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Postal Customer Local

Lakeside Songwriters Concerts Feature Renowned Country Songwriters and Performers

Fridays through May 3 | Old Florida Fish House on 30A

By Lori Leath Smith

Over the past few years, our area has become known as one of the best for song-writers to gather and perform some of their heartfelt lyrics and amazing vocals. Each has a story with a passion to tell it in song to their listeners. How blessed we are to have this most beautiful and unique coastal backdrop, impeccable dining and magnificent musical mecca. As music lovers, we crave it — no experience is better!

That's why Old Florida Fish House, already known as an acclaimed, exceptional dining and live entertainment venue, is bringing a brandnew concert series to your door—the Lakeside Songwriters Concert Series! Each Friday this spring through May 3, this intimate concert series, set against the picturesque backdrop of Eastern



offering them a unique opportunity to engage with acclaimed artists in an intimate setting," said Old Florida Fish House owner Keith O'Leary. Locals and visitors alike will not only have the chance to enjoy captivating musical



performances, but also get to know them by participating in pre-show meet and greets with the artists themselves. "We are thrilled to provide a platform

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2024 Brings Continued Growth to PCB



By Mayor Mark Sheldon

It is an incredible time to be a part of the greater PCB community. We are a City built on welcoming visitors from all walks of life to our beautiful beaches. For decades visitors have relocated here, becoming locals. That trend continues and with it comes the opportunity of balancing the needs of residents and visitors, both part of our vital DNA.

We achieve this balance by putting visitors' dollars to work mak-

GROWTH continued on page 3



Lake and 30A, will showcase

creators and performers of

some of the best-known music

writers Concert Series prom-

ises to be an extraordinary ex-

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"Our new Lakeside Song-

of our time.



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© Community





Community

GROWTH

continued from page 1

ing our City the best it can be. Our visitors help us remain the



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largest city in Florida without a property tax.

When we talk about growth, the first thing that comes to mind is traffic and we continue to make great strides in improving transportation.

The State began the 6-laning of Panama City Beach Parkway last fall. As the main artery, this project will alleviate serious pressure on this road. The City helped successfully move this project from 40 years away to fully funded and under construction now.

Our largest transportation project and highest priority this year is the Front Beach Road CRA. This project allows property taxes paid to Bay County by property owners along Front Beach Road and its main arteries, to come back to the City, creating a transformative project. This year we made significant progress on Segment 3, along Highway 79 and Front Beach Road. The roundabout has reduced traffic congestion. In the next year, we will finish Segment 3 and Alf Coleman Road, and start work on Segments 4.1, 4.2, Powell Adams and Hills roads.

This is a generational project, and has required much

patience, but the result will be worth the wait. I share residents' frustrations with torn up streets and delays, and years of excuses. We are working hard to deliver a project to be proud of. These projects take some years to complete, but they will have a huge impact.

Transportation isn't our only challenge. Our City is only fun when it is safe. We equip Police and Fire with the tools, training, and personnel necessary to protect our citizens. These include two new fire stations and a fire training tower under construction. We are currently designing a K-9 officer facility too.

We continue to expand our lifeguard program, as beach safety is a top priority. Since 2020, the City has offered lifeguards to hotels/condos under a public-private partnership. The Boardwalk Beach Resort has been an amazing partner in providing beach lifeguards behind its resort. We need other businesses to join this program.

We are n our busy Spring Break season and we have kept our rules that cut down on rowdy behavior. The City closes a small portion of the beach at night to prevent a hot spot from overwhelming our resources. Fortunately, bad behavior comes as isolated incidents.

New exciting partners continue to find PCB. The Duplin Winery opened last year and Dolly Parton's Pirate Voyage and TopGolf are also coming. These complement our great events like the Beach Ball Drop, the Summer Concert series, car and boat shows, and for the first time ever, the U.S. Air Force Air Show is coming to the City in May. These events show the vibrancy of our community.

Our sports and recreation facilities continue to be one of our greatest strengths. The Publix Sports Park's success enhances our ability to provide a great place for our youth to pursue their passions. We're bringing huge updates to Frank Brown Park with a skatepark, new restroom facilities and a pavilion and more pickleball courts.

A new medical campus is set to open phase one this summer. This Medical Office Building will house an urgent care facility and multiple specialties. This complex will be home to a medical facility created through a partnership between The St. Joe Company, Florida State University and Tallahassee Memorial Hospital. This is a research, teaching and clinical delivery hospital serving as an educational facility that trains physicians. This facility is anticipated to have hundreds of beds.

Our beach is special and we are obligated to preserve it. I'm proud of our work to expand the City sewer system to eliminate septic tanks, which harm ground water and water quality in the Gulf. We have plans to keep expanding our sewer system into other areas.

We are also protecting the beach by cleaning Lullwater Lake, which has been neglected for too long. We obtained \$3 million in state grants to remove 18 inches of muck from the lake bottom. This is important for the health of this beautiful resource. Preserving resources is a moral imperative.

We truly are a real fun place to live, work, worship, and play. The City is a unique melting pot of residents and visitors and I'm proud of the work this City does to make that melting pot not only work but thrive. We are growing, while staying true to who we are as a family destination.



PCB Chamber Spotlight



Introducing: Panama City Beach KOA Holiday

At Panama City Beach KOA Holiday, we offer an unbeatable combination of amenities to enhance your stay. With a 50 Max Amp service, you'll have all the power you need for your RV, ensuring a stress-free experience. Our spacious sites can accommodate RVs up to 65 feet long, providing ample room for your rig. Stay connected with complimentary Wi-Fi, keeping you in touch with the digital world. Cool off and relax in our refreshing pool, open from April 1 to November 1, offering the perfect escape on warm Florida days. We've got your essentials covered with propane and firewood available onsite. Plus, our KampK9® area also ensures your furry friends have a fantastic time. For the little ones, our playground is a hub of excitement and adventure. Discover the perfect blend of convenience and comfort for your unforgettable Panama City Beach vacation.

Ways to Stay

At Panama City Beach KOA, we celebrate the uniqueness of every camper. Our accommo-



dation is designed to cater to a broad spectrum of preferences. Whether you envision parking your RV in one of our spacious sites with full hookups, experiencing the charm of our cozy cabins nestled in the heart of the forest, or finding solace in a traditional tent site with breathtaking views, we offer something for everyone. Immerse yourself in the great outdoors while enjoying the comforts of home.

RV Sites: Choose from various RV sites that cater to every camping preference. Immerse yourself in the serene beauty of Back-in Lakeside sites, with waterfront views, full hookups, and space for slide-outs. Elevate your outdoor experience with Back-

In Lakeside Patio sites, fire rings and outdoor dining areas. Back-In Standard Sites provide the perfect backdrop for a rejuvenating camping adventure. Our 50 Amp Full Hookup sites offer extended stay options for long-term RV enthusiasts. Families seeking extra space and comfort will love Pull-Thru Pa-

tio sites with private patios, fire pits, and Wi-Fi. For easy in-andout accessibility, opt for Pull-Thru Standard sites, ensuring a stress-free camping experience.

Cabin Accommodations: Discover the perfect cabin for your outdoor escape. Our 1-bedroom Deluxe Cabin offers wheelchair accessibility, outdoor patios, and grilling spaces. The 2-bedroom Deluxe Cabin, featuring a full kitchen and KOA Deluxe Patio, is ideal for family getaways. Experience outdoor living at its finest in our 2-bedroom Deluxe Loft Cabin. Enjoy the comforts of home in a picturesque outdoor setting.

Tent Sites: Experience the great outdoors at our secure and

comfortable tent sites. Note that tenting may not be available during the scorching summer months, prioritizing your safety and ensuring a comfortable camping experience.

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your spot at Panama City Beach KOA today and journey into the heart of natural beauty. Our campground is the ideal canvas for a memorable family vacation, a romantic retreat, or a solo escape. Don't miss the chance to create lasting memories in the pristine wilderness. Begin your adventure at Panama City Beach KOA Holiday!

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PCB Chamber Spotlight



Introducing: Steiner Event Group, LLC

Steiner Event Group, LLC, or SEG, is your connection for planning exceptional events. SEG's main area of expertise is event planning (SEG Events and SEG Weddings), but we also help talented individuals connect with fitness and fashion contacts (SEG Talent), and we work with exceptional vendors to help clients promote their venue, products, and/or services (SEG Media).

When it comes to monumental occasions, SEG understands the role effective planning contributes to the success of any event. We believe that memorable events require advance planning, keen attention to detail, and effective communication with the client. That is why at SEG, we work hard to implement an unparalleled level of creativity and professionalism to achieve our client's goals.

Each event is designed around your unique needs and budget. We don't duplicate events, we make the event reflect your vision, personality and style. No matter what vision a client has in mind for their event, we can make it happen! From corporate meetings, national conferences, boutique bridal shows, or private events, SEG can help you

plan an extraordinary event that will bring your vision to life.

SEG is honored to have worked with so many clients in PCB and the surrounding area from weddings and corporate events to concept shoots, and grand openings. They've also worked previously with Beach Care Services on their fundraising event for their golf tournament, duck races, and their annual Dinner on the Beach.

Rick Steiner started SEG several years ago to fill a void in the planning industry. SEG



believes that once the contract is signed with a client, we are committed until the final detail is complete at the conclusion of the event. We are the first ones in and the last to leave. Our focus is attention to detail, and our goal is to bring a client's vision to life while eliminating the stress involved.

Whether it is a corporate event, wedding, or destination wedding, we assist in providing the best vendor choices that will reflect your vision, personality, and budget. SEG welcomes the



opportunity to discuss what we can offer to ease your stress so that you can enjoy your event or wedding.

wedding.

SEG also hosts the Luxe
Life Discovered podcast which
showcases the amazing talent in

PCB and along the Gulf Coast. SEG has partnered with 30A TV and we have our own Luxe Life Discovered podcast channel on 30A TV. The Luxe Life Discovered Podcast is also featured on all major podcast platforms and YouTube. We record our podcasts in studio, as well as remote podcasts nationally and internationally.

SEG is honored to be a member of the Panama City Beach Chamber of Commerce. We are proud to support a great organization whose purpose is not only to support and promote PCB, but also to support the businesses that are members of the PCB Chamber of Commerce. Their belief that "members doing business with members" is reflected in everything they do.

For more information on SEG please visit steinerevent-group.com. To discuss your event, please email steinerevent-group@gmail.com.





Bid-A-Wee Beach Receives Historical Marker

By Peter Fischetti

About a year ago, Jim Smith was driving along Beach Drive in Panama City when he noticed a historical marker and stopped to read it. The marker recognized the "significant contribution" of residents in the area who extracted salt—an important preservative at the time—to the Confederate States of America during the Civil War. Smith is a longtime resident of Bid-A-Wee, a community in Panama City Beach with a rich history of its own, and he got to thinking, "Why can't Bid-A-Wee Beach be designated as a Historical Heritage Site?"

In 1926, Harry Cailey of St. Andrews claimed 140 acres of beachfront property for \$1.25 an acre under the Homestead Act. A year later he sold the property to Dr. Grover Miller and his wife, Eula, who lived in Chipley. Eula named the beach Bid-A-Wee, Scottish for "bide your time a short while," to honor her mother's heritage. In 1938, she dedicated the beach, which stretches 2,500 feet, to property owners of the community, restricting the property's use "for park purposes only."

Since then, the community's board of directors has successfully defended attempts to commercialize the beach, and today BID-A-WEE BEACH PARK

On February 22, 1926, WWI Veteran Harry C. Cailey of St. Andrews filed claim under the Homestead Act for 140.52 acres on this Gult of Mexico location. His patent deed, signed by President Calvin Coolidge, required he maintain residency for six-months. On September 5, 1928, he paid \$1.25 per acre and received a warranty deed. One year later, he sold the property to Dr. Grover C., and Eula C. Miller of Chipley. Florida. Eula named the beach Bid-A-Wee. Scottish for 'bide your time a short while.' to honor her mother's heritage. In January 1936, she filed a plat for a portion of the beach for the development of Bid-A-Wee community and Bid-A-Wee Beach Park (BAWBP). In February 1938, she dedicated the 2.500-foot beach to the property owners of the community, with a highly restrictive covenant governing the land use "for park purposes only." Eula Miller died on June 15, 1945. Since then, the BAWBP organization has successfully prevented attempts to commercialize the beach. BAWBP is the only remaining undeveloped commercialize the beach. BAWBP is the only remaining undeveloped private beach in Panama City Beach, Florida. In January 2006, BAWBP, inc., acquired the titles to this historic beach property with an intent to preserve its natural beauty.

