but can struggle greatly if used in the wrong place. Let's look at



*Proudly serving Panama City Beach,  
Panama City and the surrounding  
Bay County areas.*

**Residential • Commercial • Construction**

Your locally operated and privately owned service provider

**12310 Panama City Beach Pkwy, Panama City Beach**

**(850) 872-1800**

**wasteprousa.com**

Florida Friendly Landscaping Principle #1, Right Plant, Right Place as it pertains to azaleas!

**Soil**

Azaleas prefer acidic (pH 4.5 – 6.0) well-drained soils. Higher soil pH leads to nutrient deficiencies, notably iron, which causes leaves to turn yellow between the veins. Loamy soil with organic matter mimics natural growing conditions, so if planting in sandy soil incorporate compost into the entire bed before planting. If azaleas are already in your landscape use natural mulches such as pine straw or bark which will add some organic matter as they break down. Be sure to keep mulch away from stems and root systems, azaleas are very sensitive to being planted too deep (or buried in mulch!) so leave that rootzone clear.

To read more about growing azaleas in Florida, visit <https://edis.ifas.ufl.edu/publication/MG019>

**Sunlight**

Azaleas perform best in part sun conditions. They can tolerate limited direct sunlight, but the time of day is a factor. Shelter from mid-day and afternoon sun to avoid foliage burn, stunted growth, and reduce azalea lace bug and other insect infestations. Dappled sunlight or morning sun with afternoon shade is ideal to promote blooms but shield the plant from too much sun. Do not be fooled by plant labels recommending full sun – those tags are added to plants shipped all over the U.S. Sunlight is more intense in Florida!

**Water**

Azaleas are not terribly drought tolerant, but they are also sensitive to overwatering or saturated soils. Water regularly to get established for the first few months then only water when rainfall is scarce; a good rule of thumb is to apply ¾ - 1 inch of water every 10 days in the absence of rain.

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



# 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 on-site 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.

## NEED FAST TESTING AND FAST RESULTS?

# GET IN SYNC!

## SYNC™ Laboratories and SYNC™ Diagnostics

The fastest available testing for bloodwork labs and radiology in the Emerald Coast region.



Avoid unnecessary ER visits - Same-day appointments, friendly caring environment, and same-day results for radiology and most bloodwork testing!



We accept: HSA, FSA Out-of-Network, Medicare, and Medicaid. Our radiology facility accepts most insurance plans.



Make an appointment online at [sync-laboratories.com](http://sync-laboratories.com), [sync-diagnostics.com](http://sync-diagnostics.com) or call us at (904) 474-1722.



Offering the best cash option for high-deductibles or those without health benefits.

**OTHER PROVIDERS? CALL US FOR ANSWERS AND OPTIONS.**



11903 Panama City Beach Pkwy, Panama City Beach, FL 32407





 Community

# A New Way to Visit PCB

By ED OFFLEY

As the 2024 tourist season opens this month, vacationers will find a totally new way to visit Panama City Beach.

In addition to hotels, condominium towers and vacation rental homes, visitors to the Beach can try glamping.

Glamping?

Kristie Scofield beams with pleasure as she utters the word. “Glamping is glamorous camping.”

That is the theme of Panama City Beach KOA Holiday, the area’s newest RV Park and campground. Located at 9010 Panama City Beach Parkway just west of Chip Seal Parkway and the Publix Sports Complex, the campground is a state-of-the-art facility for campers of all types, said Scofield, its general manager.

The Beach campground is the latest in the KOA (for Campgrounds of America) constellation of over 500 privately owned camping facilities nationwide. Campers of all types can use the facility, Scofield said. The 16-acre facility quietly opened on December 29 follow-



ing ten months of construction.

The campground includes 102 RV sites with a maximum vehicle length of 65 feet and 50-amp electrical service; 9 deluxe cabins, and 4 designated tent camping sites.

The cabins include one- and two-bedroom interiors with kitchen, bath and living room.

In addition to the parking spaces that include full utilities, the campground has a full-sized swimming pool, general store and office building. Also available are a children’s playground and a Kamp9@ dog park. The entire campground offers free wi-fi for guests’ use.

Some RV sites include patios and fire pits for outdoor enjoyment.

Scofield said the “Holiday” campground designation signifies that her facility offers full services to RV tourists while serving as lodging while guests explore the city’s Gulf Beachfront, other tourist amenities and restaurants.

Other KOA campgrounds include the “Journey,” which offers basic services, while the upper-end “Resort” category is intended as a destination by itself.

While many tourism sites suffered during the COVID-19 pandemic and the necessary



social distancing, Scofield said camping went through a significant boom. “You could stay by yourself safely and still go outdoors,” she said.

That boom has continued in the three years following the pandemic. According to the Florida-Alabama Association of Campground Operators, 92 million American households identified themselves as campers, and 58 million of them went camping in 2022. Of that total, 6.4 million were camping for the first time.

Scofield said her industry has borrowed the famous motto from “The Field of Dreams”

novel and movie. “Build it, and they will come,” she said.

While only a handful of RV vehicles were parked on the campground on a Thursday in early February, Scofield said she fully expected the park to be sold out by the time the spring tourism season officially opened on March 1.

“I’m waiting for it to fill up,” Scofield said. “We’re open and we’re ready to rock and roll.”

Information on the campground can be found at <https://koa.cm/campgrounds/panama-city-beach/>.



**ATTENTION**

**KEENAN'S KIDS FOUNDATION ANNOUNCES THE CREATION OF KEENAN'S CANINE COMPANIONS THE KKF BOARD HAS APPROVED THE ESTABLISHMENT OF A CANINE COMPANION PROGRAM**

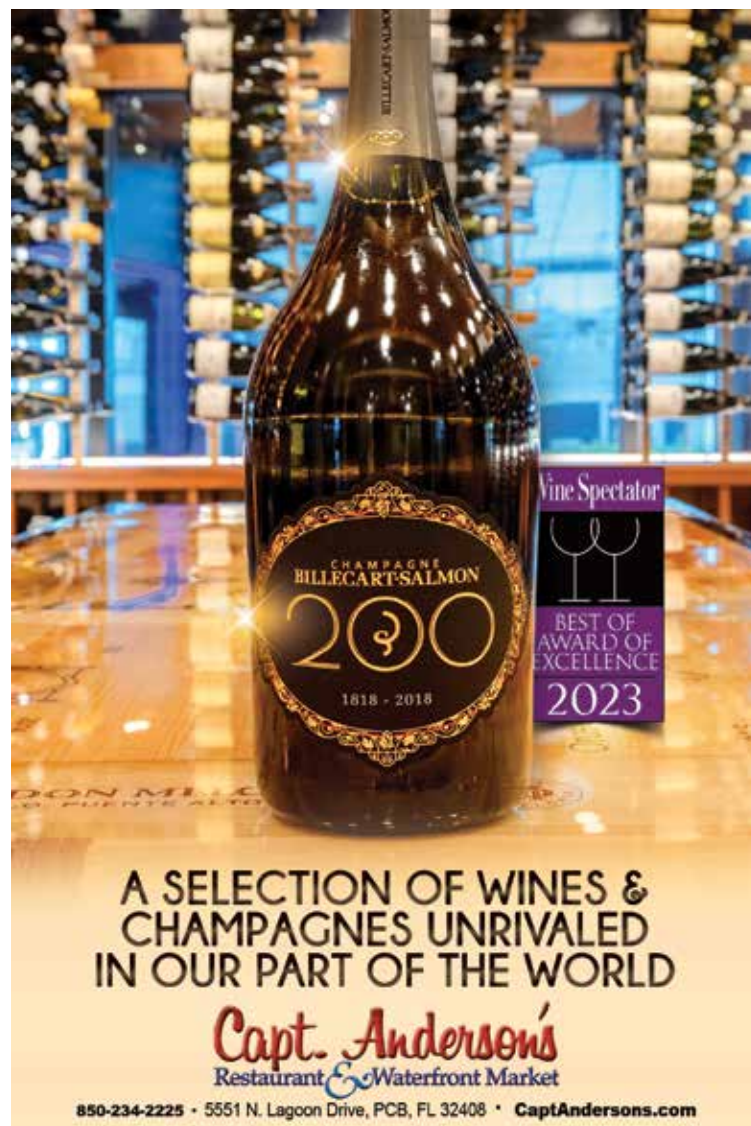
**THE DOGS COME FROM A DISTINGUISHED BREEDER IN WEST TENNESSEE**

**THE PUPS COME TO US TRAINED AS BASIC COMPANION DOGS AND WILL RECEIVE ADVANCED TRAINING FOR 8 WEEKS WHEN THEY ARRIVE AT OUR OFFICES.**

**WE WANT TO START THE PLACEMENT PROCEDURES TO ENSURE ADEQUATE TIME TO PICK THE PROPER PLACEMENT. SO IF YOU ARE INTERESTED, PLEASE COMPLETE THE SURVEY.**

**THERE IS NO COST TO GET PLACED WITH ONE OF THESE COMPANION DOGS.**

**[WWW.KEENANSKIDSFUNDATION.COM/K9](http://WWW.KEENANSKIDSFUNDATION.COM/K9)**



**A SELECTION OF WINES & CHAMPAGNES UNRIVALED IN OUR PART OF THE WORLD**

**Capt. Anderson's**  
Restaurant & Waterfront Market

850-234-2225 • 5551 N. Lagoon Drive, PCB, FL 32408 • [CaptAndersons.com](http://CaptAndersons.com)



# Fourth Annual Hats & Horses A Kentucky Derby-Style Benefit for Club 360

Presented by VBA Design, The Fourth Annual Hats & Horses, a charity benefit for Club 360, takes place on Satur-

day, May 4, 2024, from 3 - 6:30 p.m. at Capt. Anderson's Event Center, 5550 N. Lagoon Drive in Panama City Beach. This

entertaining afternoon event will include everything you'd expect (and hope for!) from the Kentucky Derby: mint juleps and whiskey, hors d'oeuvres and entertainment, a silent auction, games and prizes.

"We're thrilled to bring the excitement of the Kentucky Derby to Panama City Beach," says Club 360 President, Victoria Williams. "This event, always well attended, promises to bring a fun-filled afternoon while also giving back to the community with proceeds benefiting Club 360. "Women Giving Back Full

Circle" is their tagline.

Club 360 was formed in late 2019 as a charitable organization that offers women leaders in the community the opportunity to give back, beginning with educating the youth on career opportunities and ending with providing scholarships.

The Fourth Annual Hats & Horses will be an afternoon of games and races, including the Grand Finale, "Run for the Roses," which will be televised live at the event, and a spirited competition to determine this year's Best Derby Hat and Most Dap-

per Dude. This year, table sponsorships are available, starting at \$1,000. And you don't want to miss this year's special derby souvenir drink glasses, available individually and with some sponsorship packages. Tickets are \$50 per person in advance, available at [ticketleap.events/tickets/club-360/hatsandhorses](http://ticketleap.events/tickets/club-360/hatsandhorses), and \$55 at the door. For more details on Hats & Horses, and for sponsorship opportunities and other ways you can get involved, please contact VBA Design at (850) 769-3357 or [admin@vbadesign.us](mailto:admin@vbadesign.us).



