



MAY 2024  
VOL. 4, NO. 9

# PCB Life

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

Postal Customer Local

## The Man in the Sea Museum to Celebrate 60th Anniversary

By STEVE MULHOLLAND,  
EXECUTIVE DIRECTOR, MAN  
IN THE SEA MUSEUM

The Man in the Sea Museum will be celebrating the 60th Anniversary of SEALAB in Panama City Beach, Florida July 19 and 20, 2024, and will sponsor events honoring their historic efforts. This will be a national celebration. The Man in the Sea Museum is working with SEALAB veterans across the country to coordinate their participation and deliver support where needed. This recognition includes the engineers, logistics experts, photographers, support personnel, and family members who were vital in making SEALAB a success. The events include a Hero's Banquette for the Aquanauts on July 19 and a town celebration at the Museum on July 20.

In July 1964, a brave group of pioneers led by Captain George F. Bond set out to test the limits of physical endurance and conquer a hos-



tile undersea frontier. They achieved the world's first-ever open ocean Saturation dive. The success of SEALAB was a pivotal event for diving and advanced man's continued undersea exploration. SEALAB also introduced the world to the U.S. Navy Aquanauts. These American heroes set the foundations for all future deep diving capabilities used by military and commercial divers across the globe today.

Following the successful SEALAB I experiment, the crew of the Navy's newly designated "Man-in-the-Sea Program" set their sights on a brand new, much more sophisticated habitat that would be used for the SEALAB II experiment in 1965 and SEALAB III experiment in 1969. The planned experiments would conduct further research that started with the SEALAB I experiment. In the

meantime, SEALAB I came back to the Mine Defense Laboratory in Panama City. Senior Engineer Bill Culpepper, who also engineered SEALAB II, found a great use for the SEALAB I habitat. It went through several modifications, including a new conning tower (so larger equipment could be lowered into the habitat rather than going through the smaller hatch in the underside) and a black and white paint scheme. SEALAB I would become a major component of the STEP (Submerged Test Engineering Platform) Program. It was lowered to its new home about two miles off the coast of Panama City in the Gulf of Mexico next to the Navy's Stage II Research Platform. During its time in the STEP Program, SEALAB I became an underwater laboratory for a series of equipment and procedures testing to be used

**MAN IN THE SEA**  
*continued on page 3*

## Message from Mayor Stuart Tettermer



Thank you, everyone, for your trust and support in electing me as your mayor. It is an honor to serve the residents of Panama City Beach.

I ran for office on a "locals first" platform and your belief in that mantra means everything. I recognize the challenges and needs of our town because I'm a product of a tourist town as well. Growing up in Kissimmee, I understand the importance of maintaining our unique small-town identity while playing host to millions of tourists and balancing the needs of the residential and business communities.

We are a tourist economy. You cannot look at our beautiful Gulf of

**MAYOR**  
*continued on page 3*

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

**CART SALES  
SERVICE  
CUSTOMIZATION**

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

*Located in Beach Commerce Park behind Ace Hardware*

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

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

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

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

**Gulf Financial Team**

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



 Community



**A LEGENDARY  
SEAFOOD  
RESTAURANT**

*Famous for Steak!*

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

**Wine Spectator**  
BEST OF AWARD OF EXCELLENCE 2022

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

**DINE EARLY AND WATCH THE FLEET UNLOAD**  
850-234-2225 • 5551 N. Lagoon Drive, PCB, FL 32408  
CaptAndersons.com

**OVER 71 Years**  
IN BAY COUNTY



**EAT on the BEACH**

**SCHOONERS**  
LAST LOCAL BEACH CLUB®  
5121 Thomas Drive • schooners.com

### MAYOR

continued from page 1

Mexico and deny that. While we know we will always be a popular and favorite destination for visitors, we can prioritize our

community's well-being while maintaining our own unique character. We can have a future where locals thrive. Let's make it happen, together.

A little about me: While I am a Florida native, I attended Cornell University, where I obtained a Master of Engineering in computer science. My career took me to California, where I worked for tech giant Amazon and Pinterest when it was a new venture, as well as several other startups. I relocated to Colorado, working remotely, when the pandemic hit. The COVID shutdown was particularly pronounced in Colorado, and I found myself longing for the simple freedoms that belong to all of us as Americans.

That's how I ended up in the South and particularly back in my native Florida, which was a welcoming respite. I chose Panama City Beach because of the friendliness of the community and I helped my parents relocate here too. I love the people here and I love that they come from all around this great country.

I am a Christian, am involved in a Bible study group and have gotten closer to God during my three years here in Panama City Beach. I ran for mayor because

I wanted to give back to my community through public service. There is a lot before us, but together, we can achieve a better quality of life for all residents.

Before I close, let me invite everyone to one of the most spectacular shows coming to Panama City Beach. The Gulf Coast Salute Air Show is Saturday and Sunday, May 4-5, with a practice day on May 3, at Russell-Fields City Pier. This event takes me back to my youth when I volunteered to assist my father and the Kissimmee Rotary Club during the Kissimmee air show.

The Gulf Coast Air Show will be the first ever show over our beautiful beaches and the first airshow in Bay County since Hurricane Michael. The City is especially proud to partner with Visit Panama City Beach and Tyndall Air Force Base for this show which will include multiple military demonstrations and civilian performances. We are a military-friendly community and look forward to this massive show of air power. I hope to see you there!

### MAN IN THE SEA

continued from page 1

in the forthcoming SEALAB III experiment and future Man-in-the-Sea projects.

Located in Panama City Beach, the Man in the Sea Museum has had the privilege of maintaining SEALAB I on site. The museum was started by a group of SEALAB Aquanauts back in the early '80s after they retrieved SEALAB I from the Gulf of Mexico where it had been sitting in 60 feet of water for about 10 years. The Navy had conducted equipment testing on it, but for the most part it had just been rusting away in place. These Aquanauts still had the pull to get the Navy to bring SEALAB I back to the surface and finally to the Man in the Sea Museum site.

For over 40 years, the Man in the Sea Museum has been a beacon of maritime history, education, and exploration in our community. Through engaging exhibits, educational programs, and preservation efforts, we strive to inspire curiosity, promote ocean conservation, and honor the pioneers of underwater exploration.



Our museum serves as a vital educational resource, welcoming students, families, and enthusiasts alike to discover the wonders of the deep sea. From showcasing historic diving equipment to highlighting the achievements of underwater pioneers, each exhibit tells a story of adventure, innovation, and the enduring spirit of exploration.

To learn more about their 60th Anniversary event or programs and events, reach the museum at (850) 235-4101 or visit their website at <https://manin-thesea.org>. Located at 17314 Panama City Beach Parkway. They are open to the public Wednesday - Saturday, 10 a.m. - 4 p.m.

**PCB Life**

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

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

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

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

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

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

©Copyright 2024 PCB Life

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

Michelle Vannice  
Google Reviews

**ADVENTURE Awaits**

SCAN ME

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

CLUB CAR

STAR EV

EVOLUTION

ATLAS

(850) 233 0020

www.ElectricCartWatersound.com

8435 West Bay Pkwy Panama City Beach, FL 32413

Sales@ElectricCartWatersound.com

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

**ELECTRIC CART WATERSOUND**

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

## Introducing: Rachel's Bags of Love

In June of 2014, three-year-old Rachel Pitts was diagnosed with leukemia. Rachel's cancer diagnosis was hard on the Pitts family. As an active and involved family of seven, childhood cancer was never a concern. After being transported to Sacred Heart in Pensacola, FL, Rachel and her mom would spend several weeks and months in and out of the hospital. The Pitts family would visit Rachel often, and the local Ronald McDonald House became a home away from home.

While visiting Rachel in the hospital, Rachel's sister, Ady, noticed that other families who were unexpectedly admitted did not have the supplies needed for their stay. So, Ady began supplying bags filled with basic toiletries and coloring books, and called them "Bags of Love."

Within a year, Ady provided over 200 bags to the hospital, and her elementary school hosted several donation drives to support her mission. At that time, everything seemed to be going incredibly well, until it wasn't. The Pitts family could



see the finish line for Rachel, and they were preparing for Rachel's Make-A-Wish trip to go see Barney. But in November 2015, three days after Ady's birthday, Rachel gained her angel wings. Heartbroken would be an understatement. Even though there was a six-year age difference, Ady and Rachel were best friends. From listening to Luke Bryan to watching Signing Time, Ady and Rachel did everything together. The Pitts family would never be the same.

To honor Rachel's legacy, Bags of Love became Rachel's Bags of Love. Since 2014, Rachel's Bags of Love has provided over 800 bags to hospitals across the Panhandle. The mission is to provide families in the hospitals with care and necessities. Each bag contains \$40 worth of basic supplies including full-size toiletries, activity books, a blanket, and a monkey. Rachel's Bags of Love also raises awareness through fundraising events. When Ady was a student at Mosley High School, she hosted two Gold

Strong football games to raise money for two students fighting cancer. Within two years she raised \$6,000 to help alleviate the burden of childhood cancer. Outside of school, Ady and Rachel's Bags of Love hosted two Golden Daddy Daughter Dances, a Breakfast for Dinner event, a Pickleball Tournament, and several running challenges. In March of 2023, Ady was the keynote speaker for Rally on the Runway where she helped raise half a million dollars for

childhood cancer research. This year, 2024, marks ten years since starting Rachel's Bags of Love, ten years of providing, fighting, and funding.

In August, Rachel's Bags of Love is hosting a Night of Advocacy, a night filled with music, speakers, dinner, and silent and live auctions. The goal of the night is to fund one \$50,000 research grant for childhood cancer. The event will take

place on August 2, at Edgewater Event Center starting at 5:30 p.m. Tickets are on sale for \$100 a piece and all are welcomed to spread awareness for childhood cancer. Sponsorships and auction items are greatly appreciated as well. Contact Rachel's Bags of Love, Inc. at [bagsofloveap@gmail.com](mailto:bagsofloveap@gmail.com) for inquiries. Consider joining the fight, because no child should die from cancer.

### New PCB Chamber of Commerce Members

Carrie Cameron & Associates -  
Dream Vacations  
Sun Life Pools and Spas  
St. Andrews Episcopal Church  
Shoreline Maintenance Group  
Rachel's Bags of Love  
Sweets Bakery  
A&H Heating and Air  
Warrior Memorial Reefs  
Foundation  
Sea Cow Adventures  
SpotOn  
Cruise Law Group  
NBI Properties - Dustin Parkman  
The First Bank  
Century 21 Commander Realty -  
Melissa Walsh  
Josh Taylor Consulting

The Y-Naut Show  
Flowers & Booze  
Conexion Media Group  
Social Stack Pro, Inc.  
Diligent Coworking  
Pearce Bespoke Gulf Coast  
Emerald Coast Striping  
Patel Labs  
Emerald Life Yogo & Refillery  
Florida Virtual School  
VIPcare  
Jessica Dalby Brand Media  
Adore Boutique  
King of Pops - Panama City  
Leon Visuals

## LOOKING FOR THE FINEST IN FIREARM INSTRUCTORS?



**I'm your Huckleberry.**

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



# PCB Chamber Spotlight



## Introducing: Photo Booth 30a

My name is Addison Archer, and I'm the founder of Photo Booth 30a. Growing up in South Georgia, I vacationed on the Emerald Coast my entire life. After graduating from college at Valdosta State University, I decided to move here full-time where I met my fiancé. When planning our wedding on 30A, I looked, but could not find a modern photo booth rental like I'd seen and experienced while on vacation in NYC. Realizing the need - a business was born! Now, I'm happy to bring the same fun and excitement to your special events as we do our own.

At Photo Booth 30a, we provide services for any event, whether it's weddings, corporate events, birthdays, bachelorettes, etc.

We offer 2 different types of booths: the iPad Trio Booth

and our new Aerial 360 Video Booths.

The first in our lineup, the iPad Trio Booth, uses the newest iPad Pro technology for great-quality photos, GIFs, emoji, and filters. The Trio is an immediate hit. Everyone is always blown away with the sleek design and multi-colored LED ring lights built in. You can customize your experience by submitting photos, quotes, color schemes, personal invitations, or any theme you have in mind to create your custom photo template and then instantly text, email, AirDrop, and post to social media. If you are looking for something other than digital, we offer printing packages with high quality professional prints. Custom backdrops and props are also included.

