



AUGUST 2024
VOL. 5, NO. 1

PCB Life

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PCB Reacts to Spike in Drownings

BY ED OFFLEY

Reacting to a spike in drowning incidents in the Gulf of Mexico during a four-day period in June, both Panama City Beach and the Bay County Tourist Development Council (TDC) have taken emergency action to shore up the city's Beach Rescue program.

Between June 20 and 23, six tourists drowned after becoming caught in rip currents, including three young Alabama residents who went for an evening swim on June 21 and were swept out into deep water. Prior to that, the only fatality of 2024 had occurred back on March 27. Three fatalities occurred within the city limits, while four — including the triple drowning — were along the Bay County shoreline. The fatalities mirrored a similar surge in drownings in 2023, where eight people died.

Beach safety dominated the agenda at the TDC's monthly meeting on July 9. "We are the deadliest beach in the country," area resident Chris Crider told the TDC



Lifeguards Jacob Fuqua and Carter Wascom survey swimmers at the Russell-Fields City Pier.

directors, urging them to act. At the recommendation of TDC President Dan Rowe the board unanimously voted to allocate an additional

\$665,000 for public safety, split 50-50 by the city and county for \$332,500 apiece. That constitutes a 25-percent increase over the TDC's cur-

rent public safety funding of \$2.66 million.

The funds will come out of the "3rd cent" of the county Tourist Development Tax ("Bed Tax"). Bay County imposes a 5 percent tax on short-term vacation rentals, with each penny on the dollar directed at specific uses. The 3rd Cent has been solely used for beach renourishment, but Rowe said all planned beach renourishment projects have been completed, and the \$665,000 would come from excess funds held in reserve.

The Bay County Commission is expected to vote on the TDC recommendation next month.

Two days later, Panama City Beach City Council on July 11 held a workshop to explore various beach safety improvements. Mayor Stuart Tettemer set the tone: "I am really interested in seeing what we can do to add lifeguards to the beach."

An hour later during their

PCB REACTS

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Shop Talk: Making Waves and Making a Difference



BY LEE ANN LEONARD

Panama City Beach is known for its beautiful beaches, but the destination is also home to a rare coastal dune lake. Lake Powell, which straddles Bay and Walton County on the beach's west end, is one of only a few coastal dune lakes in the world. As FloridaStateParks.org boasts, Lake Powell is one of the largest in Florida. Visitors can spot everything from bald eagles to North American river otters. Fishermen, boaters,

SHOP TALK

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Community

SHOP TALK

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kayakers and paddleboarders frequently explore the brackish waters where saltwater and freshwater species co-exist.

To help protect this area asset, Pier Park supports the Lake Powell Community Alliance's annual Lake Powell Cleanup—part of the International Coastal Cleanup. The center provides cleanup volunteers, a prize package for the event raffle drawing plus social media exposure for the cause and organization. During the 2023 cleanup, 140 volunteers removed more than 2,000 pounds of trash from this beautiful body of water. Organizers shared that while volunteer numbers were up, the amount of trash collected was about 1,000 pounds down, proving that the annual effort is impactful.

The goal for the 2024 cleanup—slated for September 21 from 8 a.m. to noon—is to top last year's volunteer numbers. Residents and tourists interested in helping with that goal can call (850) 818-2262 or visit the Lake Powell Community Alliance's



Facebook page. Located just ten minutes from Pier Park, Lake Powell remains a somewhat hidden gem.

To learn more about these treasures, read VisitSouthWalton.com's blog, www.visitsouthwalton.com/blog/coastal-dune-lakes/, covering coastal dune lakes.



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

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From Rescue to Rehab: One Dog's Mission to Bring Harmony to Healthcare

An exuberant, reddish-brown puppy found herself living on the street in northwest Florida. Originally thought to be male, she was called Cleo by Animal Control. She was taken to two different animal rescue agencies before finding her place, the second of which determined she was, in fact, a girl, and changed her name to Chloe. When she was ready to be adopted into a “forever” home, Chloe was dressed up in cute costumes to disguise her large size, strength, and likely pit bull heritage, and she even appeared on the local news.