**Looking for the perfect seafood dinner?**

**Your ship just came in.**

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



14854 Bay View Cir, PCB  
(850) 230-0005  
[www.boondocksfl.com](http://www.boondocksfl.com)

## GCSC Hosting Community Services Awareness Day

Gulf Coast State College's Counseling Center is hosting a Community Services Awareness Day on Wednesday, March 6, from 10 a.m. - 1p.m. in the Student Union East, Commodore Café.

Over 30 local organizations will be gathered in the lower level of the Commodore Café, providing information and resources for physical and mental health, safety, personal needs, and more. Information on volunteer opportunities will be available as well. This event is free to attend and open to the community.

For more information, please contact Leigh Bailey at (850) 769-1551 ext. 4861 or [lbailey@gulfcoast.edu](mailto:lbailey@gulfcoast.edu).



**FOR LOVE OF FOOD, LOVE OF COUNTRY.**

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

**473 Richard Jackson Blvd, PCB  
(850) 238-8340 • [americancharlie.com](http://americancharlie.com)**



Music & Arts

# Featured Seaside Prize Artist Kenn Kotara Charts New Cartographies

Hosted by the town of Seaside, Florida, the non-profit Escape to Create (E2C) has been bringing creative talent from around the globe to enjoy month-long artist residencies since 1993. For this season, their 31st, the residency featured the work of contemporary abstract artist Kenn Kotara as part of Seaside Prize weekend events.

Currently based in Asheville, North Carolina, Kotara's practice has evolved along a multi-disciplinary path. Following undergraduate studies in architecture at Louisiana Tech, Kotara traveled the world before returning to earn a BFA in Graphic Design and an MFA in Studio Art. His artistic output over more than three decades exhibits a vigorous curiosity about space and form, innovative architecture and structural design, and an evolving multi-dimensional application of core geometric and organic forms. Much of his artwork, widely exhibited and held in

corporate collections across the U.S., is rooted in the fertile Southern environment of his native Louisiana with its rivers, marshlands, and lush vegetation. Kotara's architectural background and southern roots permeate the abstract paintings of his recent series, *barbe espagnole* (Spanish moss) with works on canvas, paper, and suspended screens.

Recently retired from full-time teaching at the college level in Asheville, Kotara, a 2008 E2C Fellow, returned to Seaside in February to advance a new body of work, "you Are here Are you" based on his lifelong fascination with traditional cartography. With this work, Kotara metaphorically investigates the connection between cities and living organisms as dynamic and interconnected systems. Pencil, pen, and acrylic paint overlay informative details, while the addition and subtraction of material layers not only obscures recognizable features



ORL, FL. 2024, acrylic, pencil & pen on printed paper map, 8.25 x 6.75



RCH, VA. 2023, acrylic pencil and pen on printed paper map 9.5 x 8

geographical purposes, has expanded to describe various systems beyond physical geography, including brain functions, politics, climate, and more. This exploration invites viewers to contemplate the intricate relationships of mapping between distinct elements within a system and how they collectively function.

Escape to Create (E2C) is a volunteer-managed non-profit organization that represents the unique character of a community deeply invested in the arts. Residencies are made possible through the generosity of Seaside homeowners, merchants, and donors. Contributions directly support artist residencies, educational outreach, and cultural programs.



**Remember the good old days when cars were actually fixed at a fair price?**



**Welcome Home.**

Engine Diagnostics • Tire Service • Brakes & Suspension  
Front End Alignment • AC Service R134A & Y1234  
Small Truck & Auto • Foreign & Domestic

**The Best Garage in Town.**

17325 PCB Pkwy. (Back Beach Rd.)  
1-850-249-1981



but also reveals biomorphic forms connoting anatomical, biological, and cosmological elements. Continuing a practice into how space is interpreted and manipulated, paper maps from cities in each U.S. state are transformed into topographical surfaces that visually convey the complexity of infrastructure, urban planning, and geographic features.

"We are all from somewhere or someplace. How we perceive and define these places, connotes an interconnectedness of variable forces that make up human settlements," explains Kotara.

Delving into the legacy of cartography and the visual organization of space, "you Are here Are You" highlights how mapping, originally used for

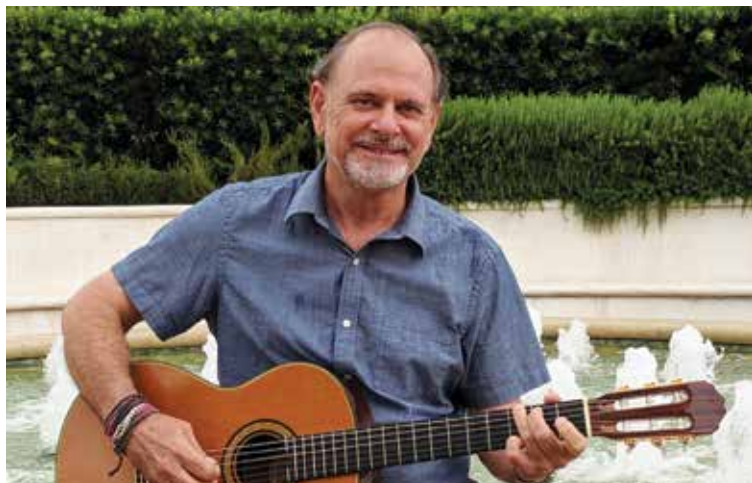
**ACHING BACK?**  
**BOOK A FREE STRETCH**  
 Call us! 850-588-0899

PROUD TO BE APPROVED PROVIDER BOARD APPROVED

**STRETCH ZONE®**  
 Located in Pier Park North next to The Fresh Market



# Studio 237: Meet the Teachers



## Scott Gilmore

Scott Gilmore is a talented performing guitarist. Scott has 25 years of experience and enjoys playing a variety of genres including classical, jazz and worship music. He teaches guitar, ukulele, beginner piano, and songwriting.

Scott's musical journey has been shaped by his studies with fine musicians and teachers over the years. Starting in the mid-1990s, he studied with Jimmy Chandler (Classical Guitar Professor at Northwest Florida State College) continuously for 25 years. This enabled Scott to develop his own teaching style using his skills in sight reading, live performance and songwriting.

Scott has been teaching at Studio 237 Music Lessons for over eight years. His goal is to patiently educate, encourage, equip, and inspire musicians of all ages and abilities to find, develop, and ultimately fulfill their musical vision.

To find out more about Lessons with Scott, call Ray Cyr at Studio 237 Music Lessons (850) 231-3199 and visit our website for more info at [Studio237Music.com/scott-gilmore](http://Studio237Music.com/scott-gilmore)

## Gregg Shapiro

Gregg Shapiro began studying piano while in second grade, the start of his lifetime love of music. Gregg performed in middle school talent shows singing and playing the keyboard. In

high school, playing bass guitar became his true passion.

As a seasoned performer, Gregg's many years of studying with various teachers on a variety of instruments shaped him to become a well-rounded, patient teacher with a big smile. You'll find that he loves teaching and developing the gift of music in people of all ages. Gregg has become an integral musician in our music community and



is now a teacher here at Studio 237 Music Lessons.

We have seen Gregg play locally at a variety of venues and church events with different bands/groups. He is a confident bass player with a natural smooth, creative, and happy style. He truly enjoys performing. We are excited to have Gregg Shapiro as a bass guitar teacher, and also as a beginner guitar or piano teacher.

Call Ray Cyr at Studio 237



Music Lessons (850) 231-3199 and see more information about Gregg's career at [studio237music.com/gregg-shapiro-1](http://studio237music.com/gregg-shapiro-1)

## Don Dirkin Jr.

Don Dirkin Jr loves playing lead guitar. He found his pas-

sion 20 years ago after taking lessons starting at 12. His father helped him remain dedicated to learning by introducing him to various styles of music. At the age of 13, Don began playing in local blues jams in the DC area. He gained experience from lo-

cal bands and some national blues legends. He increased his ability to play solo and lead guitar playing the blues, rock and roll, funk, R&B, country, and fusion.

Since moving to Santa Rosa Beach, Don has been the lead guitar player in various local bands and is known for his unique voice and guitar ability. At Berklee College of Music, he is in his fourth semester of earning his bachelor's degree online in guitar performance. He has a passion for imparting his knowledge and ability to all his students.

To find out more about Lead Guitar lessons with Don call Ray Cyr at Studio 237 Music Lessons (850) 231-3199 and visit and read more info at [Studio237Music.com/don-dirkin](http://Studio237Music.com/don-dirkin).

## Paintings By Ryan Hubbard And Christence Taylor At The Bay County Public Library

Did you know you can visit art exhibits while you pick up your latest stack of books at the Bay County Public Library? The featured artists on exhibit through February and March 2024 are Ryan Hubbard and Christence Taylor. The artwork is on view during open library hours: Monday – Wednesday (9 a.m. – 7 p.m.), Thursday – Saturday (9 a.m. – 5 p.m.).

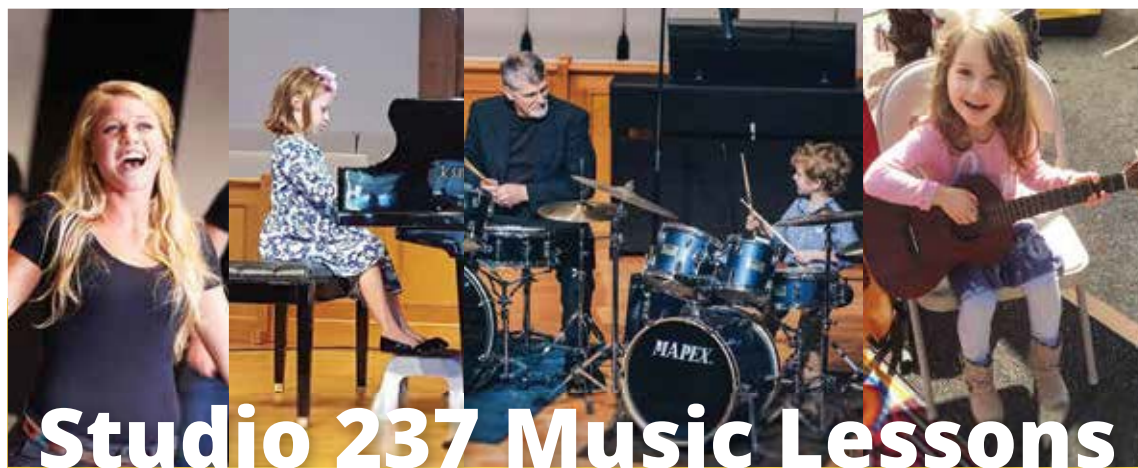
Ryan Hubbard's Wisdom of Precarity exhibit includes 9

oil paintings and is on display in the Adult Services Gallery Space. He paints realistic figures with a limited palette. The overarching theme of his work is risk and precarity - the sublime moment before falling. Through art, we can accept the insecurity of impermanence.