We were so excited to introduce our new Aerial 360 Vid-

eo Booth in March. It also has been such a big hit that we just ordered a second one! The Aerial 360 represents the latest in 360 technologies. No need to stand on a dangerous rotating platform. The Aerial 360 is literally an overhead setup that allows the camera to spin around the subjects from above, adding a new dimension and capturing moments from multiple unique angles allowing guests to strike poses, creating dynamic shots that showcase the entire scene and making unforgettable videos. Capturing amazing video footage with the GoPro Hero11, as with all our booths - these can be sent out instantly via text and email! Adding to the excitement, we include all the cool, funky, and funny props you'll love. Colorful glasses and sunglasses, hats, wigs, boas, leis, and signs make for truly memorable moments.



about it and see how we could bring more fun and excitement with one or more of our Photo Booths. And if you're facing challenges planning your wedding or event in the area - like I did - I'm happy to share my experience and recommendations.

Please feel free to follow us on Instagram @photoboothon30a or on Facebook as Photo Booth 30a. Our website is [www.30a.vip](http://www.30a.vip) where you can find more information on our photo booths. You can reach me anytime by phone or text at (850) 822-3639, by email at [addison@30a.vip](mailto:addison@30a.vip), or contact me directly through our website.

I love living here and being a new business owner on the Emerald Coast. We have so much fun at every event and we've met so many great people. The PCB Chamber has been so amazing and supportive. We love our Chamber family!

If you're planning an event in the area, I'd love to talk to you

VISIT [MYPCBLIFE.COM](http://MYPCBLIFE.COM) TO READ THIS ISSUE ONLINE

**FREE LIFETIME WARRANTY\***



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

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

**PANAMA CITY**  
**TOYOTA**

Where Relationships Are Born

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

Community

# Pier Park is Your One-Stop Spot for Pop

Pier Park invites locals and visitors to celebrate Father's Day weekend at the open-air center. From diverse dining options to unique shared experiences, Pier Park offers plentiful ways to celebrate pop. Dad-approved dining, gift and entertainment ideas include:

**Angry Tuna Seafood Company** – Say it with seafood. Sharing fresh local favorites in a fun atmosphere will speak volumes.

**Ron Jon Surf Shop** – Shop for the active, water sports-loving father at the world's most famous surf shop! Choose from surfboards, skimboards,

skateboards, bodyboards, swimwear and other beach-friendly gear.

**Sunglass Hut** – Protect pop's peepers with stylish shades from the experts.

**SkyWheel** – For the pappa who lifts you up, share a spin on the SkyWheel. The stunning views from 20 stories up will be the high point of his day.

**Longhorn Steakhouse** – Delight dad with a sizzling steak that shows how much you appreciate your favorite meat-eater.



**Huk** – His fish stories will sound more convincing when he is wearing stylish performance apparel for anglers.

**Axe Throwing PCB** – For the manly man, axe throwing is sure to hit the mark...even if dad misses the target!

**Fit2Run** – He chased you around for years. Your father deserves custom, professionally-fit footwear from this runners' superstore.

Discover additional ways to impress your patriarch at Pier Park!

# Coastal Conservation Association Florida, the Duke Energy Mariculture Center and the FWC continue Redfish Restocking Efforts Along West Coast

Coastal Conservation Association Florida (CCA Florida), the state's leading organization dedicated to marine fisheries

conservation, education and advocacy, joined the Duke Energy Mariculture Center and the Florida Fish and Wildlife Con-

servation Commission (FWC) to kick off the 2024 Redfish Film Fest and release 50 hatchery-reared, adult redfish (averaging 18 to 27 inches in length)

off the waters of Bay County on April 11 to combat the decreasing population along Florida's West Coast.

In recent years, the redfish



population has drastically declined as a result of water quality issues and loss of habitat. To counteract these effects, CCA Florida and its partners have taken a proactive approach to habitat restoration, water quality initiatives, fisheries management and restocking efforts for one of Florida's most sought-after inshore fish, the redfish.

"Every redfish released brings us another step closer to repopulating one of Florida's most iconic fisheries," said CCA Florida Executive Director Brian Gorski. "Together with our dedicated partners, we are proud to continue conserving and protecting Florida's marine resources along the West Coast and help launch this year's Redfish Film Fest."

The latest restocking efforts for the nonprofit-corporation

**Beyond satisfaction:** my clients return by choice, not by chance



"Her unwavering support, openness, and honesty really set her apart."— 2X CLIENT

"My trust in her, both professionally and personally, grow with each transaction she closes for me."— 5X CLIENT



**Nyda Faith M.A., GRI, Associate Broker**



469.416.7889

Nyda.Faith@cbrealty.com

Nyda Faith

COLDWELL BANKER REALTY  
726 Thomas Drive, PCB, FL 32408



## PIER PARK SUPPORTS OUR TROOPS

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

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



Continued on next page

# Thinking of Selling Your Home?

## 10 Marketing Strategies the John Martin Group Does to Achieve the Highest Price in the Shortest Time

BY JOHN MARTIN, REALTOR, BERKSHIRE HATHAWAY PEN FED REALTY

**1. Professional Home Staging:** We invest in professional home staging to present the property in the best possible light. Staged homes tend to sell faster and for higher prices as they help buyers envision themselves living in the space.

**2. High-Quality Photography and Virtual Tours:** We capture the essence of the home with high-quality, professional photographs and immersive virtual tours. This allows potential buyers to explore the property online and increases interest before they even visit in person.

**3. Targeted Online Advertising:** Our team utilizes targeted online advertising on platforms such as Facebook, Instagram, and Google Ads to reach potential buyers directly. We tailor your ads based on demographics, interests, and location to maximize exposure to the right audience.

**4. Host Exclusive Open Houses and Events:** We organize exclusive open houses and events for potential buyers, real estate agents, and local influencers.

**5. Highlight Unique Features:** We identify and highlight the unique features of the home, such as architectural details, stunning views, or eco-friendly upgrades. Emphasizing these aspects can set the property apart from others on the market and



attract discerning buyers.

**6. Utilize Influencer Marketing:** Our team partners with local influencers, bloggers and other experts to promote the property through their social media channels or blogs. Their endorsement can add credibility and reach a wider audience.

**7. Create Compelling Video Content:** We produce engaging video content showcasing the property, neighborhood amenities, and lifestyle. Video tours, testimonials from happy residents, and neighborhood highlights can help potential buyers connect emotionally with the home.

**8. Network with Local Real Estate Agents:** We are always building relationships with local real estate agents and

are highly resourceful in getting agents to view your property.

**9. Utilize Drone Photography for Aerial Views:** Our team incorporates drone photography to capture stunning aerial views of the property and surrounding area. This can showcase the home's location, proximity to amenities, and highlight unique selling points.

**10. Offer Flexible Viewing Options:** We accommodate potential buyers with flexible viewing options such as virtual tours, 3D walkthroughs, and private showings outside of traditional hours. Making it convenient for buyers to view the property can lead to quicker sales and higher offers.

We are also highly resourceful working with vacation renters and their agencies to get qualified buyers in your property. This is highly important to selling your property in peak rental months.

By implementing these strategies, we can effectively market your home to attract qualified buyers, generate interest, and ultimately sell for the highest price possible in the least amount of time with minimal hassle.

*John Martin is a top selling real estate agent and his team covers South Walton, 30A and the Emerald Coast. His mission is to listen to clients and help achieve their goals. Contact John to schedule a home marketing consultation. Reach John on his cell at 850-714-3731 or email: [john@johnmartin30a.com](mailto:john@johnmartin30a.com). Website: [johnmartin30a.com](http://johnmartin30a.com).*

## REDFISH

*continued from previous page*

rate partnership are part of a multifunctional and multiyear strategy to rebuild and maintain game fish stocks, and releasing adult, slot-sized redfish makes a quicker impact to the fishery as it significantly increases the chances for spawning.

“Duke Energy Florida has a long-standing relationship with Florida Fish and Wildlife Conservation Commission and CCA Florida. Together we’re making a powerful impact protecting the state’s natural resources,” said Melissa Seixas, Duke Energy Florida state president. “We

understand that environmental stewardship is vital to the success of local economies and critical to the communities we serve.”

In the past five years with support from FWC, CCA Florida and Duke Energy have released nearly 450,000 redfish and spotted seatrout (4 to 30 inches) along Florida’s East and West Coasts to help provide abundant recreational fishing opportunities.

“We are proud to support the collaborative restocking efforts of our valued partners, CCA Florida and Duke Energy,” said FWC Executive Director Roger Young. “Ensuring the sustain-

ability of our redfish population is crucial for conserving this important species and allowing us to continue to enjoy Florida’s resources.”

The release happened on Thursday, April 11 at 12 p.m. at Destination Panama City, 101 West Beach Drive, Panama City, FL 32401. Together, the partners released about 50 slot-sized redfish from the Duke Energy Mariculture Center. FWC Executive Director Roger Young, FWC Chief Conservation Officer George Warthen along with state and local government officials attended.

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



### Welcome Home.

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

The Best Garage in Town.

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



*The Pancakery*  
Small town love we started us

For those days when you're too tired to burn anything...

Come check out why we're the Panhandle's favorite breakfast spot!

13800 PCB Pkwy.  
PCB  
(850) 588-5077

960 U.S. 98  
Destin  
(850) 269-0791

Tired of waiting?  
Join the Waitlist by  
Google. Relax at home  
while waiting.



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

 Community



# Let's Get Growing with Julie: Container Gardening Tips

By JULIE MCCONNELL,  
UF/IFAS EXTENSION

Gardening in Northwest Florida can be challenging with poor soil, intense sunlight, and windy conditions. Sometimes finding that perfect spot in the

garden for a specific plant you really want to grow is impossible, but before you give up consider growing in containers instead!

Any plant can be successfully grown in a container, the key is



plants to offer good drainage and nutrient-holding capacity.

Plants in containers may have higher water needs when compared to in-ground plants, so make sure you check them regularly, especially during the hottest part of the summer. When making mixed containers, group plants together with similar sunlight, water, and fertilizer needs. Different growth habits such as upright and trailing and contrasting color combinations (foliage and/or flower color) add interest to container gardens.

To read more about container gardening visit <https://gardeningolutions.ifas.ufl.edu/design/types-of-gardens/container-gardening.html>

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

to find the right size to support root volume with a little room to grow. Plants that get very large (shrubs and trees) may need to be transplanted periodically as their root systems outgrow smaller pots. Use a pot that is 10-25% larger than the current pot when scaling up a size so that water is effectively reaching roots.

Containers can be made of plastic, foam, concrete, ceramic, terra cotta, etc. Just make sure they are sturdy and have drain holes to prevent root rot. Use a commercial potting mix rather than native soil to avoid introducing weeds, insects, nematodes, or disease organisms. Potting mixes are designed specifically for container-grown



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

**Residential • Commercial • Construction**

Your locally operated and privately owned service provider

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

**(850) 872-1800**

**wasteprousa.com**

## Bay County Audubon Society Photography Exhibit at The Library

Bay County Audubon Society is showcasing dozens of stunning photographs of birds in their natural habitats at the Bay County Public Library throughout April & May 2024. Bay County Audubon Society photographers include Donna Cronwell, Chris Heineman, Ron Houser, Bonnie Brant, Gail Casteel, Earl Henderson, Arnold Huyghebaet, Brian Duseault, Neil Lamb and Teresa Floore. The exhibit has been organized by Donna Cronwell and is on view during open library hours: Monday – Wednesday (9 a.m. – 7 p.m.), Thursday – Saturday (9 a.m. – 5 p.m.). It is free and open to the public to attend.

The bird photographs displayed are by members and friends of the Bay County Audubon Society. The birds include species found locally, within the United States, and in exotic travel destinations

like Costa Rica or Panama. The exhibit's goal is to inspire you to take a closer look at some of the small and large feathered creatures in your own backyard or as you stroll along our beautiful beaches. If you are interested in birds or learning more about them, you are invited to join your local Audubon Chapter. Bay County Audubon Society hosts monthly meetings held at the St. Andrews Episcopal Church on the second Monday of each month from September to May and organizes birding field trips. For more information, check out their website at <https://baycountyaudubon.org>.