After more than six months at the shelter, a new volunteer who did not intend to adopt a dog appeared. It was love at first sight and the would-be volunteer immediately dropped to the ground to greet Chloe, who excitedly kissed her face. The volunteer took Chloe home on a trial basis and the pair began working diligently on training with Nancy Bown, CPDT-KA of Dog-Harmony.

Chloe gradually gained confidence and overcame her fear of garbage trucks and plastic bags. Bown, an evaluator for Intermountain Therapy Animals, recognized that Chloe had the right personality to become a therapy dog and encouraged the pair to become evaluated. In 2023 at age six, Chloe and her mom became a certified therapy dog team with Dog-Harmony. They now volunteer at HCA Florida Healthcare's Northwest Florida Rehabilitation Center in Destin.

Each week, Chloe brings 65 pounds of love and joy to staff and patients - and the occasional tears to patients who miss their dogs. Her favorite place to visit at the rehab center is the physical therapy (PT) gym, where she can interact with the PT patients. She is a great aid, assisting



with repetitive arm movements as a command to sit, stay, or play fetch.

One day, Chloe almost fell asleep standing up as she received an excellent massage from a patient, who she distracted from blood pressure measurements before the patient began her work in the gym. The patient's blood pressure visually dropped on the device's screen as she patted Chloe.

A fellow volunteer at the rehab center, Sue Marks, said of Chloe:

“The staff have to give Chloe a hug, pet, or scratch and they tell us which patients in specific rooms would love a visit from Chloe each week. We have learned so many pet names and breeds belonging to the staff and patients. A smile after a visit from Chloe goes a long way. She is so well-behaved. She takes treats nicely. She makes my day on Fridays, too.”

The staff at the rehab center awarded Chloe the prestigious honor of Employee of the Month in February 2024 in appreciation of her visits.

Today, roughly 50% of American households (approximately 65 million) have a dog at home. Nearly all pet owners in the U.S. (97%) consider their companion animals family members. Living with dogs at home reduces stress and anxiety, lowers blood pressure, and improves the mood of humans.

Medical studies have shown that patients interacting with qualified therapy dog teams have been able to heal and recover faster. After only a few minutes of interaction, it is evident how profoundly therapy dog teams affect patients and staff as they benefit from a “bit of home” in a difficult clinical setting.

In an inpatient rehabilitation unit of John Hopkins University's School of Medicine, doctors realized “patients who participated in animal therapy were able to meet goals faster by involving the animals - standing for longer periods while patting a dog, for instance.”

Dog-Harmony is experiencing an overwhelming demand for qualified therapy dog teams in healthcare and a significant shortage of qualified therapy dog teams in northwest Florida. The 501(c)3 non-profit provides complimentary, ongoing training for therapy dog teams, coordinates their placement in healthcare facilities, accompanies team visits, and provides management and oversight for its healthcare partners. Dog-Harmony spends an average of 10 hours of training, which is provided at no cost to the teams, and is required for each team after the evaluation resulting in certification.

Because of Dog-Harmony's significant experience and multiple relationships with national pet therapy organizations (i.e., Intermountain Therapy Animals, Therapy Pet Connections, Pet Partners, etc.), the non-profit can manage and assign qualified dog therapy teams based on abilities, temperaments, and clinical requirements. The non-profit also spends a significant number of hours on continued monitoring of team performance and

ongoing therapy dog team training specific to animal-assisted therapy in healthcare.

According to Dog-Harmony's regionally-focused survey of 895 respondents in 2023, 31% of people think animal-assisted therapy is “very important” and most responded with interest in helping to support by volunteering their time, skills, and knowledge. Dog-Harmony also needs financial support to sustain the hospital therapy dog program, which is provided at no cost; and for interested therapy dog partners to start the certification program required to volunteer at regional healthcare facilities.

To support Dog-Harmony's therapy dog program, currently managed for HCA Florida Destin-Fort Walton Beach and Twin Cities hospitals, and expand its reach to additional healthcare institutions in the area, visit www.dog-harmony.org/donate or vote for Chloe in the ‘Bark in Style’ photo contest running through August 1, 2024.

To learn more about becoming a team with Dog-Harmony's therapy dog program, visit www.dog-harmony.org/therapy or follow Dog-Harmony on Facebook to keep abreast of the next therapy dog team evaluation at the end of October.