Paintings by Christence Taylor are on display in the Youth Services Gallery Space. Three new paintings are on exhibit inspired by her paint-

ing at the Destination Panama City building. They play with line, shape, and color theory. Life and Lemons you may recognize from her mural downtown on the side of Ocean Oriental Market.

The Bay County Public Library is located at 898 W. 11th Street, Panama City. For more information about the art exhibits and library programming, call 850-522-2100 or visit [www.nwrls.com](http://www.nwrls.com).



## Studio 237 Music Lessons

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

**Call today for your appointment (850) 231-3199  
237 Dawson Road, Santa Rosa Beach**

**Visit [www.Studio237Music.com](http://www.Studio237Music.com)**



 Music & Arts

# Emerald Coast Theatre Company Presents Comedy at the Boulevard!

Emerald Coast Theatre Company (ECTC) and Panama City Comedy are proud to present Comedy at the Boulevard, Saturday, March 9 at 7:30 p.m. Come for an uproarious night of laughs! ECTC presents some of the Southeast's most hilarious comedians! This hysterical event will be hosted by resident funny guy Jason Hedden and features Lace Larrabee and Cyrus Steele.

Lace Larrabee, Co-headliner, is a nationally touring comedian, actress and host whose debut comedy album, *White Trash Cinderella*, produced by 800 Pound Gorilla Records, sealed the number one spot on the comedy charts. The accompanying YouTube special amassed over 1 million views and counting.

A former southern beauty queen, Lace ditched the pageants, but kept her dominant stage presence, unrivaled timing and trademark sass. As a season 17 semifinalist on *America's Got Talent*, America loved her charming wit so much, NBC brought her back to roast Simon Cowell alongside Roastmaster General himself, Jeff Ross. Lace turned her appearance on AGT into a Vegas residency as host



of *America's Got Talent Superstars Live*.

For over a decade, Lace has been honing her self-deprecating humor and hilarious personal anecdotes into a style that is fiercely her own. Lace can captivate a room and garner laughs as big as her personality. From tales of growing up in a trailer to relatable observations on friends, family, and aging, Lace turns life's humiliating moments into an indomitable act of comedy. Lace's candor, perspicacity, and refreshingly real takes on life make comedians want to be her; audiences want to be best friends with her. Offstage, Lace and fellow comedian Katherine Blanford (*The Tonight Show*) co-host a juicy podcast called *Cheaties* that delights in the raw

messiness of love, life, and mistakes we all make. Each week, this snarky duo interviews guests who divulge their own stories of cheating or being cheated on and how they overcome.

Lace is a regular favorite on Sirius XM and has two upcoming specials dropping in 2024 through OFTV and Rhizome Comedy. Lace's charisma radiates and her writing and delivery are undeniable. Lace has found her voice and is passionate about empowering others to find and use theirs too.

As a dynamic performer, Co-headliner and comedian Cyrus Steele is quickly establishing himself to be a comedic force through his wit and hilarious celebrity impersonations. He covers everyone from Barack Obama to impressions of Kevin Hart and Donald Trump! Steele appeals to all audiences young and old, with clean comedy and mining humor from his Southern roots, growing up in Savannah, Ga. He has performed at many of the nation's best comedy venues, including the famous Apollo Theater. In 2017, he was a top 5 finalist for HBO's American Black Film Festival and most recently a finalist for Jeanne Robertson's *Comedy with Class*. In 2019, he was a finalist for Steve Harvey's 2019 'Standup Spotlight'. And more recently made an appearance on FOX's 'TMZ' and won their 'Wacky Talent Competition'. In November 2021, he dropped his first DryBar comedy special!

Local Jason Hedden is an actor and director that took to stand-up comedy when his wife stopped laughing at his jokes at

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

Comedy at the Boulevard will be staged on the Cabaret Stage in ECTC's main space located on the second floor of 560 Grand Boulevard in Grand Boulevard Town Center in Miramar Beach. Tickets range from \$27 - \$40. There is an additional processing fee for ticket purchases. Purchase tickets online at [www.emeraldcoasttheatre.org](http://www.emeraldcoasttheatre.org).

VISIT  
**MYPCLIFE.COM**  
TO READ OUR LATEST ISSUE



# PCB Flavor

THE BEST OF LOCAL DINING

## IN THIS ISSUE

ISO: PCB's Best Frozen Drink

Recipe

## ISO: PCB's Best Frozen Drink

By JACK SMITH

The daiquiri's origin goes back to an actual cocktail recipe card signed by a "Jennings Cox" in 1896. This original recipe underwent an important transformation in the 1920s and 1930s when, with shaved ice and an electric blender, Constantino "Constante" Ribalagua Vert,

bartender and owner of a little bar called Floridita in Havana, Cuba, perfected the drink. The frozen daiquiri was born. Ernest Hemingway happened into the bar soon after and sampled the frozen creation, then requested it without sugar and with double the rum due to his diabetes. The cocktail became conducive to

epic drinking sessions and Hemingway became a regular. In one account, Hemingway put away 15 frozen daiquiris in one sitting. The "Hemingway Special" has a permanent spot on the menu.

**Frozen Mason Jar Daiquiris:** While researching this month's "Best Frozen Drink" section, I came across an article

from *The Yummy Life* that showed a recipe, an easy one, for flavored frozen daiquiris. Each daiquiri contains frozen fruit (I guess you can say that's the healthy part), and they taste great. The best part is that you can mix several ahead of time and pour them into 16 oz. mason jars (now available at Michaels in Pier Park)

and freeze them until needed. Here's a helpful hint: leave some room at the top of the jar as they expand while they freeze! The alcohol keeps them from freezing completely, so just remove them from the freezer about 10 minutes before serving.

## OUR BACKFIRE SHRIMP IS BETTER THAN "FAMOUS"



10025 HUTCHISON BLVD, PCB, FL – THEWICKEDWHEEL.COM





## San Marcos Mexican Grill Pier Park

101 Bluefish Drive, Suite 105, PCB | (850) 708-3097  
[www.sanmarcosmexicangrillpierpark.com](http://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.

## American Charlie

473 Richard Jackson Blvd., PCB | (850) 238-8340  
[americancharlie.com](http://americancharlie.com)

Bacardi silver, house made simple syrup and a muddle of fresh blackberry, lime and mint, make this refreshing American Charlie favorite burst with flavor. Come by and see the bartender...they'd love to make one of these for you...or check out one of our other specialty signature cocktails!



## The Deckhand Social

3901 Thomas Dr., PCB | (850) 238-8575  
[thedeckhandsocial.com](http://thedeckhandsocial.com)

Chill out with one of our delicious frozen daiquiries. We've got your favorite flavors including strawberry, pina colada, orange dreamsicle, blue raspberry, bushwacker or a virgin strawberry daiquiri.

## Schooners

5121 Gulf Drive, PCB | (850) 235-3555  
[schooners.com](http://schooners.com)

The Last Local Beach Club is perched right on the beach and it can get HOT! Quench your thirst with a frozen Pina Colada, Margarita, Bushwacker, Rum Runner or Daiquiri. For something more exotic try a frozen Key Lime Pie or Banana Baileys Colada... take the souvenir mug to go! Great food and refreshing cold drinks... Schooners serves it all with an amazing view of the Gulf!



## Boon Docks

14854 Bay View Circle, PCB | (850) 230-0005  
[boondocksfl.com](http://boondocksfl.com)

Boon Docks now features a fully stocked bar with specialty drinks, wine and cocktails. Located under the mighty oaks on the Intracoastal Waterway just 5 minutes from the beaches in West Bay, Boon Docks offers you a delicious array of local and regional seafood using a blend of spices that gives it a taste like no other! Thank you to all of our wonderful customers for 22 years. We look forward to many more!





## Capt. Anderson's Restaurant

5551 N Lagoon Drive, PCB | (850) 234-2225

[captandersons.com](http://captandersons.com)

Capt. Anderson's has an extensive and award winning wine cellar, but if you're looking to "cool down", try a frozen Strawberry Daiquiri, Pina Colada or Margarita with your Oven Broiled Stuffed Filet of Grouper! For something tropical and luscious, try a frozen Kahlua Colada... in a FREE souvenir glass you can take home with you!

## Pineapple Willy's Restaurant

9875 S Thomas Drive, PCB | (850) 235-0928

[pwillys.com](http://pwillys.com)

Pineapple Willy's has been serving up the best frozen daiquiris in Panama City Beach since the 80s. Made with their proprietary "Chilly Willy's Daiquiri Co." mix, these daiquiris are packed with flavor and available in three different sizes. Drink one on their historic pier while you dine, or grab one to-go!



## Teddy's Spaghetti and Pizza

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

[teddyspcb.com](http://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.

## Rudy's Country Store and Bar-B-Q

14501 Panama City Beach Pkwy, PCB | (850) 588-1996

[rudysbbq.com](http://rudysbbq.com)

Known for its two popular bbq sauce varieties, folksy decor and a devotion to smoked proteins, Rudy's was born out of a small Leon Springs, Texas gas station just north of San Antonio along I-10. It's the one with "the worst bar-B-Q in Texas" in big block letters on the sign outside. The original location has a special charm, as well as every location that came after.



# Upcoming Events

### 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.pcbsscottishfestival.com](http://www.pcbsscottishfestival.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

# Indian Stew with Yukon Gold Potatoes, Vidalia Onion and Spring Vegetables

Potatoes USA is the nation's potato marketing organization. They provide inspiration, information, tools and education to potato lovers all over the world. I'm honored to have been selected as a representative and to come up with a spicy spring recipe using my favorite potato, the Yukon gold. Not only are potatoes low in calories and in fat, they are packed with vitamin c and an abundance of potassium.

Spice is the variety of life, and there is a plethora of spices that can be used to create incredibly delicious potato dishes.

This flavorful stew recipe is filled with an array of spices that marry together to create the most aromatic and satisfying vegetarian dish. Served over a bed of Jasmine rice, it is both fragrant and delectable. Some of the spices used include turmeric, ginger, bay leaves and cinnamon.