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





# BOTANICA SKINCARE

www.botanicapcb.com | 850.919.GLOW



## Well, hello *beautiful!*

### Two Beautiful New Businesses Join The Shoppes @ Edgewater

Jolinda Kusy - Owner Solshine Coastal Boutique, Botanica Skincare

“Beauty begins from within” and “When you look great you feel great!” are two of my favorite sayings. These are reflected in the curated collections at Sol Shine as well as the facial services offered at Botanica Skincare. I really enjoy creating spaces and opportunities that provide a sense of well-being and peace while restoring your natural glow. The collection of women’s coastal wear, decor, accessories, local art, and designs will delight those looking for personal treasures and special gifts to spread the love.



Apparel • Accessories  
Gifts • Decor

www.solshinecoastal.com

547 N. Richard Jackson Blvd.  
Panama City Beach



 Community

# Golf is Hard Enough - Why Make It Harder?

BY ALAN WATSON,  
PRESIDENT OF GOLF+

Golf can certainly be a difficult pursuit. From learning the correct grip to mastering the short game to learning to read greens and so much more. Golf is a tough sport. Most of us make it harder and we don't even know it. How is that you ask?

Many golfers are playing with worn-out and/or the wrong-sized grips. The golf grip is your connection to the club and should fit properly and be in good shape. I encourage golfers in my shop to touch and feel several models and sizes to see what works best for them. Though we measure as well, ultimately the feel for each golfer will be different and a measurement only tells you so much. Other factors that affect grip selection as it



relates to size are more physical such as arthritis, tendinitis, and other joint or hand-related issues. A larger grip can relieve the stress of squeezing down on the grip and keep the club from slipping or turning during impact with the ball or ground.

The feel of a grip is quite subjective and varies by golfer. Grips come in many designs with different feels like dry, sticky, soft, firm, corded (which is fabric woven into the grip for traction) and more. With many options for traction and texture there is sure to be confusion and debate over which is best. Rubber is the dominant material choice for grips; however, there

are other compounds utilized by some manufacturers that make grips softer overall than classic rubber designs. The addition of cord to rubber grips makes them firmer and more rough. Even the designs within the models make each grip feel different with the use of lines, grooves, and some even have raised nodules. Which one is best for you will only be determined by you as you feel each model and decide what you want your connection to the club to look and feel like.

Have you ever seen professional caddies towel off golf grips for their pro? They do it before and after almost every shot. They are keeping the grips clean and free of dirt, sweat, and oils from the players' hands that can cause the grip to feel slick over time and deteriorate.

Keeping grips clean and free of debris is not only helpful to you as you play but also will help you with your wallet as you won't need to replace the grips as often due to wear and improper feel. After all, a slick grip is not a helpful grip and you will surely have shots go sideways or offline as the grip turns in your hand. Often you may not even realize this is happening.

We see grips come in the shop in many conditions, from barely worn to dry rotted as the rubber and cord start to come apart. Often there are thumb imprints and wear marks that have completely eroded a section of the grip sometimes down to the shaft. Most grips are designed to last about a year depending on how often you play, how hard you grip, and the cleaning and maintenance that you perform

on them such as towel off often like a tour caddie.

Regardless of what grip you choose you should consider the condition of your current grips and decide whether or not you are ready for new ones. Fresh grips feel great and give you the confidence to swing away!

If you are in the market for grips or any other club repair and you are in the Panama City Beach or Dothan Alabama market we would love the opportunity to help at GOLF+. In Panama City Beach, GOLF+ is located at 541 R Jackson Blvd. Panama City Beach FL 32407. For more information, call them at (850) 249-2726, or visit their website, [www.golfplusdothan.com](http://www.golfplusdothan.com). You can also find them on Facebook as [golfplusdothan](https://www.facebook.com/golfplusdothan) or on Instagram [@golfplusdothanandpcb](https://www.instagram.com/golfplusdothanandpcb).

## Kayla Hargett, Renaissance Woman

BY JACK SMITH

Meet Kayla Hargett, a product of the Midwest. Raised as an

Army Brat, today she's a "student of the world." Kayla is a friend, neighbor, pickleball part-



ner, and my yoga teacher. Her latest venture is an eco-friendly shop, "Emerald Life Yoga &



Refillery," located in the Boho Beach Souls store in Pier Park. The shop is where wellness

and sustainability meet. Emerald Life is a plant-based soap & cleaner refillery that also offers eco-friendly home, gift, plant and yoga goods. The refillery is an easy process. Bring your own bottles or buy them from the shop, then fill up with your laundry, hand and dish soaps, all-purpose, bathroom and floor cleaners, and just pay by the ounce. "Refill & Chill" is their motto. The Yoga part of the company is also headed by Kayla, a certified

*Continued on next page*



### Golf Game Getting Worse?

#### Get A Grip.

Come see for yourself! Book an appointment for a fitting or drop by for a few fresh grips. Try on some shoes and peruse over 100 golf bags. Take a few putters for a spin on our custom putting green and hit the latest model clubs in our Foresight GC Quad bays with industry leading technology and data capture.



Tour Quality Work  
For Every Golfer



541 Richard Jackson Blvd.  
PCB, Florida 32407  
Tel: 850-249-2726  
[golfplus@graceba.net](mailto:golfplus@graceba.net)



## STEVEN PASTOR ELECTRIC

For all of your electrical needs!

### Residential & Commercial

Serving Bay County / Walton County / 30A Areas

www.stevenpastorelectric.com

## (850) 691-6554



Florida License #13012921

# Know Your Neighbor: **Tho Bishop**

By PAUL BONNETTE

Chairman of the Bay County Republican Party, former Deputy Communications Director for the House Financial Services Committee and Bay County native, Tho Bishop has had an interest in politics and economics from a young age. The Arnold High School graduate has gone on to not only a political career in Washington but also worked as a political columnist with articles featured in The Washington Times, The Federalist, the Daily Caller, Business Insider and on The Rush Limbaugh Show.

“I came into it from a very political family,” explains Bishop. “My father, Buddy Bishop was the communications director for the National Republican Party in the 1970s and so I grew up being involved in campaigns from a very early age. From that

experience, I became very interested in learning more about the substance of politics and economics. In 2011, I was given an opportunity in Washington DC for the House Financial Services Committee, under Chairman Spencer Bachus. From there I became the Deputy Communications Director where we worked on questions dealing with Fannie Mae and Freddie Mac after the great recession and the housing bubble. I moved back down to Panama City in 2013 and have been active in local politics ever since.”

After moving back to Bay County, Bishop became the Chairman of the Bay County Republican Party, an experience that according to Bishop is one that he wouldn't trade for anything.

“It's been great, mainly be-

cause the people who want to get involved, they aren't doing so for social clout. The people who get involved are very passionate about the real issues that the country is facing. One of our big priorities is to identify some of those most important issues whether it is defending health freedom, standing up for election integrity, opposing tax increases and most importantly, getting people active within local races and local politics.”

For Bishop, helping to spread the word about the importance of getting out and voting to make their voices heard is an issue that he plans on fighting for.

“I think that the stakes of the election is something everyone feels. The economic situation is so prevalent... That's where having as many fun, accessible events like doing our boat pa-



year has been a big Boat Parade, where we have hundreds of boats and people that do the boat parade through the Bay and then we have a big beach rally at Shell Island. Part of that is making average citizens feel engaged and to be part of it.”

Today, Tho Bishop continues to encourage Bay County residents to be informed on the issues that are important both to the country and their community.

“My interest and activity in politics is motivated by concerns of what is going on in our country. My passion is economics. My passion is trying to help on the education side of things so that the younger generations feel that they can have better opportunities.”

rade so that people see the Republican Party actively where they are, rather than forcing people to come to us, so making sure that we maximize our vote count here in this important election.”

One of the most popular events that Bay County Republican Party holds is the Boat Parade which is an event that Bishop looks forward to.

“One of our big staples every

## KAYLA HARGETT

*continued from previous page*

200 hr. yoga teacher since 2015. She'll be offering a 45-minute intermediate, but beginner-friendly, vinyasa class every Saturday

starting May 11 inside of Boho Beach Souls, but is also open for bookings for private events, workplace wellness, etc. Join her in taking small steps towards living a greener life - one yoga class and one refill at a time.

The shop's summer hours are Sundays 12-6 p.m. and Monday-Saturday 10 a.m.-8 p.m. You can shop and keep up to date with their off-season hours at [www.emeraldliyogaandrefillery.com](http://www.emeraldliyogaandrefillery.com). Shop inquiries can

be sent to [emeraldliferefillery@gmail.com](mailto:emeraldliferefillery@gmail.com) and yoga inquiries to [emeraldliyoga@gmail.com](mailto:emeraldliyoga@gmail.com). Follow on Instagram at [@emeraldliyogaandrefillery](https://www.instagram.com/emeraldliyogaandrefillery) and

Facebook at 'Emerald Life Yoga and Refillery'. Please note that space is limited to 10 yogis per yoga class.

## Turning 65? I can help!

### To Do List!

- Call Keri McPherson 3 months before turning 65 to discuss your enrollment in Medicare Parts A & B.
- Avoid Penalties! If over 65, ask employer for proof of insurance.
- Watch for your new Medicare card to arrive in the mail.

Keep This List!

- ✓ Medicare Advantage
- ✓ Medicare Supplement
- ✓ Prescription drug plans
- ✓ We represent multiple carriers



**Keri McPherson**

Licensed Insurance Agent  
HealthMarkets Insurance Agency

**(850) 502-1110**

[Keri.McPherson@HealthMarkets.com](mailto:Keri.McPherson@HealthMarkets.com)  
Serving The Florida Panhandle



Medicare | Health | Small Group | Life | Supplemental

HealthMarkets Insurance Agency, Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by state. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options. ©2023 HealthMarkets 49450b-HM-0323

*A Gulf Coast*  
**LEGEND**

A smooth and complex Cognac and a selection of Wines and Champagnes unrivaled in our part of the world. Explore the Legendary Captain's Cellar @ [CaptAndersons.com](http://CaptAndersons.com)

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

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

 Music & Arts

# Latitude Margaritaville Pup to Compete in the Westminster Kennel Club Dog Show

When James Brady and his wife, Suzanne, went to Kentucky to pick up a dog, all they were looking for was a pet. They had no idea they were getting a rockstar in the show dog world. When they picked up Ruger, a four-year-old Flat-Coated Retriever, the breeder asked them to enter him in show competition, make him a champion, and keep him intact for a couple of breedings. The Bradys agreed and entered Ruger in the American Kennel Club (AKC) National Championship in Orlando, the largest dog show in the U.S. with over 5,000 dogs entered. Shown under his AKC registered name, Stoneridge Shot Through The Heart, Ruger won points all four days and became a Champion.

After the show, the Bradys brought Ruger home and he soon settled into an enjoyable life of long walks, retrieving the tennis ball in the field and the bumper in the water. James says, "We just loved having him with us, he had made Cham-

pion, we had a breeder lined up, and we would have been perfectly happy retiring him from the show dog world and making him a full-time pet. But everyone kept telling us that becoming a champion in a week was unheard of and we began to wonder if he could do more. When he entered the ring, he constantly wagged his tail and sometimes threw his head back as if to say "Look at me" while moving around the ring. He looked like he was enjoying himself." Suzanne loved the way he looked and moved in the ring and thought it would be nice if others could see him.

So the Bradys decided to let Ruger compete for his Grand Championship against dogs who had become champions. In his first two shows in Clemson, SC, and Brooksville, FL, he won four Best of Breeds and needed one more point to become Grand Champion. The next show was in Lakeland, FL. Friday he won Best of Breed and became a Grand Cham-



pion. The next day was special because it was a supported entry by the Flat-Coated Retriever Society of America. There were 48 Flat-Coated Retrievers entered and Ruger won Best of Breed. Later in the afternoon, he competed against the other sporting dog winners and won third place. Sunday, he won another Best of Breed and another third place in the Sporting Group. In a short time, with limited showings, he was the number one Flat-Coated Retriever in the country. "We could not believe what was happening," says Suzanne. "After all, all we

wanted was a pet."

The Bradys enjoyed the excitement of the shows, traveling to new cities, meeting interesting people, learning about the show dog world, and watching Ruger so they continued to show him. Over two years and 45 shows in 18 states, he has won 80 Best of Breeds, 10 Sporting Group Placements (1st, 2nd, 3rd, or 4th), and has become Grand Champion Gold (400 points).

