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# PCB Life

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## Global Effect is Making a Difference

By K. BOLLINGER

Sometimes, you just want to get away. Sometimes, you want to make a difference. Why not do both at the same time?

Within the non-profit organization of Global Effect, there's a unique opportunity to see the world, visit a new culture, and help make a difference. More than just a vacation, there's a focus on serving instead of being served.

Here's the low-down. Just a hop, skip, and a jump onto the island of Hispaniola, find the country of the Dominican Republic where Global Effect has boots on the ground, daily serving the local people and their communities. They have an office in the city of La Vega, near the local university, where they offer programs that help college and high-school-aged students break the cycle of poverty through educational and spiritual transformation. Each week, over 4,000 high school and college students are reached by the 30 local Dominican staff members.

The goal of communi-



ty transformation is to bring about sustainable change that goes beyond immediate need but also providing encouragement for those who come to an event or program. Community transformation projects are specifically catered to a certain geographical area and designed to discover critical areas of need. From there,

Global Effect implements specific activities and programs designed to create a relevant application of positive change to combat the concerns and identified needs of the community.

While many different types of groups visit throughout the year tackling many different types of projects, this summer

the organization is offering an open-group style trip to allow individuals and small groups the opportunity to serve alongside other like-minded people wanting to use a week of their summer to serve.

This trip is ideal for individuals wanting to make a difference, challenge themselves, families with children and youth, workgroups looking for impactful team building, or anyone else interested in serving. Global Effect is looking for 10-15 adventure seekers with a willingness to accept the challenge. Their goal is to provide you and your group with a safe, fun and life changing mission trip you will never forget.

### Trip Details

- You will need a passport for international travel. The program will take place in La Vega, Dominican Republic (and surrounding communities)
- Dates are July 9-14, 2024

### GLOBAL EFFECT

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## Bay County Deploying Artificial Reef

The RESTORE Artificial Reef Grant Project continues to progress in its efforts to bolster marine biodiversity and support the recreation, tourism, fishing, and diving industries in state waters of the Gulf of Mexico.

On Wednesday and Thursday, April 24 and 25, the Bay County Board of County Commissioners, in partnership with Inland Construction and Engineering, Inc., deployed new patch reefs about six nautical miles south-southwest of the St. Andrew Bay Pass.

"This site significantly extends our capacity to enhance local marine habitats, offering prime access to the Gulf's rich biodiversity," Bay County Commission Chairman Tommy Hamm said. "This highlights our dedication to environmental stewardship and the revitalization of local industries."

Roughly 120 tons of concrete materials will be deployed each day within the SAARS M permitted area. These efforts are part of a broader project that continues

### REEF

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### GLOBAL EFFECT

continued from page 1

• Lodging, three meals per day, transportation, five water filters (for community distribution), and a translator are in-

cluded in the cost.

• Flight not included (our recommendation is to fly into Santo Domingo or Santiago).

• Planned activities include: water filter distribution in impoverished areas, Bible study, church, home visits, community outreach, waterfall hike.

• The cost is \$900 tax-deductible. For more information visit our website at [www.globaleffect.org](http://www.globaleffect.org).

The mission of Global Effect is to partner with impoverished communities to bring sustainable transformation that has a spiritual, economic, social, and



educational impact.

Founder & President, Scott Steelman, launched the ministry in 2009 and has transformed

numerous lives and communities along the way. He lives in Panama City Beach with his wife, Vicki. Their family owns

and operates OKO Lifestyle, a retail boutique with locations in Rosemary Beach and Inlet Beach, Florida.



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### REEF

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through early summer, with a goal of deploying around 1,000 tons of material, total.

Funding for this project is provided by a RESTORE grant, related to penalties paid due to environmental damages from the Deepwater Horizon Oil Spill, and the allocation highlights the commitment of the commission and the U.S. Treasury to invest in projects that repair and enhance impact-



ed areas of Bay County.

Deployment details and post-deployment coordinates will be available on Bay County's updated Bay County Artificial Reef page at <https://bit.ly/baycoreefs>. The page offers information about Bay County's 800 artificial reefs and provides downloads of reef coordinates in various formats including GPX, PDF, KML, and Excel. An online ArcGIS Map is also available to help plan a next visit into the Gulf.

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# PCB Chamber Spotlight



## Introducing: **Nothing Bundt Cakes**

By EME HOWARD

When I was a kid growing up in Jackson County, it was always a special treat when my mom would bake a delicious chocolate cake for our family to eat... for breakfast! I thought eating cake for breakfast was perfectly normal at the time, but in reality, we were eating it for breakfast because that is when she had time to bake the cake with her competing priorities as a mother, a school teacher, and helping my dad run his peanut farm. Now it's a special memory that reminds me of how much our mother loved us. As an adult, cake is still bringing my family closer together.

After working in health care and living all over the United States and Europe as a military wife for 20 years, I decided to move back home to North Florida and open a cake bakery in Panama City. It was time to put roots down for my two young daughters and be close to family again. As a local owner and entrepreneur, I wanted to bring a brand with national recognition and appreciation to Bay County.



In February 2023, I opened the Nothing Bundt Cakes located in the Hobby Lobby shopping center at Highway 77 and 23rd Street.

At Nothing Bundt Cakes, we handcraft Bundt cakes in our local bakery using real ingredients like butter, eggs, and cream cheese. We offer a variety

of delicious flavors, such as red velvet, chocolate chocolate chip, and lemon, to name a few. Each cake can be topped with unique cake decorations for an extra special treat. With a wide selection of retail items, including party supplies, décor, and gifts, our bakery is the perfect one-stop celebration shop.



The core values of the Nothing Bundt Cakes brand are a servant's heart and the spirit of a champion. We live these core values in our local bakery every day by giving back to our community. We offer fundraising opportunities to local schools, athletic teams, and organizations to help them meet their financial needs. We also partner with organizations, such as the Boys & Girls Clubs of Bay County and Florida Hands & Voices, to give

a percentage of our sales back to the community.

Owning a new business has been an adventure, but one that I have loved. I am making sweet new memories with my daughters, and being home again in North Florida has been the frosting on the cake.

We are open Monday -Saturday 9 a.m. - 7 p.m. and are located at 506 Hawkins Ave, Panama City (Hobby Lobby shopping center). You can place an order online or call us at (850) 829-3005. Learn more by visiting our website <https://www.nothingbundtcakes.com/>.

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## Introducing: **Late Bloomer Flower Shoppe**

BY LAUREN ANDERSON

My name is Lauren, and I am a fourth-generation flower lover. My grandmother used to work with my great-grandmother on her farm, my mother used to help my grandmother in her plant nursery, and I grew up helping them all in their gardens. I was blessed to have experienced all four generations together for the first 20 years of my life. Gardening together formed some of my most peaceful memories. When the COVID quarantine went into effect in 2020, our daughter was diagnosed with leukemia. She had to go into a seven-week quarantine where we couldn't see her in person. In order to stay sane, I rekindled my love of gardening. I planted our whole garden in sunflowers so that she would have something beautiful to come home to when she got out of the hospital. Once that was all over, and our girl was healed, I decided I wanted to provide that peace and joy



to others around me. I wanted to continue the flower-loving legacy of my foremothers so I opened Late Bloomer Flower Shoppe.

I started out with a little two horse trailer that I had converted into a mobile flower shoppe. Many farmer's markets, pop ups, and events later, I opened our storefront on Harrison Avenue which is a full service florist including weddings and events. I had so many amazing people



help me along the way, the support system and excitement was humbling. I decided I wanted Late Bloomer to be more than just a flower shoppe, I wanted to provide that peace and joy with more than just flowers. So, we added a gift shoppe and have used it to support so many local vendors and businesses. Everything from jewelry, chocolate,



art, candles, homeopathic beauty products, seeds and more are provided by artisans right here in our community. We also decided to start hosting our own small events and classes. We offer Floral Happy Hours each featuring a different theme. You can come and enjoy a glass of wine or beer, have a round table discussion with one of our local speakers about anything from confidence classes to floral design, leave with a bouquet of

flowers and hopefully feel a little lighter. We have a live and dried Build Your Own Bouquet Bar every day of the week where you can let your creative hands go to work or one of our girls can help you put something special together. All of these things culminate in a beautiful and creative environment that we love to share with everyone that comes through our door.

I also wanted to show our gratitude by contributing beauty to our community. We've volunteered our time and floral installations for multiple events from FLLuxe Art Festival to Red Fish Film Festival and more. We look forward to continuing to grow and provide beauty to our surroundings.

Come visit us at 556 Harrison Avenue in Panama City's Historic Downtown or give us a call at (850) 215-4192. Follow our Facebook and Instagram to see our classes and events, and see what we're up to next! Find us @LateBloomer850.

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Community

# Shop Talk: Recycle the Runway

By LEE ANN LEONARD

To further Pier Park's conservation mission and support the arts, the mall is hosting the Recycle the Runway contest and fashion show this fall. The center encourages artists and designers to start collecting materials to create an upcycled outfit now as the organizers will award more than \$2,000 in prizes at the September 28 event. Best of all, Pier Park will showcase the winning creations in popular mall attractions for millions to see.

Fashion pieces must be fami-

ly-friendly (not too revealing or offensive), wearable, and should be no larger than 4 feet wide by 8 feet tall. While judges will give more weight to fashions made from 100% non-traditional items, designers may use some existing clothing pieces provided they are used items obtained from a thrift store or a comparable business. Additionally, the jury-selected contestants must model or supply a model to present their creations during the runway show. To prepare for the fashion show, the designers and models must attend a dress



rehearsal on Friday, September 27 from 6 to 8 p.m. at the venue, Dave & Buster's. They should arrive an hour before the main event on Saturday, September 28 from 6 to 8 p.m.

During the fashion show, a celebrity panel of judges will evaluate the finalist's work. Or-

ganizers will announce the three winners at the event's conclusion. Winners will also receive their prizes following the show.

Pier Park will award the first-place winner a \$1,000 American Express® Simon Giftcard® and a \$100 mall swag bag. Dave & Buster's will also display the winning entry in the arcade, bar and restaurant's lobby for one year. The complex will honor the second-place winner with a \$500 American Express® Simon Giftcard® and a \$100 mall swag bag. The Grand IMAX will showcase the second-place

garment in the theater lobby for one year. Finally, the center will give the third-place winner a \$250 American Express® Simon Giftcard® and one \$100 Pier Park swag bag. SkyWheel Panama City Beach will display the third-place ensemble in the attraction's lobby for one year.

For contest rules and regulations and the entry form, visit the Pier Park website's events page (<https://bit.ly/3UtQ17o>).

The entry deadline is Friday, September 6 at midnight (CST).