## Indian Stew with Yukon Gold Potatoes, Vidalia Onion and Spring Vegetables

Prep Time: 15 minutes  
Cook Time: 30 minutes  
Ready Time: 30 minutes  
Potato Type: Yukon Gold  
Serves: 4  
Prep Method: Stovetop  
Course: Main Dish

### Ingredients

Amount/ Ingredient

2 tablespoons olive oil or clarified butter  
1/2 yellow onion (Vidalia) thinly sliced  
2 tablespoons peeled fresh ginger finely chopped  
4 garlic cloves, thinly sliced  
2 bay leaves  
2 serrano chiles, finely chopped  
1 tablespoon ground turmeric  
1 teaspoon ground curry powder  
Coarsely ground black pepper to taste  
Salt to taste



3 small Yukon Gold potatoes, peeled and cut into 1-inch cubes  
2 medium carrots, cut into 1/2-inch pieces  
1/2 pound French style green beans, cut into 1/2-inch pieces

1/2 cup vegetable stock  
1 cup unsweetened coconut milk

### Preparation

In a large heavy bottom saucepan, heat the olive oil or butter

Add the ginger, garlic, curry leaves, chopped chilies, turmeric, one teaspoon of black pepper and the onions.

Season with salt and cook over moderate heat, stirring occasionally, until the onions are softened, about 6 minutes.

Add the potato cubes, diced carrots, green beans, and vegetable stock, and bring to a boil.

Add the coconut milk and simmer, partially covered, until the vegetables are tender and the coconut milk is slightly reduced, about 30 minutes.

Season with salt and black pepper.

Discard the bay leaves and serve over Jasmine rice

### Notes

Chopped fresh cilantro will add additional flavor when sprinkled on top of the stew. If seeking more vegetables, 1/2 cup of frozen or fresh peas is a nice touch. To thicken the stew add equal parts flour and coconut milk in a separate sauce pot and add to the mixture one tablespoon at a time. Serve with baked chicken for added protein if not wanting a vegetarian meal.

Connect with the US Potato Board on Facebook, Pinterest, and Instagram. Follow along using the hashtags #beholdpotatoes and #Icantbelieveitspotatoes.



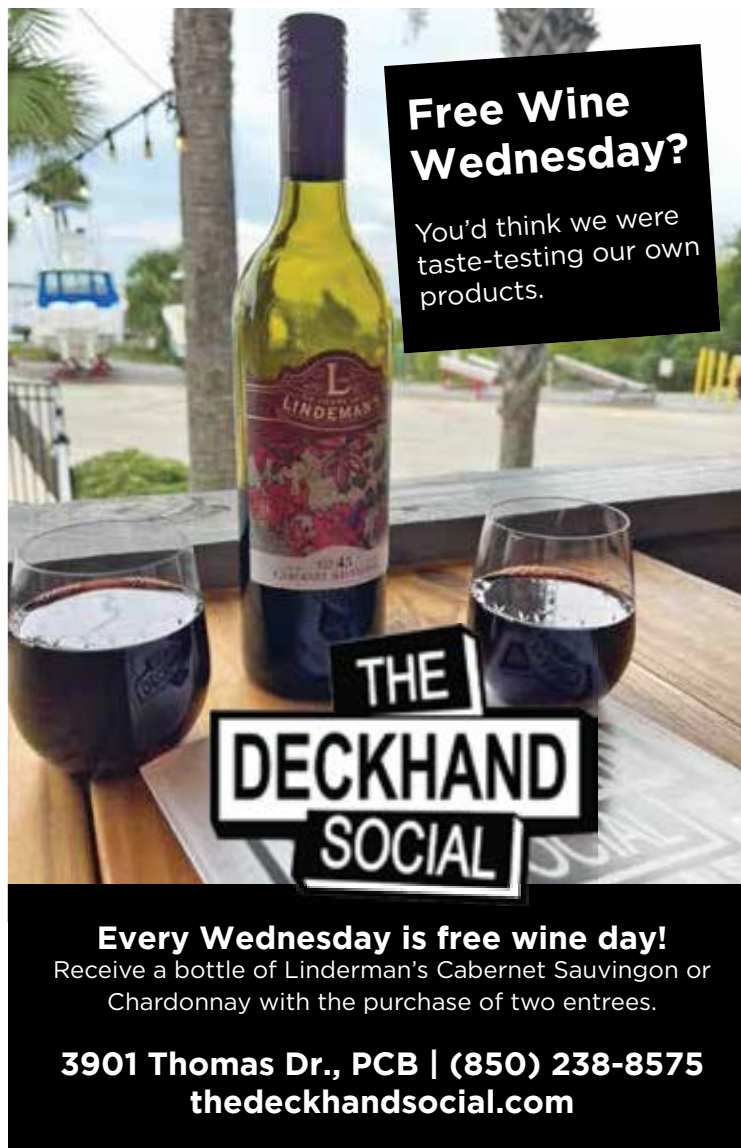
**Enjoy Fine Italian Food**

**Without needing your passport**

**SPECIALIZING IN PASTA AND PIZZA**  
*Fresh ingredients coupled with decades of tradition.*

**TEDDY'S SPAGHETTI AND PIZZA**

7010 Thomas Drive, PCB | 850-234-5000  
TeddysPCB.com



**Free Wine Wednesday?**

You'd think we were taste-testing our own products.

**THE DECKHAND SOCIAL**

**Every Wednesday is free wine day!**  
Receive a bottle of Linderman's Cabernet Sauvignon or Chardonnay with the purchase of two entrees.

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



# Empowering Bay County Students With Real-World Skills



BY MARK MCQUEEN,  
SUPERINTENDENT, BAY  
DISTRICT SCHOOLS

As we continue to shape the future of education in Panama City Beach, our focus on Career and Technical Education (CTE) programs remains at the forefront. Nelson Mandela once said, "Education is the most powerful weapon you can use to change the world." At Bay District Schools, we are committed to empowering students with practical, real-world skills that extend beyond the classroom.

In honor of February being National CTE Month, I'd like to update you about our beach students' incredible access to state-of-the-art hands-on learning opportunities.

I am proud to highlight the exceptional CTE programs at Breakfast Point Academy and Surfside Middle Schools. These programs serve as foundational pillars, preparing students for the incredible opportunities available at J.R. Arnold High School. Arnold's Construction Academy equips students with valuable skills, including heavy equipment operation, while the drone program enables students to pursue FAA certifications, opening doors to real-world job opportunities.

Our beach elementary schools are also at the forefront of STEM-focused CTE programs, offering hands-on learning experiences such as coding, programming robots, and solving complex problems. These initiatives ensure that even our youngest learners are engaged in meaningful education that cultivates critical thinking, problem-solving, and innovation.

Our commitment to CTE extends beyond K-12, providing seamless transitions for our graduates. Tom P. Haney Tech-



Students out in the field learning heavy equipment operation

nical College, Gulf Coast State College, and Florida State University-Panama City Campus offer continued education opportunities, allowing students to specialize in their chosen CTE pathways and further explore their passions.

Whether it's February or any time during the school year, we encourage parents and guardians to explore the diverse CTE courses and certification pathways available at their child's

school. Our school counselors are ready to provide information and guidance on how CTE can positively impact your child's educational journey and future career prospects.

Thank you for joining me in celebration of the achievements of our CTE students, and the exceptional CTE teachers shaping their success. Together, we empower futures through education.

**EASTER WEEKEND**  
**HOP ON OVER**  
March 29-31

**Easter at Schooners!**  
Treat yourself to a delicious breakfast and the Little Locals Easter Egg Hunt on Saturday! Live Entertainment 2-5pm Saturday and Sunday!

**ALL THE INFO AT SCHOONERS.COM**

**SCHOONERS**  
LAST LOCAL BEACH CLUB.  
850-235-3555 • 5121 Thomas Drive • schooners.com

**SAN MARCOS**  
MEXICAN GRILL  
PIER PARK

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





Education

# Patronis Elementary Celebrates Trifecta in 2024

By BROOKE LOYED, PRINCIPAL  
 They say lightning never strikes the same place twice but at Patronis Elementary we've had it strike three times this year so to speak. Patronis has three employees in the Top 5 of all categories in our Bay District Excellence in Education Recognition. Not only that, but two are overall winners in two of the categories—these shining stars will go on to represent all of Bay County at the State Level this spring and summer.

First, Erica Jones is our Patronis Rookie Teacher of the Year. Erica began as a paraprofessional in our ESE classroom where she worked with students

in one-on-one situations and with the whole class. She has such a heart for education and decided that she wanted to be a teacher here also. Bonus – she brought her own children here to attend school with Dolly being a few years out from Kindergarten. She is no stranger to her students' outside activities either—whether it be Special Athletes Field Day, Buddy Walks, or cheering on her current students at events. These wonderful students that she advocated for have gone on to high school and are flourishing. She currently teaches second grade for Patronis and is an irreplaceable part of her team. She has

taught for three years and has been our Rookie Teacher of the Year for two years due to her enthusiasm and spirit.

Patronis and Bay District is represented by Theresa Ashley this year at the state level for Support Employee of the Year. She does so many considerate things without wanting any recognition. Her own children attended Patronis Elementary so she started out as a supportive Momma. She was a para in our PE department for four years where she quickly became known as Coach Ashley. During this time, she was responsible for adapting games for students with physical challenges. As an



instructional paraprofessional for our school, she works with small groups daily to increase their math fluency and fact knowledge. Our A+ status and learning gains are due in no small part to what she helps students with every day. She knows each student by first name and by need.

Kenny Kirkland is our Patronis and Bay District Teacher of the Year. Merriam-Webster defines the word "icon" as a person or thing widely admired, especially for having great influence or significance in a particular sphere. Mr. Kirkland is an elementary school music teacher icon. As our chorus director, Mr. Kirkland has led 40-plus students each year for the last 29 years to award-winning performances. In a day and age when many schools choose to sadly let music go, Mr. Kirkland has only worked to strengthen our program at Patronis. His in-class music lessons include all types of instruments — drums, boom-whackers, keyboards, xylophones and recorders. What a shining example of public education done right. Over 650 students per year for the last 29 years have had professional music lessons. That is close to 20,000 students!

These three employees are representing Patronis Elementary as a trifecta of what we value at Patronis — Tradition. Community. Excellence.

**The Genuine. The Original.**



**OVERHEAD DOOR COMPANY OF NORTHWEST FLORIDA™**

**\$100 OFF a new WI-FI DOOR OPERATOR and FREE DECORATIVE DOOR HARDWARE**

with each door purchase. (No other discounts apply.) Financing as low as \$79/mo. w.a.c.

**Don't wait until an emergency - we offer savings with an Annual Service Plan - includes complete diagnostic of door systems!**

Discounts for Sr. Citizens, Veterans, Active Duty and First Responders.

**(850) 271-3617 • [destinoverheaddoor.com](http://destinoverheaddoor.com)**

*Residential and Commercial*



## KITCHEN RENOVATIONS

Create a new look with new cabinet doors and drawer fronts. Soft close hardware. Many styles and colors to choose from. Save big \$ over the cost of new,



**Barrow Services LLC | Call Dave at (850) 596-3943**  
 Licensed & Insured. Serving Bay County for Over 20 Years.

**VISIT MYPCBLIFE.COM**



# They Never Left? Do Not Let Them Re-establish Themselves at Your Residence This Summer!

BY CINDY MULLA

Finally, springtime has arrived in Northwest Florida. Days are becoming brighter and longer. Temperatures are beginning to rise, contributing to the spike in outdoor activity for both Mother Nature's creatures and for us too.