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Introducing: Medical House Calls Meets Growing Emerald Coast Healthcare Demand

Medical House Calls, which opened in the Emerald Coast (Fla.) area in March, provides in-home urgent care, IV services, medical weight loss consultation, and more to patients in the comfort and safety of their own homes, condos, and hotels. Since opening, Medical House Calls has seen a growing demand for its services throughout the region by locals and travelers alike.

Medical House Calls is open seven days a week from 7 a.m. to 8 p.m. Patients can call (850) 424-7711 or visit www.medicalhousecalls.com to schedule a same-day appointment. The company is staffed by professional healthcare providers led by Licensed Family Nurse Practitioner Bryon Amos and Sarah Watson, RN.

Services offered by Medical House Calls include same-day treatment for cold and flu symptoms, strep, eye/ear infections, sprains, strains, and more. The company also offers in-home IV



hydration, weight loss management through Semaglutide, and NAD+ therapy. A full list of services and pricing can be found on the company's website.

"Over the past few months, we've seen a steady increase in calls as both full-time residents and those visiting have learned about our convenient services," said Eli Anding, president of Medical House Calls. "The Panama City Beach area was a natural extension for us as the

region offers both a strong local community as well as an influx of visitors throughout the year."

Medical House Calls was founded in 2020 in the Nashville market to meet the healthcare needs of those who prefer at-home service rather than going to an urgent care, doctor's office, or hospital. The practice offers all the same services as urgent care, plus preventative care. Medical House Calls has a transparent flat fee offering a la carte pricing and annual concierge plans that provide unlimited telehealth and house calls for individuals and families.

"The Emerald Coast is a popular vacation and second home spot for many Middle Tennessee residents who are already utilizing our services. Now, they can expect the same care they receive at home when they come to the beach," added Anding. "Whether you are local or a visitor, we know you don't want to spend time in a waiting room or waiting for an appoint-

ment... particularly when you don't feel well. We have really filled a niche in the area for convenient, high-quality healthcare."

Medical House Calls is also engaging in the community

and is a proud member of the Panama City Beach Chamber of Commerce. The company's Emerald Coast office is based along 30A, and its service area ranges from Panama City Beach to Destin.

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WalMart Supercenter - Pier Park
Jeremiah's Italian Ice of Panama City Beach
Southern Sky Aviation
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Introducing Established Member: Bay Families with Dogs

Dogs love the beach! Dogs bring joy into our lives, and the beach brings out the joy in dogs. Like our children, they romp and splash with delight at the edge of the Gulf, frolicking in the sunlight and salt air. To the 45% of American households with a dog, it is enchanting to experience this joy.

Communities are wise to tap into this joy to attract residents and visitors; this is why many compete to become more dog-friendly than others. As a result, VISIT FLORIDA (the state's official tourism marketing corporation) has an entire website section highlighting Florida's dog-friendly beaches in places such as Boca Raton, Jupiter, and Tampa, with the invitation, "Your dog could be right here with you." Likewise, some of the highest-end luxury or trendy hotels such as Kimpton, Loews and Aloft invite guests



to bring their dogs along. According to the Palm Beach Post, pet-advice site PetKeen.com analyzed all 50 states to see "how accommodating and friendly to pups they are" in 2023, and based on lodging, recreational areas, services, large pet retailers and pet-based events, Florida was the best place to bring your pooch! Embracing this love of our dogs is not surprising, considering that in a recent survey, 41% of respondents said they have taken a vacation with their dog along, and 37% said they



have chosen not to travel so they could stay home with their dog.

Bay Families with Dogs is a non-profit company formed when dog-loving boaters' access to our beloved Shell Island anchorage was threatened; once successful, we branched out to address other public access issues, supporting the establish-

ment of the Dog Beach at Pier Park, local dog parks, and the passage of the "dog dining" ordinance in both Panama City Beach and Panama City. As of May 2024, there are now over 28 different restaurants in Panama City Beach that have permits to allow dogs on their patios! All of this helps our area to remain a leader in attracting dog lovers traveling with their best buddies along.