## Warrior Memorial Reefs Foundation Announces Exciting Partnership with the Man in the Sea Museum

### Honoring the Past, Restoring the Future

Amazing things are about to happen off the Emerald Coast of Florida, as Warrior Memorial Reefs Foundation announces an exciting partnership with the Man in the Sea Museum. This

partnership will not only be beneficial to both 501(c)(3) charities in helping reach veterans and the local diving community, but it will be essential in the deployment of artificial reef memorials.

Warrior Memorial Reefs Foundation creates artificial reefs with the cremated remains of Veterans, First Responders, and K-9 Service Dogs.

The Man in the Sea Museum showcases the history and prog-

ress of diving and underwater technology.

"The Man in the Sea Museum is honored to work with Warrior Memorial Reefs. Keeping history alive includes honoring our great Veterans and First



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Responders by ensuring they have a proper, final resting place that is worthy of their call to duty," stated Steve Mulholland, Executive Director of Man in the Sea.

Joe Theodorou, the Founder and President of Warrior Memorial Reefs Foundation said, "This is a great opportunity to help advance undersea burials for military divers. I have such great respect for all of the hard work that Steve Mulholland and the staff at Man in the Sea Museum have done in preserving the history of diving; and the relationships that they've built within the community."

Look for more from Warrior Memorial Reefs Foundation and the Man in the Sea, as they will have more to announce within the next few weeks.

# Know Your Neighbor: Marketer, Producer, Business Owner, Redfish Film Festival Ringleader – Kevin Elliot

By PAUL BONNETTE

If you happened to be in downtown Panama City in April, you may have noticed a reddish tint adorning everything around Harrison Avenue. This was in celebration of Redfish Film Festival, Bay County's first-of-its-kind documentary film festival featuring over 80 documentaries as well as block parties, speakeasies, meet and greets, and more. Redfish Film Festival is the brainchild of Bay County resident and ringleader Kevin Elliot. Although putting together a film festival has been a daunting undertaking, Kevin Elliot is well qualified. As the co-founder and lead producer of Wewa Films, a documentary film company based in Bay County, Wewa Films utilizes Corporate Storytelling and Destination Marketing for companies such as Tyndall Federal Credit Union, Johnstone Foods - McDonald's, Destination Panama City, Maharaja's, Panama City Toyota and more. A resident of Bay County for over three decades, Kevin has a deep love and understanding of the art community in the area and has plans to make sure Bay County is well known as the place to be for arts and culture.



PHOTO BY WEWA FILMS

Although Kevin Elliot was born in South Florida, he moved to Bay County as a teenager and knew that this was home.

"I was an Air Force Kid. I was born in Miami, but we moved from there when I was

very young, so I spent all of my childhood until I was thirteen moving around. We lived in South Florida, Kentucky, and California, and we lived in Germany for three years before we moved here, and [my father] got stationed at Tyndall Air Force Base. I was thirteen years old, and I've been here ever since. I fell in love with Panama City right away. I especially fell in love with downtown and the Martin Theater."

For Elliot, the feeling of belonging was what made him want to stay in Bay County.

"I liked it here almost instantly. I never had a hometown. So, I think part of me was looking for a hometown. I wanted to be

from somewhere."

Although today Elliot is a well-known Marketing Manager and Creative Director, he has also owned and operated multiple businesses including a childcare center as well as a home renovations and property maintenance business. According to Elliot, transitioning into the field of marketing from being an entrepreneur was an exciting step forward.

"I wandered around. I've always been a wanderer. I got into marketing in a very roundabout way... At 36 years old I decided I needed to do something different with my life. I'd always been academic, and I always liked school, so I looked at Florida State University Panama City's Master's Program to see if there was anything on the list of what they have that appealed to me. The one that stood out to me was Corporate and Public Communications. Of all the businesses I'd been in and done, the thing I liked best was the marketing and communications

part. Client communications, sales, marketing, I just liked doing that."

Today, in addition to being the lead producer and co-founder of Wewa Films, Elliot is also the Senior Marketing and Communications Manager for Applied Research Associates, a strategic communications and training group that creates communications plans and multimedia technology for companies such as the Federal Highway Administration, the Florida Department of Transportation, the Air Force Civil Engineer Center and more.

For marketer, producer, and Bay County resident Kevin Elliot, the future looks bright as he has no intention of slowing down - plans are already in the works for the second annual Redfish Film Festival to take place in Downtown Panama City. For more information on Redfish Film Festival, please visit [www.redfishfilmfest.com](http://www.redfishfilmfest.com).

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 Community

# New Beach Mayor Pledges ‘Residents First’

By ED OFFLEY

Stuart Tetterer’s rise from newly transplanted resident to Panama City Beach mayor has been a major stunning surprise – not only for the city as a whole, but for the winning candidate himself.

The idea of running for Pan-

ama City Beach mayor initially struck him as “ridiculous,” Tetterer told PCB Life.

While a Florida native, Stuart Tetterer had not lived in the state since 2009. He had spent twelve years as a software engineer in California’s Silicon Valley and Colorado. But flying to

Orlando for a conference in the spring of 2020, the 40-year-old had an epiphany.

“That oppressive Florida humidity hit me hard, and I said to myself, ‘I have to get back to Florida!’ ” Three years ago, he bought a house in Bid-a-Wee Beach and moved his retired

parents into a house just down the street. At the time, Tetterer said he never gave a thought to local politics, much less becoming involved.

But ongoing tensions between Bid-a-Wee residents and the Community Redevelopment Agency (CRA) over the planned widening of Front Beach Road from two to five lanes with sidewalks and bike paths led Tetterer to begin researching the multi-year infrastructure project.

“There was concern [among the neighbors] that they would lose their public right-of-way parking,” said Tetterer. “I thought the plans for the neighborhood were a little punitive.”

Tetterer said he was struck to learn that the roadway design includes two dedicated mass transit lanes. “The CRA design makes no sense,” he said. “The city has no plans to use those bus lanes.”

After several conversations with CRA and city officials, Tetterer said his concerns deepened. “I was surprised by the city’s unwillingness to find common ground.”

Another point of contention voiced by his neighbors was the severe traffic congestion created by the ongoing CRA construction, the massive multi-year widening project for US 98/Panama City Beach Parkway, and a profusion of massive tourist events.

In particular, the recent shift of large-scale tourism events from the fall “shoulder season” back into the annual tourism season running from March through Labor Day made a chronic problem nearly impossible to endure, he said.

Even though it occurred after the City Council election on April 16, Tetterer pointed to the city’s prior approval of the spring Thunder Beach motorcycle rally and the Gulf Coast Salute Air Show taking place on the same weekend, May 3-5, as a major mistake. The event strained local law enforcement agencies and created gridlock throughout most of the city, he said. Another example was the shift of the massive Pepsi Gulf Coast Jam concert from Labor Day into the summer tourist



season in July.

When Mayor Mark Sheldon announced his run for re-election and it appeared that there wouldn’t be a credible challenger, Tetterer said a number of neighbors and friends urged him to consider running against the city’s pre-eminent tourist event promoter. At first unsure, he waited until the day before the filing deadline to submit his papers.

“If you look at the facts — money, name recognition — this was a long-shot campaign,” he said with a chuckle.

Having accumulated a “decent nest egg” during his California years, Tetterer decided to self-finance his mayoral bid, and went on to spend \$40,000 out of his own pocket.

His campaign strategy was simple. “I went door to door, and I listened to what people had to say.” If there was one theme he heard campaigning door to door, Tetterer said, it was this: “People felt trapped in their homes during the tourist season.”

On April 16, Tetterer stunned Sheldon with a 57.59-42.41-percent landslide victory.

The voter turnout was surprisingly large for a municipal election where the other two candidates — incumbent Ward 4 Councilman Michael Jarman and Ward 2 newcomer Ethan Register — were running unopposed. The contested mayoral race sparked a 26-percent turnout from the city’s 13,222 registered voters, compared with only 16 percent in 2022. Tette-

*Continued on page 10*



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 Community

# Fitting or Lessons - The Indian or the Arrow

BY ALAN WATSON, PRESIDENT,  
GOLF+ DOTHAN AND PCB

Over the course of my career as a golfer and a golf retailer I have been asked many times about equipment and golf lessons. Most golfers want to know what would benefit them more - new clubs or golf lessons. The correct answer is both but like many things in life, there are conditions to each.

New clubs always sound great and if you can afford to

update your equipment then I say let's do it. That being said anytime a golfer spends money on equipment the money should be spent on the right equipment for their game and not just shiny new toys. Just updating your driver to the latest model or choosing a more expensive ball than you usually play is no guarantee of success. Only in properly fitted clubs will a golfer see the most benefit from his spending decision. The wrong shaft

flex, weight, length, or head design will only increase the chances that things don't actually improve on the course. With today's incredible technology, great fitters can show you the benefit of properly fitted clubs and how much distance or accuracy you can gain from your current equipment to new clubs.

Golf lessons are a great idea and even the best players in the world take lessons. We should all choose to spend time and money



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with someone who knows more than we do and who can impart knowledge about the game we love. Just like equipment though there are conditions. For example, if you do nothing with the information you gain at a golf lesson - if you don't practice, run the drills that you were taught, and go early before your round to properly prepare for golf you won't see the benefit of taking those lessons. Your score won't improve just because you took the lesson. Your score will only improve when you act upon the lesson that you were given.

Personally I have taken lessons on and off through the years and have seen big changes from understanding and acting upon those lessons. Just recently I went to my coach for a putting lesson and came away with the awareness that I needed to trust my stroke but change my putter. Good news bad news I guess

but it's working better now that I made the change. Also, the confidence he gave me to know that my stroke was working now allows me to worry less on the greens and just go for it!

So before you decide which improvement to make - the clubs or yourself - decide two things. 1) how old are my clubs and which ones need an update or where are the problem areas in my bag? and 2) do I have time to commit to working on my swing if I get lessons and changes need to be made?

If you don't have time to work on your game then properly fitted clubs will help more. If you do have time to practice and work on swing changes then I encourage you to take a lesson from a PGA teaching professional near you.

And if you're lucky then maybe you can do both! Fairways and greens!

### MAYOR

*continued from page 8*

mer buried Sheldon in a 2,033-1,497 tally.

Tettemer said his overarching priority as mayor will be to "re-balance" the city's approach to its multi-million-dollar tourism industry, Tettemer said. "We've got to take care of the people who live here first."

"My goal is, I think that the city government could be more open and focus on the residents more."

Tettemer said he is familiar with how other Florida cities have lost control when tourism events attract crowds so large they overwhelm law enforcement and municipal services, threatening a public backlash. "We need to moderate the number of events and better communicate so people don't feel trapped."

In his first weeks in office, Tettemer has already taken steps to fix what he sees is a flaw in the city's ordinance for major tourist events. As written, if an event checks all the requirements needed to be held in the city, officials have no option but to approve it - even if it means several events overlap. Tettemer has directed city staff to prepare a modification to the ordinance that will give City Council authority to approve or reject a second event occurring at the same time.