But what never left and wants to re-establish themselves at your residents before summertime arrives? Curious? Read on. Here is a hint. They are very annoying and can ruin any outdoor fun. One might stealthily arrive on the outdoor scene and before you know the area is swarming with these winged pests. These creatures are here year-round. Often people think that they die off with the fridged winter temperature. But this is not true. Their development just slows down as they diapause in their current life cycle stage until the weather temperatures rise and they can fully develop into the adult... Mosquito! An example would be the adult Southern House

Mosquito. They will seek refuge inside structures warmer than the outdoors. Remember it is the female mosquito that bites because she needs a blood meal to produce 250-300 eggs at a time. Certain mosquito species' eggs can even last up to a year! The mosquito life cycle has four parts: egg, larva, pupa, and adult. The first three life cycle stages require an aquatic environment. Also, temperature is a key factor for mosquito development. Higher temperatures speed up the stages of development and will amplify mosquito population numbers within a week's time. With optimal environmental conditions and temperature, the mosquito egg will develop into an adult in one week.

How to prevent the establishment of mosquitos at your place of residence?

**Do not wait.** Now is the time to become proactive! Weekly, search for any potential objects or areas that can contain, or hold, standing water. Below is

a list of common potential outdoor manufactured mosquito breeding sites:

- Bird baths (Flush weekly.)
- Pool covers or tarps (Keep water free or flush with clean water weekly.)
- Rain gutters (Unclog & keep water flowing.)
- Small boats, canoes/kayaks (Store flipped upside-down.)
- Outdoor trash cans (Keep covered or have drainage holes in the bottom.)
- Children's toys (Dump trucks, sand buckets, wading pools, sand shovels and the list goes on.)
- Coolers, ice chests (Drain and always keep the lid closed.)
- Watering cans, flowerpot saucers & trays (Remove excess water.)
- Wheelbarrow & tires (Store under cover.)
- Swimming Pools/Spa Tubs (Always keep chemicals balanced.)
- Any shape or size of containers (Store upside-down or

under cover.)

- Check and fill in areas on your property that hold water.

### Remember: "Drain or the mosquitoes will remain!"

Remember to always fight the bite and to prevent yourself from receiving a mosquito bite and the possibility of contracting a mosquito-borne disease. Be responsible every time you go outdoors to work or participate in your favorite activities and wear a registered insect repellent approved by the Environmental Protection Agency (EPA). Repellents do work and are safe to use when following the label instructions.

### Remember: Repellent = Responsibility

Most important if you are following all these suggestions and you are still having mosquito problems; do not hesitate to contact your local government mosquito control agency. Your tax dollars fund this important pub-

lic health governmental entity.

If you live in the Panama City Beach area, from the Hathaway Bridge west to the South Walton County Line and south of the intercoastal waterway to the beaches, contact Beach Mosquito Control District (BMCD) at (850) 233-5030 or find us online at [www.pcbeachmosquito.org](http://www.pcbeachmosquito.org).

Beach Mosquito Control District was founded on the premise of public health, and safety, and offers innovative technology through Integrated Mosquito Management (IMM). We strive to educate and work with the Panama City Beach Community to prevent the spread of potential mosquito-borne disease while promoting a healthier future.

### Remember: Contact Us

Beach Mosquito Control District cannot resolve your mosquito problems unless you contact us. Call (850) 233-5030 or visit [www.pcbeachmosquito.org](http://www.pcbeachmosquito.org).

**Mosquito Prevention List**  
 Keep water flowing or get rid of it!  
 Bird Bath or Fountain  
 Boats, Canoes & Kayaks  
 Coolers/Ice Chests  
 Children's Toys & Wading Pools  
 Outdoor sinks  
 Rain Gutters  
 Trash Cans & Empty Paint Cans  
 Watering Cans, Flowerpot Saucers  
 Keep Chemicals Balanced: Pools & Spas  
 Mosquitoes still there? Contact  
 Beach Mosquito Control District

**Check It Out!**  
**Dump It Out!**  
**Check It Off!**

Place your service request today!  
 850-233-5030  
[www.pcbeachmosquito.org](http://www.pcbeachmosquito.org)  
 Remember... Tax dollars fund this service.



 Wellness


BY JAMIE C. WILLIAMSON, PhD  
Being lucky in love is more about action than chance.

## How to Be Lucky in Love

Whether you are searching for your first love, building the courage to start a new relationship, or trying to get that “lucky in love” feeling back with your current partner, keep these two important actions in mind.

### Be Deliberate in Your Search (or “re-search”)

First, you must take focused action to meet the person who will make you feel lucky to know and be known by them. And that means looking for love in

the right places. Despite the popularity of the phrase “meet cute,” most romantic relationships don’t start from unpredictable happenstance. Instead, they result from Propinquity.

It’s just so fun to say aloud. Try it: pro • pin • qui • ty.

Propinquity refers to being physically or psychologically close to someone. The Law of Propinquity explains that the greater the proximity (closeness) between people, the more

often they interact with one another, the more likely they are to become friends or lovers. You meet. You get to know each other. You like each other. You trust each other. Relationships develop because you have on-going opportunities to interact.

Your best friends are likely your old school chums, roommates, current neighbors, work colleagues, committee members, or people you see often for other reasons. And propinquity probably explains how you met (or will meet) your life partner, too.

Propinquity, not luck, pollinates your close relationships. So, if you want to attract a partner who will make you feel “lucky in love”, decide what type of person you need, and then go where those types of people are likely to be.

And, most importantly, DO NOT keep going to the same places expecting to meet different kinds of people. They won’t be there.

If you and your current partner love each other but want to regain that invigorating “lucky in love” feeling, then you can deliberately “re-search” for each other again, but this time in your own home. Now that’s propinquity, for sure.

And the same Law of Propinquity applies. But you will need to purposefully invest in meaningful conversations, share activities you enjoy, go on date nights, and actively show your appreciation for each other. The more you turn toward each other, the deeper your trust and intimacy will be, and the more you both will feel lucky to know and be known by each other. Soon you’ll start feeling “lucky in love” again.

### Make Your Own Luck

Most of us want to appear “lucky in love” and to a lesser extent, have our friends and family see us that way, as well.

Ironically, luck is uncontrollable and unpredictable, and not at all what truly makes a long-lasting, satisfying love relationship. The truth is that being “lucky in love” is only an illusion created by couples who master relationship work.

Couples truly “lucky in love” accept and are grateful for the good fortune that they experience. However, they also have

learned that sustaining relationship luck is a DIY project. That is, when it comes to relationship luck, you make your own.

Initially, the “lucky in love” feeling creates a positive illusion that causes partners to overlook their differences and ignore each other’s flaws. Then, the newness wears off. The longer the relationship lasts, the more partners learn about each other, and reality begins to erode the positive illusion.

Inevitably, the partners start focusing on their differences and each other’s weaknesses. So, of course, the predictable conflict ensues.

As this happens, the couples most successful at remaining “lucky in love” work hard at accenting their partner’s positive attributes. They purposefully infuse their home and relationship with positive sentiments and an attitude of gratitude.

Partners who mutually express gratitude to each other strengthen their relationship, enhance the levels of perceived intimacy and mutual care, reinforce their sense of belonging, and bolster their levels of marital satisfaction. That is, they make themselves feel “lucky in love”.

And that “lucky in love” feeling bolsters them against the unfortunate mistakes they both will inevitably make and helps them manage life’s stressors in a way that brings them closer together, rather than farther apart.

If you want to build a “lucky in love” relationship with a new partner, follow these basics and start making your own luck. If you’re in a long-term relationship and want to get that “lucky in love” feeling back, talk to your partner about how you might start to turn your luck around.

And, 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 counseling for couples and co-parents. Dr. Jamie speaks frequently on relationship topics and authors the blog “Work it Out”. You can find her online at amitymediation-workshop.com.*



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

Senior Helpers of Panama City provides personalized in-home care for seniors as an alternative to assisted living facilities or nursing homes. We provide non-medical help with the activities of daily living, tasks including meal preparation, light house-keeping, errands and companionship.

### Our initial in-home care assessment...

The first step in the process is a complimentary, initial in-home care assessment with a Senior Helpers consultant. This assessment can help you understand the true needs of your loved one, and your options. Together we can discuss their needs, our senior care services and determine what’s best for your entire family.



Care and comfort at a moment's notice.

850-270-4064 • 1038 Jenks Ave., Panama City

seniorhelpers.com/fl/panama-city

FLORIDA LICENSE #299994598



## ELEVATED SENIOR LIVING, SERVING YOU

### A LIFESTYLE OF SHARED EXPERIENCES AND CAMARADERIE.

You've dedicated your life to service but, in retirement, it's time for us to serve you. After years of short- and long-distance moves, settle down in a place you chose for yourself. With a close proximity to military bases and a like-minded community all around, living at Air Force Enlisted Village feels just like coming home. With our neighbors at Eglin Air Force Base and Hurlburt Field, you can

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

From independent living to assisted living and memory care, our community will have you confidently thriving at every age. Call us today to schedule a tour and learn why our residents chose us as their next home base.

## SCHEDULE A TOUR TODAY!

### BOB HOPE VILLAGE

850-612-8684  
bobhopevillage.us



### HAWTHORN HOUSE

850-517-4323  
hawthornhouse.us



# The Value of Bouncing Back



BY STEPHENIE CRAIG

Have you ever found yourself wanting to rescue someone you love from hard things? Maybe you keep taking your child the homework they left at home, paying their speeding tickets or paying their rent into adulthood. Maybe you feel like being a good friend or family member means swooping in and preventing people from struggling. Do you ever find yourself avoiding facing your own struggles and feeling someone should rescue you from difficulty if they really love you?

Struggle, disappointment and suffering are hard to walk through no matter your age and stage of life. It's common to feel life should be fair when reality uncomfortably reveals life is often not fair. You can do the "right" things and still aren't guaranteed the outcome you want. When things go sideways in life, it's easy to begin to view yourself or others as victims who need to be rescued. It can feel mean to not soften struggle when you know you have the power to do so.

However, often, struggle, failure and suffering are where life's deepest growth and lessons reside.

The resilience you and others develop when working through and bouncing back from struggle is an essential life skill. When you move through hard things seeking the lessons, you become wiser, more confident and more

competent at navigating life's frequent complications. When you let those you love move through hard things with support, but without rescuing them, you are supporting their growth and maturity. Supporting is showing empathy, compassion and validating the person's hardship without trying to fix the situation or alleviate the discomfort. It's being present and encouraging the person in the midst of pain without believing it is your job to make the pain stop. Rescuing is taking ownership of the person's pain and falsely believing it is your job to stop natural pain and consequences that are part of a growth process.