Bay Families with Dogs encourages more dog-friendly beaches in the area (Pensacola Beach has two, and neighboring Gulf and Franklin counties allow dogs on almost all of their Gulf-front shore). We also participate in and help run dog-friendly lifestyle events, especially if they help match adoptable dogs with their new families.

Dog-friendly places are here to stay, benefitting both locals and visitors. Why else would HGTV publish "Best Dog-friendly Beaches," listing 16? US News and World Report has a similar list of 30 best dog beaches and Tripsavvy.com (slogan: "vacation like a pro") lists the 18 best US dog beaches. By the way, The Panama City Beach dog beach made it onto all three of those lists. VISIT FLORIDA calls the Panama City Beach dog beach "one of the best dog beaches in Florida." So, as they say: come on down, because your dog could be right here with you!

You can become a member of Bay Families with Dogs by visiting our website, www.bayfwd.org, where you can also donate or buy a tee shirt. Or "like" our Facebook page at www.facebook.com/BayFamilieswithDogs.

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Community

You Won't Get a 'Charge' Out of Reading This

A couple's bill at a Panama City Beach restaurant included AE&P, a fee for artwork, entertainment and parking, and an extra charge for a slice of pie to go.

By PETER FISCHETTI

Another fine meal at one of our favorite restaurants on the beach. Always great food and friendly service. No surprises.

But wait a minute. What's this? I'm looking at the check and here's a charge for "occupancy tax." Well yes, we did occupy a booth but they can't be charging rent for sitting down. Can they? The "tax" was 91 cents. Not much, but there goes my stop at the Dollar Store.

While paying the bill, I asked the checkout lady about it. It's a tax the city charges because of where the restaurant is located, she explained. Wrong. The city charges sales tax and that's it.

At another restaurant, a "service charge" was added to our bill. I figured that meant the tip. But on the bill was an option to leave a tip. I guess that's called "double tipping."

A post on social media described a donut shop that charged a guy 50 cents extra for wanting a drink with no ice. I'd find that hard to believe except I recall the dinner we shared with another couple at a burger place. My friend ordered a cheeseburger but without the lettuce. His bill included a 50-cent charge for removing the lettuce. His response: "Lettuce never go back there." (Sorry about that.)

Cashier:	5:06 PM
Table: 302/1	13000
Guests: 4	
Reprint #: 1	
DREAMSICLE	13.00
Yuenling	5.50
Baja Rolls	15.00
CHICKEN SAND	17.00
FRY Shrimp BASKET	24.00
Dream Pie	8.00
Subtotal	82.50
AE&P FEE	2.98
TODD Fee	1.25
Tax	0.87
State Tax	6.13
Total	93.73

But the topper might be the popular beachfront restaurant that charged a couple an "AE&P" fee of \$2.98. That's for Artwork they never saw as it was in another room, Entertainment that didn't exist while they were there and Parking. And to end their visit, they were charged \$1.25 extra to package a piece of pie to go.

Years ago, when I lived in Southern California, I owned Pete's Deli. It was not a financial success; in fact, our best days were Saturday and Sunday, when the deli was closed. So I know that running a restaurant, especially when inflation is high, is a real struggle. Still...


You might wonder why restaurants add these strange charges to the bill rather than just raising the price of items. One reason may be the cost of reprinting menus every time the

price changes. Another may be competitive: raising the prices could put a restaurant at a perceived disadvantage with others charging less on the menu but adding those fees to the bill.

No doubt this will all be resolved. But what worries me is that other businesses will adopt confusing add-on charges to the bill. So when you get your hair cut, be sure to look for an HD (hair disposal) charge that varies depending on how much hair was cut and had to be swept up and trashed. And don't be surprised if you're checking out of a clothing shop after buying some slacks and your bill includes a CR charge for using the changing room.

When we and others shared all of this with our elected officials, they arranged for a letter to be sent to restaurants located in Panama City Beach, reminding them that state law requires that any "automatic gratuity or service fee" must appear on the menu as well as at the bill. (The entire letters appears on the city's website. The link is <https://www.pcbfl.gov/home/show-publisheddocument/24825/638557663936270000>.)

Meanwhile, I sure hope that our bi-monthly water bill doesn't include a postage charge for mailing the letters.