As Ruger transitions from show dog to full-time pet, the Bradys have cut back on his shows. In February, he showed again in Lakeland at another supported entry and won two

Best of Breeds and a second and third place in the Sporting Group. He's entered in a couple of shows to stay in shape for Westminster in May. The Westminster Kennel Club Dog Show is the most prestigious dog show and the second-oldest sporting event in the country. Westminster will be the pinnacle of the incredible once-in-a-lifetime journey the Bradys have enjoyed with Ruger. James says, "Ruger was gifted from God. You can't teach the way he looks and moves in the ring. We are the luckiest people in the world to have him and be able to compete at Westminster."

And how does Ruger feel about this? Suzanne says, "He loves being in the ring and getting attention, but he also loves to run and play and swim. He just wants to be a dog. He loves everybody and everybody loves him. Some call him Rockin' Ruger, Royal Ruger, or Rockstar, and whether he wins or loses at Westminster, to us he will always just be our boy Ruger."



ANYONE THAT SAYS "MONEY CAN'T BUY HAPPINESS" HAS NEVER SHOPPED AT THE MARKETPLACE

Prepare to fall in love in our 3,000 square foot showroom featuring products from over 30 of the area's most sought after local artisans and vendors!

**The Marketplace by Liv & Co.**

Located in the Lyndell Centre

12101 Panama City Beach Pkwy. | (850) 775-4248 | [www.livandco.com](http://www.livandco.com)

## Summer Music Lessons at Studio 237

Summer is a great time to keep your playing skills sharp, try a new instrument, or begin your music-learning journey. This summer beginning on June 3, Studio 237 Music Lessons is offering lessons on piano, keyboards, guitar (acoustic, electric, and bass), ukulele, voice, and violin. During the summer, there is more room for flexibility for the student to choose days and weeks that fit best with their needs. Teachers have provided the studio with their available times and are excited to help people of all ages develop their unique musical passion and skills. We are also open in the summer Monday through Friday.

Unlike our spring and winter semesters, the summer semester is a more relaxed and carefree time of learning without the added stress of daily school and

sports activities. As a result, we have created some idea packages below for you to consider:

**The Basics** - Our first package is for those who desire to attend their lesson once a week (for the weeks of your availability) as a continuation of lessons, an opportunity to try a new instrument, a refresher of previous skills, or even a sort of advanced class such as learning riffs, scales, and new performance techniques for already accomplished performers. Those who might have an audition coming up for this fall would benefit greatly from a basics or the next package which is a master class.

**Master Class** is for those early intermediate to advanced players who desire to go to take their performances to the next level. This level may dive a little deeper into topics such as prop-

er technique, theory as it applies to your instrument, practice, stage performance, songwriting, how to sing and play at the same time, balance, interpretation, understanding and feeling rhythm, developing your voice and/or style, focus, and memorization techniques. Master Class can be taken several times a week or as a weekly lesson concept.

**A Taste of Music** - This package is for those who would like to take a month's worth of lessons in one week! No instrument, no worries, we have instruments here during the lesson for you to use. Some of our students started this way. Beginners will begin learning how to play an instrument or instruments for several days in an entire week (two or as many as five days). This is a great way to discover your interest and reveal



what you may be in for if you desire to continue lessons in the fall semester.

Let us help you shape your package to fit your summertime schedule. There are a multitude of options to meet your needs such as taking a 30, 45, or 60-minute lesson as many times a week as you desire beginning when you are ready in June and/or July. You may take lessons on one, two, or more different instruments. There are instruments that tend to

complement each other such as voice lessons along with piano or guitar/ukulele.

Here is our listing of available teachers this summer: (lessons are paused during the week of July 4)

- Mary Kate Cary: voice and beginner piano lessons.
- Don Dirkin Jr.: electric lead guitar and acoustic guitar,
- Helmut Dimmel: piano
- Linda Chung: violin, viola
- Scott Gilmore: (June only) classical or acoustic guitar and ukulele, songwriting for kids.
- Gregg Shapiro: bass guitar and beginner guitar.

*We are ready today, for you to call us to reserve your special time. Our teachers' bios are located on our website at [Studio237Music.com/all-teachers-listing](http://Studio237Music.com/all-teachers-listing). Call (850) 231-3199 or (850) 797-3546 or email [Studio237Music@gmail.com](mailto:Studio237Music@gmail.com).*

## Empowering Local Artists: Inside the Mission of the SOWAL Foundation

Headquartered at SOWAL House in Rosemary Beach, the SOWAL Foundation, also known as SOFO, serves as a vibrant hub for artistic expression and community empowerment. As a registered 501(C)(3) organization, SOFO is dedicated to uplifting and empowering

SOFO advocates for the artistic expression of our talented community members. Through a variety of initiatives and events, they create opportunities for artists to showcase their talents and connect with audiences.

One of the highlights of SOFO's weekly events is Open Mic Night, held every other Tuesday. Musicians, comedians, and performers of all kinds take the stage to share their talents with a supportive audience, creating a celebration of creativity and community.

Alternating with Open Mic Night is Karaoke Night, offering aspiring singers and seasoned performers a chance to shine in a fun and relaxed atmosphere.

Monthly Songwriter's Spotlight nights shine a light on local talent, with artists chosen from the talent showcased at Open Mic Night. These events provide a unique opportunity for up-and-coming musicians to showcase their original songs and connect with music lovers in our community.

SOFO's commitment to the arts extends to quarterly art exhibitions through Mercado Public Gallery, featuring innovative collections like Dave King's "Saint Walton", which reimagines coastal scenes as bustling metropolises, blurring the lines between nature and urbanism.

Additionally, SOFO presents Sand Up Comedy events, including the annual Sand Up

Comedy Festival, which brings top comedians from across the country for uproarious performances. Stand-up headliners perform solo shows throughout the year, bringing laughter and joy to audiences year-round.

Through their dedication to empowering local artists and fostering creative growth, the SOWAL Foundation continues to make a meaningful impact

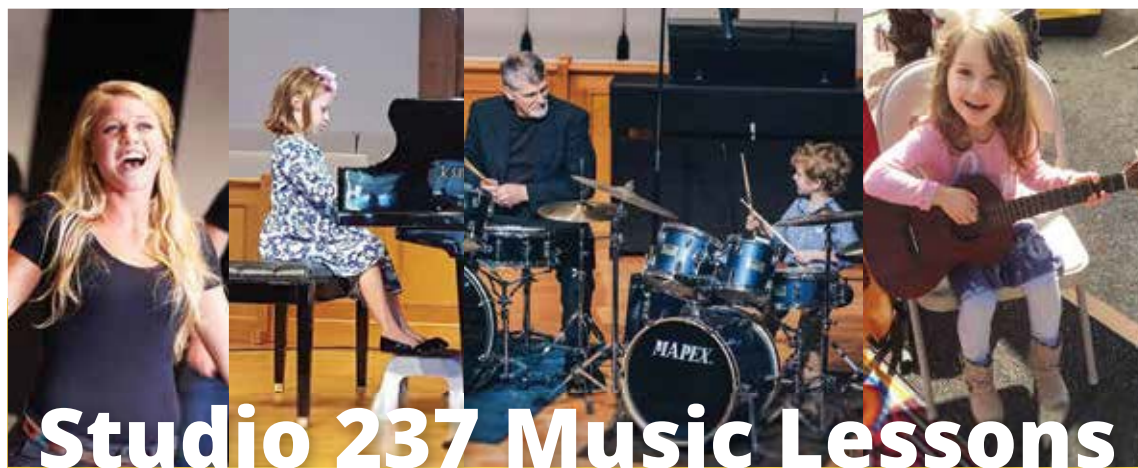
on our community. By providing resources, advocating for artistic expression, and creating opportunities for artists, they help build a more vibrant and connected arts community in Walton County and beyond.

To RSVP to upcoming SOFO events, visit [www.sowalhouse.com/orbiter](http://www.sowalhouse.com/orbiter). For more information on SOFO, visit [www.sowalfoundation.org](http://www.sowalfoundation.org)



local artists, fashion designers, and filmmakers, playing a vital role in cultivating a thriving arts community in our area.

Founded on the principles of fostering creative growth and providing essential resources,



### Studio 237 Music Lessons

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

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

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

 Music & Arts

# Emerald Coast Theatre Company: Seasons Change



By ANNA FISHER, ASSOCIATE ARTISTIC DIRECTOR, EMERALD COAST THEATRE COMPANY

I always treasure the micro seasons we experience in this beautiful white sand corner of Florida. We get a little taste of fall, a miniscule winter, a gorgeous capsule of spring and a large slice of summer. I feel the same excitement when our new season is announced at Emerald Coast Theatre Company. Like fall, winter, spring and summer, we always have four different phases culminating in the run of our new season.

We start with one of the most important phases, the reading and research quarter. This is

the time when Nathanael and I read a portion of the stacks and stacks of plays we have in our home library. Our desks at work and our counters at home become the staging area for “must reads” and “maybes” along with every color sticky note to mark our thoughts about each one. Then we order more scripts and do the same thing with them too. This leads to the next phase of impassioned debate and deliberation. Did I mention “impassioned debate”? We discuss each story and its nuances, (always calmly and rationally without throwing any scripts across the room) the characters, the writing, the music, and the overall cohesion of each show choice within the full season. We present our first draft picks and some other top choices to our executive staff for input and collaboration before settling on our new line up.

The next phase is securing production rights and graphic design for all of the show posters and media which leads up to

the big announcement of what’s coming in the new season! We aim to get this information out in the spring, well ahead of when we actually launch the new season in the fall. The final large slice kicks off on opening night with a dynamic fall musical and all of the anticipation that a new season brings.

One of the most exciting moments for our patrons is the big spring announcement that happens ahead of the new season—and that day is here! I’m thrilled to present the upcoming 2024-25 Season 12 at Emerald Coast Theatre Company!

We launch in September with Jersey Boys. This toe tapping musical takes you behind the music of Frankie Valli and The Four Seasons as they work their way from the streets of New Jersey to the heights of stardom. You can continue the fun in October with Baskerville: A Sherlock Holmes Mystery as our five talented actors portray more than forty characters complete with silly accents and hi-

larious disguises.

All Is Calm: The Christmas Truce of 1914, our holiday show, is an a cappella masterpiece. This remarkable true story is told in the words and songs of the men who lived it. Every Brilliant Thing, an interactive show with depth and humor, premieres during January. The story centers around a young boy as he attempts to ease his mother’s depression by creating a list of all the best things in the world worth living for. Everyone’s favorite man-eating plant, sadistic dentist, and meek yet heroic shopkeeper will also make an appearance next January/February in Little Shop of Horrors.

Always a Bridesmaid, a hilarious “Golden Girls” style romp where four friends have sworn to keep their promise to be in each other’s weddings no matter what, rounds out our winter offerings in February/March. And finally, the can’t miss transformation of the eternally pink Elle Woods in Legally Blonde:

The Musical is the perfect spring show to end our Season 12! We also have two spring shows specifically geared towards our younger audience members. P.D. Eastman’s classic children’s book Go Dog, Go! comes to life on stage like a pop-up book full of big and little doggy music fun for the whole family. We are also offering The Tortoise and the Hare: Fast Friends, Slow Foes, a madcap re-telling of the classic, complete with all the forest animals and a pesky possum who just wants to join the fun.

It is always a little astonishing to be in production mode for our upcoming spring show - which this year is Mary Poppins - and launching a new season for the next year. Each phase brings its own set of joys and challenges, and I have so much gratitude for what I get to do every day and the people I get to work alongside. The heart of ECTC is each and every one of those talented artists along with each and every one of you. Here’s to Season 12!

## ECTC Presents Mary Poppins The Broadway Musical

Emerald Coast Theatre Company (ECTC) presents Mary Poppins The Broadway Musical, May 3 - May 19, 2024.

Sprinkle a spoonful of sugar on your spring with the delightful and enchanting Mary Poppins! This show is “practically perfect

in every way” for all ages and feels like a “jolly holiday” with friends and family. Don’t miss this supercalifragilisticexpialidocious



docious show that will lift your spirits and leave you feeling like you want to go “fly a kite!” Tickets available at [emeraldcoasttheatre.org](http://emeraldcoasttheatre.org).