So, how do we help ourselves and those around us build resilience rather than engaging rescuing behavior?

## 7 Ways to Encourage and Support Bouncing Back

**Notice and acknowledge when life gets difficult.** Notice when you or others experience stress. Watch for stressed behavior, overwhelm, anxiety and depression. Notice behaviors such as isolating, mood changes, physical tension and irritability. Say to yourself or another, "You seem stressed. What might be causing stress? How can you take care of yourself right now?"

**Validate the struggle. Say to yourself or another,** "That situation is stressful. I can really see why you would be struggling and feeling overwhelmed."

**Notice victim/rescuer stories you are believing.** Notice where you might be seeing yourself or another as helpless, needing rescue, lacking ability to take action, or victimized by some outside villain (a person, a circumstance, or a condition). Notice thoughts of wanting to be rescued or thoughts of feeling it is your job to rescue another



from a natural consequence or struggle that is likely to produce personal growth.

**Embrace empowerment.** Ask yourself what power you or another has to take action in the midst of the difficult situation. Release trying to control people and situations you can't control. Identify and encourage steps of self-control.

**Encourage internalizing lessons.** Notice the lessons emerging from the struggle. Encourage yourself and another

to see the lessons, to internalize them, and to incorporate them into future decision making.

**Engage support through the process.** Spend time with people, call, text, listen to give and receive encouragement when things are hard. Avoid advice giving, problem solving for others, or taking responsibility for others' pain. Be present and kind rather than trying to fix.

**Celebrate learning.** Notice and talk about when you or another have moved through

difficulty, learned new things, and has developed resilience. Be proud of the work.

Be encouraging and kind as you and others press into building resilience knowing it becomes the reservoir of confidence, competence, problem solving and grit for life's inevitable challenges. Connect with us for coaching and counseling along your journey at [Journeybravely.com](http://Journeybravely.com).


**MEDICAL MARIJUANA**



**FLORIDA MEDICAL MARIJUANA PHYSICIAN  
CONSULTATION & CERTIFICATION**

**850-213-1215**

OFFICES IN PENSACOLA, SANTA ROSA BEACH & PANAMA CITY | [THEKAYALIFE.COM](http://THEKAYALIFE.COM)




**The HORMONE Restoration Center**  
Look Healthy, Feel Alive

**Look Healthy, Feel Alive!**

**Hormone Imbalance?**

Optimize your health the natural way with bioidentical hormones.

Now offering Semaglutide/B12 for weight loss. Experience real weight loss results without hunger, extreme diet or exercise






**BEST DESTIN**

*Three Years In A Row!*  
*Thank you Destin!*

**Call Dr. Chern, MD and Sue Griffin, ARNP today!**

**Dr. Richard Chern, MD**  
12889 Hwy 98W, Suite 107B  
Miramar Beach, FL  
(850) 837-1271

[thehormonerestorationcenter.com](http://thehormonerestorationcenter.com)



Musing

# Sean of the South



BY SEAN DIETRICH

“Dear Sean, how can we save this country?” the email began.

The writer lives in Hartford, Connecticut. His name is Michael. I have no idea why Michael thinks a hayseed like me is qualified to answer this loaded question. I’m not a smart guy. Blondes tell jokes about me.

Still, I have an idea.

The way to save this country is to eat together. We don’t eat together anymore. We don’t eat supper at the same table. When did that stop?

A recent study found that only 29 percent of Americans sit to eat supper with family each day. Fifty years ago, the statistic was nearly 99 percent.

On average about 50 percent of millennials admit to cooking

their own suppers. Whereas the number was around 80 percent with baby boomers.

Something else. We need to put the Wurlitzer organ back in Major League Baseball.

I don’t know if you’re aware, but baseball has undergone many changes since we were kids. Even the rules have changed. There is a pitch clock. No more cigar smoke.

But the biggest disappointment was losing the organ. I attended a game recently and all I heard was Lady Gaga blasting overhead.

This is an affront.

In 1941, organist Ray Nelson debuted at Wrigley Field. It was the first time organ music was heard in baseball. He played before 18,678 Cubs fans. He played “When the Midnight Choo-Choo Leaves for T-U-L-S-A.”

A half century ago, each American ballpark had an organist. Today, there are only seven.

Another way to save this country is to bring back piano lessons. Five decades ago, 81 percent of American kids took piano lessons. Do you know what the percentage is now? Eight percent.

That’s not enough Ameri-



cans to form a Rotary Club.

I took piano lessons. My teacher was Miss Betty, who smelled like bath powder and Icy Hot. She said if I played “Savior Like a Shepherd Lead Thee” without mistakes, she would give me fudge. I gained nine pounds.

We need dinner on the grounds. Once upon a time, rural churches had outdoor dinners on the lawn. Often around Decoration Day. We did.

Our whole congregation would gather on the grass, eat copious amounts of sugar and cholesterol. Whereupon we would all sing “Bringing in the Sheaves” while receiving insulin injections from our neighbors.

This country needs Lawrence Welk, Roy Clark, and Buck Owens. We need Thomas and Richard Smothers. Bing Crosby. Nat Cole. Satchmo.

Our music sucks. We once had hit tunes like “Georgia,” “String of Pearls,” and “Hey Good Lookin’.” Now we have—these are actual song hit titles—“Me & Ur Ghost,”

“Knockin’ the Boots,” and “AB-CDEFU.”

More Andy Taylor; less Taylor Swift bashing. More Ray Charles, less Justin Bieber. More Clark Kent, less Beavis and Butthead.

More rope swings on muddy creeks. More young men opening doors for females. More Norman Rockwell. More John Wayne. More Fred McFeely Rogers.

No, I don’t know how to save this country. I don’t know much about anything

But I know family dinners ain’t a bad place to start.

**CELEBRATING 25 YEARS ANNIVERSARY**

**BEL-MAC ROOFING**

SINCE 1995

**Roofing • Repairs & Maintenance • Roof Coating & Restoration**

**SANTA ROSA BEACH**

**850-267-0900 | www.Bel-MacRoofing.com**

VISIT

**MYPCLIFE.COM**

TO READ THIS

ISSUE ONLINE

**DINE EARLY AND WATCH THE FLEET UNLOAD**

**Capt. Anderson's Restaurant & Waterfront Market**

5551 N. Lagoon Drive, Panama City Beach, Florida 32408 • [CaptAndersons.com](http://CaptAndersons.com)



# A Minister's Message: A Life with Purpose



BY DR. KERRY KNIGHT,  
EMERALD BEACH CHURCH  
OF CHRIST

*Let us hear the conclusion of the whole matter.*

*Fear God, and keep his commandments,*

*For this is the whole duty of man.*  
- Ecclesiastes 12:13

begged him for some oil to keep her family warm. Another time a father asked for some to use in his lamp. Another man needed to lubricate a wheel. Since all the requests seemed legitimate, the lighthouse keeper tried to please everyone and grant the requests of all.

Toward the end of the month, he noticed his supply of oil was dangerously low. Soon it was gone, and then a crisis struck. One night the light went out. As a result, that evening several ships were wrecked and countless lives were lost. When authorities investigated, the man was very apologetic. He told them he was just trying to be helpful with the oil. Their reply to his excuses, however, was simple and to the point. "You



There is an old story about a lighthouse keeper who worked on a rocky stretch of coastline. Once a month he would receive a new supply of oil to keep the light burning brightly so that ships could safely sail near the rocky coast.

One night though, a woman from a nearby village came and

were given oil for ONE purpose and one purpose only."

In the text above, Solomon reduces our purpose in being a faithful child of God to this: "Fear God, and keep His commandments." You have a perfect (KALAL) purpose in life, and that is to abide by what He requires of us in the Scriptures.

## SPRING IS A TIME OF REBIRTH



*Does your soul need some fertilization?*

*Receive Christ through your faith and obedience and He will restore your soul.*

## Emerald Beach CHURCH OF CHRIST

301 Alf Coleman Rd., Panama City Beach

*Note: Alf Coleman is closed at the north end.*

emeraldbeachchurch@gmail.com | (850) 235-7992

www.emeraldbeachchurch.org

SUNDAY AM:  
Bible Class 9 am  
Worship 10 am

SUNDAY PM:  
Lesson 1 pm

WEDNESDAY:  
Bible Study 7 pm



# SENIOR SUNDAYS

20% DISCOUNT EVERY SUNDAY



14501 PANAMA CITY BEACH PARKWAY

\*Valid for people aged 55 years or older.  
\*Not valid on Group Meals or any other promotions.





# Flooring Depot of Panama City Named Platinum Dealer of Florida Tile

By AUBRIE ROUNDS,  
MARKETING COORDINATOR,  
FLOORING DEPOT OF PANAMA  
CITY

Flooring Depot of Panama City is proud to announce that it has been awarded the title of “Platinum Dealer” of Florida Tile. Florida Tile’s values of exceptional customer service, quality work, and innovation aligned with Flooring Depot’s mission, and it was a no-brainer to add their products to Flooring Depot’s expansive product collection.

“We are thrilled to be able to offer Florida Tile here at Flooring Depot,” says Barry McEntire, owner and CEO of Flooring Depot of Panama City. “Florida Tile is a customer favorite for a reason. Their products are stylish, durable, and reasonably priced.”

No matter the project, Florida Tile is a great option because of their commitment to creating high-quality, gorgeous products. “Florida Tile offers everything

from wood-look tile to pavers for your driveway. There truly is something for everyone, whether you’re looking for tile for your home or business,” says McEntire.

## Florida Tile: A Long Legacy

Florida Tile started as a small ceramic trim producer in Lakeland, Florida over 65 years ago. Today, they have blossomed into the leading manufacturer of porcelain and ceramic floor, wall, and decorative tile in the United States.

Florida Tile’s mission is to produce natural, sustainable products and they are proud to be an eco-friendly option in the tile industry.

Florida Tile uses 40 percent pre-consumer recycled content in their products and are the first tile manufacturer to have all products GREENGUARD® certified, meaning their products are compliant with key chemical emission standards to ensure



healthier indoor environments.

Another pillar of Florida Tile’s mission is to provide the best product possible by bringing innovative technology and practices to the industry. Florida Tile’s High-Definition Porcelain®, or HDP, is just one

example of how Florida Tile is committed to creating better products for the consumer.

Florida Tile’s HDP technology can duplicate any graphic image on a tile which allows for a huge range of color and variation to choose from. Florida

Tile’s collection of HDP can give you the look of marble, travertine, wood, fabric, concrete or metal with the durability and sustainability of tile.

Florida Tile has also partnered with Microban® to integrate antimicrobial protection into the surface of the tile. This feature is available in several of Florida Tile’s collections. Microbes are continually being brought into the home, but Microban’s antimicrobial technology is effective in reducing this growth to help create a healthier environment. This partnership provides a tool for those who need a high-performing, hygienic, easy-to-maintain product for their home or business.