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Bid-A-Wee is the last remaining undeveloped beach in Panama City Beach.

Smith, who is about to publish a book chronicling the history of Bid-A-Wee, did some research to learn whether it would qualify for a marker. The purpose of the program, according to the state's Division of Historical Resources, is to "increase public awareness of the rich cultural heritage of the state and to enhance the enjoyment

of historic sites in Florida by its citizens and tourists." Specifically, a site must have historical significance, be at least 30 years old and retain physical characteristics of the past.

Eight months ago, Smith appeared before the State Historical Marker Council in Tallahassee for a review of his application and any changes to the text that would appear on the marker. Approval was unanimous, and the Bid-A-Wee

Beach Park board of directors approved the cost of \$2,920. The board believes the marker will help protect one of the area's only wildlife preserves.

With permission from the Department of Transportation, the marker was installed March 7 on Front Beach Road at the Argonaut Street traffic signal. While historical markers are located at Veterans Memorial Park and other city parks, the Bid-A-Wee Beach marker is believed to be the first that recognizes a specific community

in Panama City Beach.

Text of the marker

On February 22, 1926, WWI Veteran Harry C. Cailey of St. Andrews filed claim under the Homestead Act for 140.52 acres on the Gulf of Mexico. His patent deed, signed by

President Calvin Coolidge, required he maintain residency for six months. On September 5, 1928, he paid \$1.25 per acre and received a warranty deed. One year later, he sold the property to Dr. Grover C.and Eula C. Miller of Chipley, Florida. Eula named the beach Bid-A-Wee, Scottish for "bide your time a short while," to honor her mother's heritage. In January 1936, she filed a plat for a portion of the beach for the development of Bid-A-Wee community and Bid-A-Wee Beach Park (BAWBP). In February 1938, she dedicated the 2,500foot beach to the property owners of the community, with a highly restrictive covenant governing the land use "for park purposes only." Eula Miller died on June 15, 1985. Since then, the BAWBP organization has successfully prevented attempts to commercialize the beach. BAWBP is the only remaining undeveloped private beach in Panama City Beach, Florida. In January 2006, BAWBP, Inc., acquired the titles to this historic property with an intent to preserve its natural beauty.

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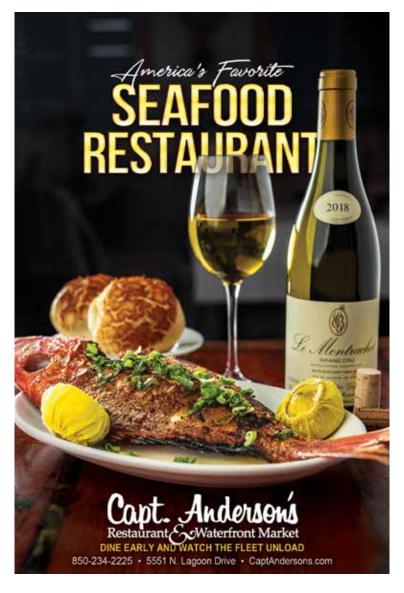
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Community



Let's Get Growing with Julie: Invite Southern Magnolia's Cousins to Your Garden Party

By Julie McConnell, UF/IFAS Extension

I must admit I absolutely love southern magnolias, but I understand they are not popular with every gardener. They grow quite large, their thick, evergreen leaves are difficult to rake, and roots may surface causing issues in confined spaces. I get it, it is not the tree for everyone, but before you discount the entire Magnolia Family let me introduce you to some less popular



cousins that you should really consider adding to your land-scape.

There are over 200 species in the Family Magnoliaceae commonly referred to as the Magnolia Family. They consist of deciduous, semi-evergreen, and evergreen shrubs and trees. Magnolias have fuzzy leaf and flower buds and in some species these hairs are a rusty brown which is another ornamental feature. Magnoliaceae is an old botanical family, dating back 95 million years! The flowers are large, fragrant, and bowl shaped to attract their ancient pollinators - beetles, which predate bees and other modern pollinators. Most magnolias thrive in slightly acidic, well-drained soil with full sun to part shade. More sun enhances flowering, but with the late winter blooming types avoid southern exposure to reduce the likelihood of early blooms that may be damaged by frost.

Sweetbay Magnolia (Magnolia virginiana): Sweetbay magnolias are native to North America, including the Florida Panhandle. This semi-evergreen tree has oval olive-green leaves with silver on the underside. Fragrant white flowers in the summer are followed by cones with bright red fruit in the fall. A medium sized tree, sweetbay magnolia grows 50-60' tall by 15-25' wide and may be sold as a multi-trunk tree. This adaptive tree is found along streambanks and in floodplains which means it is a great option for poorly drained soil or yards that flood occasionally.

Star Magnolia (Magnolia stellata): White, fragrant, star-shaped flowers consisting of 12-18 narrow tepals gives this magnolia its name. Star Mag-

nolias are small deciduous trees that bloom in the late winter/early spring. Growing 15-20' tall by 10-15' wide they have a bushy growth habit that can be utilized as a focal point rather than a shade tree. Fruit are cones with orange seeds and if weather conditions line up just right you may get yellow fall color. Star Magnolias originated in Japan and have been used in the United States since the 1860s.

Jane Magnolia (Magnolia 'Jane'): This deciduous magnolia with purple-pink tulip shaped flowers is part of the National Arboretum Little Girl series created by Francis DeVos and William Kosar crossing Magnolia liliiflora and Magnolia stellata 'Rosea' in the 1950s. Jane and the other Little Girls bloom March-April in our area, usually avoiding frost damage to tender flowers. Another shrubby tree, Jane grows 12-15' tall x 10-12' wide.

Banana Shrub (Magnolia figo): Banana shrub gets its name from the creamy flowers that smell like ripe bananas! This large evergreen shrub grows from 6-15' tall by 6-8' wide and makes a perfect screen or backdrop for smaller plants. In addition to the aesthetic qualities, this native of Korea and Southeast China is also salt tolerant and is suited to coastal landscapes.

Fairy Magnolia® 'Blush' (Michelia doltsopa 'Fairy Blush'): Fairy Blush Magnolia is an evergreen shrub maturing at 5-10' by 4-6' wide. Dark brown fuzzy flower buds are followed by creamy flowers with petals edged in pink and a faint blush. Flowers are fragrant and can be found all along the stems, making it a showstopper in the late winter.

To learn more about magnolias and other great plants for Florida visit https://gardeningsolutions.ifas.ufl.edu/plants/

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Introducing: SYNC Diagnostics and SYNC Laboratories

By Gregg Renner

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

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

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





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

On the SYNC Laboratories



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

Physician Dr. Jonathan Jung recently wrote:

"As a physician ... I send spe-

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

And Megan Sweeney, a recent patient posted this:

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

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

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

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

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

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Shop Talk: Mother's Day Gift Guide

By Lee Ann Leonard, Pier Park Director of Marketing & Business Development

Pier Park invites area residents and visitors to celebrate Mother's Day weekend at the shopping, dining and entertainment complex. The mall offers numerous ways to enjoy the holiday weekend and to surprise mom. Activities and gift ideas include:

Bath & Body Works – The best Mother's Day gifts help hardworking moms relax. Grab

a gift set that includes aromatic candles and Bath Fizzies so she can soak the stress away.

Candymaker – Is your mother a little salty? Give her some sea-salted caramels or homemade saltwater taffy. The candy crafters can customize a gift basket filled with her favorite flavors.

Pink Narcissus – Shop this locally-owned boutique to find the perfect "Mommy and Me" look from Lilly Pulitzer.

Panhandle Helicopter



- For the mother who has everything, a helicopter tour is a unique option. Book her flight at the Pier Park hangar and then soar over the center and more!

Mason's Famous Lobster Rolls – Butter up mom with luxurious Maine lobster rolls that are perfect for sharing.

Build-A-Bear Workshop – Bond over bear building at Pier Park's popular attraction. Mothers can create custom critters to cuddle when the kids or grandkids are unavailable.

Royal Escape Rooms – Mom will enjoy a shared experience that's fit for a queen! She'll also love witnessing the teamwork as the family tries to solve challenges together.

SIMON Giftcards® – Let mom pick her own Mother's Day gift! Visit our Mall Management Office to select from a variety of gift cards, and then treat mom to a shopping spree.

Explore all the ways to adore mom at Pier Park!

Know Your Neighbor: Jimmy Patronis - Incorporating Hospitality into Politics

By Paul Bonnette

When you mention the Patronis Family, perhaps one of the first things that springs to mind is Captain Anderson's Restaurant. Known for its fresh seafood, cozy atmosphere, and famous tagline, "Dine early and watch the fleet unload," Captain Anderson's and the Patronis Family have been synonymous with Florida hospitality for

generations. Service and hospitality are things that Florida's Chief Financial Officer (CFO) and Bay County resident, Jimmy Patronis, knows remarkably well. Having served in his family's restaurant for many years, Jimmy Patronis worked his way up before receiving his Associate's Degree in Restaurant Management from Gulf Coast Community College (now Gulf

Coast State College) followed by a Bachelor's Degree in Political Science from Florida State University. It was during his time at Florida State University that Patronis realized he was being pulled into Florida politics.

"I got involved in student organizations when I was at Gulf Coast and Florida State and did some internships that helped me get a little bit of a bug for politics," Patronis recalls.

He quickly realized that the lessons he learned at the restaurant translated into public office.

"I think there is a lot that compliments politics and the restaurant industry. The restaurant industry has always taught me that you take care of the customer, and the customer will take care of you.



It was always an easy transition to want to continue to work for the public in a different way."

Following internships in the Florida Senate as well as the United Kingdom's House of Commons, Patronis would go on to serve two terms in the Florida House of Representatives. According to Patronis, using skills he learned in hospitality was a perfect way to conduct politics.

"I think Public Service could always use a dose of hospitality... If you don't hold your elected officials accountable, you are going to get the government you deserve. If someone is going to run for public office and isn't willing to listen or advocate and find solutions for their customers, then eventually your constituents will stop supporting you. It's no different than if you are providing a poor meal or poor service; your customers will stop dining with you."

Continued on page 25



PIER PARK SUPPORTS

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

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







Path of Grace Ministry Thrift Store Is Open

By Ed Offley

A Florida Panhandle recovery program for women has reached a major milestone with the transformation of a former doctors' office building in Panama City to its third thrift store.

The Path of Grace Thrift Store is an 11,000-square-foot retail outlet featuring clothing, furniture and household goods, said store manager Brandee Anderson. It is located at 509 East 23rd Street in the Home Depot shopping center. The store had a quiet launch last fall and is now fully operational.

The outlet sells products donated by supporters of the program, and its staff are women going through the twenty-fourmonth recovery program, she said.

The mission of Path of Grace is simple, Anderson explained: "This program is to restore mothers with their children, and to help them get back on their feet."

Founded fifteen years ago as a faith-based organization to assist women trapped in alcoholism and drug abuse, Path of Grace has expanded significantly since then. The Panama City outlet is the third run by the organization, which also has two thrift stores in Miramar Beach at 10916 and 10962 US 98.

The recovery program itself is based in several Panhandle communities. Women accepted into the program live in three residential homes in Bonifay. A parallel residential program



called Crown of Beauty opened there last year.

Those who successfully finish that phase of the program are eligible to stay in one of eight transition housing homes at Serenity Village located in Santa Rosa Beach.

"These 850-square-foot homes have been built to help single graduate mothers and children reunite, as well to help graduates who need a longer stay in a drug-free, protected environment," said Eddie Mansfield, managing director of Path of Grace.

Anderson said there currently are fifty-three women going through the recovery program, with another ten graduates living at Serenity Village.

Mansfield leads a staff of seven plus two therapists who guide the participants through their recovery.

While initially organized to serve Florida Panhandle residents – including Bay and Wal-

ton Counties – Path of Grace is open to women from anywhere if their situation matches the program services, Anderson said. "We've even had a person from Philadelphia go through," she said. Residents have ranged in age from eighteen (the minimum) to sixty.