Difficult though it will be, Tettemer said it is vital that Panama City Beach find a way to balance tourism with the needs of residents.

"My goal is to start tweaking things - to head off a backlash," he said.

## Reel Ladies Sportfishing

On June 27, 2024, one bright young female angler will win the title of Ms. Reel Lady Panama City Beach, becoming the next Community Ambassador of fishing and fishing events taking place all over Bay County, FL. The Reel Lady PCB Pageant is being held at this year's Bay Point Billfish Open, taking place at Point South Marina at Bay Point ([baypointbillfishopen.com](http://baypointbillfishopen.com)) on the stage during the Thursday evening Ladies Night Concert With all Female Line-up, starting at 7:30 p.m. To apply for the Pageant, and to view Pageant rules and details, please visit [reelladiessportfishing.com](http://reelladiessportfishing.com).

In 2013, local Panama City Beach resident Suzy Nichols created Reel Ladies of Panama City Beach (later named Reel Ladies Sportfishing to allow nonresident ladies the opportunity to participate) as a means of encouraging more women to fish. The club was made official in 2018 and launched in June 2021. "We are a diverse group of ladies who enjoy fishing, boating and the great outdoors," says Suzy. "We all share the passion to promote and educate sustainable fishing with special attention to encouraging other ladies to give fishing a try." Nichols' mission of empowering

women is a component of the Pageant, which will award the winner an academic scholarship for furthering her education.

Nichols is also passionate about promoting conservation and sustainable fishing through education. The club connects

with today's youth by offering fishing clinics and providing starter kits for kids consisting of a fishing pole, tackle and a fun-filled day of fishing lessons. "We're all about inspiring outdoor activities and encouraging children to get outside and get

online with a fish," says Suzy. "Let's get kids off their devices and out fishing and boating!" she says. For more information on Reel Ladies Sportfishing and the Ms. Reel Lady PCB Pageant, visit [reelladiessportfishing.com](http://reelladiessportfishing.com).

## The St. Joe Community Foundation Announces 2024 "No Ordinary Joe" Scholarship Winners

The St. Joe Community Foundation ("Foundation") is pleased to announce the winners of the 2024 "No Ordinary Joe" scholarships. Each winning student will receive \$3,000 to use toward college tuition as well as new laptop computers donated by Global IT, GHA Associates, Lenovo, Reliable Copy, WOW, Unity and The St. Joe Company. Scholarship funding for these students is provided to Bay Education Foundation and Walton Education Foundation pursuant to agreements with The St. Joe Community Foundation.

### No Ordinary JOE Scholarship - Bay District Schools Winners:

- Taylor Jackson, Arnold High School
- Amberlynn Oswald, Bay High School
- Tyler Clements, Deane Bozeman School
- Nikole Patronis, Mosley High School
- Cody Walker, North Bay Haven Charter Academy
- Cameron Pinkus, Palm Bay Preparatory Academy
- Pearl Amromin, Rutherford High School

Established in 2020, the "No Ordinary Joe" scholarship is awarded annually to high school students residing and attending school in Bay County and Walton County, FL who exhibit leadership with a strong sense

of community and service. The Foundation's Board of Trustees aims to recognize the community's extraordinary students and award multiple levels of scholarships for nominated high school students, concluding with a single named winner of the major "No Ordinary JOE" scholarship for each county. The final winners were determined after a round of interviews held in April.

Amberlynn Oswald of Bay High School and Colton Farmer of South Walton High School will each receive an additional \$10,000 scholarship and have both been named the "No Ordinary JOE" scholarship winner for their respective counties.

The St. Joe Community Foundation believes that by participating in community projects benefitting others, students can build a multitude of skills, learn problem-solving abilities, boost self-confidence and self-esteem, and develop overall better psychological, social, and cognitive thinking.

Rising senior year high school students who are interested in being nominated for a "No Ordinary Joe" scholarship should begin that process by inquiring at their school's guidance department.

For more information on The St. Joe Community Foundation, visit [www.stjoe.com/community-foundation](http://www.stjoe.com/community-foundation).



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 Music & Arts

## PC Center for the Arts Opens Three New Exhibitions

The Panama City Center for the Arts opens three new exhibitions for the month of June, including the Southern Watercolor Society's 47th Annual Exhibition in the Main Gallery. Tim Gagnon is featured in the Miller Gallery. The public is invited to the opening reception on Friday, June 7 from 5-7 p.m.

A number of watercolor artists from the Southeast will be featured in the Southern Watercolor Society's 46th annual exhibition, juried this year by Lynn D. Pratt. "This prestigious exhibition will have some of the best watercolor artists in the re-



Cheryl Fausel's Sorrow - Best of Show 2023

gion competing for top honors," said Jayson Kretzer, Executive Director of Bay Arts Alliance, "but our community is the real winner since we'll get to have this show on display for nearly two months, free to the public in the Center for the Arts."

The Main Gallery will open on Friday, June 7 – Visitors are welcome to meet the artists and view this juried exhibition at the opening reception. This is the second year in a row that the Center for the Arts has hosted this exhibition.

Tim Gagnon and his students (Laura Tuvyana, Debra Makar,

Stephanie Bloyd and Mary Ellen Rice) will be featured in our Miller Gallery in a show titled Gagnon Atelier: The Instructor & Students.

The Classical Atelier training method is an art educational tradition that originated in 19th-century France. The word, "Atelier" means, "Artist's Workshop/Studio". During the Renaissance, Master Artists would house several apprentices training under them from age six to twenty. Today, this tradition continues as Artists from beginners to professionals enroll in Atelier programs to develop their skills

and mentor under professional artists. The artworks on display (40 in total) are examples of the instructor and his students' work from various training lessons.

Illustrative works by Maya Walls, a student of Tammy Marinuzzi at Gulf Coast State College, will be on display in the Café Gallery. This will be Maya's first exhibition at the Center for the Arts.

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

## Robert Reynolds Releases Second Edition of Popular Book on Local History

Once upon a time not so long ago, there was no bridge over Lake Powell. In fact, there wasn't even a Lake Powell, known then instead as Lake Powiller. There was no Camp Helen State Park, no Pier Park, no Northwest Florida Beaches International

Airport nor many of the other amenities locals - and visitors - have come to appreciate. Seaside? Rosemary Beach? Not there. And aside from a few fledgling feeder roads linking what is now U.S. 98 to beaches west of Inlet Beach, no 30A.

It's the unexpectedly intriguing history of 30A specifically that Robert O. Reynolds brings to life in his book Florida's Emerald Coast, A Pathway to Paradise. Though the emphasis is on a region west of Panama City Beach, there are enough famil-

iar names and places included to make this of interest to anyone who's spent so much as a week in the area, with surprises to also hold the attention of those long-term residents who've seen it all. A second edition, just released, follows up on the popular 2020

first edition with expanded content to cover recent changes in evolving communities like Alys Beach and Watersound. This updated version also digs even deeper into local characters, his-

*Continued on next page*



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## 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** 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 proper

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** 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 bio's 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).

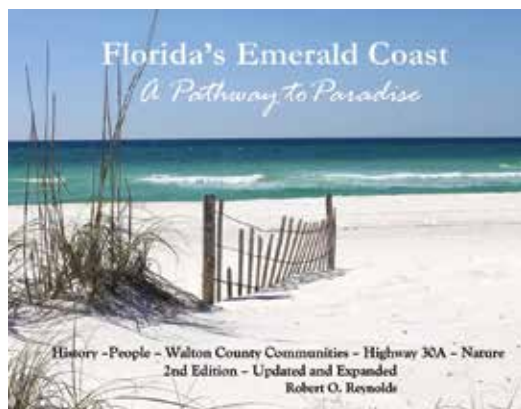
### ROBERT REYNOLDS

*continued from previous page*

tory, and development, including an expansive overview of contemporary area architecture and urban planning enlivened by a fascinating mix of old photographs, aerial shots, diagrams, and maps.

Reynolds isn't a historian by trade, nor from the area, but he's been coming to the region since the 1950s, which gives him perspective (and anecdotes) that those who have more recently discovered the treasures of the Emerald Coast wouldn't otherwise be privy. "I was raised in Montgomery, Alabama," Reynolds explains. "My father was a radiologist, my mother was into all kinds of things - she's sitting there in Montgomery and there's no ocean. Everyone goes to the lakes. We did a little bit of that, but that wasn't enough for my mother." They started making summer sojourns to Destin. "Once she saw the Gulf Coast that was it. Forget the lakes," he remembers with a laugh.

Over time, they started exploring coastal communities like Panama City Beach, Seacrest, and finally Seagrove, where they eventually bought their summer residence. A developer from Panama City, C.H. McGee, Sr., had purchased 160 acres of land right on the gulf for \$75,000 in 1949; this land became Seagrove Beach, an



intimate community in those days with amenities limited to the tiny Seagrove Beach Real Estate office and Seagrove Village Market. The latter kept visitors stocked with groceries and gasoline and boasted the area's lone payphone while the former handled would-be homeowners who had discovered the appeal of gulf-coast living. And forget a quick trip over to Grayton Beach; in those days, there were no connector roads between coastal communities. Any east-west movement required driving back to what is now US 98, over, and then back to the coast. It wasn't until the mid-'70s that 30A drivers could start in Grayton Beach and make it all the way to Inlet Beach via Seagrove.

After McGee Sr.'s death in 1954, his son, C.H. McGee Jr. (aka "Cube"), took over Seagrove, selling the Reynolds family their home and teaching young Robert how to drive a jeep on the sand. John Fonville (of Fonville

Press association) was another local. "I used to go observe the stars from the bluffs up there," remembers Reynolds. "John Fonville lived behind us, and I would go to Fonville's house and get his tarps to hang up to block the light

from streetlights and neighboring homes so I could see the fainter stars." Reynolds's interest in his natural surroundings

didn't end with astronomy. In fact, this updated edition contains a chapter devoted specifically to "Plants You'll See on 30A", another on coastal dune lakes and Choctawhatchee Bay, and still another on the creatures inhabiting this stretch of coast, replete with relevant visuals. There's also a chapter on area state parks and trails, a good resource for anyone in search of scenery and a leg stretch. Of course, local communities such as Seaside, Alys Beach, Rosemary Beach, and Santa Rosa Beach take the spotlight, but there are plenty of other honor-

able mentions. Happily for the reader his tome also includes background on Eden Gardens, now a state park, but back in the day the area's most note-worthy haunted house.

For a deeper dive into the region's secrets and favorite communities, track down a copy of Florida's Emerald Coast, A Pathway to Paradise at Sundog Books in Seaside, Hidden Lantern in Rosemary Beach, Seagrove Village Market in Seagrove, or find it online at [emeraldwaterspress.com](http://emeraldwaterspress.com) and [Amazon.com](http://Amazon.com).