## The Love of Tile

For customers, tile has long been a cornerstone of interior design. The multitude of advantages tile offers has made it a popular flooring choice for cen-

*Continued on page 28*

**Flooring Depot**  
OF PANAMA CITY

## SPRING SAVINGS EVENT 20% OFF RESIN CHIP FLOORS

Pool Decks | Driveways & Sidewalks | Garages | Patios | Mancaves

NOW - MARCH 31, 2024

### Two Convenient Locations

1310 W. 15th Street | Panama City | 850.785.2216

19700 PCB Parkway | Panama City Beach | 850.730.1650

flooringdepotofpanama.com



# Design and Culture: **The Woods**

Farmhouse, contemporary, beachy chic, urban - whichever direction you may be considering for your next project, the combination of painted and wood cabinets is here to stay for now as trends for 2024 are warm, cozy, and sophisticated. Knotty alder, cherry, rustic maple, maple, white oak, oak, and hickory are all woods available for cabinetry at Granite Plus and we have a wide range of stains available. It is always a good idea to select your countertops at the same time to ensure a stain has been selected that will translate into a lovely, refined, finished space.

The natural character and grain of wood species like knotty alder, rustic maple, and cherry make these an elegant selection for a rustic farmhouse-style kitchen. When selecting a door style for a rustic farmhouse look, you can consider a shaker door with a wider rail or one with no bevel on the inside of the frame such as the Waverly door from WF Cabinetry or the Craftsmen door from DuraSupreme Cabinetry. For a modern farmhouse look, maple or white oak are good choices as these woods will have softer graining. A beveled shaker door style is a charming selection for this look.

For a contemporary or urban look, try cherry, maple or white oak in the Camden door style, a solid wood door. Another great option is the Moda door style with an exotic veneer which gives you the choice of a vertical or horizontal grain to add a bold statement throughout your space.

Beachy chic, or what I would consider a transitional design, is usually somewhere in between traditional and modern. The newest door style, the skinny shaker, is a perfect door style for this. The Reese door by DuraSupreme is available in cherry, maple or white oak. From light to dark stains, all are fair game with this trend and will depend on the countertop selection.

If you would like to find out more, you can visit Granite Plus at 17801 Ashley Drive or call our showroom at (850) 236-6363 and a project manager will assist you. We are locally owned and operated and look forward to hearing from you!



Knotty Alder



Cherry with Heather Stain



Cashew



Kitchen Design by Granite Plus. Lower cabinets are maple with a poppyseed stain in combination with linen white and Cyberspace painted cabinetry. The upper cabinets are the Homestead door and the island and lower cabinets are the Lauren door. The countertops are Carrara Quartz from Vadara with Monte Blue granite on the island.



Kitchen Design by Granite Plus. Island is Knotty Alder with a weathered finish and the perimeter is Pearl.



**GRANITE PLUS**  
 "WE WILL, WE WILL, ROCK YOU"  
 COUNTERTOPS - CABINETS - FLOORING  
 850-236-6363



# Gulf Financial Market Outlook

BY RANDAL LOCKLIER,  
PRESIDENT, GULF FINANCIAL

## Near-term Outlook (3 months)

It's 2024, but the market is trading like it's 2023. The pace of the rally has slowed from last year, but the composition

of the rally is similar, as a narrow group of mega-cap Growth stocks propels the market higher. Multiple major stock market indices reached new record highs in late January, but there are risks in the coming months. Seasonality, a tailwind in Q4, is historically a headwind early

in presidential election years. Equity market valuations are stretched after the recent market rally, and the market's aggressive rate cut forecast could cause Treasury yields to move higher in early 2024. There is a lot of optimism priced into the market, and election year uncer-



tainty is likely to come back into play in the coming weeks.

## Long-term Outlook (12 months)

The Fed's tightening cycle is nearing an end, but the economy has not yet felt the impact of higher interest rates. It remains difficult to know when and if the tighter monetary policy's impact will transmit into the real economy. While we expect economic activity to slow in 2024, the recent loosening of financial conditions and the fixed nature of borrower's interest rates could continue to delay the recession. In addition, multiple indicators, such as earnings growth and manufacturing PMI, suggest the macro-outlook for 2Q24 and beyond is improving. However, the uniqueness of the current cycle should be considered when evaluating economic data. While we lean bullish over the next 12 months, we think the combination of election year



uncertainty and the delayed impact of higher interest rates could make the ride a bit bumpy from here.

Nobody knows for certain which direction the markets will head at any given time. At Gulf Financial we use a sophisticated mix of Financial Instruments to create portfolios that are resistant to market risk. If the markets do move downward, we are prepared. We will not have large drawdowns in client portfolios. It's in our DNA. That's the Gulf Financial way! Call Sherri Campell at (833) 403-4041 or visit [gulffinancialgroup.com](http://gulffinancialgroup.com) today and schedule your free appointment. Isn't it time for a second opinion?



**Don't drown your dreams in today's volatile market.**



## Call the lifeguard.

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.

That's the Gulf Financial way.

Call Sherri Campbell at **833-403-4041**  
or visit [gulffinancialgroup.com](http://gulffinancialgroup.com) to schedule your free consultation in Destin or Panama City Beach.



**GULF FINANCIAL**

Next Generation Retirement Planning

415 Richard Jackson Blvd. Ste 408 | Panama City Beach, FL 32407  
[www.gulffinancialgroup.com](http://www.gulffinancialgroup.com)



**Gulf Financial Team**

Phone: 833-403-4041  
Mobile: 803-403-4041  
[randy@gulffinancialgroup.com](mailto:randy@gulffinancialgroup.com)

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

## FLOORING DEPOT

*continued from page 1*

turies, especially for those of us who live in Florida.

Tile is extremely durable and is built to last a lifetime. Tile is moisture, mold, and mildew resistant, making it a safe choice for bathrooms as well as other areas of the home, especially for those of us who live in a humid climate. Tile's durability and resistance to wear and tear make it a great choice for high-traffic areas, and you truly can enjoy your tile for many years to come.

Did you track in sand from your beach excursion or mud after a rainy day? Tile is easy to maintain and clean. The smooth surface of tile makes getting dirt and grime off simple. With regu-

lar mopping and sweeping, you can keep your tile in pristine condition.

Additionally, tile comes in a wide variety of colors and styles, so no matter your style, there's a tile for you. Plus, there are many eco-friendly options of tile to choose from as well.

## Flooring Depot of Panama City & Florida Tile

If looking for tile, check out the selection of Florida Tile at Flooring Depot of Panama City! Stop by one of our two convenient locations today, and our talented sales team would love to help you find the perfect product. You can also visit our website or give us a call at (850) 785-2216 to learn more.



# Property Tax: Payment & Installment Plan Application Deadlines



### Property Tax Deadline Approaching

March marks the deadline

for 2023 property tax payments to be paid. To avoid paying additional penalties and fees, 2023 property tax payments must be postmarked by or received in the tax collector's office by March 31st. As of April 1st, advertising fees will be added to all delinquent accounts.

Taxpayers can verify taxes are paid by pulling up their property tax account online. You can search for your account by owner name, account number or address. Simply click the QR code to begin the process to verify an account status or pay

taxes. If you need a receipt of your payment, simply click the Print (PDF) link next to your account. Payment information is noted at the bottom of the bill and can be printed to serve as a receipt.

### Deadline to Apply for 2024 Installment Payment Plan for 2024 Property Taxes

If you are interested in paying your 2024 property taxes in four installment payments rather than one lump sum payment, you must apply for the Install-

ment Payment Plan by April 30th to participate. You can make application for the plan online through the Tax Collector's tax payment site. Simply look up your property tax account as if you were paying a bill, once you've located your account, just below the Amount Due heading you will see a link in blue lettering that reads Apply for the 2024 installment payment plan. Click the link to begin the enrollment process. The installment plan is only available to individuals with a property tax payment greater than \$100.



Scan the QR Code with A Smart Phone Camera to Pay Taxes/ Verify Account Status/ Download Receipt

## Bayway Initiates Free Transportation Service For Residents Seeking Tax Assistance

Bayway, a dedicated supporter of the local community, proudly announces the initiation of a free transportation service to assist residents seeking tax assistance. Throughout the entire month of March, every Wednesday Bayway will provide complimentary rides, encouraging community members to take advantage of this convenient opportunity to file their taxes.



Every Wednesday, community members are invited to take advantage of this complimentary transportation service by boarding one of the Bayway buses. The initiative aims to make tax assistance more accessible to all, ensuring that residents can easily access the support they need to navigate the complexities of tax filing.

To utilize this service, riders are encouraged to visit Bayway's official website, [www.bayway-transit.org](http://www.bayway-transit.org), for detailed route

information and bus schedules. The website will provide a comprehensive guide to help residents plan their journeys to access tax assistance services conveniently.

"We recognize the challenges that tax season may pose for our community members, and we are delighted to provide a solution by offering complimentary

transportation every Wednesday in March," said Lamar Hobbs, Transit Programs Administrator of the Bay County Board of County Commissioners. "Our goal is to make tax assistance more accessible and support residents in fulfilling their tax obligations."

Bayway is committed to fostering a thriving and supportive community. By offering free transportation on Wednesdays in March, Bayway hopes to ease the burden on residents and enhance accessibility to vital tax assistance resources.

For more information about Bayway, including updated routes and schedules, please visit [www.baywaytransit.org](http://www.baywaytransit.org).

### Compromise is for politicians.



### Trane. There is no substitute.

Don't sweat it. We've got you covered 24/7, 365 days a year.



#cac1817340

24 HOUR SERVICE

(850) 249-2999

[www.modernairsolutions.com](http://www.modernairsolutions.com)





 Business

## Six Members Recognized at Chamber Awards Dinner

The Panama City Beach Chamber of Commerce's celebratory Annual Awards Dinner presented by Noble Public Adjusting Group was a night of recognition as they honored six of their outstanding members on Thursday, February 22, at Edgewater Beach & Golf Resort.

"The Awards Dinner is a night to celebrate these dedicated members for their positive impact on the Beach Chamber and within the community. Awards included the Young Professional of the Year, Ambassador of the Year, Business of Excellence, Humanitarian of

the Year, Community Impact, and a dedication to the Chamber's 2023 Chairman. Our award recipients deserve recognition for their volunteer efforts, helping those less fortunate, and creating an economic impact to the entire region so it's an honor to celebrate them tonight," said President/CEO, Kristopher McLane.

The 2023 Young Professional of the Year Award was presented to **Derrick Malnar with PeoplesSouth Bank**. His ambition to see young professionals like himself thrive within the community played a key role in revamping the YP program and

growing its membership.

The Ambassador of the Year Award winner was **Aubrey Haskell of Destination Panama City**. Her dedication to the Beach Chamber's growth and influence has truly gone above and beyond since joining the Ambassador team in 2021.