Some participants have been referred to the program by the courts, while others have contacted Path of Grace directly seeking admission after learning about it from friends or family members, Anderson said.

All participants work at one of the Thrift Stores. Although they are not in salaried jobs, the residents receive monetary stipends to cover personal expenses. And upon successful completion, each graduate receives an \$8,100 check to begin the next phase of their life, she said.

Mansfield said he and his co-workers have been amazed at the program's success thus far. "It's so beautiful and rewarding



Kim Mincy, Brandee Anderson, Nina Cox and Kim Coleman

to witness women going from down and out, in the gutter, with no self-esteem, to victorious and successful in every aspect of their lives," he said.

In addition to welcoming donations of furniture, clothing and household goods, Path of Grace as a nonprofit under IRS Section 501(c)3, welcomes direct financial donations, Anderson said. The store is also willing to pick up bulky or heavy objects like furniture at the donor's residence. Call (850) 654-

8500 for furniture pickup.

For further information about the Path of Grace recovery program, or to make contributions to the program, contact Managing Director Eddie Mansfield at (850) 974-4573 or email recoverypathofgrace@gmail.com Reach Assistant Managing Director Brandee Anderson at (850) 598-5542 or email brandee.pathofgrace@gmail.com.







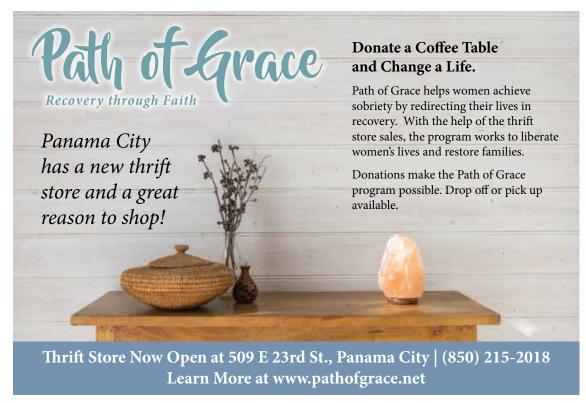
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PBS POV Films at the Redfish Film Fest 2024

In collaboration POV (Point-of-View), PBS's independent award-winning non-fiction film series, the Bay County Public Library will facilitate a PBS POV Venue held at the Gallery of Art (36 W Beach Drive, Panama City) as part of the Redfish Film Fest. The PBS POV Films screened at the Gallery of Art on Friday, April 12 and Saturday, April 13 are free to attend and will not require tickets. The attendance will be capped at room capacity. Each film block will conclude with an engaging post-film discussion. To learn more about the Redfish Film Fest 2024 and its amazing lineup of documentaries and events, visit https://redfishfilmfest.com/. For more information about the PBS POV films, visit www.pov.org.

PBS POV Films:

• The Mole Agent (2020), Director: Maite Alberdi, Producer: Marclea Santibanez

Friday, April 12 during the 11 a.m. – 1:15 p.m. film block. Postfilm discussion will be led by the Bay County Council on Aging.



Shut Up and Paint (Photo Credit: PBS POV)

• The Swim Team (2016), Director/Producer: Andrew Nadkarni, Producers: Swetha Regunathan and Katie Schiller

Saturday, April 13 during the 11 a.m. – 1:15 p.m. film block. Post-film discussion will be led by Crystal Grey-Hewett, FSU Center for Autism and Related Disabilities (CARD).

• The Love Bugs (2019),

Director: Maria Clinton & Allison Otto

Friday, April 12 and Saturday, April 13 during the 1:15 – 3 p.m. film block. Post-film discussion will be led by Greg Robinson, Gulf Coast State College Biology Professor on Saturday, April 13.

• Between Earth & Sky (2023), Director: Juliana Curi,

Producers: João Henrique Kurtz,Lívia Cheibub, and Martina Sönksen, Co-Producer: Uýra Sodoma

Friday, April 12 and Saturday, April 13 during the 1:15 – 3 p.m. film block. Post-film discussion will be led by Greg Robinson, Gulf Coast State College Biology Professor on Saturday, April 13.

• Uýra – The Rising Forest (2022), Director: Juliana Curi, Producers: João Henrique Kurtz, Lívia Cheibub, and Martina Sönksen, Co-Producer: Uýra Sodoma

Friday, April 12 and Saturday, April 13 during the 3 – 5 p.m. film block. Post-film discussion will be led by the Gulf Coast LGBTQ Center.

• Shut Up and Paint (2022), Directors: Titus Kaphar, Alex Mallis, Producers: Matt O'Neill, Perri Peltz, Chloe Ghai

Saturday, April 13 during the 5 – 7 p.m. film block. Post-film discussion will be led by local artists, Sarah Burris, Mandy Yourick and Briana Bennett.

• The Song of the Butter-

flies (2020), Director/Producer: Núria Frigola Torrent, Producer: Rolando Toledo Vega

Saturday, April 13 during the 5-7 p.m. film block. Post-film discussion will be led by local artists, Sarah Burris, Mandy Yourick and Briana Bennett.

Additional Films to be screened at the Gallery of

• Daring Women Doctors: Physicians in the 19th Century (2020), directed by Valerie Scoon

Friday, April 12 during the 5:30 – 8:30 p.m. film block. Post film discussion will be led by film directors, Valerie Scoon, Robyn Roots and William Roebuck.

• 2020 Year of the Nurse (2021), directed by Robyn Roots and written by Robyn Roots and William Roebuck

Friday, April 12 during the 5:30 – 8:30 p.m. film block. Post film discussion will be led by film directors, Valerie Scoon, Robyn Roots and William Roebuck.



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Studio 237 Music Lessons: Meet the Teachers



Piano: Helmut Dimmel has recently moved from Germany to Walton County. At the early age of seven, he learned how to play the organ. Due to his rapid progress, his teacher advanced him to classical training piano lessons. Helmut later developed a love for rock-pop music at the age of 17. He now has 29 years of experience as a piano teacher.

Helmut has the unique abil-

ity to teach a worship leader/ pianist/organist how to accompany different choirs, to be a soloist, and/or train someone to perform in weddings, concerts, and musicals with a band. Due to his vast experience using the chord method, Helmut can help students develop their ability to play by ear, and identify and play chords, tabs, and patterns. Keyboard improvisation is a fun method to learn. It develops the freedom to be creative, the ability to play in bands, and the option of playing without sheet

After earning his bachelor's degree in social work and education in Germany and many years of teaching private lessons, Helmut has the experience and knowledge needed to effectively educate children, young people, adults, and senior adults to reach their musical goals.

To find out more about Lessons with Helmut, call Ray Cyr at Studio 237 Music Lessons at (850) 231-3199 and visit https://studio237music.com/helmut-dimmel.



Violin: Linda Chung: Calling all violin students! We have a violin teacher with 40 years of experience. Linda Chung has joined the 8-member team of music educators at Studio 237 Music. Her formal education is from the University of Southern California where she earned her Bachelor's degree in Violin Performance. Linda also obtained a Master's degree in Music from the University of Central Florida which has opened doors for her to teach not only private lessons but also classroom music and a Suzuki string program. She enjoys teaching students of all ages and levels.

As a performer, Linda has been a soloist and concertmaster of several chamber ensembles in Florida and Tennessee. Her vast experience as a performer with several orchestras has greatly added to her violin instruction and enabled her to coach ensembles and soloists for state competitions and orchestral auditions. In addition to private lessons, Linda desires to form group a string program providing performance experience with fellow violinists. She is highly motivated to bring inspiration, excitement, quality, and passion to our students.

To find out more about lessons with Linda, call Ray Cyr at Studio 237 Music Lessons (850) 231-3199 or visit our website for more info at https://studio-237music.com/linda-chung.



Voice: MaryKate Cary is a classically trained vocalist who enjoys teaching voice lessons using a variety of styles including gospel, jazz, theatre, and current pop. She earned her Bachelor of Arts degree in music along with special studies in music entrepreneurship from Florida State University. MaryKate is excited and passionate about empowering and supporting each of her students as they develop their voices.

She says, "I have always enjoyed the thrill of singing and performing and I find teaching voice lessons just as rewarding." MaryKate loves nurturing, encouraging, and sharing the joyful experience of vocal music with others. Her positive and uplifting personality energizes and refreshes students and those around her!

Since joining our team of teachers at Studio 237 Music Lessons in Santa Rosa Beach, MaryKate has provided voice lessons for students of all ages. Her diverse background and experience provide enough knowledge to enable one to improve their vocal ability and sound after a season of personal instruction. Because of her experience as a gifted performer, she understands the types of training a person will need to develop their voice and stage presence.

To read more about MaryKate go to https://studio-237music.com/marykate-cary. Call Ray Cyr (850) 231-3199 to schedule your appointment for a voice lesson.



GCSC VPA Presents "The Drowsy Chaperone" Musical

ed back to the roaring 1920s at GCSC Visual and Performing Arts Spring Musical production, 'The Drowsy Chaperone." First on Broadway in 2006, this musical tells the story of a passionate musical theatre enthusiast who finds solace in his treasured album of the fictional 1920s musical, 'The Drowsy Chaperone." Little does he know that his living room will become the stage for a magical journey, as the characters from the album come to life before his eyes.

Under the direction of Vincent Pelligrino, this production promises to be a feast for the senses. With Martha Wingfield as the Music Director and the talented choreographers Jasmine Faucett and Lauren Kohlmetz, audiences will be transported to the glitz and glamor of the Jazz Age. The cast of 'The Drowsy Chaperone" is a delightful mix of GCSC Theatre and

Get ready to be transportback to the roaring 1920s GCSC Visual and Performg Arts Spring Musical proction, 'The Drowsy Chapone." First on Broadway 2006, this musical tells the

> Mark your calendars for the upcoming performances, whether you're a seasoned theater-goer or new to the world of musicals, 'The Drowsy Chaperone" promises to be an unforgettable experience that will leave you tapping your feet and humming along to the catchy tunes. Tickets and additional information can be found at www. gulfcoast.edu/arts.

Performances: Friday, April 5 and Saturday, April 6, 2024, at 7:30 p.m. CST; Sunday, April 7, 2024 at 2:30 p.m.; Friday, April 12 and Saturday, April 13, 2024, at 7:30 p.m. and Sunday, April 14 at 2:30 p.m.

Location: Amelia Center Theatre.



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

Emerald Coast Theatre Company Presents Mother Goose on the Loose

Emerald Coast Company (ECTC) presents Mother Goose on the Loose, a production of ECTC's Theatre for Young Audiences Program, April 4 - April 7, 2024. Where's Mother Goose? Where could she have gone? Did she jump over the moon? Is she visiting the old lady who lived in a shoe? Did she follow Jack and Jill up that hill? No one knows! Join her children as they try to find their beloved Mother Goose, and sing and dance along the way! It's an "ECTC Theatre for the Very



Young" production. Big fun for the very little!

Nathanael Fisher, co-founder

and producing artistic director of ECTC says, "Mother Goose on the Loose gives the youngest of theatre goers an entertaining good time! The kids will laugh, get involved in the story and leave with a smile."

Mother Goose on the Loose will be staged 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 \$15 - \$20 depending on the show time/day. There is an additional processing fee for ticket purchases. Purchase tickets online at www.emerald-coasttheatre.org. You can now

choose your seats when you purchase your tickets. Field trips are offered April 4 and 5 and public days are April 6 at 9:00 a.m. and 6:00 p.m. and April 7 at 2.30 p.m. ECTC will also be providing field trip opportunities for local school groups for Mary Poppins. For booking information please call 850-684-0323. For more information about Emerald Coast Theatre Company and its educational programs, please visit www.emeraldcoasttheatre.org.

Bay Arts Alliance Hosts 61st Bay Annual Art Competition & Exhibition

Bay Arts Alliance proudly announces its 61st Bay Annual Competition and Exhibition opening on Friday, May 3 at the Center for the Arts in downtown Panama City. The public is invited to attend the opening reception and awards ceremony on Friday, May 3 from 5 -7 p.m. Awards will be announced at 6 p.m. that evening.

A tradition started by the Panama City Artist Association, the Bay Annual Competition & Exhibition has brought together artists and arts enthusiasts throughout Northwest Florida to showcase the region's finest artists.