Nathanael Fisher, co-founder and producing artistic director of ECTC says, “All the supercalifragilisticexpialidocious-ness you could ever ask for! This show will bring you back to childhood with everyone’s favorite nanny, Mary Poppins. Bring the kids, because they will love this one!”

Mary Poppins The Broadway Musical 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 \$30 - \$50 depending on the show time/day. There is an additional processing fee for ticket purchases. Purchase tickets online at [www.emeraldcoasttheatre.org](http://www.emeraldcoasttheatre.org). You can now choose your seats when you purchase your tickets.



# PCB *Flavor*

THE BEST OF LOCAL DINING

## IN THIS ISSUE

ISO: PCB's Best Places to Lift a Cold One

Events & Entertainment

## ISO: PCB's Best Places to Lift a Cold One

By JACK SMITH

The French are known for their cuisine, the Italians for their fashion, the Scottish for frugality, and the Germans, well BEER. They make it, they sell it, they drink it, hell, they even celebrate it. Oktoberfest started a long time ago when some dude married some princess, anyway it was pretty boring and we'll skip that part. The festival begins when the mayor of Munich taps the first keg and then all hell breaks loose. Last year alone the people of Munich downed over 6.7 million liters of beer. The beer mugs in the tents don't carry the brewers logo, only stamped "Munich Beer." For medical treatment of intoxicated tourists, the German Red Cross operates a medical facility on festival grounds. Don't let the fact that October is still many months off deter you - head to one of our favorite local hotspots and beat the heat with a frosty glass of something liquid.

## OUR BACKFIRE SHRIMP IS BETTER THAN "FAMOUS"



10025 HUTCHISON BLVD, PCB, FL – [THEWICKEDWHEEL.COM](http://THEWICKEDWHEEL.COM)



## The Wicked Wheel

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

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

Stop by the Wicked Wheel and wash down some of their award-winning fried chicken with one of their craft beers on tap. You won't find a two-page list of beers to choose from at the Wheel, but you will find a few of the finest selections from some great local breweries such as Grayton Brewing Co., Idyll Hounds, and Oyster City.

## Schooners

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

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

The German word 'Oktoberfest' translated to English is: 'It's time to drink a lot of really good beer!' Since it's always a great time to drink a lot of really great beer at Schooners, you can celebrate any time you feel like it! Really good, cold beer and really great food... right on the beach.



## Capt. Anderson's Restaurant

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

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

Capt. Anderson's may be famous for outstanding wines and exclusive champagnes, but you'll also find 30A Beach Blonde on the menu, along with a range of other frosty favorites!

## Boon Docks

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

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

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



## San Marcos Mexican Grill Pier Park

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

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

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



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

14501 Panama City Beach Pkwy, PCB | (850) 588-1996  
[rudysbbq.com](http://rudysbbq.com)

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



## The Pancakery

13800 Panama City Beach Pkwy, PCB | (850) 588-5077  
[thepancakery.com](http://thepancakery.com)

The Pancakery started in Destin and opened its doors March 2011. After a huge success, The Pancakery expanded down the coast to a second location in Panama City Beach in 2017. Come check out what makes The Pancakery the Florida Panhandle's FAVORITE breakfast spot! Nothing says "good morning" like a pancake shot and a beer. Hey, relax, you're at the beach.

# Gulf Coast Jam 'Kicks Off' Brand New Music Festival with Garth Brooks, Carrie Underwood and Alabama

BY PAUL BONNETTE

For over a decade, Gulf Coast Jam, one of the southeast's largest country music festivals has been bringing "Country to the Coast" to Panama City Beach showcasing some of country music's biggest stars. Every year, thousands of visitors and locals alike pack into Frank Brown Park for great vendors, delicious food, and of course, country music. For many years, Gulf Coast Jam was a staple event on Labor Day Weekend with the festival becoming synonymous with college football and the last days of summer. The festival was then moved up earlier in the summer, leaving a gap in Labor Day tourism. In order to bridge the gap, Gulf Coast Jam organizers announced a brand-new country music festival in addition to the current Gulf Coast Jam.

Kick Off Jam will be a 3-day star-studded festival featuring 18 musical acts, running August 30–September 1 at Frank Brown Park. The lineup includes Garth Brooks, Carrie Underwood, the band Alabama with special guest star Randy Travis, as well as numerous other country music artists such as Pam Tillis, Jamey Johnson, Tyler Farr, Oak Ridge Boys, Lauren Alaina, Randy Houser, and more.

Garth Brooks took to social

media to help announce the festival declaring that with availability to only do one outdoor gig per year, he was excited for it to be Panama City Beach. Kick Off Jam will be a country music celebration that celebrates five decades of country music on Panama City Beach.

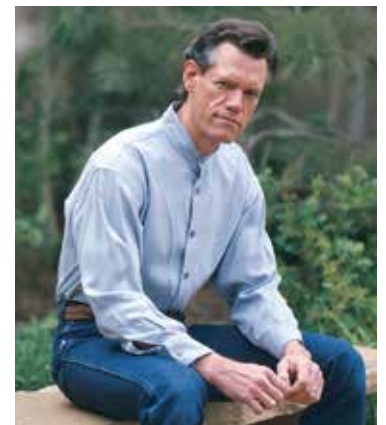
For Executive Producer Rendy Lovelady, securing Garth Brooks fulfills a mission, years in the making.

"I've been trying to get Garth Brooks for my festivals for years and it's always been 'no.' He's excited. Panama City Beach is where Garth came for summer vacation when he was a kid. That's why he's doing this, he is doing this to celebrate where he came from and to be a part of it."

For Lovelady, Kick Off Jam promises to be bigger than anything before it.

"I've been doing this for 40 years, and without question, this is the biggest show we've ever put on. We're excited to celebrate five decades of Country music in Panama City Beach!"

Alabama will headline on Friday, August 30 with Carrie Underwood performing on Saturday, August 31. Garth Brooks will take the stage on Sunday, September 1. For more information and tickets visit [www.kickoffjampcb.com](http://www.kickoffjampcb.com).



 Entertainment

# Taylor Swift's Ode to Florida Mentions Destin

By KIM HARPER

Taylor Swift's new album dropped on April 19, 2024. "The Tortured Poets Department" is Taylor's 11th era album. **"Florida!!!"** is the only song that includes three exclamation points. It also mentions Destin timeshares. All the Swifties are googling Destin now.

*"Little did you know your home's really only*

*A town you're just a guest in  
So you work your life away just to pay  
For a time-share down in Destin"*

The song is Taylor's first collaboration with Florence + The Machine. Taylor and Florence's voices blend amazingly for the edgy track that sounds a little different from Taylor's usual pop songs. They seem to be singing about a retreat to Florida to recover from heartbreak,

but it takes a darker turn, mentioning hurricanes, swamps, cheating husbands and more.

*"The hurricane with my name when it came  
I got drunk and I dared it to wash me away  
Barricaded in the bathroom with a bottle of wine  
Well, me and my ghosts, we had a h\*\*\* of a time"*



**Looking for the perfect seafood dinner?**

**Your ship just came in.**

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



**Boon Docks RESTAURANT**

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



**Rudy's**

**MILITARY AND VETERAN DISCOUNTS**

**10% EVERYDAY and 20% MONDAYS**

\*Active and Prior service with military ID  
\*Not valid on Group Meals or with any other promotion.

14501 PANAMA CITY BEACH PKWY // 850-588-1996 **RUDYS.COM**



new life. I don't want anyone to know where I've been or know me at all.' And so that was the jumping off point behind where would you go to reinvent yourself and blend in? Florida."

Taylor told iHeartRadio about the song: "I think I was coming up with this idea of 'what happens when your life doesn't fit' or 'the choices you've made catch up with you' and you're surrounded by

Fans are speculating that the song could have something to do with Taylor's breakup with Joe Alwyn, which happened while she was touring in Florida on the "Eras Tour" in 2023.

From Taylor's Instagram regarding the album: "The Tor-

*"I need to forget, so take me to Florida"*

these harsh consequences and judgement. And circumstances did not lead you to where you thought you'd be and you just want to escape from everything you've ever known. Is there a place you could go?"

"I'm always watching, like, Dateline," she continued. "People have these crimes that they commit, where they immediately skip town and go to? They go to Florida. They try to reinvent themselves, have a new identity, blend in. And I think when you go through a heartbreak, there's a part of you that thinks, 'I want a new name. I want a

tured Poets Department. An anthology of new works that reflect events, opinions and sentiments from a fleeting and fatalistic moment in time – one that was both sensational and sorrowful in equal measure. This period of the author's life is now over, the chapter closed and boarded up... And then all that's left behind is the tortured poetry."

Floridians are honored that Taylor took notice of the sunshine state. It's a beautiful place to retreat, to heal; but as Taylor knows, it's not without its dangers and temptations.

VISIT [MYPCBLIFE.COM](http://MYPCBLIFE.COM)

# Recognizing our Military Students in PCB Schools



BY MARK MCQUEEN,  
SUPERINTENDENT, BAY  
DISTRICT SCHOOLS

As we begin the final month of the 2023-2024 school year, I reflect on the significance of the Month of the Military Child in our vibrant community of Panama City Beach. This observance holds a special place in our hearts, as we celebrate and honor our military-connected students' resilience, sacrifices, and unique experiences.

Our schools have had the privilege of fostering a solid and supportive relationship with the esteemed military installations in our area, particularly the Naval Support Activity Panama City (NSA-PC). Witnessing the outpouring of support for our military children throughout the month was heartwarming.

One of the most remarkable aspects of April was the array of special events held at each of our schools to recognize and celebrate our military students. From assemblies to art projects, our educators went above and beyond to ensure these young heroes felt valued and appreciated for their contributions to our community.

I am particularly proud of the collaborative efforts between our schools and NSA-PC personnel. We work tirelessly to provide comprehensive sup-



port to our military children, addressing their unique needs and challenges with care and compassion. The dedication and commitment demonstrated by our school staff and military partners were genuinely inspiring.

Furthermore, I am thrilled to announce that Panama City Beach is home to five of our Florida Department of Education Purple Star Schools

of Distinction. These schools have demonstrated exceptional commitment to supporting military-connected students and their families, earning this prestigious recognition.

With only 200 Purple Star Schools statewide, the fact that 17 of them are in our district is a testament to our unwavering dedication to serving our military community. I am proud to highlight the five Purple Star Schools located right here at the beach:

- J.R. Arnold High School
- Breakfast Point Academy
- Hutchison Beach Elementary School

- Surfside Middle School
- Patronis Elementary School

Rest assured, our other 18 schools are working hard on their Purple Star Schools of Distinction applications. We're hoping to be the FIRST district in Florida recognized as a Purple Star District, with 75 percent or more of our schools receiving this prestigious award.

As we reflect on the past month, it is clear that the spirit of unity and support that permeates our beach community is truly remarkable. Our collective efforts to celebrate and uplift our military children have not gone unnoticed, and I am in-

credibly grateful for the unwavering support and partnership of everyone involved.

I extend my heartfelt thanks to all who contributed to making April a memorable Month of the Military Child in Panama City Beach. Your dedication and compassion have made a lasting impact on the lives of our military-connected students, and I am honored to be a part of such a remarkable community. Together, we will continue to celebrate and support our military families, ensuring they feel valued, appreciated, and embraced by our schools and community.

**SAN MARCOS**  
MEXICAN GRILL  
PIER PARK

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



# SENIOR SUNDAYS

20% DISCOUNT EVERY SUNDAY



14501 PANAMA CITY BEACH PARKWAY

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

Education

# Hutchison Beach Elementary: A Model of Excellence

BY GLENDA NOUSKHAJIAN, PRINCIPAL

Hutchison Beach Elementary School emerges as a paradigm of educational innovation, particularly celebrated for its full-scale implementation of the Leader in Me framework. As a recognized Leader in Me Lighthouse School, it stands as a model of excellence in fostering leadership and life skills in students, preparing them for success well beyond their elementary years. This prestigious designation is a testament to the school's unwavering commitment to creating a vibrant learning environment where every student is empowered to thrive.