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 Music & Arts

# A New Season Begins with Jersey Boys

Emerald Coast Theatre Company (ECTC) has unveiled the Season 12 lineup of Professional Shows and Theatre for Young Audiences. Kicking off the season in spectacular fashion is the electrifying production of Jersey Boys, Sept. 20 to Oct. 13, 2024. This iconic show promises to captivate audiences with its timeless music and compelling storytelling.



**2024 Shows:**

**Jersey Boys**, Sept. 20 – Oct. 13

Jersey Boys takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Enjoy chart-topping hits like “Sherry,” “Big Girls Don’t Cry,” and “Can’t Take My Eyes Off You.” This Tony Award-winning true-life musical phenome-



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non takes you from the streets of New Jersey to the Rock and Roll Hall of Fame, a musical that’s just too good to be true.

**Baskerville: A Sherlock Holmes Mystery**, Oct. 24 – Nov. 3

The play’s afoot in Ken Ludwig’s murderously funny twist on Arthur Conan Doyle’s *The Hound of the Baskervilles*. The male Baskerville heirs are being dispatched one by one. To find their ingenious killer, Holmes and Watson must brave the desolate moors before a family curse dooms the next heir. Our intrepid investigators try to escape a dizzying web of clues, silly accents, and disguises, as five actors deftly portray more than forty characters. Can our heroes discover the truth in time? Join the fun and see how far from elementary the truth can be.

\*Field Trip Thursday, Oct 24, 10am

**All Is Calm: the Christmas Truce of 1914**, Dec. 6 - 22

The Western Front: Christmas 1914. Out of the violence of World War I, a silence, then a song. A German soldier steps into No Man’s Land singing “Stille Nacht.” Thus begins an extraordinary night of camaraderie, music, and peace. All Is Calm: The Christmas Truce of 1914 tells the true story of the first Christmas Eve of World War I, when soldiers across the Western Front laid down their weapons to celebrate Christmas together. Based on the first-hand accounts of soldiers who lived it, this beautifully staged play with music brings these stories to life with traditional carols and patriotic songs, sung a cappella by a cast of 12, celebrating the unique way that the holiday season can bring us all together.

Stay tuned for 2025 offerings which include **Every Brilliant Thing** Jan. 9-17, **Little Shop Of Horrors** Jan. 24-Feb. 9, **Always A Bridesmaid** Feb. 20-March 2, **Go, Dog. Go!** March 11-March 16, **The Tortoise and the Hare: Fast**

**Friends, Slow Foes** March 27-29 and **Legally Blonde The Musical** May 2-18.

Nathanael Fisher, Producing Artistic Director and co-founder of ECTC says, “This year we go from Frankie Valli to Elle Woods in a matter of months. Bringing high quality entertainment of many genres to the area is what we love to do! We believe the community will be very pleased with this year’s lineup! There really is something for every audience and we hope to see YOU at the theatre.”

For information about ECTC, including details about upcoming shows and other programs, opportunity for VIP membership, ECTC educational programs and local school field trip opportunities, visit [emeraldcoasttheatre.org](http://emeraldcoasttheatre.org) or call (850) 684-0323. You can also make a tax-deductible donation, volunteer and engage with ECTC on Facebook, Instagram, X (Twitter) and YouTube.

See you at the theatre!

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# PCB *Flavor*

THE BEST OF LOCAL DINING

## IN THIS ISSUE

ISO: PCB's Best  
Soup & Salad

Upcoming Events

Tastebudz Review

## ISO: PCB's Best Soup & Salad

By JACK SMITH

While all of our featured restaurants offer a plethora of homemade soups and salads, I'd like to focus on two of my favorites, Caesar salad and she-crab soup. Most food-historians believe the Caesar salad was invented in the 1920s by an Italian immigrant named Caesar Cardini, a restaurateur with restaurants in both Mexico and the United States. On July 4, 1924, Cardini ran out of supplies at his restaurant, Caesar's, in Tijuana, Mexico (where Americans flocked to avoid prohibition restrictions). Improvising with what he had left on hand, the first Caesar salad was tossed (or so the story goes).

My all-time favorite soup is she-crab, a true southern delicacy. History tells us that she-crab soup was first made in Charleston, South Carolina, in the 1920s at The Rutledge house. There the butler, William Deas, was asked to come up with something special for visiting President William Howard Taft. We are lucky to live in a southern town that offers several versions. My favorite is found at...

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## 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.



## The Wicked Wheel

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

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

The Wicked Wheel's Mandarin Walnut Salad is a refreshing choice any time of the year. Think romaine lettuce served with Mandarin oranges, walnuts, red onions, tomatoes, bleu cheese crumbles, and cranraisins served with raspberry walnut vinaigrette on the side. This salad is full of flavor with every bite.

## Schooners

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

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

The wedge with a view! A whole heart of romaine lettuce, bacon, blue cheese crumbles and blue cheese dressing sets this salad apart. Try it with our New Orleans style Seafood Gumbo!



## Boon Docks

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

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

Like everything at Boon Docks, the Spicy Gumbo is fantastic. Gumbo appears to have started in Southern Louisiana about 1719 and was a combination of several cultures: African, French and Creole. The name comes from a West African word for okra, which suggests its origins may go back even further. Whatever the history, today's version at Boon Docks is as good as it gets.

When you go, tell Hilary that Jack says hello.



## Señor Frogs

15005 Front Beach Road, PCB

[senorfrogs.com/panama-city-beach](http://senorfrogs.com/panama-city-beach)

Come for the food, stay for the fun. Our fiesta taco salad is a party in your mouth with a crispy flour tortilla, beans, rice, lettuce, pico de gallo, guacamole, queso fresco, with chipotle dressing and your choice of chicken, shrimp, arrachera or carne asada. Or try our seafood gumbo with shrimp, scallops, crawfish, crab, andouille sausage, okra and steamed rice.



## 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 a Florida Panhandle's FAVORITE. Enjoy a delectable house salad, chef salad ceasar salad or chicken salad sandwich.

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

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

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

The same original recipes that built Rudy's Leon Springs, Texas reputation are now available throughout the South. Come in and enjoy our famous potato salad or our delicious three bean salad.



# Upcoming Events

### Summer Concert Series

**June 6 - August 15 on Thursdays**

Hot summer nights are made for music, and the Summer Concert Series has become a beloved summertime tradition in PCB. Enjoy a FREE concert in the park every Thursday at Aaron Bessant Park Amphitheater — bring your lawn chairs and blankets and enjoy the sounds of summer music; coolers, food and pets are welcome.

### 2024 Summer Concert Series Line Up

June 6: Deltaphonic (Funk/Soul/Hill country blues)

June 13: The Lee Boys (Sacred Steel)

June 20: Paul McDonald and the Mourning Doves (Americana/Soul/Rock)

June 27: Boukou Groove (New Orleans funk/Blue eyed soul)

July 11: Jeff Carter Band (Swamp Rock)

July 18: Nothing Short of Pure (Reggae Rock)

July 25: Will Thompson Band (Variety)

August 1: Andrea and Mud (Surf Western from the South)

August 8: Ben Loftin and the Family (White sand Soul)

August 15: My Fever (Indy/Alternative Rock)

### Real. Fun. Fourth. 2024 July 3-5, 2024

What better way to celebrate Independence Day than enjoying fireworks on the beach?

Panama City Beach celebrates the Fourth of July with the largest display on the Gulf Coast as fireworks are fired along the beach. Offering three nights of fireworks, Panama City Beach will present visitors with spectacular views to experience its magical displays from



a variety of different locations—ranging from resorts to waterfront restaurants. Below is a list of special events to keep you entertained throughout the holiday weekend.

### Live Simulcast

Choreographed music simulcast available when you tune into any of the 4 Magic Broadcasting stations for the Freedom Rocks! and Star Spangled Spectacular firework shows.



### Freedom Rocks at Grand Lagoon July 3rd

Come early and dine at any Freedom Rocks participating waterfront restaurants, rock a spot with the glorious sun-set washed colors painting the skies above the Grand Lagoon Bridge or bring your chair/blanket to the green grassy lawn at Treasure Island Marina. Fireworks are at 8:45 p.m.

Have incomparable FUN in the Grand Lagoon where Freedom always Rocks!

### Star Spangled Spectacular July 4th

Panama City Beach celebrates the 4th of July with the largest fireworks display on the Gulf Coast as fireworks are fired from the Russell-Fields City Pier and the M.B. Miller County Pier at 9 p.m.

### Light Up the Gulf Fireworks Show July 5th

Join us on July 5th as we "Light Up the Gulf" with the beach's largest private fireworks show! The magic happens after dark behind the Boardwalk Beach Resort condominium. With FREE live entertainment, contests and kids activities, don't miss the Annual Beach Bash! Fireworks are at 8:30 p.m. Presented by the Boardwalk Beach Resort Hotel & Convention Center.

Dining

# The Pancakery "Stacks Up" Against The Competition

By PAUL BONNETTE

Want to start your day off the right way with a unique breakfast experience? The Pancakery on Panama City Beach has all the right elements to make your day brighter with unique breakfast and lunch options mixed with plenty of Panama City Beach history nestled in a fun, family environment. This diner-style restaurant is open from 7 a.m. to 2 p.m. and leans in on a cozy and relaxed atmosphere with local artwork and classic Panama City Beach photos adorning the walls. The concept for The Pancakery started when childhood friends from Louisiana decided to open a restaurant on the Emerald Coast after spending numerous vacations in the area. In 2011, The Pancakery opened its doors in Destin, quickly becoming one of Destin's best breakfast spots before opening its second location on Panama City Beach Parkway.

The Pancakery is well known for its scrumptious breakfast options including Crab Island Omelets, Crabcake Benedict, Atomic Bomblette Omelets, Avocado Toast, and Fresh Fruit

Crepes. But let's be honest: as the name implies, you need to try the multitude of Pancake selections. Using fun names and unique combinations, items such as The Big Apple topped with Apple Compote or The Chocolatier dressed with chocolate syrup poured over a warm stack of chocolate chip pancakes are hard to beat. The hot fluffy pancakes don't stop there - check the menu other options like Bananas Foster Pancakes, Blueberry Hill, Bacon Love Pancakes and even The Red, White and Blue Pancakes for those feeling extra patriotic in the mornings. Kids get to join in on the fun as well with Happy Face Pancakes, M& M Pancakes, Kids' French Toast, and more. For those craving a little extra sweetness, I highly recommend trying the signature Chocolate Milk served with whipped cream and chocolate sauce.

Although breakfast is clearly the crowd favorite, The Pancakery offers a wide range of lunch options as well including burgers, salads, sandwiches, wraps and of course, their famous overloaded potatoes including



## The Pancakery

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while waiting.