The Business of Excellence Award was awarded to **Peoples First Insurance** and accepted by Kristian Chapman. As a family-operated enterprise, they hold a genuine appreciation for others and are dedicated to supporting local charities.

The Humanitarian of the Year Award was given to **Chris**

**Moates, CEO and Founder of Toys for Kids**, for his generosity and commitment to improving our community and the lives of children living in our area. Over the years, the foundation has collected more than 20,000 toys aiding 14 Bay County agencies in distributing gifts to over 10,000 children in our community.

The Chamber awarded its 2023 Community Impact Award to **Northwest Florida Beaches International Airport** for their continued economic and workforce impact in the community. Moving into its 14th year of operation, this

gateway to the community has remained focused on the future with continued expansion to support the growth in Northwest Florida.

The Past Chair Award was given to 2023 Chairman of the Board, **Joe Sorci of Florida Architects**. His commitment to leading the Beach Chamber helped grow the membership to nearly 1,600 members.

Congratulations to all award winners and thank you to everyone who made the 2024 Annual Awards Dinner a huge success.



## Business Classes at SBDC

### Florida SBDC at UWF Presents "When Banks Say No"

It's tough for small businesses to get funding. In fact, 75-80% of small business loan requests are denied by banks. So, what's a small business owner to do when the bank says no? Find alternative funding sources!

"When Banks Say No", presented on March 12 from 9:00 – 10:15 a.m., provides an overview of alternative funding options for small business owners who need money to start, support or grow their businesses. Takeaways from and Benefits of Attending this webinar include:

1. Hope! A "no" from the

bank is not the end of the road. There are many options available for nearly any business situation.

2. Understanding! We'll explain many funding options that banks just don't offer. One might be just what you need!

3. Direction! When you identify one or two loan options that work for you, you can take the steps toward acquiring that money to start or support or grow your business.

Presenter: S. Boyd Karren, Managing Partner, Otro Financial. Fee: \$15. To register, visit [sbdc.uwf.edu](http://sbdc.uwf.edu) and open "Training & Events". Sponsored by Cadence Bank and Wells Fargo.

### Florida SBDC at UWF Presents "Connect to Capital"

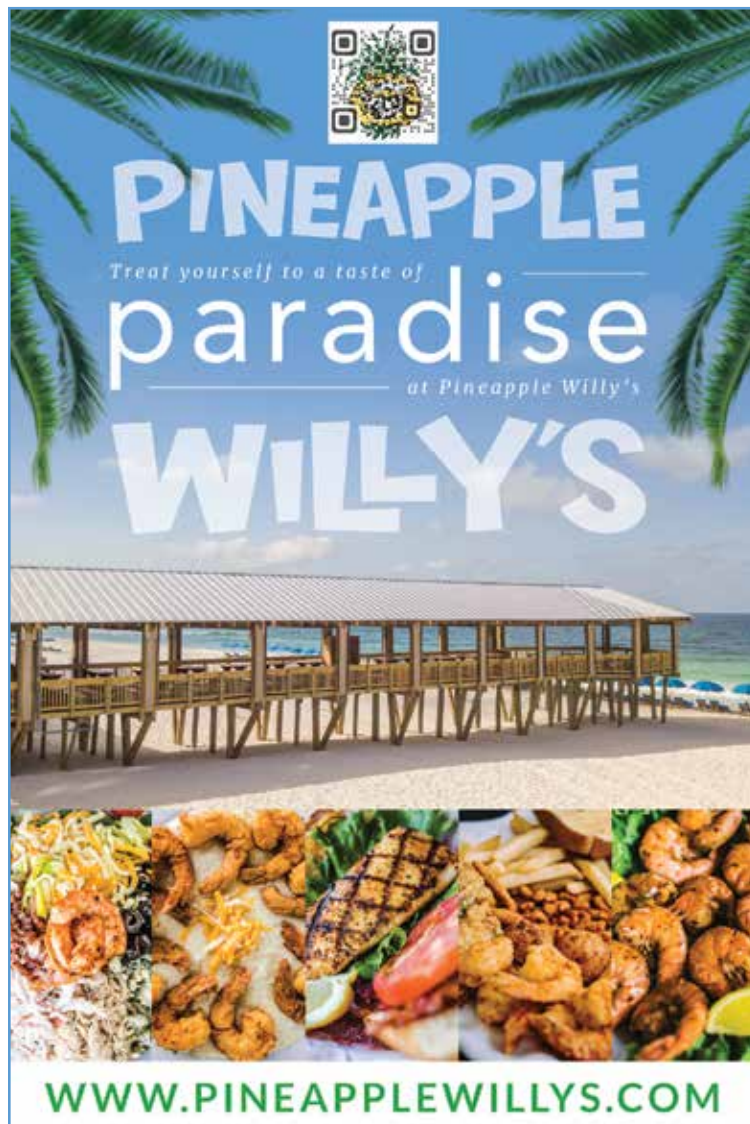
This panel discussion is a must-attend for small business owners, aspiring entrepreneurs, and anyone seeking a deeper understanding of the funding options available to drive business growth. Don't miss the opportunity to connect with industry experts, ask questions, and gain the knowledge needed to secure the financial support your business deserves. Join us online for "Connect to Capital" on March 13 from 9 – 10 a.m. for an engaging conversation on building bridges to opportunities in the world of small business financing. Presenters: Joel Ross, Business Development

Officer, Florida First Capital Finance Corporation; Stacey McGilvray, Senior Vice President of Commercial Lending, Hancock Whitney; Cristian Carlee, Assistant Vice President & Commercial Relationship Manager, Trustmark. Fee: \$15. To register, visit [sbdc.uwf.edu](http://sbdc.uwf.edu) and open "Training & Events". Sponsored by Cadence Bank and Wells Fargo.

### Florida SBDC at UWF Presents "A Roadmap to Small Business Funding"

Join us on March 21 from 9 – 10 a.m. online for "A Roadmap to Small Business Funding" and

*Continued on next page*



**PINEAPPLE**  
Treat yourself to a taste of  
**paradise**  
at Pineapple Willy's  
**WILLY'S**

[WWW.PINEAPPLEWILLYS.COM](http://WWW.PINEAPPLEWILLYS.COM)



**WASTE PRO**  
Caring For Our Communities

PROUDLY SERVING PANAMA CITY, PANAMA CITY BEACH  
AND THE SURROUNDING BAY COUNTY AREAS.

12310 Panama City Beach Pkwy  
Panama City Beach, FL 32407

(850) 872-1800  
[www.wasteprousa.com](http://www.wasteprousa.com)

**SERVICES:**  
+ RESIDENTIAL  
+ COMMERCIAL  
+ CONSTRUCTION



# From the Office of Congressman Neal Dunn



privileged I am to serve Florida's Second Congressional District. I started out the month speaking at the Florida Sheriffs Association's 2024 Winter Conference. We're fortunate in Florida that our law enforcement has an excellent track record of acting professionally in the line of duty. Sheriffs throughout our state, especially in Florida's Second Congressional District, go beyond the call of duty to help their communities, and I want

I also recently had the honor of celebrating the Parker Pier Ribbon Cutting with Mayor Andrew Kelly and former Mayor Brenda Hendricks. This project has been years in the making and I'm proud to finally see it completed. Thank you to everyone who had a hand in making this possible! Great things are happening in Parker and across our district!

The House recently passed a bill that would stop restrictions on American liquified natural gas (LNG) exports. America produces some of the cleanest natural gas in the world. I believe the decision to "pause" LNG exports jeopardizes U.S.

jobs and energy security. Additionally, this decision can undercut our efforts to help Europe reduce its reliance on Russian energy. In other words, this decision is nothing more than a gift to Putin. We must unlock our LNG potential and boost America's economy.

In addition to boosting our economy, I've prioritized increasing access to quality health care. I voted in favor of the Protecting Care for All Patients Act (H.R. 485) this past month, which passed in the House. The bill would ban Quality-Adjusted Life Years and other similar measures from being used in federal health care programs.

This would prevent discrimination against people with disabilities and those with chronic and rare diseases. Every American deserves access to quality health care.

February has been a productive and rewarding month. I want to thank you all for allowing me the privilege of serving and fighting for Florida's Second Congressional District. God bless you all!

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

February included great moments that reminded me how

to thank them for their leadership and sacrifice.

## BUSINESS CLASSES

*continued from previous page*

take the first step towards securing the financial foundation your business needs to thrive. Whether you're a seasoned entrepreneur or just starting your journey, this workshop provides actionable insights that will propel your business towards suc-

cess. Don't miss this opportunity to map out your path to small business funding excellence! Fee: \$15. To register, visit sbdc.uwf.edu and open "Training & Events". Presenters: Lyndsey Blanks, Business Banker, Hancock Whitney; Marsha Asbury-Turner, Business Development Officer, Florida First Capital Finance Corporation; Terry

Mauer, Associate Director, Florida SBDC at UWF. Sponsored by Cadence Bank and Wells Fargo.

### Florida SBDC at UWF Presents "Starting a Business"

Have an idea for a business, but not sure where to start? Take the first step with the Florida

SBDC's "Starting a Business" workshop on March 28 from 9 a.m. - 12 p.m. In this workshop, we will discuss the fundamentals of launching your new venture, including how to determine feasibility and legal structures, licensing and permitting, funding options for your business and basic marketing strategies to help you get started! Loca-

tion: Lynn Haven Garden Club, 307 Ohio Ave, Lynn Haven, FL 32444. Fee: \$50. To register, visit our website at www.sbdc.uwf.edu and click on "Training & Events". Presented by Marina Boeira-Tarulli, Business Consultant, Florida SBDC at UWF. Sponsored by Cadence Bank and Wells Fargo.

# 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.







# SOUTH WALTON REAL ESTATE

JOHN MARTIN GROUP  
30A REAL ESTATE



Leigh Carroll



John Martin



Bryson Lee

## What's my home worth?

Contact us today to discuss your home's current market value and to discuss your 2024 real estate goals.

John Martin is South Walton's trusted real estate agent.

- Berkshire Hathaway Chairman's Club Diamond Award Winner
- Top Producing Agent for over 10 years
- Ranks in the **top 1/2 of 1%** for sales nationwide



### WHAT OTHERS ARE SAYING

"John is a great realtor and person! He is honest and a joy to work with! We have used John for both buying and selling property and the transactions have always been seamless. Thank you, John!"

- Client

"John helped us in not only making the best decision regarding whether to build rather than buy an existing home, but also in selling our existing house. He had a thorough knowledge of the market and what buyers were looking for, as well as the correct pricing and marketing strategies to get our home sold. He was also very responsive to our questions, and kept us up to date on all developments. John and his team did an excellent job in aggressively working to get our house seen by buyers and other agents, following up with each potential buyer."

- Client



BERKSHIRE HATHAWAY  
HomeServices  
PenFed Realty



850.714.3731 | john@johnmartin30a.com | johnmartin30a.com