We have dynamic student programs, including the BOLT (Boys on Leadership Team) and GOLD (Girls on Leadership Duty) teams, as well as the Student Lighthouse Team. These initiatives are more than just extracurricular activities; they are integral parts of the school's holistic approach to education. The leadership development programs encourage students to take on leadership roles within their school and community, fostering a sense of responsibility and initiative. These teams work on a variety of projects, from community service to school improvement initiatives, allowing students to apply the

leadership principles they learn in real-world contexts.

Each year, we host our Leadership Day, an event that serves as a testament to the capabilities and potential of students when given the opportunity to lead and inspire. This event is unique in its structure, being 100% student-led, which not only showcases the leadership skills of the students but also their ability to collaborate, organize, and execute an event of substantial scale and significance. The day is filled with an array of activities, each designed to highlight different aspects of leadership and personal development, with speeches and student-led tours



**The Genuine. The Original.**



**OVERHEAD DOOR COMPANY OF NORTHWEST FLORIDA™**

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

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

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

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

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

*Residential and Commercial*



## KITCHEN RENOVATIONS

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



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

being among the most anticipated components.

The speeches delivered on Leadership Day are a platform for students to share their insights, experiences, and visions related to leadership. These speeches are prepared and presented by a diverse group of students, ensuring a wide range of perspectives and lessons. The content often covers personal growth, overcoming challenges, the importance of teamwork, and the impact of positive leadership on communities.

Student-led tours are another highlight of Leadership Day, offering an interactive experience that engages attendees in the history, achievements, and culture of the institution. These tours are meticulously planned and conducted by student leaders, who share not only information but also their personal experiences and connections to the places and achievements they showcase.

Hutchison Beach Elementary School stands out as a beacon of educational excellence, offering a nurturing environment where academic achievement is just the beginning. With a curriculum designed to foster not only intellectual growth but also the holistic development of each student, we are dedicated to preparing our learners for the multifaceted challenges of the future. Our commitment to creating a supportive and inclusive atmosphere ensures that every student is empowered to explore their full potential, both academically and personally. By focusing on the cultivation of critical thinking, creativity, and leadership skills, Hutchison Beach Elementary is truly shaping the confident and capable leaders of tomorrow, setting a strong foundation for lifelong success and positive community impact.

# Catchy Circumstances

BY EDDIE SUMMERS,  
OPERATIONS TEAM LEADER,  
BEACH MOSQUITO CONTROL  
DISTRICT

Most people are aware of mosquito control spray trucks. These trucks drive around at night, spraying to control adult mosquitoes. It is clear what the mosquito control technicians are doing during these night missions. What exactly do these technicians do during the day?

Mosquito control goes well beyond spraying mosquitoes with an adulticide spray truck. During the day, mosquito control technicians are out in the district looking for the juvenile stages of the winged menaces. Mosquitoes have four life stages. The four life stages are egg, larvae, pupae and adult. It is the larvae and pupae the tech-

nicians are hunting and controlling during the day.

Mosquito control technicians look at their computer database and go to each GPS-logged environment to conduct inspections by taking samples, or "dips." The techs also survey other areas that are not presently geocoded. They inspect these areas, and if they are breeding, or have the potential to breed mosquitoes, they add it to Beach Mosquito Control's habitat database. Each breeding habitat is inspected from one to three times each month. The frequency of inspections is dependent on the amount of rainfall in each area, as well as the conditions of the habitat post-rainfall. These habitats include roadside ditches, retention & detention ponds, swamps, swales, low ar-



areas in the landscape, temporary flood areas, derelict swimming pools and catch basins.

There are over 6100 habitat locations in the district that are geocoded and inspected regularly. Aside from these locations, the technicians also respond to service requests from the citizens of the district.

Contrary to popular belief, developing unoccupied land does not decrease the amount of mosquito breeding habitats. Of-

ten, the development of new areas produces breeding habitats as a direct result of stormwater management. New retention and detention ponds are created. New ditches are created. Catch basins, also called storm drains, are created. The majority of the 6100-plus habitats geocoded by Beach Mosquito Control consists of catch basins. Two of the species of mosquito that breed in catch basins and are of public health concern are the *Culex quinquefasciatus*, also known as the "Southern house mosquito" and the *Aedes albopictus*, also known as the "Asian tiger mosquito". The *Culex quinquefasciatus* is a vector for West Nile virus, as well as St. Louis Encephalitis. The *Aedes albopictus* is a vector for chikungunya virus, dengue virus,

dirofilariasis (dog heartworm), as well as Zika virus.

To help with the prevention of the many viruses mosquitoes can carry, as well as improve the quality of life for the citizens and visitors of the "World's Most Beautiful Beaches", Beach Mosquito Control District technicians are out and about during the day, diligently searching for "nature's vampires" and stopping them where they breed. These daytime operations are extremely effective, and reduce the need for nighttime adulticide spray operations. The focused efforts of Beach Mosquito's technicians are a testament to the district's mission and the result shows that they believe in what they do.

## GCSC Archaeology Class Uncovers History at the G.M. West House

The Spring 2024 Introduction to Archaeology class at Gulf Coast State College, led under the direction of Dr. Jason Wenzel, continued an archaeological

survey of the G.M. West House site in the Old Town neighborhood of St. Andrews in Panama City, Florida, this semester.

The property surveyed is

currently owned and inhabited by Ray and Mila Bentz, who graciously allowed the team to continue the archaeological survey as an ongoing project over

the past year. GCSC students have worked alongside community volunteers, uncovering evidence of over 1,000 years of Panama City's history. This in-

cludes recovery of pre-Columbian Native American pottery sherds, stone tool flakes, and

*Continued on page 26*

**True Fact...**


**To prevent possible mosquito borne disease,**

**Beach Mosquito Control District**

**biologically treats**

**Panama City Beach's**

**catch basins.**





**850-233-5030**

**[www.pcbeachmosquito.org](http://www.pcbeachmosquito.org)**

**Your Tax Dollars @ Work**

**P.C.B. currently has 6,100 mosquito habitat locations.**

**This number continues to rise daily.**

 Wellness


# Why and How to Improve Communication Satisfaction in Your Marriage

in America today.

In contrast, couples who are satisfied with the way they communicate about their problems are happy and satisfied with their relationship despite their problems.

## Why is Communication Satisfaction So Important?

Most people enter marriage expecting ups and downs associated with finances, raising a family, and supporting each other's dreams. They know that there will be times when one or both of them is too tired, too preoccupied, or too old to want frequent sex. They know there won't always be enough money to go around. And they know their families well and know how to predict how their extended families will interfere or try to manipulate them.

None of this comes as a surprise to most married couples today. But what does come as a surprise is that they lack the emotional intelligence and communication skills to work through these predictable issues in a satisfactory way.

This is unfortunate because extant research shows that Communication Satisfaction influences marital happiness more than satisfaction with finances, ability to visit with friends and family, or sexual satisfaction.

For example, couples who feel good about the way they



talk through troubling issues about their sex life, are happier than those people who may have a better sex life but have trouble sharing their feelings about it.

Likewise, couples who feel good about the way they work through their financial troubles together, have a stronger, happier marriage, than those couples who have more money, but less cooperative discussions about their budget and financial plans.

When a couple has both a serious problem to solve AND poor communication skills, then their level of distress can become a negative spiral that whips around their home and across nearly all topics in their relationship.

## How to Improve Communication

So, how do you develop the type of communication patterns that lead to communication satisfaction and higher levels of

marital happiness?

First, you must recognize the communication patterns indicative of marital distress. Then you can begin the skill-building work that will turn your current conflict into productive, satisfying, and relationally enriching conversations.

Dr. John Gottman summarized over 25 years of research into the following list of communication behaviors that distinguish non-distressed, happy couples from distressed couples headed for divorce.

## Characteristics of Non-distressed, Happy Couples

- Partners are friends.
- Exchange more positive feelings
- Focus on each other's positive qualities, good times, etc.
- Interact frequently
- Share power, rather than seek it.
- Engage in problem-solving communication
- Seek understandings that overcome gridlock
- Create shared meaning, values, attitudes, interests, traditions

## Characteristics of Distressed Couples Heading for Divorce

- Exchange negative interactions

- Perceive that they have negative interactions
- More sarcasm
- More negative feelings reciprocated
- More complaints
- More interpretations of the other person's behavior as negative
- Engage in "problem escalation" communication

If you and your spouse display the characteristics of non-distressed, happy couples, you are to be congratulated. And, as long as you stay friends and keep up these practices you and your family will likely remain happy, well-adjusted, and in-tack.

However, if you recognize that the communication patterns in your marriage match those of the distressed couples heading for divorce, you should take swift and deliberate corrective action.

You could start by sharing this article with your partner and suggest that the two of you get help breaking these bad communication habits before you pass the point of no return.

It's rarely "too late" for people who really want to deepen their intimate connection, work out any current issues, and master the essential habits of couples who stay happily married for a lifetime.

Let me know if I can help.

*Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and Couples Counselor who is part of the Gottman Referral Network. She is an owner and partner at Amity Mediation Workshop, a mediation practice specializing in "friendly divorce" mediation and psycho-educational counseling for couples. Dr. Jamie speaks frequently on relationship topics and authors the blog "Work it Out." You can find her online at [amitymediationworkshop.com](http://amitymediationworkshop.com).*

BY JAMIE C. WILLIAMSON, PhD

Frequent problems won't ruin a marriage. Instead, the couple's level of satisfaction with the way they communicate about their problems has a stronger impact on how they feel about their relationship.

If it seems that all you and your partner do is fight about money, the kids, sex, and not making enough time for each other, then your relationship is fairly typical.

Most married adults with children report these topics as issues of distress and dissatisfaction in their marriage. Some also add "interference from in-laws", "jealously over previous relationships", and "no time with friends".

Troubling as they are, however, these issues are not the ones most likely to lead to divorce.

Instead, a couple's dissatisfaction with the way they communicate is more likely to lead to divorce than any of these other common problems. In fact, ineffective communication is the most common cause of divorce

## ACHING BACK?

BOOK A FREE STRETCH  
Call us! 850-588-0899



PROUD TO BE  
APPROVED PROVIDER  
BOARD APPROVED  
Continuing Education  
Provider

# STRETCH ZONE®

Located in Pier Park North next to The Fresh Market

## MEDICAL MARIJUANA



FLORIDA MEDICAL MARIJUANA PHYSICIAN  
CONSULTATION & CERTIFICATION  
850-213-1215

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

# Introducing: SYNC Diagnostics and SYNC Laboratories

BY GREGG RENNER

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

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

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



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

On the SYNC Laboratories



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

Physician Dr. Jonathan Jung recently wrote:

“As a physician ... I send spe-

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

And Megan Sweeney, a recent patient posted this:

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

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

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

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

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

## NEED FAST TESTING AND FAST RESULTS?

# GET IN SYNC!

### SYNC™ Laboratories and SYNC™ Diagnostics

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



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



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



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



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

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



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



 Wellness

# Dealing With Difficult People



BY STEPHENIE CRAIG

When did you last interact with a difficult person? Maybe

the difficult person has anger problems, behaves with superiority, doesn't treat others the way they expect to be treated or is generally unkind, mean or rude. Sometimes you might label people as difficult when they have different values, opinions, religious views, political leanings or personalities than you. When are differences just different rather than difficult? When do you invest energy in making space for different ways

of moving through the world vs. investing energy in addressing boundary crossings by people who seem to disrespect you or others?

While easy to overlook, sometimes you might be the difficult person. Self-awareness is a skill developed through uncomfortable practice. Noticing when you may tend towards being judgmental, short-fused, selfish or unkind can go a long way in helping you sort interac-



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

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

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

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



Care and comfort at a moment's notice.

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

seniorhelpers.com/fl/panama-city

FLORIDA LICENSE #299994598

tions with others. Noticing your capability of being difficult and your need for grace when you aren't your best self can inspire increased humility when addressing difficulty in others.

A common way to deal with difficult people is to become difficult yourself. When someone is rude, you may feel the invitation to match the rudeness. When someone is mean, you may spend time brainstorming ways to inflict vengeance. While these approaches can bring short term satisfaction and a false sense of justice, you end up giving up healthy emotional control and compromising your character. Over time, matching others' difficult behavior leads to bitterness, resentment, drama, shame and poor character habits. So, how do you address difficult behavior in healthy ways?