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

a Grilled Chicken or Shrimp Potato. Lunch combos are also available.

For those wanting to start the weekend early, or perhaps craving a get-together with friends and some adult beverages, not to worry... this place has that too. Mimosas, Mochas, Margaritas,

and Marys, Oh my! This place has an extensive drink menu in addition to the traditional coffee, teas, juices, and sodas. Cocktails including Shell Island Iced Tea, Back Beach Riviera, Pancakery Punch, Morning Mules, daiquiris, and beers are all available at their bar, as well as their famous combination of a Pancake Shot (Jameson & Butterscotch Schnapps) and a beer.

Whether you're craving unique pancake combinations and chocolate milk or perhaps lunch with an overloaded shrimp potato, washed down with your favorite cocktail, do your taste buds a favor and see how The Pancakery 'stacks up.'

For a full list of menu options visit [www.thepancakery.com](http://www.thepancakery.com).

## 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.



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# Celebrating Excellence: A Message from Superintendent Mark McQueen

Their dedication to academic pursuits sets a shining example for their peers and future generations.

Furthermore, I applaud the recipients of the Advanced Placement Capstone Diplomas and Certificates, including Emma Cordes, Taylor Jackson, Ashley Steen, Catherine Haney, Edan Turgema, John Paul Davis, Jake Messer, Rosalina Ford, and Lexi Wood, for their exemplary performance in rigorous coursework. The Class of 2024 also boasts 17 AP Scholars, 4 AP Scholars with Honors, and 2 AP Scholars with Distinction, demonstrating a commitment to academic rigor and achievement that is truly remarkable.

### Artistic Excellence

The creative talents of the Class of 2024 have flourished, enriching our community and inspiring all who have had the privilege of witnessing their artistic endeavors. Kent Arnold's inclusion in the 2023 All-State Chorus is a testament to the

depth of talent within our student body and the dedication with which our students pursue their passions.

### Athletic Achievements

In athletics, our Marlins have demonstrated unparalleled skill, determination, and sportsmanship. The Boys Soccer Team athletes are the 2024 FHSAA State Champions and MaxPreps National Champions and are a source of immense pride for our school community. Additionally, individual athletes such as Ben Parsons, Chance Jenkins, and Josh Chandler have showcased their talent and dedication as FHSAA State Champions and award recipients, further solidifying J.R. Arnold High School's reputation for excellence in athletics.

### Notable Commitments and Accomplishments

Beyond academic and athletic achievements, the Class of 2024 has exemplified a spirit of service, leadership, and com-

mitment to excellence. I commend those students who have chosen to serve our country in the military, and I extend my deepest gratitude for your selflessness and dedication. Finally, I would like to recognize Sean Holmes for achieving the rank of Eagle Scout, a remarkable accomplishment that reflects his leadership, perseverance, and commitment to service.

As we celebrate the accomplishments of the Class of 2024, let us also acknowledge the dedication and support of our teachers, staff, families, and

community members who have played an integral role in shaping the remarkable individuals before us today. I am confident that the Class of 2024 will continue to shine brightly as they embark on the next chapter of their lives, armed with the knowledge, skills, and values instilled during their time at J.R. Arnold High School.

Congratulations, Class of 2024! Your achievements inspire us all, and I eagerly anticipate the great things you will accomplish in the future. Together, we are putting the "A" back in Bay!

### Academic Excellence

Central to their success is a clear commitment to academic excellence. I am delighted to acknowledge Cate Haney and Sadie Fish for their outstanding achievements as Valedictorian and Salutatorian, respectively.

## Adventure Begins at Your Library

The Northwest Regional Library System aspires to help students to prevent the "summer slide" by providing a variety of engaging, educational programs that encourage discovery and adventure throughout the summer. Summer reading allows children to maintain their reading skills during the summer break while fostering a love of reading when they read for fun! The 2024 theme is Adventure Begins at Your Library. Library programs are free and open to the public to attend.

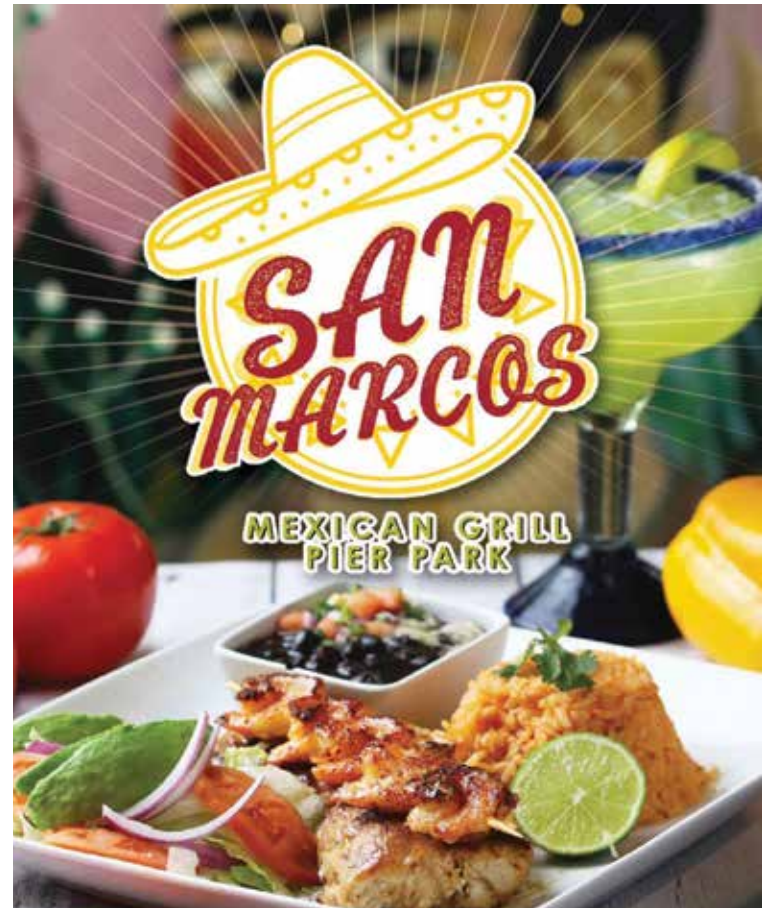
In addition to Summer Reading Programs, the Bay County Public Library Foundation



(<https://bcplfoundation.org/>) has generously sponsored several reading incentives with prizes to encourage kids to visit the library this summer and pick up more books! The Reading Incentives are taking place at the

Bay County Public Library, Panama City Beach Public Library, and the Parker Public Library.

Panama City Beach Public Library Summer Reading Programs have been generously sponsored by the Panama City Beach Library Foundation. Visit the Panama City Beach Public Library Facebook page or [www.nwrls.com](http://www.nwrls.com) for more information about Summer Reading Programming. A complete list of summer events is available at [www.nwrls.com/events-guides](http://www.nwrls.com/events-guides) (Summer 2024).



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 Education

# West Bay Elementary

BY DENIECE MOSS, PRINCIPAL

What is your story? It's a question that seems simple on the surface, but when posed to me recently by Ben Sasse, the President of the University of Florida at a baseball game, it took me aback. It made me pause and truly reflect on the narrative of West Bay Elementary, the hidden gem nestled in the heart of Panama City Beach, known affectionately as "a small school with a big heart." As the proud principal of this extraordinary school, I've come to realize that our story isn't just about bricks and mortar; it's about the people who breathe life into our halls, who inspire and uplift

each other every single day.

At West Bay Elementary, our mantra for this year is "Up There With The Best of The Best." It's not just a catchy phrase; it's a testament to the dedication and excellence that permeates every aspect of our school community. From our exceptional educators and staff to our eager scholars and their families, from our supportive community partners to our collaborative school district, each stakeholder plays a vital role in shaping the narrative of success at West Bay.

Our top-notch educators embody the qualities of passion, dedication, and innovation.

They go above and beyond to create engaging learning experiences tailored to the diverse needs of our students. Whether it's incorporating technology into the curriculum or implementing hands-on projects, our teachers constantly strive for excellence, setting a high standard for both themselves and their scholars. With Teacher Appreciation quickly approaching, this is a great time to celebrate the teachers who invest so much time and dedication to their scholars, no matter what school they serve in. Whether it is a note of appreciation or a small gift just to let them know that they are seen.



But our scholars and their families are equally essential to our success. Scholars bring enthusiasm, curiosity, and a hunger for knowledge that fuels our classrooms. Through their active participation in school events, volunteering opportunities, and parent-teacher collaborations, they foster a sense of unity and belonging that is truly unparalleled. We are so grateful for the families that view education as a team. As Mr. McQueen reminds our schools and community often, "we are a team of teams!"

Of course, none of this would be possible without the unwavering support of our community partners. Year after year, they come alongside us, generously offering their time, resources, and expertise to fill in any gaps and enrich the educational experience for our students. Whether it's through donations, mentorship programs, or sponsoring school-wide celebrations, their commitment to our school community is nothing short of inspiring.

One program that particularly stands out is the Elevate Bay mentoring program. This initiative pairs caring adults from the community with students who can benefit from additional guidance and support. Through one-on-one mentoring sessions, these dedicated volunteers help nurture confidence, resilience, and a sense of purpose in our students, empowering them to reach their full potential. West Bay has "the best of the best" when it comes to community partnerships. Just a few who have assisted in serving our scholars in many ways include The St. Joe Foundation, Memory Makers from Margaritaville

Latitude Watersound, Panama City Beach Women's Civic Club, Emerald Coast VFW/Auxiliary to VFW Post 10555, Backpack Blessings of PCB as well as numerous churches and businesses.

As I reflect on the story of West Bay Elementary, I am filled with pride and gratitude for the incredible individuals who make up our school community. Together, we are not just up there with the best of the best; we are leading the way, setting a shining example of what excellence in education truly looks like. And as we continue to write the next chapters of our story, I am confident that the future holds nothing but boundless opportunities for growth, learning, and success.

As you read about the incredible journey of West Bay Elementary, I invite you to pause and ponder: What is your story? Each of us has a unique narrative filled with triumphs, challenges, and moments of growth. Perhaps, like me, you're inspired by the power of education and the impact it can have on shaping young minds. If so, I encourage you to consider adding a special chapter to your own story by getting involved in a local elementary, middle, or high school. Whether it's through volunteering, mentoring, or donating resources, there are countless ways to make a difference in someone else's story. By lending your time, talents, and compassion, you can help nurture the next generation of leaders, innovators, and changemakers. Together, we can all play a part in creating brighter futures and building stronger communities, one story at a time.

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# How to Repel Successfully!