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Building Community in Bay County

BY SHERIFF TOMMY FORD

As I reflect on my time serving Bay County, I am filled with a deep sense of gratitude and humility. Over the past eight years as your Sheriff, we have faced numerous challenges together. My 30-year career in law enforcement has been a journey of dedication, resilience, and unwavering commitment to our community.

When Hurricane Michael struck in October 2018, our community was devastated by one of the most powerful storms in history. I witnessed firsthand the strength and resilience of Bay County residents as we worked tirelessly to rebuild and recover. Leading the Sheriff's Office during this time was one of the most challenging and rewarding experiences of my career. Together, we coordinated rescue efforts, provided essential support, and restored order amidst chaos.

The threat of active shooters and takeover events has also been a significant concern, and it has been my priority to ensure our preparedness. By enhancing training for our deputies and fostering close collaboration with schools and community organizations, we have made significant

strides in protecting our community. It is my solemn promise to remain vigilant and proactive in the face of such threats.

One of my proudest achievements has been the approximate 50% reduction in our county's crime rate over the past eight years. This success is a testament to the work of the men and women of the Bay County Sheriff's Office, our collective efforts and innovative strategies. The seizure of over 200 pounds of methamphetamine is just one example of how we have tackled drug trafficking head-on, making our community safer for everyone.

The opioid epidemic has touched the lives of too many in our community. Over the last two years, we have seen a 65% reduction in opioid overdoses. Treating overdose investigations as homicides and holding 14 dealers accountable for manslaughter has been a tough but necessary step. My heart goes out to the families affected, and I am committed to continuing this fight to protect our loved ones from the scourge of addiction.

While being tough on crime is essential, being compassionate to victims is equally important. I strive to be responsive and empathetic, ensuring that victims receive the support and justice they deserve. My approach has always been about more than just enforcing the law; it's about

building a sense of security and trust within our community.

Working hand-in-hand with residents, businesses, and local organizations has created a safer and more connected environment. This collaborative spirit has strengthened our community bonds and enhanced public safety.

My journey in law enforcement has been guided by a solid educational foundation. Earning a Master's degree in Public Safety from the University of Virginia and a Bachelor's degree in Accounting from the University of West Florida has provided me with the skills necessary for effective strategic and fiscal management. These academic achievements have been instrumental in my role as Sheriff, enabling me to lead with knowledge and integrity.

As we look to the future, I am deeply committed to continuing our work together. Your trust and support mean the world to me, and I will remain relentless in my pursuit of justice, compassionate in my care for victims, and collaborative in my efforts to keep Bay County safe.

Thank you for allowing me to serve as your Sheriff. Together, we will continue to build a community where safety, trust, and resilience are our guiding principles. I would be honored to have your vote on or before August 20.

Community

Sol Shine: Rodeo Drive Comes to PCB

By JACK SMITH

Your first question should be, "What's a man doing writing an article on women's fashion?" Unfortunately, I learned the hard way from my starter wife, who happened to be a trust fund baby. At the time we lived in Southwest Virginia where Rusty

and Nancy Lester had opened a high, high-end women's boutique. When you entered the store, you were greeted with a flute of Dom Perrion and the sound of a Baby Grand in the lobby. Their invoices were mailed in a pink envelope. After opening I called my wife and

said, "Please take me to your closet as I would like to see what a \$600 blouse looks like." As it happens it had no sleeves. Welcome to the world of women's high fashion, which also changes faster than a cat with its tail on fire.

Enter Jolinda Bizzell, who

had a better idea, to offer international fashion at everyday prices. Her mission is to travel to the far ends of the world stalking the elusive character, "high fashion, at low prices."

After sending my current wife to Jolinda's store, Sol Shine, I was told in no uncertain terms she had indeed accomplished her mission. Below are some examples of a successful hunt.



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 Community

Golf is Truly a Game for the Ages

By ALAN M. WATSON,
PRESIDENT, GOLF+
DOTHAN AND PCB

I started playing golf when I was young. Very young. Not Tiger Woods at age 3 on the Mike Douglas Show young but pretty close. My father loved the game so much that he opened his own golf shop in 1988. He has played courses all over the United States and his memory for golf courses and specific holes is uncanny. Meanwhile,

I can barely remember what I shot last week or where I played.