### 7 Ways to Navigate Interactions with Difficult People

**1. Evaluate.** Determine what is happening in a situation. What is bothering you and why? What is tough or feels like a boundary crossing?

**2. Sort past emotion from present.** Notice if something about this situation is bringing up feelings from past events/relationships that may be intensifying your emotions in the present. If so, take time to process past feelings separately to give you an accurate perspective in the current situation.

**3. Sort differences from**

**difficulty.** Ask yourself if the other person is showing poor character vs. has different opinions, values, perspective than you. Make space for difference. Address poor character.

**4. Set boundaries.** Use kind, direct words and tone to clearly state how the other party is crossing a boundary, how it impacts the relationship, what you will do differently and what you would like for them to do differently. "When you belittle me in front of others, I feel disrespected and emotionally unsafe in our relationship. I won't participate in conversations where I am belittled and disrespected. When talking to me, please use respect." If the other party respects your boundary and makes a change, that is an indicator of movement toward health. If the other party continues to cross boundaries or responds poorly to your boundary setting, that is information you need to understand the low value the other party places on the relationship.

**5. Speak up for those whose voices are hard to hear.** Sometimes difficult people cross boundaries resulting in negativity, abuse, or injustice for those who are vulnerable. Try using your voice and boundary setting for the sake of others.

**6. Distance.** Once a person has established an ongoing pattern of crossing boundaries and poor character they are unwilling to address, it's appro-

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

**Hormone Imbalance?**  
Optimize your health the natural way with bioidentical hormones.

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

**BEST DESTIN**

Three Years In A Row!  
Thank you Destin!

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

**Dr. Richard Chern, MD**

12889 Hwy 98W, Suite 107B  
Miramar Beach, FL  
(850) 837-1271

Look Healthy,  
Feel Alive!

biote 

CERTIFIED  
biote  
LEGACY PARTNER



thehormonerestorationcenter.com





BY SEAN DIETRICH

Dear Young Person,

I am an imaginary old man. I am every World War II veteran you never knew. I am each faceless GI from the bygone European War. Or any other war for that matter.

I am in my 90s and 100s now. Lots of young folks probably don't even know I exist.

In my war, I was one of the hundreds of thousands of infantrymen, airmen, sailors, marines, mess sergeants, seabees, brass hats, engineers, doctors, medics, buck privates, and rear-echelon potato-peelers.

We hopped islands in the Pacific. We served in the African war theater. We beat the devil, then we came home and became the old fart next door.

Wartime was one heck of an era to be young. Let me tell ya. When we went overseas we were still teenagers, smooth skinned, scared spitless, with government haircuts, wearing brand new wedding rings. We hadn't seen action yet, so we were jittery and lots of us smoked through a week's rations of Luckies in one day.

Then it happened. It was different for everyone, but it happened. Shells landed everywhere. People screamed. And in a moment our fear melted away and we had war jobs to do. It didn't matter who we were or which posts were ours. Everyone worked in the grand assembly line of battle.

When the smoke cleared and the action was over, we had new confidence in ourselves, and we were no longer boys.

And anyway, we weren't just boys, we were girls, too. There were 350,000 females serving in the U.S. Armed Forces in World War II. People forget that.

Speaking of women. We guys were always talking about our sweethearts, wives, and mothers. If you mentioned someone's girl a man was liable to talk for hours about her. And even if you'd already seen his wallet photos before, you never interrupted a guy talking about his gal. Because eventually you'd be talking about yours.

There were nights overseas when we would stare at the moon and wonder if our sweethearts were looking at the same moon. There were moments of indescribable loneliness.

Infantrymen had it the hardest. I don't know how our doughboys did it. They lived like pack mules. Their boots got wet, their feet swelled, and their flesh became waterlogged. Chunks of their heels would fall off; the dreaded "trench foot."

The funny thing is, even though their feet were falling off these men still didn't want to leave their posts. Many had to be dragged away cussing. That's how committed these guys were.

Oh, and the food was godawful. You learned to appreciate the rarity of a creative company cook.

In Italy, sometimes we could buy eggs from local merchants for outrageously inflated prices. One time I knew a guy who ate 32 scrambled eggs in his tent one night. I asked him why he did this and he told me he didn't want to die without tasting eggs one last time.

A lot of guys brought banjos, guitars, and fiddles over there. They'd play music at night sometimes in the open Italian air. We'd square dance and laugh. Others would sit on their helmets, smoking, thinking of home, wiping their eyes.

## Sean of the South: Memorial Day



The Germans had a local radio station that broadcasted American stuff like Bing and Frank. Then, between songs, a German gal talked propaganda over the airwaves to us American GIs in a sexy voice, trying to mess with our heads.

She would speak flawless English and say, "Give up, boys, there's no point trying, you can't win. Everyone hates you. Your girls are at home cheating on you, they don't love you anymore. Give up. It's over. You lost."

This was supposed to discourage us, but it usually just made us laugh. Or cry. Sometimes both.

When the war ended, we felt too much joy at once. In fact, most weren't totally sure they could trust good news. A lot of guys got like that.

So when we heard the official papers had been signed and the war was over, it was Christmas morning multiplied times a hundred. No. Times a trillion.

Those of us overseas immediately wrote letters to family and told our wives we were coming home, told our kids to grease up their baseball gloves. Our letters were covered in little wet polka dots, if you get my drift.

Stateside, there were huge celebrations happening. Sailors climbed lampposts to unfurl flags. Infantrymen stood on rooftops, toasting mugs of homebrew. Mothers were frying chickens out the wazoo.

People were partying everywhere from San Bernardino to Flatbush. Big cities, little towns,

and the rural parts between. There were ticker tape parades, auto processions, and girls would kiss any guy in government clothes.

But on this important day, you know what I think about? I think about all the guys who never got kissed again. Our men in the soil.

They were those who evaporated like the early morning fog over Anzio, or the thick mists of Normandy. They died young. And they died for a lot more than a three-day weekend of barbecues and Budweiser.

These were men who fell upholding the mantle of our unalienable American spirit, the Blessings of our Liberty, and the pride of their homeland. They were friends. They were the kids next door. They were children of God who once proved, beyond speculation, that even hellfire cannot kill the great idea that is America. I hope we never forget them. I know I never will.

Happy Memorial Day.



**DINE EARLY AND WATCH THE FLEET UNLOAD**

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

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



 Musing


## A Minister's Message: **Fear Not Little Flock**

BY DR. KERRY KNIGHT,  
EMERALD BEACH CHURCH  
OF CHRIST

*"Do not fear little flock, for it is  
your Father's  
good pleasure to give you the king-  
dom."  
(Luke 12:32)*

In the midst of Jesus giving to the multitude his beautiful message about how to deal with worry, he turns to his close disciples and says, "Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom." Imagine Jesus referring to you as a little lamb. Sheep

are typically a little dumb. They seem to lose their way so easily, and can't seem to find their way home.

Jesus is using the "sheep" illustration because we too are prone to lose our way. Temptations are often so great we feel hopeless to overcome them. And then when we do come to our senses, we can't find how to get back into God's good graces.

Now here is the important thing. God loves His little lambs, and He is quick to add that "we should not fear." Next time you

feel lost and alone, imagine yourself as a little lamb looking up at the Good Shepherd. He extends His hand and with his staff, he gently leads you back to safety. In Mark's inspired story of the sinking boat, we find Jesus resting in the vessel while his disciples are frantic with worry. Jesus says, "Why are you

so fearful? How is it that you have no faith? Then with a calming voice, He says the simple words, "Peace be still." That is the Master we serve.



*Jesus was asleep on a cushion in the stern, and the disciples woke him and asked, "Teacher, don't you care of we drown?" The gospel of Mark then states that: He rebuked the wind and said to the sea "Peace! Be still!" Then the wind ceased and there was a dead calm.*

*Emerald Beach*  
CHURCH OF CHRIST

301 Alf Coleman Rd., Panama City Beach

Note: Alf Coleman is closed at the north end.

[emeraldbeachchurch@gmail.com](mailto:emeraldbeachchurch@gmail.com) | (850) 235-7992

[www.emeraldbeachchurch.org](http://www.emeraldbeachchurch.org)

SUNDAY AM:  
Bible Class 9 am  
Worship 10 am

SUNDAY PM:  
Lesson 1 pm

WEDNESDAY:  
Bible Study 7 pm

### GCSC ARCHEOLOGY

*continued from page 20*

the remains of the foods the Indigenous peoples procured in the forms of animal bone and shellfish. The team has also recovered historic-period artifacts associated with the first settlers of the original "lost" town of

Drive, is home to one of Bay County's oldest structures, the "G.M. West House," built around 1887, and named after one of Panama City's founding fathers George Mortimer West. Upon inspection of the 1855 U.S. Coastal Survey Map and property deeds, the G.M. West House site is believed to



St. Andrews (1827-1863), and later residents in the area, most particularly the West family, one of Panama City's founding families. Examples of historic-era artifacts associated with these settlers include fragments from a variety of household goods and architectural items including ceramic dishes, glass bottles, clothing buttons, cut nails, and brick and window glass fragments.

"Our students are diving into our community's cultural past, exploring its history firsthand. They've been engaging in archaeological fieldwork and lab research, uncovering relics of the past while actively engaging with our community. It's not just about discovering ancient artifacts; it's about understanding our shared heritage and contributing to its ongoing story," said Dr. Jason Wenzel, GCSC professor.

The property currently under study by the archaeological team, located on West Beach

overlay the location of where retired Georgia Governor John Clark settled with his family in 1827, where they constructed a two-story log cabin. The Clark family perished five years later after succumbing to yellow fever, and it is believed that their home was repurposed as a tavern for the original town of St. Andrews, until its likely destruction during the American Civil War in 1863.

The project operates in partnership with the Panama City Publishing Company Museum, the Historical Society of Bay County, and the Bay County Anthropological Society.

An exhibit is planned for the Panama City Publishing Company Museum in 2027, as part of the 200-year anniversary of the founding of St. Andrews.

For more information, please contact Dr. Jason Wenzel at [jwenzel@gulfcost.edu](mailto:jwenzel@gulfcost.edu).

# Introducing Coastal Elements: Elevate Your Space with Flooring Depot's Signature Cabinet Line

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

When it comes to home design, every element matters. From the flooring beneath your feet to the cabinets that adorn your kitchen or bathroom, each detail contributes to the overall aesthetic and functionality of your space. At Flooring Depot, we understand the importance of quality, style, and versatility in home décor, which is why we're thrilled to introduce our very own line of cabinets: Coastal Elements.

Coastal Elements embodies the essence of timeless elegance with a touch of contemporary flair. Inspired by the serene beauty of coastal landscapes, this signature cabinet line offers eleven stunning colors designed to complement any interior design scheme. Whether you're aiming for a classic, rustic look or a modern, sleek feel, Coastal Elements has the perfect cabinet color to suit your style.

One of the most popular and standout options in the Coastal Elements collection is the "White" Shaker cabinet. Crisp, clean, and endlessly versatile, the White Shaker cabinet adds a touch of sophistication to any room. Its simple yet elegant design features clean lines and a timeless silhouette, making it the ideal choice for both traditional and modern spaces alike.

At Flooring Depot, we take pride in offering high-quality products that meet the needs and preferences of our customers. That's why we've carefully curated our Coastal Elements line to ensure durability, functionality, and aesthetic appeal. Crafted from premium materials and built to last, these cabinets are designed to withstand the test of time while enhancing the beauty of your home.

In addition to the White Shaker cabinet, our Coastal Elements line includes a variety of other captivating colors, ranging from warm neutrals to rich,



deep hues. Whether you prefer the rustic charm of "Glazed Mocha," the timeless elegance of "Bristol Chocolate," or the modern sophistication of "Winchester Gray," there's a Coastal Elements cabinet color that speaks to your unique taste and style.

What sets Coastal Elements apart is not just its stunning aesthetics, but also its accessibility. As part of our commitment to providing exceptional service to our customers, we stock the

White Shaker cabinet at our store, ensuring quick and convenient access whenever you're ready to elevate your space. Additionally, Flooring Depot of Panama City offers free design consultations and in-home measurements, providing personalized guidance to help you bring your vision to life.