BY CINDY MULLA

Panama City Beach is beginning to buzz with summer excitement for locals and visitors. Everyone is anxious to begin enjoying and planning special activities in their favorite, natural, outdoor living spaces. However, as you anticipate your next outdoor adventure, please become aware of mosquitoes. Try to avoid infested areas, wear protective clothing, and correctly wear mosquito repellent. Here are helpful tips for choosing and using a repellent correctly to assist you on your quest to protect yourself and your loved ones from the bite of the female mosquito.

## Why should you wear repellent?

Did you know, only the female mosquito bites? She needs the nutrients from a warm blood meal to produce her eggs.

This is the most important reason to wear repellent: infectious female mosquitoes can transmit disease through their saliva when they bite. Viruses found in Florida include Chiku-

ngunya (CHIKV), Dengue virus (DENV), Zika, Eastern Equine Encephalitis (EEEV), St. Louis Encephalitis (SLEV), and West Nile Virus (WNV). Chikungunya, Dengue and Zika are traditionally imported infections with some local transmissions possible, all can be transmitted to humans.

## How to choose and use a repellent correctly.

Always remember to read and understand the repellent manufacturer's label directions before choosing and using a repellent. Also, check the label for the lists of the insects it will repel. Repellents are either formulated by synthetic chemicals or plant-derived chemicals.

Always use an Environmental Protection Agency (EPA) approved registered product that is both safe and effective.

The Centers for Disease Control and Prevention (CDC) recommends the insect repellent you use has one of these active ingredients: DEET the label might not say DEET these are the chemical names for DEET:

(N, N, diethyl-meta-toluamide or N, N Diethyl-3- benzamide).

These are the other CDC recommendations, picaridin (piperidinecarboxylic acid 2-(2-hydroxyethyl) also known as KBR 3023, IR3535 Ethyl butyl-acetyl-amino-propionate), oil of lemon eucalyptus (OLE), para-menthane-3, 8 diol (PMD) or 2-undecane derived from natural materials.

Information regarding the percentage of the active ingredient is on the label to aid as a general guideline for the duration period of protection. The higher the percentage of the active ingredient the longer the duration of the protection time. Repellent brand formulations vary from one another therefore, the application amount and frequency of application will vary. Reading each label is especially important prior to purchasing or using a repellent. So be sure to read all labels carefully and never over-apply. For example, repellents with greater than 30 percent of an active ingredient do not give you more protection. Overapplication can

increase your chances of experiencing the product's side effects.

Repellents do not provide the same protection for all users. Repellent effectiveness depends on which mosquito species are biting, the level of physical activity of the person wearing the repellent (personal perspiration/sweat levels and the amount of carbon dioxide exhaled are individual and both are strong attractants for mosquitoes). Please, follow the instructions for correct application and remember to properly reapply the product often for the best protection. Do not over-apply, more is not better.

To avoid and prevent the unnecessary inhalation of insect repellent during the application process make sure to apply it outdoors or in a good, ventilated area. Only apply repellent to bare exposed skin. Never apply repellent near the mouth, eyes, over open cuts/wounds, or on sunburned or irritated skin. Never spray repellent on your face. Instead, spray or place a small amount in the palm of your hand, then carefully and

gently apply to areas of your face away from the eyes and mouth. Be certain to wash your hands thoroughly after the application. Never apply repellent under clothing. There are special repellents made specifically for clothing. After returning indoors after your outdoor outing make certain to wash off the repellent.

Important: The American Academy of Pediatrics does not recommend the use of DEET or repellents for children younger than 2 months old. Avoid exposing your baby to mosquitoes. If you must take your baby outside, dress them in protective clothing or carefully cover the stroller with protective approved netting. Remember to follow the manufacturer's safety instructions when using protective netting.

Do not use repellent products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.

For children choose a repel-

*Continued on next page*



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 Education

# Parks & Rec Plans Unforgettable Summer Camps

The City of Panama City Beach Parks and Recreation Department is thrilled to announce the return of Summer Camps! There are more than 70 different camps scheduled from June 3-August 2. The time to register is now, as many of the camps fill up quickly.

This year's lineup has it all, from fine arts to sports, aquatic and science adventures, and even gaming and specialty camps. There are more than eight camps each week and run from one up to five days. With affordable pricing and a variety of activities for ages 4-18, it's the perfect recipe for a summer of fun and memories that will

last a lifetime.

Parks and Recreation camps are designed to promote teamwork, creativity, and physical activity. Sports enthusiasts can choose from baseball, basketball, and co-ed flag football, while crafty kids can flex their artistic muscles. The water lovers can splash into lil' mermaids, diving, jr. beach lifeguard, and even an intro to scuba. We have a new line-up of camps that are perfect for kids who want to explore their favorite fandoms. Whether your kiddo is a Lego fanatic, Minecraft obsessed, a Barbie buff, or a Star Wars aficionado, we've got a camp that's just right for them!

Registration is underway and is available online or in-person at the Frank Brown Park Community Center, Monday through Friday, 8 a.m.-6 p.m. Registration will end five business days prior to the start of each camp. All camps are on a first come, first served basis. Space is limited, so reserve your spot today. All camps must be paid in full at the time of registration.

Recreation Coordinator Diane Nottage said summer camp is a great outlet for students and a respite for parents.

"With such a wide range of camps, kids can explore new interests, from art and science to sports and outdoor adventures.



Summer camp is a fun way to keep kids engaged and learning throughout the summer," Nottage said.

"Camps also provide a chance for kids to meet new people and build social skills in a safe and supervised environment. But most of all, camp is fun! Our goal at Parks and Recreation is to provide children with a fun and exciting summer filled with memories and new friends."

For more information on

Summer Camps, visit [pcbfl.gov/summercamps](http://pcbfl.gov/summercamps) where you can find an activity guide, program descriptions and our registration portal.

The following camps are full:

June "Shoot for the Stars"

June 3-6 Beginner Dive Camp 911

June & July Sewing

June LEGO

Lil' Sharks

If a camp is full, children will be added to a waiting list.



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

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*continued from previous page*

lent with 10% - 30% concentration of DEET. Use lower concentrations (10%) if the child is outdoors only an hour or two. If they are outdoors longer, consider using a repellent with up to 30% DEET which can last approximately 5 hours. Remember for children only apply a repellent with DEET no more than once a day. Therefore, do not use a specific product that contains a combination of both sunscreen and DEET. Sunscreen products need to be reapplied more frequently and DEET only applied to a child only once a day. Also, do not apply repellent to a child's bare hands because they could swallow it if they place their hands into or near their mouths.

As you embark on your next outdoor excursion, one should understand that Beach Mosquito Control District is doing their best to protect you and your family from potential mosquito-borne disease/outbreaks by monitoring and controlling local mosquito populations.

Personal protection against

mosquito bites begins with you.

Remember... Repellent = Responsibility!

We encourage all residents and visitors in our local area to contact the professionals at

Beach Mosquito Control District. We are local government and tax base supported. Use either method to place a customer request by phone (850) 233-5030 or online at [www.pcbeachmosquito.org](http://www.pcbeachmosquito.org). We care about your health and take pride in our prompt response time and resolution to all your mosquito concerns. You can count on our environmentally friendly science-based technology to control and protect our local area's public health from the bite of the mosquito.

Beach Mosquito Control District has been proudly serving the local area for over 70 years from the Hathaway Bridge, west to the South Walton County line and south of the intercoastal waterway to the beaches. Remember, these are your tax dollars hard at work and we would like to encourage you to contact us for all your mosquito concerns. There is never a charge for our services.

# 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.

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 Wellness


BY JAMIE C. WILLIAMSON, PhD

You might be surprised to learn that **stubbornness in marriage is a good thing.**

Some spouses try to create a happy marriage through grand romantic gestures like sending flowers, planning romantic dinners, champagne at sunset, or wearing sexy lingerie. Special plans like these do go a long way toward creating a terrific date night or memorable summer vacation, but they are woefully inadequate for sustaining a happy marriage.

Other, more enlightened spouses realize that **love is an action word that is best demonstrated by frequent small gestures.**

These spouses understand that a happy, love-filled marriage involves daily actions that sustain intimacy, commitment, and passion. Robert Sternberg used

these concepts to articulate his powerfully descriptive Triangle Theory of Love.

I use this theory to help couples understand that to sustain a happy, loving marriage over a lifetime they must continually and intentionally:

(1) Remain open and responsive to one another and act like (not just say) they are best friends with their spouse.

(2) Touch and show physical affection and passion toward each other, recognizing that the frequency and type of sex evolves with the length of the relationship and throughout the aging process; and

(3) Demonstrate their commitment to each other and their relationship by consistently behaving positively to each other and being dependable, especially when it counts.

Happy, well-adjusted couples understand that it takes all three sides of the Love Triangle to sustain a happy marriage.

**In fact, they make it look easy.**

Clearly, this kind of approach to marriage does make day-to-day life easier and more pleasant, in part, because relationship **intimacy, commitment**



**and passion** fuse together to create a Teflon-type protection against routine ups and downs.

But, when real challenges enter a marriage, spouses must show commitment “on steroids”! To sustain a marriage through life’s big challenges, couples must be stubbornly persistent. And it also helps to take a marriage refresher course, to prove it.

Some big challenges are invited, like raising children and building a career. Others are

unwanted, like illness, job loss, alcoholism, or a big mistake.

But what it takes to sustain a happy marriage through both invited and unwanted marital challenges is good, old-fashioned stubbornness. That is, couples must want to stay together and be unwilling to accept any other outcome.

Judy C. Pearson author of *Lasting Love: What Keeps Couples Together*, included in her book an explanation of the value of stubbornness provided to her by Larry Constantine, who at the time was the editor of *Lifestyle* and a professor of family studies.

Mr. Constantine explained that in this context,

“Stubbornness is a quality which keeps people hanging in there when problems seem to defy solution, when logic or fear or pain might otherwise lead them to quit.”

Relationship professionals like me often talk and write about the value of commitment in a lasting relationship. But I think Constantine was on to something when he said that the important, but complex concept

of commitment “pales beside the adrenaline of real stubbornness when it comes to sustaining a vital relationship.”

So, this year on your summer vacation go ahead and display a grand romantic gesture, as it will create a happy memory and earn you some relationship points. Go ahead and profess that your spouse is your best friend, your lover, and your soul mate all wrapped up in one. But, if you really want your spouse to feel the love, repeat the promises you made on your wedding day and turn them into daily actions that enhance intimacy, fuel passion, and, especially, demonstrate commitment.

Or you could channel Colbie Caillat and sing “I’m never gonna walk away.... always gonna have your back.” (Or maybe you might just want to have this cued up on your phone.)

Whatever way you declare your love this summer, why not share this post with your spouse and talk about the importance of being stubbornly committed to your marriage? Then, when times get tough (and they will), you can remind each other of your promise to be stubborn. If you are already in tough times, maybe these ideas will help you “work it out.”