Gary Player still plays golf at eighty-eight years old. Jack Nicklaus was still swinging as one of the official starters of the Masters this year. And millions of people still enjoy golf well into their seventies, eighties, and even their nineties.

Golf is a game that you can enjoy (or be frustrated by) from four to forty and from eight to eighty! Golf is maybe the only

sport that is enjoyed by such a wide age range of people.

We get our children into it. We encourage young people to take up the game for social reasons or perhaps to try and get a college scholarship. We tell young working men and women to play the game because it's good for business.

My best golf memories are playing with my son and with my father. Those games were special and even though no one

2023 Golf +



a family. I will always cherish that thought and knowledge.

The recent global pandemic brought over two million new people to the game of golf. With more time away from work and less ability to congregate indoors, golf became one

of the few things people could safely do and still be social. So golf exploded again like it did when Tiger Woods burst onto the scene and new faces popped up in golf shops and golf courses the world over.

Golf is not always the most affordable sport and, at times and in certain places, it isn't the most accessible either, however, golf is here to stay and those of us who love the game will keep on trying to put that little white ball in the tiny hole for as long as we can!

remembers the score, we all remember the time spent together outdoors. Honestly, these aren't just my best golf memories - they might be my best memories period: walking the course as a youngster with my brother, my mother, and my father at the Dothan Country Club, watching my mother hit yet another shot into the water but smiling and laughing and having fun. Later I came to find out that she really wasn't that interested in the game, but only played so we could spend time together as

of the few things people could safely do and still be social. So golf exploded again like it did when Tiger Woods burst onto the scene and new faces popped up in golf shops and golf courses the world over.

Christmas in July for Bay County First Responders

Ladies of Latitude provided Christmas in July for Bay County First Responders. Ladies of Latitude baked over 60 dozen homemade goodies and delivered them to six different locations including Bay County Sheriff's Office and Panama City Beach Police Headquarters. The Margaritaville community graciously offered to serve our responders, with 32 ladies baking dozens of cookies and cupcakes and an additional 15 ladies delivering the goodies with a holiday flare.

Ladies of Latitude, lovingly known as LOL, is a social organization for residents and future residents of Latitude Margaritaville Watersound. Ladies of Latitude was created with the purpose of forming and strengthening friendships within the Latitude Community.

Ladies of Latitude was formed on March 12, 2022, with 47 ladies meeting for lunch. The organization has quickly grown to close to 800 members. If you currently own, live, or are a future resident of Latitude Margaritaville Watersound, you are invited to join the fun. The Ladies of Latitude host ten events a year, all off property to support



our local businesses.

Although Ladies of Latitude is a social organization, that doesn't stop them from giving back to the community. LOL has partnered with Habitat of Humanity, Bay County and North Florida Breast Cancer Foundation for fundraisers in the past and have raised thousands of dollars. During October, Breast Cancer Awareness Month, the ladies will be raising funds for a local organization, Fore Her. Fore Her was founded to raise funds for breast cancer patients in financial need in Northwest Florida. Donation items are currently requested from local businesses to help with their goal of \$10,000. If you would like to donate an item or gift card, please contact Debi Olson at (214) 686-1940 or email ladiesoflatitude@gmail.com. Donations and sponsorships will be accepted until September 15.

Golf Game Getting Worse?



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BY JULIE MCCONNELL,
UF/IFAS EXTENSION

Let's Get Growing with Julie: Take the Florida-Friendly Landscaping Pledge!

In Bay County you are never very far from a body of water. In addition to creeks, springs, the Gulf of Mexico, and five bays, some areas also have a high water table. As gardeners you probably only think about water in terms of applying it to plants, but have you ever considered what impact we may have on water availability and quality?

How you design and manage your landscape can affect water resources, but there are research-based guidelines that can help minimize negative impacts. This program is the Florida-Friendly Landscaping™ (FFL) program and is the foundation of UF/IFAS Extension horticulture outreach. In addition to protecting water quality

and quantity, FFL methods also help gardeners by reducing maintenance requirements and lowering the incidence of pest and disease outbreaks.