"The Bay Annual has always been a special exhibition because it helps reconnect our community's artists," said Jayson Kretzer, Executive Director of Bay Arts Alliance. "At the awards reception, it is so cool to see the artists sharing techniques and rooting for each other and it's our absolute honor to showcase these fantastic artists each year."

Over 100 pieces are submitted each year and then juried down to the finalists in the exhibition. Of those pieces, six will be chosen to receive awards by this year's judge, Kevin Curry, Assistant Professor of Digital Foundations and Sculpture/Ceramics at Florida State University

Artists in the Northwest Flor-



Jeri Carter (left) with Jayson Kretzer (right), Executive Director of Bay Arts Alliance, 2023

ida region are encouraged to submit their works on April 19 and 20 at the Center for the Arts. Submission details can be found by visiting the Center for the Arts in person, by phone, or online at pccenterforthearts. com/artist-opportunities.

The Center for the Arts is open Tuesday—Thursday 10 a.m. -5 p.m., Friday 10 a.m. -7 p.m., and Saturday 10 a.m. -5 p.m.

About the Judge

Kevin Curry received his BFA in Graphic Design from the College for Creative Studies in Detroit, Michigan, and after working as an Art Director in New York and Philadelphia, started his own design & Illustration business before receiving his MFA in Sculpture from Southern Illinois University in Carbondale, Illinois in 2008.

Moving to Colorado in late 2009, Kevin has served as Ad-



junct Faculty at DU since 2010

and Regis University since ear-

ly 2012. In that time, has been

awarded public art commissions

by the City of Denver (to be

located on Tennyson and 41st) and RTD for Denver's new

transportation hub based at the

Historic Union Station as well

as solo exhibitions at Colorado

State University and Rule Gal-

lery in Denver.

Over the past four years, Kevin has been an Artist-in-Residence at Lawndale Art Center in Houston, TX, Art342 in Fort Collins, Colorado, Platteforum in Denver, Colorado and is currently a resident artist at Red-Line in Denver, Colorado. 2013 will see Kevin at residencies at Kimmel-Harding in Nebraska and on the south rim of the Grand Canyon as part of the National Parks Artist-in-Residence program.





ISO: PCB's Best Appetizers

By Jack Smith

The term appetizers seems to have appeared simultaneously in England and America in 1860 as an English alternative to the French word, hors d'oeuvres. But though the name might vary, appetizers, in some form or another, have graced many a cultured table over the centuries. Ancient Greeks and Romans were known for their wine, olive, and cheese platters, while

Renaissance physicians toted pre-dinner meat morsels to promote digestion. As part of a multi-course spread, appetizers were primarily found in the more privileged corners of society. It's hard to imagine Genghis Khan sitting down to enjoy finger foods, while Daniel Boone would've been hard pressed to pronounce hors d'oeuvre, much less divine its meaning. Today appetizers, aka 'starters,' have evolved into their own food group. Portion conscious consumers are known to treat appetizers as a main course (who among us has not made a feast of wings, nachos, or even fried pickles?). My wife is convinced that soup and salad constitutes a full course meal. My advice? Enjoy all the oyster sliders and spinach dip you desire, and be merry. Main course optional. Bon appétit!

ISO: PCB's Best Appetizer

Events

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Everything tastes better with a view of the beach, and Schooners is famous for having one of the best views in the USA... add two Jumbo Lump Crab Cakes served with Tropical Fruit Salsa and Creole Remoulade, a chilled glass of wine or ice cold local craft beer, and you have the perfect makings of a lifelong beach memory!



Capt. Anderson's Restaurant

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

captandersons.com

Capt. Anderson's has published a lot of cookbooks over the past 54 years, but there is always one recipe missing. As a matter of fact, you won't find this recipe anywhere. It is Capt. Anderson's most closely guarded secret... you have to taste to believe! The #1 appetizer of all time! Capt. A's FAMOUS Grilled Bay Shrimp!

Señor Frogs 15005 Front Beach Road, PCB

senorfrogs.com/panama-city-beach

Come for the food, stay for the fun. Try our Mexican Street Corn Off the Cob with mayonnaise, queso fresco, spicy Tajin® and lime.





Boon Docks

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boondocksfl.com

Relax on the docks while you wait at Fish Tales. Take in the history of our 1941 West Bay landmark, the old fish house, the Buchanan home, and the old bait store, all now part of Boon Docks Restaurant. Look out over the water as you sip on something cold and refreshing and watch the barges go by, the occasional dolphin swim by, even an alligator or two, and our mascots, the ducks and geese, who come in for their favorite - hushpuppies.



San Marcos Mexican Grill Pier Park

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

www.sanmarcosmexicangrillpierpark.com

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

Upcoming Events Around the Beach

Easter Egg Hunt March 30

Bring your kids to the annual Easter egg hunt put on by the City of Panama City Beach! Children 10 and under are welcome. The hunt begins at 10:00 a.m. at Frank Brown Park. Prize baskets for each age group.

There will also be pictures with the Easter Bunny!

UNwineD presented by **Publix April 5-6**

A two-day Southern garden party in Aaron Bessant Park featuring superb craft beer, spirits, and wine from around the world, plus culinary creations by Northwest Florida's leading chefs. At its heart, UNwineD is a stylish garden party that showcases the best of the region.

Friday Night Kickoff Party hosted by Southern Living: Visit Panama City Beach has partnered with Southern Living magazine to add extra prestige to the festival, with Southern Living hosting an exclusive event on Friday to kick off the weekend event. This oneof-a-kind night offers, custom cocktails, live music, and more! Only 250 tickets are sold to the Kickoff Party and include admission to the entire weekend of events. You must be 21 or older to attend the Friday night event.

The Grand Afternoon Tasting: UNwineD officially gets underway with The Grand Afternoon Tasting Wander from booth to booth while tasting the best craft beers, wine and spirits from around the world, and sampling delectable creations from leading chefs in the Northwest Florida area. Browse through Art & Vendor Row filled with local shops and boutiques, and be sure to also stop by the Southern Living tent for home decor, cookbooks, and more! Tickets are limited to this event. You must be 21 or older to attend the Grand Tasting (accompanying children 12 and under permitted).

Visit www.visitpanamacity-



information.

beach.com/unwined for more Motorcycle Rally is held twice

yearly in Panama City Beach during the Spring and Fall. Bikers from around the country enjoy scenic rides along the Emerald Coast, live entertainment and local cuisine.

Join in for a full-throttle event packed with hundreds of national vendors, renowned bike shows, amazing entertainment and beautiful riding along the World's Most Beautiful Beaches. The hotspots are spread across three Official Thunder Beach Venues and three Official Partner Venues.

Visit thunderbeachproductions.com for details.

Tourism Appreciation Day May 8

Panama City Beach owes a lot to tourism and for this year's Tourism Appreciation Week in Florida, we will be hosting a Real. Fun. Celebration. on Wednesday, May 8! Join us at the M.B. Miller Park County Pier at 5 p.m. as we celebrate Tourism Appreciation Day! This FREE event is open to locals, visitors and everyone who works so hard to promote this great destination. The celebration will include food, ice cream, live music, games and more!

Seabreeze Jazz Festival April 25-28

Smooth jazz, white sands, and fun set for April 24 - 28, 2024 - The Ultimate Weekend of Smooth Jazz. Tickets and lineup for the 25th Seabreeze Jazz Festival: seabreezejazzfesti-

Named a "Top 10 Jazz Festival in the USA" by JazzIZ Magazine and nominated as "Best Jazz Festival" at the Oasis Smooth Jazz Awards, the Seabreeze Jazz Festival in Panama City Beach combines the top national smooth jazz artists with a full weekend of fun, sun, great beaches, and good times all on the west end. The event now attracts over 20,000 fans from the USA, Canada, and Europe for the ultimate performance-packed weekend of jazz.

The Seabreeze Jazz Festival is the jazz festival for the true smooth jazz fan! No bait and switch here! See you at Aaron Bessant Park for the "Ultimate Weekend of Smooth Jazz."

Visit www.seabreezejazzfestival.com for more information.

Thunder Beach Motorcycle Rally May 1-5

Known as "The Most Biker Friendly FREE Rally in the United States," Thunder Beach

4th INDUS Golf Tournament to Benefit Warrior Beach Retreat, Inc.

The 4th INDUS golf tournament to benefit warriors wounded in combat will be held Friday, May 3, 2024, at the Baypoint Golf Club 4701 Bay Point Rd., Panama City. Registration and sponsorship packages are available at www. industechnology.com.

Warrior Beach Retreat, Inc. began their local nonprofit almost 15 years ago after their son, Retired Army Sergeant Joshua Cope, lost both legs above the knee and wounded his hands in an IED blast in Baghdad Iraq. Now they host large retreats twice a year for combat-wounded couples and three smaller retreats to help strengthen their marriages. When a soldier goes to war... A family goes to war... We focus also on the caregiver as we feel they are the unsung heroes of war.

Donations are especially needed as we are paying for the rooms and other costs that we did not have to cover before the pandemic. You can give by going to our website, warriorbeachretreat.org



We have a waiting list until 2027 as the need is great, and the word has spread about what this community does to bring hope and healing to our nation's finest who have sacrificed so much for the freedoms we enjoy.

Warrior Beach Retreat is a local charity, and not affiliated with the Wounded Warrior Project.





LAKESIDE

continued from page 1

for these incredibly talented artists to share their creations and connect with their fans in a more intimate way," he said.

Featuring a lineup of topnotch, popular talent, the Lakeside Songwriters Concert Series kicked off with Craig Campbell on March 22nd. Keith Stegall and Bradley Gaskin continue the series on March 29th, Michael Morgan on April 5th, Charles Esten on April 12th, Leslie Satcher and Kevin Mac on April 19th and Bryan White on May 3rd.

Each artist brings their own distinct style and expertise, promising an array of musical genres and captivating tunes. As the first in the series, Craig Campbell is a renowned country singer and songwriter from Georgia known for his distinctive voice and heartfelt lyrics. Developing a passion for music at an early age and influenced by classic country legends, his career spans over two decades and Craig has established himself as a talented artist with a genuine

connection to his audience. His debut self-titled album, "Craig Campbell," released in 2011, features hit singles like "Family Man" and "Fish," earning him recognition and praise within the country music community.

Craig's music is characterized by its authenticity, often drawing inspiration from personal experiences and relatable themes. He has a knack for crafting songs that resonate with listeners, blending traditional country sounds with a modern twist. In addition to his success as a solo artist, Craig has also



contributed his songwriting talents by penning hits for other artists. Whether performing on the Grand Ole Opry stage or connecting with audiences during live shows, he continues to leave a lasting impression with his soulful performances and relatable storytelling.

On March 29th, Keith Stegall and Bradley Gaskin take the stage. Keith is a Grammy award winning producer and writer of multiple #1 hits including "I hate everything" by George Strait, "Don't Rock The Jukebox" by Alan Jackson, and "I Do (Cherish You)" by 98 Degrees. Keith Stegall is one of Nashville's most celebrated men behind the scenes. As Alan Jackson's longtime producer, the pairing has sold over 60 million records. With the Zac Brown band, Stegall produced the group's first three albums, resulting in the group's first nine singles to reach #1 on the country charts. Stegall is currently president of Dreamlined Entertainment Group, a Nashville-based production and publishing company specializing in songwriter/artist development.

Singer-songwriter Bradley Gaskin signed with Columbia Nashville in 2010 and released his debut single, "Mr. Bartender," which he wrote solely by himself. Bradley's single charted on country radio for 20 weeks that led him to a Top 40 country hit. Soon after his immediate success, Sony shelved the artist along with the rest of the music. The spotlight for Bradley slowly faded, so he decided to take a break and focus on other options for a career. The artist put down his Gibson J45 and went back to a life he'd known before his music stardom, being a normal working man. He filled his days hanging sheetrock and later worked as a full-time janitor at an elementary school.



Bradley could have settled into a normal life, but he knew that wasn't what he was supposed to do. There were plenty of others cheering him on when Jack Cole, a seasoned friend, offered him a deal of a lifetime. "Why don't we record the music you want to write?" Jack said. Jack started 30A Life Records sealing the deal with Bradley Gaskin as his very first signed artist. Bradley is currently tracking his first full-length record in over a decade with Grammy Award winning producer Keith Stegall. The first single will be released this summer.