**Let me know if I can help.**

*Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and Couples Counselor 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.*

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# Sean of the South



time, the school system would have called him gifted. But government funding decided that it wasn't equitable to say some schoolkids were gifted/talented. This made parents mad.

Nevertheless, the gifted boy excelled in his studies. And as his mother continued to work double shifts in fast food joints, deep-frying ribbon-cut potatoes, her son studied into the wee hours.

He was dual enrolled. Which means that by the time he graduated high school, he had a college degree.

Then he garnered scholarships. He was accepted into medical school. By the time he

was doing clinicals, his mother had worked her way up to shift manager.

Later, the boy got married. And he continued his medical education. His mom was still working full-time, gifting the happy young couple hundred-dollar bills whenever she had enough leftover cash.

And only a few weeks ago,

the former 14-year-old mother went home for the first time in nearly three decades. She is in her mid-40s now. But still lovely. Still strong.

Her hair is dyed purple because that is the color of royalty. Her nose is pierced because she likes the way it looks.

She walked into her old church last Sunday. Her father

is still preaching. She sang every song at the top of her voice. She listened to the sermon.

When service ended, her father refused to speak to her. Her siblings ignored her. But her mother met her in the parking lot. Her mother hugged her, and asked why her daughter came to church after all these years.

"Because," our heroine replied. "I forgive you."

Her mother said nothing. "And," our heroine added, "because I just wanted you to know that, as of last week, your grandson is a neurosurgeon."

Then she walked away. So anyway, now you know why she has that tattoo.

BY SEAN DIETRICH

I met her for coffee. She was middle-aged. Her hair was purple. On her arm was a tattoo which read "HOPE."

Her story was simple. She was 14 and pregnant. The daughter of a rural preacher, in the mountains of North Alabama. She had never even cut her hair.

Hers was a tribe who wore long skirts, beat Bibles, and spoke in tongues. She was a good kid. But she made a mistake. A big one.

And they kicked her out.

The day the girl left her home, she walked out of her household carrying only a backpack. She had no phone. No money. No nothing. She wore a Walmart maternity dress. Her mother snuck her \$100 in cash.

The girl met her best friend's sister in a Dollar General parking lot. Her friend's sister was 19, waiting in an idling Toyota Camry. And away they went. That was the last time the girl saw her immediate family.

The girl had her baby in Tennessee. Her best friend was around for the birthing process. Her best friend held her hand and reminded her to breathe.

Our heroine got a job at a retail store. She had a crappy apartment with a window-unit A/C. She utilized free daycare. She used a cheap ride-sharing service to get to work.

In other words, she had nothing.

But her son was smart. One of the smartest, in fact. He was enrolled in programs for advanced students. Once upon a



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Musing



BY DR. KERRY KNIGHT,  
EMERALD BEACH CHURCH  
OF CHRIST

Theology comes to us in many forms. There is one such basis of teaching that is very

popular and brings up the many aspects of the afterlife and what could or might happen due to the many world dangers that we face as a people. Eschatology is a sobering discussion of mat-

# A Minister's Message: The Bible Doctrine of Eschatology



WILL YOU BE CLIMBING  
THE STAIRWAY TO  
HEAVEN?

**Eschatology** is a sobering discussion of matters such as death, the hereafter, heaven, eternal punishment, the return of Christ, and much more. The Emerald Beach Church of Christ is sponsoring a series of sermons/lectures on the Bible Doctrine of Last Things. The

subjects will include:

- The Bible and the end of time
- The Second Coming of Christ
- What is the truth about eternal punishment for the wicked
- How Beautiful Heaven must be

**Friday, June 28 at 7 p.m. • Saturday, June 29 at 7 p.m.  
Sunday, June 30 at 10 a.m. and 1 p.m.**

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tion, we as a whole find the subject to be pertinent and useful.

The Emerald Beach Church of Christ, located at 301 Alf Coleman Road, is sponsoring a series of sermons/lectures on the Bible Doctrine of Last Things.

**The subjects will include:**

- The Bible and the end of time
- The Second Coming of Christ
- What is the truth about eternal punishment for the wicked?
- How Beautiful Heaven must be

**Services will begin:**

Friday, June 28 at 7 p.m.  
Saturday, June 29 at 7 p.m.  
Sunday, June 30 at 10 a.m. and 1 p.m.

All are welcome, and we promise to engage each topic with plenty of scripture. You may reach us at (850) 235-7992 to make your reservation.

ters such as death, the hereafter, heaven, eternal punishment, the return of Christ, and much more.

We live in a generation of wars and rumors of wars. Whether it is the survival of the human race, global catastrophe, nations seeking to dominate other weaker people, or a morbid sense of our own self-destruc-

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# Elevate Your Kitchen Design: Flooring Depot Introduces Epoxy Countertops

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

In the world of home improvement, the kitchen stands as a focal point of design and functionality. It's more than just a space for cooking; it's where families gather, conversations flow, and memories are created. With such significance, homeowners are constantly seeking ways to elevate their kitchen spaces, blending style with practicality seamlessly.

Amidst the myriad of choices available, Flooring Depot, a locally owned business, has stepped forward with an exciting addition to their vast variety of services and products: epoxy countertops. With a focus on durability, customization, seamlessness, waterproofing, affordability, and eco-friendliness, epoxy countertops promise to revolutionize kitchen design.

Epoxy countertops have been steadily gaining popularity in recent years, and for good rea-

son. They offer a unique blend of versatility, durability, and aesthetic charm that sets them apart from traditional countertop materials. Unlike granite or laminate, epoxy countertops are crafted by pouring a special resin onto a base surface, such as wood or concrete, or even existing countertops, and allowing it to cure into a hard, glossy finish.

One of the most captivating aspects of epoxy countertops lies in their limitless design possibilities. The resin can be tinted to match virtually any color palette, allowing homeowners to seamlessly integrate their countertops with existing décor schemes or unleash their creativity with bold, custom designs. Metallic pigments and glitter can add an extra touch of personality and luxury to the kitchen space.

Seamlessness is another hallmark of epoxy countertops. Unlike traditional countertops that feature seams where materials meet, epoxy countertops are poured seamlessly onto the



base surface. This not only enhances the visual appeal of the countertops but also eliminates areas where dirt and grime can accumulate, making them easier

to clean and maintain.

Affordability is often a concern for homeowners undertaking kitchen renovations, but epoxy countertops offer an eco-

nomical solution. Compared to traditional materials like granite or quartz, epoxy countertops are more budget-friendly while still delivering exceptional quality and performance. Flooring Depot offers competitive pricing on their epoxy countertops, making them accessible to homeowners with a range of budgets.

Moreover, epoxy countertops boast exceptional durability, standing up to scratches, stains, and heat with ease. This makes them not only visually stunning but also highly practical, capable of enduring the rigors of daily use in a bustling kitchen environment. Epoxy countertops are also waterproof. The impermeable nature of epoxy resin ensures that water and other liquids cannot penetrate the surface, protecting your countertops from damage caused by moisture.

Another amazing benefit of epoxy countertops is that they

*Continued on page 31*

## REVOLUTIONIZE YOUR KITCHEN WITH EPOXY COUNTERTOPS



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# Design and Culture: Project Spotlight

Dale, a project manager here at Granite Plus, and I received such a treat last month, walking a client's newly finished home. It's rare we get to see projects after everything is completed and our tour was lovely. We also learned about a local resource that some of you may not be acquainted with.

This charming coastal modern home with Mediterranean accents was built on a lot that originally had a cottage from the 1940s. The homeowner was able to salvage and refurbish some of the wood from that cottage and use it as a ceiling in the new home. The rift-sawn white oak stair treads were sourced locally from the Freeport Sawmill, along with a virgin sinker cypress (also known as deadhead cypress) fireplace mantel that is over 300 years old, and very cool. As you walk up the steps, the wall lighting is reminiscent of a ship and provides a lovely coastal accent. The homeowner selected Silestone Et Dor quartz countertops and natural walnut face grain wood countertops for her kitchen, an elegant combination for the space. With the beautiful Mediterranean-inspired tiles throughout the baths, a pure white quartz countertop was selected.

If you are not familiar with the Freeport Sawmill, it is locally owned and operated, and the family has been around the Gulf Coast since 1842. They opened the sawmill about four years ago and offer a wide range of services and components, including but not limited to beams, live edge slabs, shiplap, and stair treads. They have a unique offering of wood species such as Deadhead Cypress, White Oak, Sinker Pine, Heart Pine, Old Growth Cypress, and



Black Walnut along with some more common hardwoods such as Cherry, Hickory, and Red Oak. If you are in the market for something unique and old wood charm for your home, this is a great local resource. Kevin Casey, the owner of Freeport Sawmill, is kind, genuine, and very knowledgeable when it comes to

wood species, old and new. The Freeport Sawmill is located at 152 Pate Branch Rd. Freeport, FL 32439 and they are open 8 a.m.-5 p.m. Monday-Friday. You can contact them via email at [freeportsawmill@gmail.com](mailto:freeportsawmill@gmail.com) or give them a call at (850) 598-7786.

more information about quartz or wood countertops, you can stop by the Granite Plus showroom at 17801 Ashley Dr. or give us a call at (850) 236-6363 and a project manager will be happy to assist you.

If you would like to find out

cies such as Deadhead Cypress, White Oak, Sinker Pine, Heart Pine, Old Growth Cypress, and




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# Wild Thang Airboat Tours: Panama City Beach's Ultimate "Eco" Tour

By PAUL BONNETTE

Let me invite you to take a tour across gator filled backwater creeks as you slide through the marshes keeping a close eye out for wildlife and birds of prey. No, I'm not inviting you to the bayous of Louisiana, but rather the brackish swamps and creeks of Panama City Beach. Wild Thang Airboat Tour offers visitors and guests the chance to take a thrilling, (and spinning) ride to experience Northwest Florida as you have never seen before. These airboats are highly maneuverable and can navigate through just inches of water as they glide through labyrinths of needle-rush grasses. Don't get too comfortable though – this isn't just a Sunday joyride. The captain frequently likes to thrill

guests with 180-degree spins, and if that doesn't sufficiently entertain you, don't worry... he has plenty of jokes as well (if you want extra jokes, I strongly recommend going with Captain Ron's boat!). The airboats can seat up to 16 passengers and reach speeds of 30-40mph which means it can get quite loud. Thankfully headphones are provided for hearing protection.

Wild Thang Airboat Tours is located just off Highway 79 beside Boondocks Restaurant and offer a variety of tour options including a half-hour ride designed to be a quick, exhilarating scenic tour with the chance to spot dolphins, manatees, sharks, and native birds. For those who want a better chance



PHOTO BY NIKKI BONNETTE

at seeing more of the creeks as well as plenty of fresh and salt-water marine life such as alligators, I recommend taking the

one-hour ride which gives more time for those 180-degree spins, even more jokes, and more time to spot wildlife at larger creeks. Keep a close eye on land as well for wild hogs, deer and even bears.