But Coastal Elements is more than just beautiful cabinets; it's a testament to our dedication to customer satisfaction and quality craftsmanship. Each cabinet

in the Coastal Elements line is expertly crafted with attention to detail and precision, ensuring a flawless finish and lasting durability. From the smooth operation of the drawers to the seamless alignment of the doors, every aspect of Coastal Elements cabinets reflects our unwavering commitment to excellence.

As a locally owned and operated business, Flooring Depot is deeply rooted in the Panama City community. We understand the unique challenges and opportunities that come with home renovation projects in our area, which is why we're dedicated to providing comprehensive support and guidance every step of the way. From selecting the perfect cabinet color to coordinating installation services, our team of experts is here to ensure a seamless and stress-free experience from start to finish.

In addition to our extensive selection of Coastal Elements

*Continued on page 31*

## INTRODUCING COASTAL ELEMENTS CABINETS BY FLOORING DEPOT

TIMELESS | DURABLE | STYLISH

**TWO CONVENIENT LOCATIONS**  
 1310 W. 15TH ST. PANAMA CITY, FL 32401  
 19700 PCB PARKWAY, PCB, FL 32413  
 FLOORINGDEPOTOFPANAMA.COM  
 850.785.2216

FREE DESIGN CONSULTATIONS  
 FREE IN-HOME MEASURES  
 SPECIAL FINANCING AVAILABLE



**WHITE SHAKER CABINETS IN-STOCK!**

# Design and Culture: **Modern Storage Solutions**

BY AMANDA KITCHENS

Are you shopping for cabinetry? There is a checklist you are going to want to have when you're ready to build or remodel your kitchen and baths. First and foremost, it's always a good idea to get a kitchen designer at the beginning of your project whether you're building a new home or rebuilding to ensure your dream results. Wood type, color or stain and door style are next on the list and then comes functionality and organization for our busy modern lives. New and exciting modern storage solutions are being created every day.

There are so many options to organize and create not only a beautiful but also functional space. Standard cabinetry will usually come with shelving and unless requested, lower cabinets will not have full depth shelves. Roll out shelves are our favorite accessory for storage in lower base cabinetry and pantries. I know most of us have found items in the back of our lower cabinets or pantries that we forgot we had or maybe expired, lol. Roll out shelves come in all different sizes and variations for organizing food items, pots and pans, Tupperware, etc. and they will change your life. No more lost items in the back of those base cabinets! That is why it is one of our favorite storage solutions. Deep drawers are another great functional option to add to your base cabinetry. Partitions, shallow roll out shelves, peg boards, and two tier cutlery trays can be added to deep drawers to add functionality and improve organization.

Now if any of you are like me, spices are one thing I need



organized in my next kitchen. My husband loves to cook, and we have an astronomical collection of spices. I can't wait to remodel and add some spice organization. There are different options depending on the layout of your kitchen and where you would like your spices to be. Vertical pull out spice racks are a good option. These can flank your range with one on each side, either in the base cabinet or you can flank your range hood




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

in the upper cabinets. Another option is a cabinet with a door rack. The shelving is shallower, and racks are added to the door for options to organize. If your kitchen has a corner cabinet, turntables create functionality for those hard-to-reach areas.

Don't forget about your vanities when thinking about storage. One of our favorite storage cabinets is a vanity grooming rack. Roll out trays are another option

for bath vanities.

I've only touched on a few of the modern storage solutions available, so for more ideas visit [www.durasupreme.com/storage](http://www.durasupreme.com/storage) and [www.hardwareresources.com](http://www.hardwareresources.com) to view options and inspiration for your new kitchen available at Granite Plus. Or, you can stop by or give us a call and we will come to you and discuss your new kitchen and baths.

# Get Your Boat Legal Before You Launch

## Renew Your Vessel Registration and Fishing License Online



FROM THE OFFICE OF CHUCK PERDUE, BAY COUNTY TAX COLLECTOR

May brings beautiful weather to our area, which makes for great days on the water. If boating in May is on your agenda, make sure your boat is legal prior to launch.

With Memorial day weekend right around the corner, people often wait until the week before the holiday to renew their boat

registration and fishing license. This often causes busy lobbies in our offices and long wait times.

Get ahead of the game by renewing online through our website at BayTaxCollector.com.

### Take Advantage of Online Services

**Renew Registration Online with Express Lane** - If you renew online at BayTaxCollector.com before 3 p.m. on a weekday, you can select Renew Express to pick up your renewal same day. The renewal system allows you to select which office you would like to pick up your renewal and also allows you to designate someone else to pick up the renewal for you. Once you receive notification your renewal has processed, you can visit the Information Desk at the office selected to pick up the renewal without a wait.



### Renew or Purchase Your Fishing License Online

Whether a Florida resident or a visitor, you can purchase or renew your fishing license online at GoOutdoorsFlorida.com.

### Register or Title Your Boat - Save Time, Schedule an Appointment

If you need to register and title your boat in Florida, be sure to schedule an appointment to maximize your time.

The Memorial Day weekend

brings additional visitors to our area. Larger crowds typically results in more officers patrolling the waterways and roadways to ensure visitors and residents

alike are having a safe and enjoyable holiday. Make sure your weekend doesn't get ruined by a citation. Take the time now to ensure you have everything you need to have a safe, fun and legally-compliant holiday weekend.

The Bay County Tax Collector's Office is an agent of the Florida Department of Highway Safety and Motor Vehicles as well as the Florida Fish and Wildlife Conservation Commission. To learn more about the Tax Collector's Office, visit BayTaxCollector.com.

VISIT MYPCBLIFE.COM TO READ THIS ISSUE ONLINE



**BEL-MAC ROOFING**  
SINCE 1995

Roofing • Repairs & Maintenance • Roof Coating & Restoration

SANTA ROSA BEACH  
850-267-0900 | www.Bel-MacRoofing.com

**If it's hot in your bedroom, that's your business.**



**If it's still hot tomorrow, it's ours.**

The highest quality in cooling services.  
Serving Bay & Walton Counties  
Residential & Commercial HVAC Services



**MODERN AIR SOLUTIONS**  
HEATING & COOLING LLC  
#cac1817340

**24 HOUR SERVICE**  
**(850) 249-2999**  
www.modernairsolutions.com



**EAT on the BEACH**

**SCHOONERS**  
LAST LOCAL BEACH CLUB®

850-235-3555 • 5121 Thomas Drive • schooners.com



 Business

# Want the Best View of the Beach? Panhandle Helicopter Offers The Best Seat In The House

By PAUL BONNETTE

There is a reason that Panama City Beach is known to have the “World’s Most Beautiful Beaches.” The backdrop of turquoise waters splashing against twenty-four miles of sugar-white sands draws tourists and locals alike. However, if you are truly looking for the best views of the beach, you just need to go a little higher...about a thousand feet up to be exact. For over fifteen years, Panhandle Helicopter has been offering residents and visitors the best seat in the house, meandering down the coast on the lookout for local marine life and picturesque scenery. Well known for providing million-dollar views soaring over the Emerald Coast, Panhandle Helicopter is one of the top tourism sightseeing businesses on Panama City Beach. They provide a wide range of tours ranging from 3-minute Intro Flights to thirty-six-mile journeys over Hathaway Bridge, North Lagoon and Shell Island. Tour prices range from \$30 per person to \$190 per



OVERVIEW PHOTOS BY NIKKI BONNETTE

person depending on the “lap” or the distance. If you want to see another area besides Panama City Beach, Panhandle Helicopter also offers 30A tours as well. The tours are narrated by engaging pilots who are happy to interact with fun facts about the landscape and the sea life below. (I highly recommend Mike, who was not only extremely knowledgeable but genuinely enjoys flying).



Panhandle Helicopter is owned and operated by JR Hott who, despite a long-term love of flying, had a military career that took him on some deeper dives. Hott joined the Navy to be a Navy Diver and joined the mobile diving and salvage unit.

He would eventually be transferred back to the Navy Dive School in Panama City Beach as an instructor. After retiring from the Navy, his career really “took off” when Hott and his siblings purchased the Panhandle Helicopter business in 2008. The sightseeing tour company started out small with only a 14x14 shack, a fabric-covered hanger and one helicopter. Today, Panhandle Helicopter has six helicopters, multiple pilots, and a brand-new building on the west end of Panama City Beach. This new location allows the business to offer more than just sightseeing opportunities, including flight training and commercial services.

For JR Hott, who has seen businesses come and go on Panama City Beach, being able to

offer unique experiences to guests is what makes everything worth it.

“I really do enjoy what we do here,” says Hott. When [people] come and take a flight with us, they get to see everything from the Sky Wheel to the marine life and the beautiful water we have here. Just to be able to offer this experience to people is a cool experience. Helicopters are cool.”

The friendly and engaging pilots of Panhandle Helicopter really do help to create a unique viewing experience for guests to see “the world’s most beautiful beaches” like never before.

So, if you are ready to see the beach from a whole new perspective, visit [www.panhandle-helicopter.com](http://www.panhandle-helicopter.com).

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

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

**WASTE PRO**  
Caring For Our Communities

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

12310 Panama City Beach Pkwy  
Panama City Beach, FL 32407

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

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



# From the Office of Congressman Neal Dunn

## New Opportunities in Florida's Second Congressional District

Funiak Springs Municipal Airport expansion. This funding will help provide safe aircraft taxi and parking spaces and meet the growing demands for point-to-point air mobility. The airport currently has a 40-person waitlist which could generate revenue for the city if space was available. In early April, Team Dunn visited Mayor Campbell, Interim City Manager Koby Townsend, and Jennifer Green and Tim Parsons of Liberty Partners to discuss plans for the airport expansion. I want to thank all of them for the work they're putting into getting this project completed. I look forward to being there for the ribbon-cutting ceremony!

My team also met with the staff at Probes Unlimited in Holmes County. The manufacturer cleverly opened their Bonifay site in the old Bonifay Middle School building with the partnership of the Holmes County Economic Development Commission. The site offers space for local businesses, supporting economic growth in the area. Additionally, we also met with the Holmes County Economic Development Commission to hear more about new projects like bringing a Busy Bee to the area. Exciting stuff is happening in Holmes County!

I'm looking forward to all these improvements and new developments, but we also must

help our local businesses that are recovering from severe weather and tornadoes. Businesses and residents impacted by the storms on January 8 and 9, 2024 are eligible to apply for low-interest disaster loans from the U.S. Small Business Administration (SBA).

The loans were made available in response to a letter from Florida Governor Ron DeSantis' authorized representative Kevin Guthrie, on March 25 requesting a disaster declaration by the SBA. The declaration covers Bay and Jackson counties and the adjacent counties of Calhoun, Gadsden, Gulf, Holmes, Liberty, Walton, and Washington in Florida. If you know of someone who can benefit from

this assistance, please encourage them to file. The filing deadline to return applications for physical property damage is May 28, 2024. The deadline to return economic injury applications is Dec. 27, 2024. Visit SBA.gov for more information or call my office for assistance – (850) 785-0812.

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.

### COASTAL

*continued from page 27*

cabinets, Flooring Depot also offers a wide range of complementary products and services to complete your home renovation project. From premium flooring

options to stylish countertops and fixtures, we have everything you need to create the perfect space that reflects your personal style and enhances your quality of life.

At Flooring Depot, we believe that your home should be

a reflection of who you are – a place where comfort, style, and functionality converge to create a space you'll love to live in. With Coastal Elements cabinets from Flooring Depot, you can transform your home into a sanctuary of style and sophistication,

where every detail is thoughtfully designed to elevate your living experience.

Visit Flooring Depot today to explore our Coastal Elements cabinet line and discover how you can transform your space with style and elegance. Expe-

rience the beauty of Coastal Elements – where quality meets sophistication and every detail matters. Visit our main showroom at the corner of 15th Street and Lisenby or our location on Back Beach Road.

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



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





## SOUTH WALTON REAL ESTATE

JOHN MARTIN GROUP  
30A REAL ESTATE



Leigh Carroll



John Martin



Bryson Lee

### What's my home worth?

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

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

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

### WHAT OTHERS ARE SAYING

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

- Client

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

- Client



BERKSHIRE HATHAWAY  
HomeServices  
PenFed Realty



850.714.3731 | [john@johnmartin30a.com](mailto:john@johnmartin30a.com) | [johnmartin30a.com](http://johnmartin30a.com)