The Lakeside Songwriters Concert Series not only offers an exceptional musical experience, but also provides an opportunity for attendees to indulge in a delectable dining experience. For those looking to enhance their evening, the Dinner and Show VIP Package offers premium seating, a delicious five-course dinner during the show, and a glass of beer, wine or champagne.

Tickets are available for purchase at www.oldflfishhouse. com/lakesidesongwritersconcert. Early booking is recommended to secure the best seats for this highly anticipated event. The artist meet and greet will begin at 6 p.m., with the show starting at 7 p.m.

Located at 33 Heron's Watch Way in Santa Rosa Beach, Old Florida Fish House is a renowned dining and entertainment destination offering exceptional food, live music and unique experiences in Santa Rosa Beach. With a commitment to providing unforgettable moments for guests, Old Florida Fish House continues to be the go-to destination for food and entertainment enthusiasts on 30A and the Emerald Coast. For more information, visit Old-FloridaFishHouse.com.







Month of the Military Child



By Mark McQueen, Superintendent, Bay District Schools

As April unfolds, a month marked by various celebrations, my attention is on our upcoming observance of the Month of the Military Child. This tribute holds a special place in my life as the Superintendent of Bay District Schools, a military child myself, and a proud father to two remarkable military children.

This year, our pride in the Month of the Military Child will be amplified by the incredible honor bestowed upon our district earlier this year. As you may or may not know, we were thrilled to find out that Bay District Schools received 17 Purple Star Schools of Distinction Awards from Governor DeSantis. This recognition speaks volumes about our schools' unwavering commitment to military families. It was a remarkable achievement, especially considering that only 79 Purple Star Schools of Distinction Awards were awarded this year, with just 200 existing statewide. Moreover, the fact that our other 18 schools are applying for this prestigious recognition highlights the widespread dedication within our district to go above and beyond for our military families.

The Purple Star Schools of Distinction Award signifies that our schools meet and exceed the standards for supporting military-connected students and their families. It is a testament to our exceptional efforts to create an environment that eases faced by these young heroes. We hope to share a plethora of photos on social media using the hashtags #PurpleUp and #BD-SPurple, allowing our community to witness the depth of our appreciation.

Our schools plan special events throughout April to honor and celebrate our military students. These occasions are expected to be powerful platforms for our school communities to unite, express appreciation, and foster a supportive our military children, further solidifying the bond between our school district and the military installations in our community.

I extend my heartfelt thanks in advance to our sponsors, Tyndall Federal Credit Union and Gulf Coast State College, for their anticipated unwavering support of our Month of the Military Child activities. Their commitment to recognizing and honoring the contributions of military children will enhance our ability to make that month truly special.

Bay District Schools takes great pride in being military-friendly, and these 17 Purple Star Schools of Distinction Awards are just one part of that ongoing commitment. Our military children exemplify strength, adaptability, and courage as they navigate a lifestyle marked by frequent relocations, adjustments to new schools, and periods of separation from their parents. It is essential for our community to collectively recognize and appreciate their unwavering support for their military families.

Thank you in advance for joining me in celebrating the Month of the Military Child and recognizing these young individuals' indispensable role in our community.

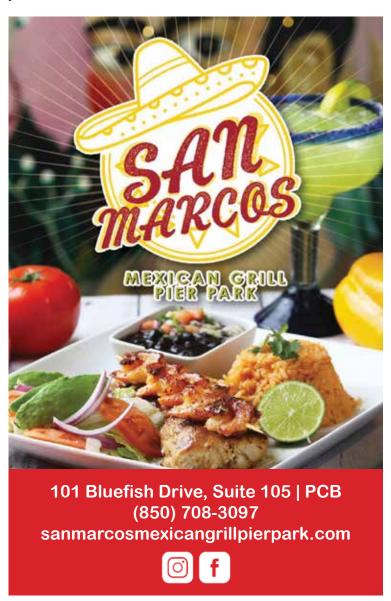


military children's unique challenges.

As we anticipate the celebration of the Month of the Military Child, the significance of this award is expected to become even more profound. On April 15th, designated as #PurpleUpDay, our entire community can support our military children visibly. We encourage people across our community to join us in donning purple on that day, symbolizing our collective gratitude and acknowledgment of the unique challenges

environment for our military children. I look forward to attending as many celebrations as possible throughout the month to recognize these exceptional students and their parents or guardians personally.

In addition to these celebrations, we are privileged to host a very special board meeting in early April, featuring command staff from Tyndall Air Force Base, Naval Support Activity Panama City, and the U.S. Coast Guard. Together, we plan to present a resolution supporting



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Gary Walsingham Academy Leads the Way

While the school has only been open to students since 2021, A. Gary Walsingham Academy is making great strides with student involvement in student-led organizations. Staff and students have partnered together to create student-led ITV shows, Safety Patrol, monthly Pep Rallies and PBIS celebrations. These student-led activities give greater power to students to become more aware of their personal strengths and develop confidence. Principal Amy Harvey says, "It has been amazing watching our students flourish with the added responsibility of their leadership roles here on campus. Our student

leaders are empowered to take an active role in their own education, are a daily inspiration to our younger Wahoos and play a vital role in maintaining our collaborative positive school culture."

New to students in the 2023-2024 school year is the "Wake Up Wahoos" Morning ITV show. Fourth graders applied and auditioned for a coveted spot in the programming. Mykenzie, who auditioned and made the crew, said, "I was nervous when I was speaking in the microphone and sitting at the desk... I was scared that someone else might get picked. Now that I am on the crew I'm

glad I made it and I like being the anchor because I can show other kids what they might get to do and inspire them." Crew members arrive early to school each morning and work together to write daily scripts, practice and run the cameras and audio Crew members have shown creativity and initiative with bringing in new ideas for daily shows. The show has become a highlight in the daily routine of students and staff. 3rd grade teacher Mrs. Cox says, "I love to see how much the fourth graders have grown over the years. I point out to the 3rd graders that they too can do all of the cool things that the 4th graders are



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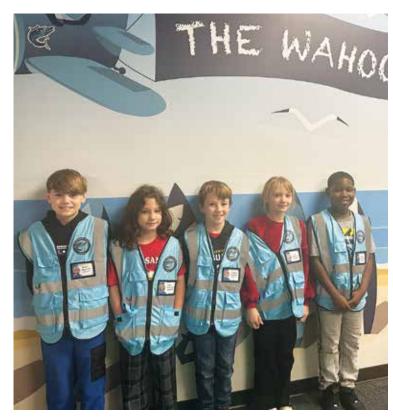


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doing by working hard and staying focused."

Another involvement opportunity open to students is the Safety Patrol. This student organization requires students to apply and submit two teacher recommendations. Similar to the TV crew, this group of students arrive early to receive their designated patrol area. After reporting to their assignment, they assist students with carrying heavy items and finding their designated waiting area, giving high fives and smiles to start the day off right. One of the safety patrol members Khaley Kim says, "I like meeting new people and smiling a lot. I also like seeing everyone in the

morning and helping them start their day."

In addition to their duties, both of these crews of leaders assist in Walsingham Academy's monthly pep rallies. Walsingham pep rallies recognize the Wahoo Student of the Month and introduce the Core Value for the coming month. Wake Up Wahoo crew members serve as greeters as Wahoos walk to the cafeteria. Safety Patrol members assist in helping classes find their designated area. The Wake Up Wahoo crew leads live announcements and performs a skit to introduce the core value for the upcoming month.

Walsingham Wahoos leading the way!



Beach Mosquito Control District:

Surveillance Team Springs into Action

By Cindy Mulla & Kaylyn Pearce

Did you know that Panama City Beach, Florida has approximately 50 distinct species of mosquitoes? Not all species bite people, and only a select few are capable of transmitting disease to humans. One of our big nuisance species is the Aedes albopictus, commonly referred to as the Asian Tiger Mosquito. It is an invasive species that came to the United States from Southeast Asia. It is common around households, breeds in artificial containers, and is an aggressive biter. It is a vector of diseases such as Dengue, Zika and Chikungunya virus. Beach Mosquito Control District works diligently to suppress mosquitoes, like the Asian Tiger Mosquito! A few of the surveillance tools we use to monitor mosquito populations include mosquito traps, a virus-testing machine, and sentinel chicken flocks.

Most people are surprised to hear that we use chickens as another method to monitor mos-



quito-borne diseases. They're like a canary in a coal mine for illness. The two main diseases we monitor for are West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). Once a week we take blood samples from chickens that are strategically placed across our district, and we ship these samples to the State Laboratory. The test results will confirm if positive antibodies are present for mosquito-borne disease in the sentinel chicken flocks. This is a great tool to indicate when and where diseased mosquitoes are active in our district plus it allows our team to make quick and accurate decisions to treat the problem before it amplifies.

Another component of our surveillance program is our mosquito traps. We have a total of 22 "primary" mosquito

traps that we run twice a week and 13 "gravid" traps that are set once a week. A total of 55 traps are set each week! The purpose of primary traps is to collect a variety of mosquito species in different habitats. The gravid traps specifically monitor and target female mosquitoes that have already taken a blood meal. Once we collect the traps, the surveillance team then counts and identifies each of the mosquito species. After speciating the mosquito trap collection, we can run tests on the specific species we know are vectors of

mosquito-borne disease to determine if we have any viral activity present in the area.

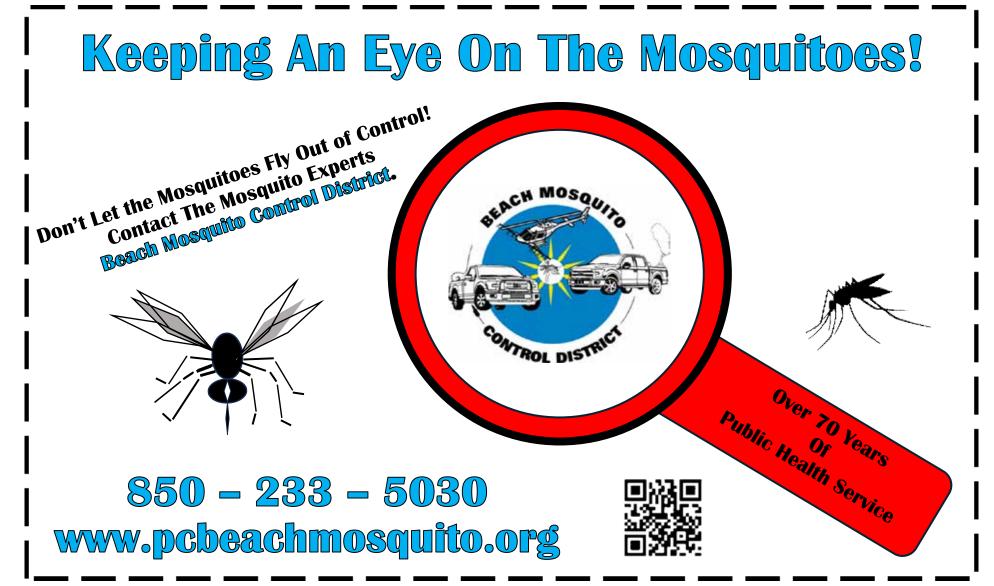
For any of your mosquito concerns or to place a service

request, please contact Beach Mosquito Control District: at (850) 233-5030 or pcbeachmosquito.org. Your tax dollars are hard at work!

Florida SBDC at UWF Presents "Marketing for Small Business"

In today's dynamic marketplace, effective marketing is the lifeblood of any small business. Join us for "Marketing for Small Business" on April 16 from 9 - 10:00 a.m. This workshop is designed to equip you with essential strategies and tools to amplify your brand presence, reach your target audience, and ultimately drive growth and success. Let's embark on this journey together and unlock the potential of your business in the ever-evolving

world of marketing. Speaker: Kristyn Matthews, Social Media Strategist, Manager and Event Content Creator. Location: Innovations Financial Credit Union, 910 Thomas Dr, Panama City Beach, FL 32408. No fee. To register, visit our website at www. sbdc.uwf.edu and click on "Training & Events". Hosted by Marina Boeira-Tarulli, Business Consultant, Florida SBDC at UWF. Sponsored by Wells Fargo.





By Jame C. Williamson, PhD

Six hours a week is all it takes to keep your marriage running smoothly and prevent a gradual growing apart or a dreaded relationship breakdown.