Florida-Friendly Landscaping™ teaches Floridians how to work with the unique climate, soil, and other landscape challenges we face. The nine FFL principles with brief descriptions are listed below:

Right Plant, Right Place – choose site appropriate plants rather than trying to manipulate the environment.

Water Efficiently – amount, timing, and application method are important steps for efficient watering.

Fertilize Appropriately – understanding plant nutrition needs and how they use fertilizers are keys to effective fertilization.

Mulch – conserve water, reduce weeds, and moderate soil temperature with proper mulching.

Attract Wildlife – land-

scape diversity attracts wildlife which can minimize pest populations.

Manage Yard Pests Responsibly – properly identifying pests and understanding the lifecycle make treatments more successful.

Recycle Yard Waste – instead of sending yard waste to the landfill, find ways to recycle or repurpose.

Reduce Stormwater Runoff – prevent runoff containing contaminants from reaching water bodies.

Protect the Waterfront –

filter runoff, reduce erosion, encourage wildlife establishment.

Florida-Friendly Landscaping™ has in-depth information and free FFL resources for homeowners and landscape professionals on the interactive website <https://ffl.ifas.ufl.edu/>. In celebration of the 30-year anniversary of FFL, we are encouraging citizens to learn more about FFL and take the Florida-Friendly Pledge by incorporating these principles into their landscape! <https://ffl.ifas.ufl.edu/about-ffl/ffl-30th-anniversary/>

Will you pledge to make your

landscape Florida-Friendly?



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



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 Music & Arts

Center for the Arts This August

August brings three exciting new exhibitions to the galleries of the Center for the Arts. The Main Gallery features a collection of works by the late artist Yu Tian Cheu. Local artist Nikki Bonnette brings scenes of New Orleans nightlife to the Miller Gallery in her exhibition, NOLA Nights, and Andrew Araujo is featured in the Spotlight Gallery. The public is invited to the opening reception on Friday, August 2 from 5-7 p.m. These exhibits will be on display through August 31.



Yu Tian Cheu



Nikki Bonnette and NOLA Nights



Andrew Araujo

ing off his art and having conversations about what the piece said to you. He never wanted to influence your thoughts and mood. He rarely had the English skills to express himself in words, so I believe he used his art to communicate his feelings and passion as any true artist does.”

Cheu is survived by his son, Robert Cheu, his daughter Jennifer Cheu Hornkohl and her husband David, as well as two granddaughters, Mei and Su Hornkohl. It is their pleasure to share Yu Tian’s art with you as a way of honoring his life.

Local artist Nikki Bonnette

brings her photography to the Miller Gallery for an exhibition called NOLA Nights, featuring nightlife scenes in New Orleans, Louisiana photographed by the artist.

“I’ve always enjoyed many creative outlets including pottery, painting and of course photography,” said Bonnette. “Growing up in Bay County, there is so much natural beauty around us that it inspired me to capture it with a camera. So when I began traveling more, capturing the beauty around me became very important.”

On display in the Spotlight

Gallery is a collection of abstract works by local artist Andrew Araujo in an exhibition called For My Brother. “As a veteran and artist,” said Araujo, “I have always been drawn to helping my community in any way I can.” This innate desire to give back led him to create a platform that would empower individuals to share their unique experiences and perspectives through the medium of art.

Andrew’s journey began with a simple yet profound realization: everyone has a story to tell, but not everyone has the means or the courage to share it. He saw an opportunity to bridge this gap by combining his artistic talents with his passion for storytelling. By doing so, he aimed to create a space where people from all walks of life could come together, share their stories, and find inspiration in the experiences of others.

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



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The Heritage of Home Music Lessons

Home studio music lessons, a tradition that spans centuries, offer a personalized and immersive approach to musical education. This method of learning has been cherished for its unique benefits, fostering a rich and personal relationship between the student and music. The student enters a musical zone of learning as soon as they walk through the studio's front door.

Learning music is a journey that combines the excitement of discovery with the discipline of working towards a goal. For many, the choice of learning environment can significantly impact their progress and enjoyment. One of the popular choices is learning music at a teacher's home studio. This offers a home setting with a unique blend of benefits that greatly enhance one's learning experience.