For those who want the ultimate after-dark tour, hop on the airboat just after sunset as the crew takes off to shine their spotlights on the lookout for the red

eyes of Alligators hunting their prey. Be advised that this extremely popular tour can book up weeks in advance so book your reservation early!

Wild Thang Airboat Tours offers something for every member of the family from learning fun and interesting facts about Florida's ecology to searching the marshlands and creeks for dolphins, sharks, herons, alligators, bald eagles and of course alligators. Not to worry if you don't get a glimpse of a gator sunning itself in the hot sun as prior to the tour, guests get the chance to get up close and personal with these amazing creatures with the opportunity to hold and get a photo with their resident alligator.

For those who want a souvenir of their backwater creek and marshland adventure, feel free to head to the dockside souvenir shop for t-shirts, magnets, jewelry and more.

For more information about tours and to make reservations visit [www.wildairboat.com](http://www.wildairboat.com).

## Bay County Sheriff Tommy Ford Issues Paver Scam Alert

The set-up for the scam is on Facebook Marketplace. The scammer frequently changes the seller profile on the site, but, so far, uses the same image of stacked pavers. When the victim makes initial contact with the scammer to purchase pavers, the scammer insists on delivery of the pavers prior to any payment from the victim.

The victim takes delivery of the pavers and then, using Zelle, a peer-to-peer money transfer app, pays the scammer for the delivered pavers.

The victim only learns they have been scammed when the company that delivered the pavers comes back to reclaim them.

What the scammer has done after the first contact with the victim is contract with a third-party company that sells real pavers for the delivery of the pavers to the victim's home. The scammer pays for these ordered pavers with a stolen credit card. The pavers are delivered to the victim's residence. The victim pays the scammer through Zelle.

The paver company realizes the pavers have been paid for fraudulently and goes back to the victim to get their pavers. The victim realizes they've been scammed.

BCSO Criminal Investigations is currently investigating these cases and attempting to identify the scammer. Use caution when making any purchases and payments online. If you have been victimized, please contact the BCSO at (850) 747-4700.



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# Is Your Company Safe From a Cybersecurity Attack? Think Again.

In February 2024, UnitedHealth subsidiary Change Healthcare was hacked by a ransomware group known as "BlackCat." Chief Executive Andrew Witty confirmed that UnitedHealth paid a \$22 million dollar ransom. He also stated that fixing the system would cost another \$1.6 billion dollars. UnitedHealth is a \$230 billion dollar company and they believed they had hired the best CISO (Chief Information Security Officer) and implemented the best cybersecurity risk management program money can buy. So, what can you do?

Meet Pete, Pedro 'Pete' D. Cordero, Founder/Principal of Hacking The Cyber Threat LLC. He specializes in providing cybersecurity services to executives. Before retiring from the FBI, Pete served as the FBI Assistant Section Chief for the FBI Cyber Division Cyber Criminal Section and National Security Section. He also served as Deputy Director of the FBI National Cyber Investigative Joint Task Force, which coordinates cyber information sharing across the intelligence community. He served a joint posting as the CIA Counterterrorism



Center and the FBI Director's Counterterrorism Briefer. Pete is also a Certified Public Accountant.



you choose an outside firm or trust the same person the FBI relied on? Before you tell me how great your system and personnel are, remember UnitedHealth and their \$1.6 billion dollar mistake.

Pete is a guy who watches the watchers and lets you sleep at night. Pete lives in PCB and can be reached at [pete@hackingthecyberthreat.com](mailto:pete@hackingthecyberthreat.com) or at (703) 717-8909.

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# From the Office of Congressman Neal Dunn



During my time in Washington, I've made it my mission to put power back in the hands of

doctors and patients to ensure they have access to the best care possible. In March, I introduced the Improving CARE for Youth Act, which allows for same-day billing for mental health services for youth Medicaid beneficiaries. Our youth's mental health is worse than it's ever been, especially following the destructive COVID-19 lockdowns. Protecting the future of the youth in our country is too important to be held up by Medicaid billing restrictions. Fixing same-day billings for Medicaid beneficiaries may seem like a small change, but it will have a huge impact

on our kids. We must ensure that America's youth have access to the quality care they need to unlock their full potential.

Getting Floridians the care they deserve means cutting bureaucratic red tape that can complicate the care process. Last week, the Energy and Commerce Subcommittee on Health passed my bill that will increase access to essential screenings for prostate and other cancers, Alzheimer's, and Parkinson's. My bill, the FIND Act, will empower doctors and patients with the ability to determine the correct diagnosis early and prevent

delayed or inaccurate screenings that can have disastrous consequences. When we avoid unnecessary and inappropriate treatment due to inaccurate scans, Medicare saves money. More importantly, when a physician can obtain an accurate diagnosis, we can achieve the best outcomes for patients. I'm thrilled that this bill has passed this important hurdle, and I look forward to expanding access to these potentially life-saving scans.

Healthcare is just one aspect of my work in Congress. Over the coming weeks, I hope to

pass legislation that will require states to obtain proof of citizenship before voting and improve person-to-person firearm transactions. I am also in contact with state and local authorities as our entire district deals with the fallout from recent storm damage. Please know that I am monitoring the situation and working with local officials to coordinate recovery efforts. As I continue my legislative work over the coming weeks, please don't hesitate to reach out if you have questions or would like to leave a comment by calling (202) 225-5235.

## ELEVATE

*continued from page 27*

are an eco-friendly choice, as they can often be installed directly over existing countertops, reducing the need for costly and wasteful demolition. This not only minimizes environmental impact but also helps homeowners save time and money on their kitchen renovation projects. Additionally, epoxy resin is a low-

VOC material, meaning it emits fewer harmful chemicals into the environment.

At Flooring Depot, quality and craftsmanship are paramount. Flooring Depot's team of experienced professionals works closely with clients to understand their vision and bring it to life, from initial consultation to final installation. Each epoxy countertop is meticulously crafted to exact specifications, ensuring

a perfect fit and finish that seamlessly integrates into the client's kitchen design.

Whether you're embarking on a full kitchen remodel or simply looking to refresh your space, epoxy countertops from Flooring Depot offer a transformative solution. Not only do they add a touch of elegance and sophistication to any kitchen, but they also offer practical benefits that enhance the overall functionality

and usability of the space.

Flooring Depot's introduction of epoxy countertops represents a significant advancement in kitchen design. With their unparalleled blend of durability, versatility, and aesthetic appeal, epoxy countertops offer homeowners a unique opportunity to elevate their kitchen spaces to new heights. Whether you're looking to make a bold statement or simply enhance the

functionality of your kitchen, epoxy countertops from Flooring Depot are sure to impress.

Visit Flooring Depot's main showroom at the corner of 15th Street and Lisenby or our location on Back Beach Road and one of our sales professionals will be happy to help you choose epoxy countertops that you'll love for years to come.

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



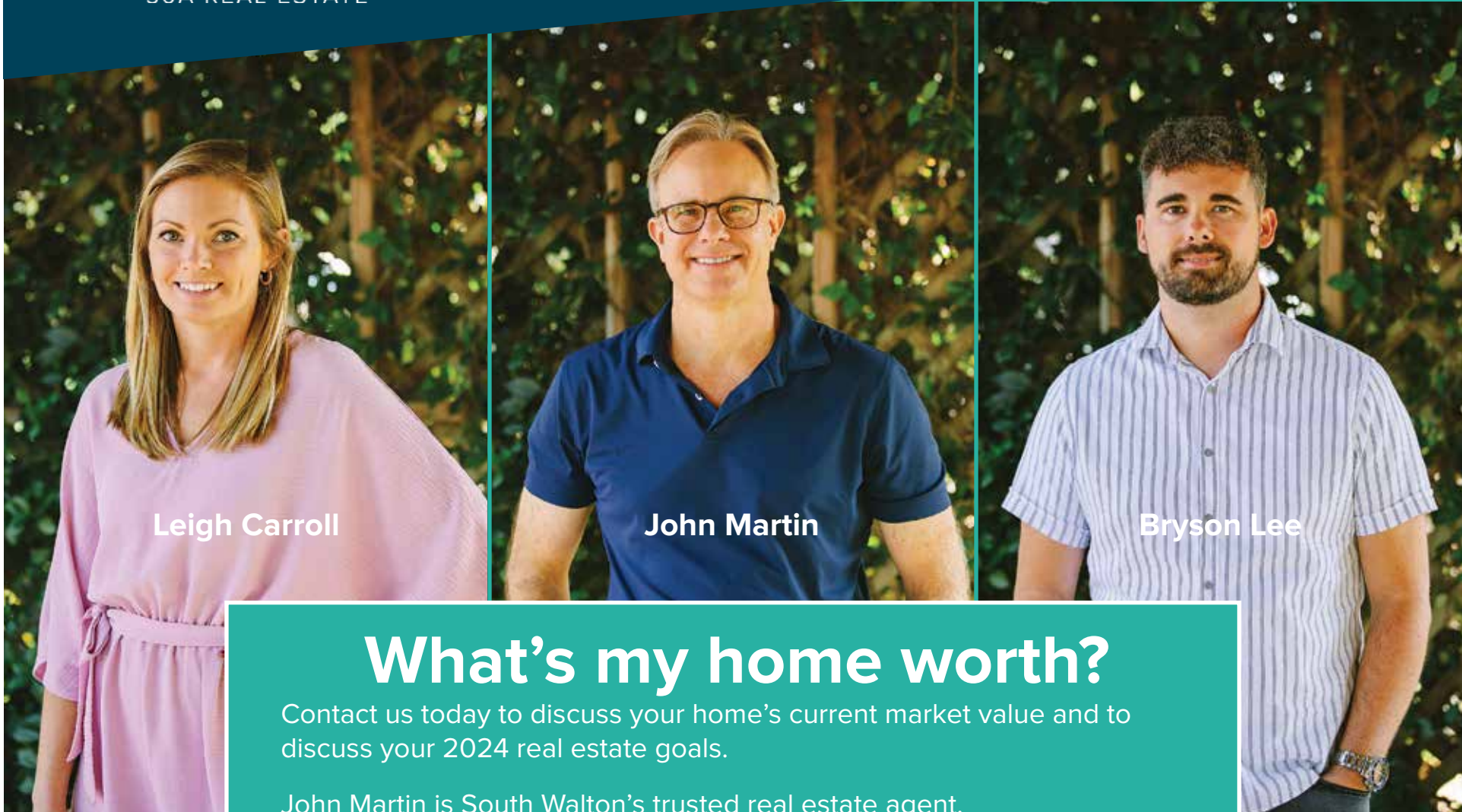
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