Stay Happily Married by Following the "Magic Six Hour" Formula

Relationship expert John Gottman and his colleagues have determined that for relationships to continue to grow, couples need to routinely invest time nourishing their bond. Gottman says "it's all about priorities". And I agree.

Investing time in your marriage every day is the preventative maintenance couples need to stay on a positive trajectory.

Happy couples – and those determined to get happy and stay that way – understand this basic principle. But when it comes to prioritizing their competing



obligations and interests, they still sometimes struggle to find ways to put "couple time" first on the list.

For many couples, there just doesn't seem to be an additional six hours in the week. For others, their normal routines are so habitual, they have trouble

seeing how they could change.

Finding those six hours a week does require developing some new routines. But it isn't as hard as it seems. The ideas below constitute what Gottman calls the Magic Six Hours.

I'll bet you could incorporate all of these ideas into your schedule. It's worth a try.

Parting: Develop a ritual to make saying goodbye extra special, even if you're just running errands or going to work at your home office. Always include a kiss and be sure to spend at least two minutes a day, 5 days a week, for a total of 10 minutes.

Reunion: Have a stress-reducing conversation at the end of each workday. In this conversation be sure to block out distractions so you can fully listen to and be understood by one another. This is the time to discuss what's on our mind from outside your relationship and support each other emotionally. Spend 20 minutes a day, 5 days a week, for a total of 1 hour and 40 minutes

Admiration & Appreciation: Find a reason to communicate sincere appreciation for your partner. Say "I love you" like you mean it. Invest at least 5 minutes a day, 7 days per week, for a total of 35 minutes.

Affection: Show physical affection throughout the day. Touch, hold, and kiss your partner (other than in bed). Use your goodnight kiss (even if it is a short one) as the moment to let go of frustrations and show tenderness to each other. 5 minutes a day, 7 days a week, for a total of 35 minutes.

Date Night: Schedule a

weekly date night, either at home or out at a restaurant. This is a purposeful time for the two of you to stay connected. Plan a romantic, relaxing evening together that lasts at least 2 hours, once per week. These are 2 of your 6 magic hours.

State of the Union Meeting: Meet one hour a week to talk about your relationship. Don't let anything interfere with this time and focus only on what happened this week. First, review what went well and what you appreciated about each other this week. Then gently discuss any problems you experienced. If there was a regrettable incident process it, recognizing that you both have valid perspectives that should be mutually understood. End by asking "What can I do to make you feel loved this coming week?" This works best if it is a standing meeting on the same day each week. Friday nights, Saturday mornings, Sunday nights...whatever works for you. But make it a sacred ritual. Invest 1 hour, once per week.

The couples I work with who incorporate these six ideas into their relationship routines, maintain a positive momentum and stay on the happily married track. So, if you have noticed a little drifting apart, talk to your partner about these Magic Six Hours and start incorporating these new routines into your daily life.

If you are experiencing a bigger chasm separating you and your partner, start with a State of the Union meeting, discuss how adding these magic moments back into your routine could improve your relationship, and "work it out."

Let me know if I can help.

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



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By Stephenie Craig

Are you ever moving through life and find yourself feeling very angry or hurt by someone? Maybe you are experiencing anger or hurt at a level 10 intensity and you are noticing the situation intensity level seems to be much lower than your feeling. You might then realize you're making up a story in your head about the negative, insensitive intentions of the other person. As a result, you may find yourself withdrawing, putting up walls or being confrontational in ways that compromise connection.

Emotionally charged conversations are complex to navigate and often result in people not showing up as their best version of self. Intense feelings can fuel reactivity, shutting down, harsh words, judgment, unkindness, shame and condescending tone. While you know it feels bad to experience someone's emotional reaction, you may still find yourself reacting at times. Intense emotions are inevitable but, with practice, you can create a healthy pattern of working through your own and others' reactions.

10 Ways to Approach Emotionally Charged Conversations

1. Notice when you are triggered. Pay attention to your feelings and your body. Notice changes in body temperature, stomach, chest, feeling shaky, clenching fists, grinding teeth, tears, change in heart rate.

Emotionally Charged Conversations

Name feelings if you are able. "I feel embarrassed, ashamed, humiliated, angry, hurt, sad, unsafe."

- 2. Calm your nervous system. Take 10-20 deep breaths, step away from the situation, journal, take a walk, nurture your pet. Engage in healthy calming skills to help your body move out of fight, flight or freeze so you can think more clearly.
- 3. Notice the negative intention story you are making up in your head. She didn't text me back because I'm not important. He didn't make eye contact so he must not care. My child is selfish, disrespectful and trying to irritate me. Challenge the story in your head. Is it possible their behavior has another meaning than intent to hurt you?
- 4. Sort past and present feelings. Intense feelings are often a sign that the present situation has triggered past wounds. Reflect on whether you are bringing memories from past interactions into the current situation. Acknowledge and allow past feelings to exist in a space separate from the current situation/relationship.
- 5. Remember the humanity of and your history with the person. Try remembering you do not have negative intentions toward others when you emotionally react. You also do not intentionally emotionally react. Perhaps the other person had a difficult emotional moment and did not have negative intentions toward you. Remember the ongoing character of your relationship with this person. Are their intentions and behavior toward you typically positive?
- **6.** Approach with compassionate curiosity instead of shame. Instead of, "You don't get to talk to me that way and you are being so rude and out of line," try, "You seem



really overwhelmed. What's happening for you right now?" People often feel bad inside about reacting poorly. What helps them move forward is compassionate understanding rather than judgmental correction. When people feel understood with compassion, they will often apologize and move toward change.

- 7. Validate and support. Communicate understanding of the other's emotional state. Ask what support might be helpful on your end.
- **8. Own your part.** Humbly seek to understand whether you contributed an unhelpful part in

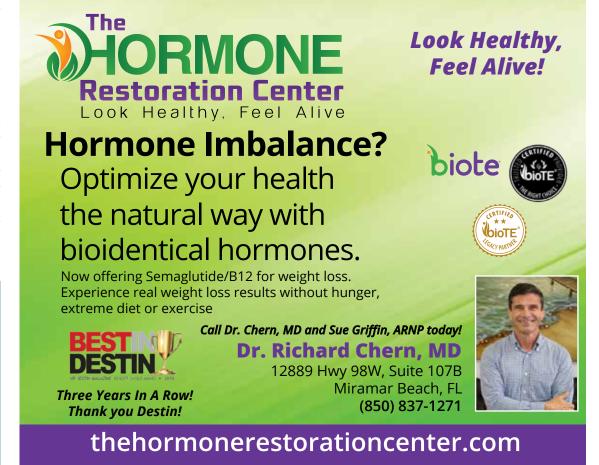
the relationship dynamic. Take responsibility by naming and apologizing for your part.

9. Address boundaries with vulnerability. Communicate kindly and directly how you were hurt and what would work better for you in the future. "When you snapped at me, that hurt my feelings and felt like you were blaming me. Now that we've talked, I understand that you were snapping because you were overwhelmed and it was not about me. I get overwhelmed, too. When you are getting overwhelmed, it would help me if you would let me know what you need rather than

snapping at me. I will be able to support you better and that will help us stay connected."

10. Listen and repeat. Listen with an open mind to the other person's experience and repeat this process regularly when you feel triggered in relationships.

Emotionally charged conversations are difficult and can also be some of our most connecting and trust building moments when navigated with intention. Try practicing these tools and connect with us along your journey for counseling and coaching at Journeybravely.com.









By Sean Dietrich

Easter Sunday. An Episcopal church in Birmingham. Vaulted ceilings. Ornate masonry. A pipe organ. A choir dressed in lacework cottas. Individual stained-glass windows that cost more than tactical government helicopters. The whole works.

My wife and I arrived late. The place was loaded with parishioners in pastel colors. There were no available seats in the back.

"We have room on the front row," said the usher.

"The front row?" I said.
"Isn't there anywhere else?
Somewhere less... Frontal?"

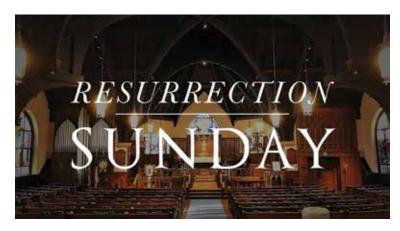
He shook his head. "Full house today, sir."

I am not a front pew guy. I come from mild, soft-spoken fundamentalist people who hug each other sideways; we prefer to fill up the sanctuary from the back to the front.

He guided us to the front pew so that we were practically sitting in the priest's lap. The whole church was looking at us.

Service began. The organ

Sean of the South



bellowed. People stood.

Before we sang the first song, a kid in the pew behind me started making flatulent sounds with his mouth. I could not concentrate.

As a former little boy, I am qualified to tell you that these were not just your run-of-the-mill mouth-based sound effects. These were long, juicy, squirty sounds that, if I hadn't known better, sounded like minor digestive issues.

And he never quit. During the communal singing, the kid made this noise. During the call to worship: The Noise. During the Lord's Prayer: nuclear blasts.

Spittle was flying onto the back of my neck as the boy's sustained raspberry sounds reverberated off the stone walls. I was certain someone would tell the boy to knock it off, but it never happened.

So I turned around to give the child a stern look.

He might have been 3 years old. The kid was blond, plump, dressed festively in a seersucker jumpsuit adorned with lace.

His mother smiled. I grinned back, hoping she'd get my drift and put an end to her son's newfound talent. But she didn't.

So I tried to deal with it. Throughout the service, the kid made even louder sounds and I made greater attempts to ignore him. But it was difficult, inasmuch as I could feel the windspeeds from his mouth-trom-

bone moving the hair on the back of my head.

Occasionally, I would look around at other parishioners to gauge their reactions, but nobody was paying attention to the kid. It was incredible. Even though this boy's sphincter-like tones were rattling the windows, I was the only one in the Western Hemisphere who noticed this child.

When the choir stood for the offertory song, I tried to tune the kid out completely. I focused on the music. I closed my eyes. I listened to the a capella choral arrangement, bowing my head, reflecting on spiritual matters, when all of a sudden...

Somebody ripped one.

At least that's what it sounded like. The kid had upped the ante this time. He wasn't just making basic mouth sounds anymore. He was raspberrying the national anthem. The back of my neck was painted in a fine spray of toddler saliva.

I leaned over to my wife. "I can't concentrate," I said.

"Hmmm?" she said.

"That kid. He's making noise."

"What kid?"

"What kid? Junior the Incredible Tooting Toddler. Don't you hear him?"

"Just don't pay attention to nim."

"He's spitting on me."

Someone across the aisle shushed me.

Finally, it was time for communion. Several hundred of us filed toward the altar, and who do you think was standing behind me? That's right. Toot-Zilla

The kid was making his lip noises while standing in line, bouncing on his mother's hip.

I'd had enough. I was just about to say something to the kid's mother when she spoke first. She told me she didn't have a free hand for receiving communion. So she asked if I would watch her son for a moment while she approached the altar and took the Sacrament. I said sure.

So she left him with me for a moment. He stood beside my leg and looked up at me with tap-water blue eyes. And I have to admit, this child was cute.

"You shouldn't be making those sounds in church," I told him.

"Raah baah baah waah," he said.

"That's no excuse."

"Aaaggghhh."

"People are trying to be reverent here."

"Waaah daah haah baah faaah."

"You're not even sorry, are you?"

He drooled on himself.

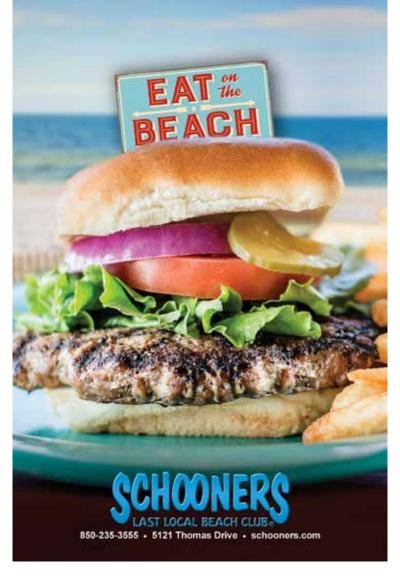
When his mother finished receiving the Eucharist, she came back to us and lifted her son into her arms. I wished her a happy Easter. She returned the favor. Then I wished the kid a happy Easter and his little face erupted in a smile.

"Haaappah eeeee-saaaah!" he shouted.

My heart officially melted. I pinched his nose, and the kid responded by making that familiar loud sound again.

Only this time his lips didn't

I hope you had a happy Easter. I know he did.









By Dr. Kerry Knight, Emerald Beach Church of Christ

"And they all forsook Him and fled." (Mark 14:50)

We cringe when we remember how the disciples of Jesus left Him when he was arrested by the angry Jewish mob. What made matters worse was the reaction of His followers, as they seemingly ran for their lives. They would eventually return to His side after His resurrection, but it certainly put a black eye on their discipleship.

Those of us who live in Panama City and the Beaches are blessed with a huge influx of visitors this time of year. Our churches can even double their

A Minister's Message: **Don't Flee From Church While on Holiday**

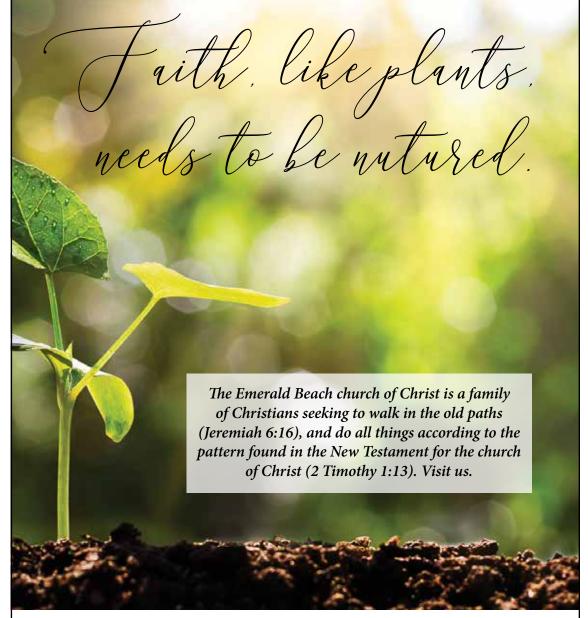
size. People from practically every state of the union come to enjoy our pristine beaches, restaurants and fun-filled amenities. However, when Sunday wife is at church." Young men and women, think about having fun in Florida and meeting some new friends. I am 74 years old now, but I came to Panama City when I was a teenager every summer. My wife and I spent our honeymoon here 54 years ago, and it will always be a special place for us.

Spending time worshiping God will enrich your life. Come

visit us at the Emerald Beach Church of Christ on Alf Coleman Road by Shipwreck Island water park. Our Sunday services are at 10 a.m. and 1 p.m. We'll look forward to your visit.



rolls around many visitors take a vacation from church. Now I understand that this is a getaway, but could we not spare an hour of our trip worshiping God? Bring a pair of church clothes, and meet some new friends. Many of those who come here do visit their church, and some even find a new congregation that pleases them. I have always said, "A great place to meet your future husband or



JIMMY PATRONIS

continued from page 10

Following his two terms in the Florida House of Representatives, Patronis was appointed by Governor Rick Scott to the Florida Public Service Commission, followed by his election as Florida's Chief Financial Officer. For Patronis, one of the hardest-hitting issues for him is addressing the needs of first responders.

"One of the secrets to the economic success of our state is the migration of people from other states that are moving here and bringing their wealth, their retirement checks, and their businesses. None of that takes place without having a safe Florida. I'm a huge advocate for our first responders and our firefighters. People are not going to invest in your community unless it's safe, so you need to have a safety net that works 24/7/365. You have to take care of those individuals that are standing watch around the clock."

Perhaps one of the biggest issues in the forefront of the minds of Floridians involves home insurance rates. It's a concern that Jimmy Patronis has heard from many Florida residents, which makes lowering home insurance

a top priority.

"My biggest goal I have is to leave the state of Florida in a better place than we found it. The insurance challenges we are facing right now will pass. We are continuing to make strides and improvements and, more importantly, recruit capital to the state to make a competitive insurance market. MysafeFLhome.com is a grant program where the citizens of the state of Florida can get up to \$10,000 from the state to lower their insurance rates. If you are seeing an increase in your insurance rates, you need to visit that web-

As a Bay County resident, Jimmy Patronis knows the importance of incorporating hospitality into politics and has no intention of slowing down. For Patronis, public service is not only the highest honor, but a commitment as well.

"Ultimately, I think it's important that you always have a part of your life committed to giving back to the community that you're in, and I think it contributes to raising a healthy and well-rounded family and helps teach your kids the right type of values."



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Stylish Sustainability

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

In recent years, there has been a remarkable and sustained surge in global awareness regarding the importance of sustainable living. This newfound consciousness is driven by a heightened recognition of the impact human activities have on the environment and the urgent need to address issues such as climate change, resource depletion, and ecological degradation. As information about environmental challenges becomes more accessible, individuals and communities worldwide are embracing a more mindful approach to daily choices.

This shift in perspective reflects an understanding that our lifestyles, consumption patterns, and resource utilization have direct consequences on the health of the planet. People are increasingly seeking ways to reduce their ecological footprint, opting for products and practices that promote environmental sustainability. From energy-effi-



cient technologies to eco-friendly consumer goods, the emphasis on sustainable living is reshaping the way individuals, businesses, and governments approach their responsibilities toward the planet.

Flooring manufacturers are no exception when it comes to the search for producing and offering eco-friendly products. As these companies focus more on their product footprint, you may ask yourself, how can something like simply choosing a beautiful floor benefit the environment?

But choosing sustainable flooring can benefit the environment in the following ways:

Reduced carbon footprint: Sustainable flooring options have a lower carbon footprint compared to traditional flooring options. This is because they require less energy and resources during the manufacturing process.

Improved indoor air quality: Sustainable flooring options are often made with natural materials that do not contain harmful chemicals or toxins, leading to improved indoor air quality.

Waste reduction: Many sustainable flooring options are made from recycled materials, reducing waste that might otherwise end up in landfills.

Durability: Sustainable floor-

ing options are often more durable than traditional flooring options, which means they last longer and need to be replaced less frequently, reducing overall waste and resource consumption over time.

Energy efficiency: Some sustainable flooring options also offer energy-saving benefits, such as providing natural insulation or reflecting heat, reducing the need for additional heating or cooling in a home.

Eco-Friendly Flooring Options:

If you're in the market for eco-friendly and sustainable products, consider opting for tile, a beautiful and durable choice. Ceramic and porcelain tile, in particular, stand out for their environmental friendliness indoors. Thanks to their minimal emission of Volatile Organic Compounds (VOCs), tile emerges as a healthy and green option for homeowners, especially beneficial for those sensitive to allergies or asthma.

Tile manufacturing involves high-temperature kilns, effec-

tively eliminating VOCs from the product. This process ensures that tile maintains its eco-friendly qualities throughout its lifespan.

Furthermore, tile offers a diverse range of designs and colors, crafted from raw, natural materials, ensuring longevity. Popular choices such as pebble tiles for shower floors or accents in niches add an earthy charm to spaces. Wood-look tiles also provide a natural aesthetic, ideal for showers, bathrooms, and floors, particularly in regions like Florida where durability against water and sand is essential

Manufacturers also prioritize eco-friendliness in grouts and adhesives, ensuring minimal to zero VOC emissions, further contributing to a healthier home environment.

Tile is not the only option for eco-friendly floors, however. There are several certifications you can look for when on the hunt for sustainable floors.

Laminate flooring products

Continued on page 29





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Lifestyle

Design and Culture: Countertops, The Details

Countertops are a fabulous investment for any space, and surprisingly, may be one of the few products that are not inflated right now in terms of price. If you are interested in renovating or are building a new home, we are here to help and discuss all the current trends going on in the most beautiful beaches in the country with countertops. As color and pattern are the

edge profile, is by far the most common countertop edge, but we have seen a small revival of the ogee edge in baths. The mitered edge has become increasingly popular for kitchens, kitchen islands, baths, and outdoor kitchens. A mitered edge is a lovely detail and creates a bold statement in any space. If you are interested in a mitered edge, 2 inches to 2 ½ inches is a good

6-inch to 8-inch backsplash with a stone cap shelf, are increasingly in demand. As these details have always existed, they are becoming more and more desirable as clients veer away from grout lines or hard-to-clean surfaces in their homes. The final product is stunning. When considering this application, there may be coordination and planning required to achieve some











most important when selecting a countertop that works best with your space, there are a few small details you can consider when it comes to edges and backsplash to give your space, whether small or big, that extra special touch.

The standard edge profile, also referred to as a flat eased

range to consider.

When it comes to stone backsplash, 4" is the standard height, but different heights are becoming increasingly popular as designers push the boundaries of stone applications. Full-height backsplash, backsplash to the ceiling with floating shelves mounted on the stone, and of these options. A fabricator will be able to assist you with any questions you might have.

If you would like more information, you can visit Granite Plus located at 17801 Ashley Drive or give us a call at (850) 890-0307 and a project manager would love to assist you.



BHHS BP Wins Prestigious Awards

Anne Winicki Ranks No. 7 in the Berkshire Hathaway HomeServices Global Network for 2023

Berkshire Hathaway Home-Services Beach Properties of Florida is pleased to announce sales executive Anne Winicki was honored as a 2023 Top 25 Award-winning individual agent at the Berkshire Hathaway HomeServices Sales Convention held March 10th to 12th in New Orleans, LA. Anne was ranked No. 7 in total gross

commission income for the global network. This is Anne's third time to achieve the prestigious designation as a Top 25 individual agent since 2020.

The Top 25 Individual Sales Agent Award recognizes the top 25 sales professionals in the global network for total gross commissionable income (GCI) or residential units. In addition, Anne was honored with a Chairman's Circle Diamond Award for her excellent sales performance in 2023, placing



Winicki of Berkshire Hathaway HomeServices Beach Properties of Florida Earns Third Top 25 Individual Sales Agent Award.

her in the top half of 1 percent of nearly 55,000 Berkshire Hathaway HomeServices network agents.

"Hats off to Anne for her remarkable accomplishment. It's hardly unexpected given her dedication as a customer-focused sales expert, consistently prioritizing her clients' needs," said Jimmy Burgess, CEO at Berkshire Hathaway HomeServices Beach Properties of Florida. "Anne has played a pivotal role in our team since 2008, embodying the pinnacle of service excellence that our company aims for in every transaction."

Winicki entered the real estate field in 1999 and worked for the St. Joe Company for nine years before joining Berkshire Hathaway HomeServices Beach Properties of Florida in 2008. She has consistently been a top-producing sales agent for Berkshire Hathaway HomeServices Beach Properties of Florida and a top-selling agent for the WaterSound Beach community, earning over one billion in career sales volume.

Berkshire Hathaway Home-



The 2023 ranking marks the agency's eighth consecutive year as a Berkshire Elite Circle Award winner.

Services Beach Properties of Florida, which is independently owned and operated, became a member the of Berkshire Hathaway HomeServices brokerage network, operated by HSF Affiliates LLC, in 2016. Since that time, it has earned a host of honors, including being recognized for eight consecutive years as members of the Berkshire Elite Circle, a prestigious designation given to the Top 50 companies in the Berkshire Hathaway HomeServices network.

Berkshire Hathaway HomeServices Beach Properties of Florida Ranks No. 26 in Global Network

Berkshire Hathaway Home-Services Beach Properties of Florida is pleased to be recognized with the Berkshire Elite Circle Award, a designation given to the Top 50 companies in the Berkshire Hathaway HomeServices global network. The company, which ranked No. 26, was honored during a special award ceremony held at the Berkshire Hathaway HomeServices' annual Sales Convention, in New Orleans, LA

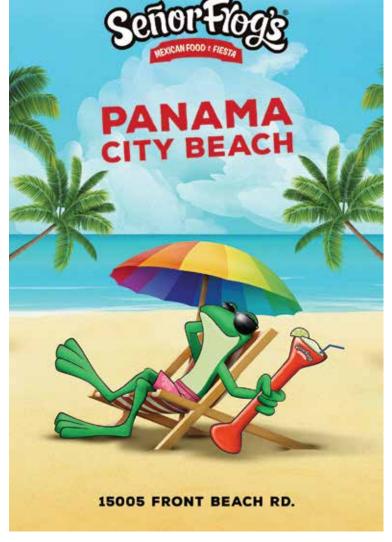
In addition, the brokerage's 30A headquarters was also recognized as the No. 7 office within the global network for gross commission income, and sales executive Anne Winicki as the No. 7 individual agent for gross commission income, earning the prestigious Top 25 Individual Sales Agent Award. The Moats Group comprised of Tami Moats, Ray Moats, Alex Maddox and Will Walker and individual agent Bryon Dumas were recognized with 5 Year Legend Awards. As a Legend Award recipient, these agents

join a select group of network agents who consistently rank in the top two percent of sales professionals in the Berkshire Hathaway HomeServices' global network.

The global real estate brokerage franchise is boldly focused on building a personally connected future through relationship-driven business, with best-in-class leadership, mentorships, business tools, and a worldwide network that's committed to making a lasting impact through lifelong relationships.

"We are delighted to receive recognition as one of the top companies within the Berkshire Hathaway HomeServices network. This esteemed award underscores our dedication to delivering exceptional service and ensuring unparalleled client satisfaction. It also acknowledges our commitment to earning our place as industry-leading producers," said Jimmy Burgess, CEO of Berkshire Hathaway HomeServices Beach Properties of Florida.

Established in 2007 to be a premier real estate company dedicated to extraordinary customer service, Beach Properties of Florida became an affiliate of Berkshire Hathaway HomeServices network in 2016 and wholly owned by HomeServices of America in 2022. Since that time, it has earned a host of honors, including being recognized for eight consecutive years as members of the Berkshire Elite Circle, a prestigious designation given to the Top 50 companies in the Berkshire Hathaway HomeServices network.









Share the Road: Bicycle and Motorcycle Safety



As the weather warms up, more people will be on the roads riding bicycles and motorcycles. While there are many laws operators must adhere to, there are also laws for other motorists to observe when operating near and around these vehicles. The end of April and beginning of May brings additional motorcycle traffic to our area as the Thunder Beach Motorcycle Rally takes place. It is important for all motorists to be aware of the traffic laws as well as put into practice some tips to keep both cyclists and motorists operating safely together on the roadways.

Sharing the Road with Bicycles

Florida law requires motorists to give bicyclists a minimum of three feet of clearance and use caution/slow speed when driving alongside or passing them.

On a two-lane road, motorists should pass a bicyclist as one would a slow-moving vehicle, and only when it is safe to do so.

When crossing a bike lane to make a turn, yield to any bicyclist in the bike lane and make your turn behind the cyclist.

Do not follow a bicyclist too

At night, avoid using high beam headlights when you see a bicyclist approaching.

Bicyclists may ride out of the bike lane into the travel lane for their own safety due to narrow roads, to avoid obstacles or pavement hazards, or to prepare for a left turn.

Bicyclists must obey all traffic controls and signals.

Bicyclists must not wear headphones or ear-buds while bicycling on the roadway.

Sharing the Road with **Motorcycles**

You must never attempt to share the lane with a motorcycle. The motorcyclist is entitled to the entire lane.

Do not follow too closely to a motorcycle; motorcycles have the ability to stop more quickly than other vehicles.

Watch for motorcycles and look carefully before pulling into an intersection or changing lanes.

It is difficult to gauge the speed of a motorcycle; they may appear to be much farther away than they really are.

Motorcyclists often slow down by down-shifting or rolling off the throttle, thus not activating the brake light.

Never pass a motorcyclist with only a few feet of space. The force of the wind can cause a rider to lose control.

Motorcycle Endorsements

Florida law requires anyone desiring to operate a two or three-wheel motorcycle, whose engine size is more than 50 cc, to obtain a motorcycle endorsement on their driver license or hold a 'Motorcycle Only' license.

To obtain the motorcycle endorsement, motorcyclists must:

You must hold at least a valid Class E operator's driver license.

Complete the Basic Rider-Course (BRC) or Basic Rider-Course updated (BRCu) motorcycle safety course with an authorized Sponsor.

After successfully passing the RiderCourse®, you must obtain your endorsement within (1) year. If the endorsement has not been obtained during the one-year grace period, the course completion card as well as the "Pass" waiver status is consid-

ered invalid and you must complete another RiderCourse® before the endorsement can be added.

After you complete the Basic RiderCourse® (BRC) or Basic RiderCourse updated® (BRCu), visit a driver license office or tax collector office that issues driver licenses and inform them that you completed the course. Upon providing proper ID and paying the required endorsement fees, your Class E license will be issued with a motorcycle endorsement.

For more details regarding motorcycle or to find a Florida Rider Training Program Course, visit flhsmv.gov.

As you hit the roadways, be sure to remember we share the road with all types of vehicles. Do your part to keep yourself and others safe, by following some of the safety tips shared above

The Bay County Tax Collector's Office is an agent of the Florida Department of Highway Safety and Motor Vehicles, providing motor vehicle and driver license services to Bay County. To learn more about the Tax Collector's Office, visit BayTaxCollector.com.

(Information Source: www.fld-hsmv.gov)





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STYLISH

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may be certified by organizations like the Greenguard Environmental Institute, which sets standards for indoor air quality.

Likewise, some manufacturers offer vinyl flooring with certifications such as Floor-Score or the Vinyl Sustainability Council's Responsible Source Program, to address indoor air quality and sustainability concerns.

Opting for hardwood? The

Forest Stewardship Council (FSC) certification ensures that wood products come from responsibly managed forests, promoting sustainable forestry practices and conservation.

As Earth Day approaches, it reminds us that we all share a responsibility to be stewards of the Earth and to work together to build a more sustainable and resilient world. It serves as a call to action to unite in the common goal of preserving the beauty, diversity, and vitality of our precious planet.

Here at Flooring Depot, we have a tremendous number of options to choose from, and we can help you pull together the right materials to help you create a beautiful, lasting and environmentally friendly home. 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.





Introducing Bayway Flex: A Micro Transit Service

Bay County Transit, also known as Bayway, is proud to unveil its latest innovation in transit services: Bayway Flex. With the introduction of Bayway Flex, traveling within a corridor along Highway 98 from Panama City Beach to 30A has never been easier or more affordable.

Bayway Flex allows passengers to schedule rides in real time, for just \$1.50. To ride, users will start by downloading the Bayway Flex app. Once logged in, simply input your pickup and destination points within the service zone, and you'll be

on your way. Each scheduled ride comes with a 20-minute flexibility window, allowing for the pickup and drop-off of additional riders, enhancing efficiency, and reducing costs for all passengers.

The Bayway Flex service area is geofenced from Panama City Beach and continues along 30A within Walton County. Bayway Flex empowers travelers to commute to work or indulge in leisurely escapes to popular destinations like Rosemary and Laguna Beach.

Lamar Hobbs, Bayway's Transit Program Administrator, explains that the launch of Bayway Flex marks a significant milestone in providing personalized and efficient transit solutions along the Gulf Coast.

"We are thrilled to introduce Bayway Flex, which revolutionizes travel convenience and accessibility for residents and visitors alike," said Lamar Hobbs. "With Bayway Flex, passengers can now enjoy seamless rides tailored to their individual needs, all at an affordable price."

Key Features of Bayway Flex:

Personalized Routes: Passengers can customize their travel by setting their starting and ending points within the service area, ensuring flexibility and convenience with every ride.

Popular Destinations: From Panama City Beach to Rosemary to Laguna Beach, Bayway Flex provides residents and visitors with the opportunity to explore and experience the Gulf Coast.

Bayway Flex App: Seamlessly schedule rides with the user-friendly Bayway Flex app,

putting control of your journey at your fingertips. Available on both iOS and Android platforms, the app simplifies the booking process, making travel stress-free and efficient. Simply search for 'Bayway Flex.'

Don't miss out on the future of transit along the Gulf Coast. Download the Bayway Flex app today and embark on a journey of convenience and affordability.

For more information about Bayway Flex, including how-to videos, service zone, and frequently asked questions visit www.baywaytransit.org/flex.

Panama City Beach Chamber of Commerce Launches The Women's Series

The Panama City Beach Chamber of Commerce announces the launch of the Women's Series presented by Ascension Sacred Heart Bay. The Women's Series is set to kick off on April 30, 2024, at Gulf Coast State College with continued sessions scheduled throughout the year. Each session of The Women's Series will feature distinguished leaders and industry experts who will share their insights, expertise, and strategies for success.

The four-part education-

al series is open exclusively to women of all professions and levels of experience. Whether you are a seasoned executive, an aspiring entrepreneur, or a young professional starting your career, this series offers something for everyone. It's structured to address real-life topics and challenges faced by women in business. The events aim to create a supportive environment where participants can engage in meaningful conversations and forge new connections in the community.

Part one of the series features Jennifer Conoley, President and CEO of Florida's Great Northwest. Conoley was recently ap-

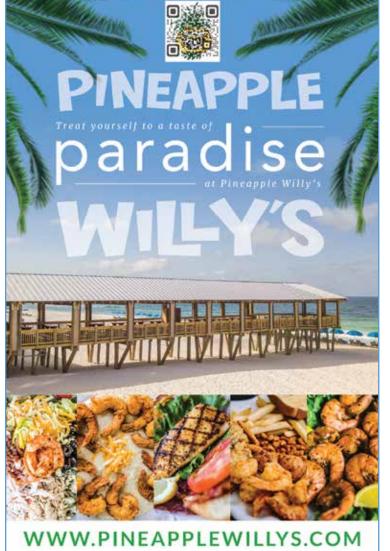
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of Commerce to the inaugural SelectFlorida board, where she was asked to serve as Vice Chair. She is also a board member of the Florida Economic Development Council and The Collegiate School at Florida State University Panama City. In

2023, she was recognized by Florida Trend as one of Florida's 500 Most Influential Business Leaders and has been twice recognized as one of North America's Top 50 Economic Developers by Consultant Con-

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From the Office of Congressman Neal Dunn



Spring is a time of new beginnings and growth, and I'm excited about the new and exciting things happening in Florida's Second Congressional District. In early March, the House passed a consolidated appropriation bill that included \$15 million for new community projects. This was a huge win for our district!

This package also included

full funding for vethealthcare, erans' quality of housing upgrades, and funding for child development centers. Additionally, package continues critical investments in agriculture research, infrastructure, and water supply improvement while also cutting \$977 million from the Department of Justice and preventing the agency from abusing their power. I fought to in-

clude funding for several projects in Florida's Second Congressional District. These projects included:

\$550,000 for the Choctawhatchee Bay and River Basin Aquatic Ecosystem Restoration study that will restore the natural hydrology, geomorphic conditions, and native plant species.

\$1.1 million for Phase 2 of the Runway-27 Expansion in DeFuniak Springs. This project will safely provide space for aircraft taxiing and parking and will meet growing demands for point-to-point air mobility.

\$5 million for improvements to Panama City Beach's water supplies and increased resiliency in emergencies.

\$287,000 for Campbellton's Essential Fire Services Equipment. The funding will support the purchase of new fire equipment that will result in better response times and more efficient service.

\$1.5 million for NextStep at Endeavor Forward, Inc., a program in Marianna that helps prepare adults on the autism spectrum with employment and life skills for life beyond secondary school.

Thank you all for allowing me the privilege of serving Florida's Second Congressional District. I will continue to fight for you and our wonderful State of Florida. God bless you all!

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

PCB CHAMBER

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nect. Among the esteemed speaker lineup are Carol Dover, President & CEO, Florida Restaurant & Lodging, and Rhea Goff, VP & Chief Administrative Officer, The St. Joe Company.

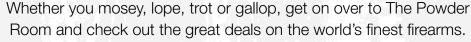
"Join us as we embark on this journey of empowerment, inspiration and collaboration," says Robyn Evans, 2024 Chairwoman of PCB Chamber of Commerce. "Together, we can elevate women in business and create a brighter future for all."

To learn more about the series and register for the events, visit pcbeach.org/womens-series



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







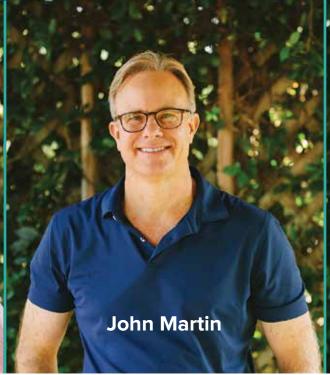


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- Ranks in the top 1/2 of 1% for sales nationwide

C 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!"

- Clien

"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





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