Personalized Attention and Tailored Instruction

One of the most significant advantages of learning music at a teacher's home studio is the personalized attention students receive. In a home studio

setting, the teacher can focus on the individual needs and learning styles of each student. This one-on-one interaction allows for customized lesson plans that can adapt to the student's pace, strengths, and areas for improvement. Lessons are flexible and can evolve based on the student's progress and interests.

Comfortable Learning Environment

A home studio typically provides a more relaxed and comfortable atmosphere compared to a music store or classroom setting. This can help reduce anxiety where students can express themselves freely, make mistakes, and learn without fear of judgment.

Access to High-Quality Equipment and Resources

Many home studio teachers invest in high-quality musical instruments and equipment, ensuring that students have access to the best tools for learning. This includes well-maintained pianos, guitars, keyboards, and other instruments. Additionally, home studio teachers often have



a wealth of resources at their disposal, such as many years of experience learning and teaching privately, music books, sheet music, charts, a sundry of personally created handouts, affiliations, technology, and educational software, which enhance and inspire the learning experience.

Closer Student-Teacher Relationships

The home studio environment fosters a closer, more personal relationship between the teacher and student. This rapport can be instrumental in keeping students motivated and engaged. Teachers who work from home often have the opportunity to get to know their students on a deeper level, understanding their musical goals, personal interests, and any challenges they may face. This deeper connection can lead to more effective teaching and a

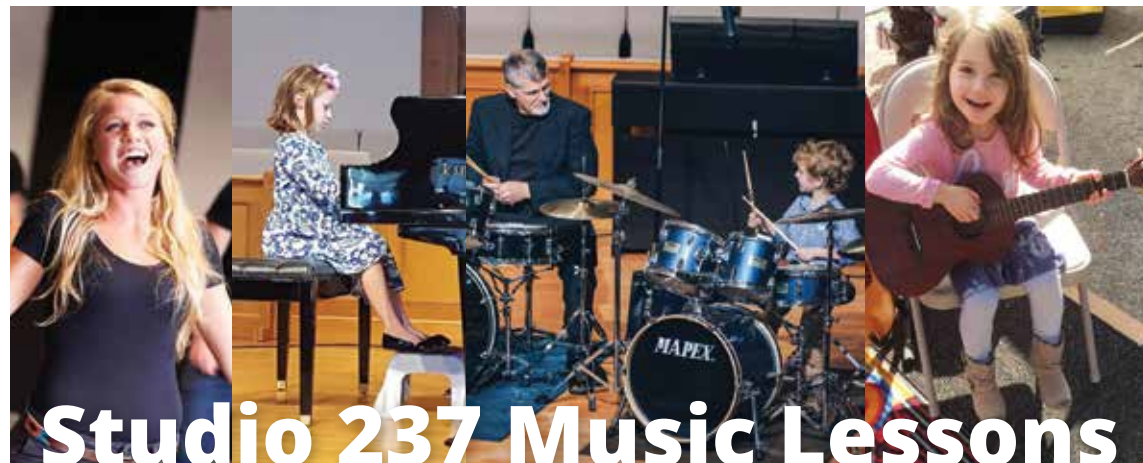
more enjoyable learning experience.

Inspiring Creative Space

A home studio is often a reflection of the teacher's personality and passion for music, creating an inspiring and creative space. The environment is filled with musical memorabilia, inspiring artwork, and a sense of personal touch that is often missing in more institutional settings. This inspiring atmosphere will set the tone as soon as they enter the home which stimulates creativity and encourages students to explore their musical potential.

Whether you are a beginner or an advanced student, the unique advan-

tages of a home studio can help you achieve your musical goals while enjoying the journey of learning. Since 2011, Studio 237 Music Lessons of Santa Rosa Beach has offered a home-style learning experience from a variety of teachers on a variety of instruments including piano, voice, guitar, ukulele, keyboards, and drums as well as offering songwriting for kids, and more. Our goal is to inspire people (young and old) to discover, develop, and demonstrate music as they learn via successful time-tested methods. Call Ray or Lisa Cyr at Studio 237 Music Lessons to begin your learning journey at (850) 231-3199 or text (850)797-3546, visit our website at www.Studio237Music.com, or email us at Studio237Music@gmail.com.

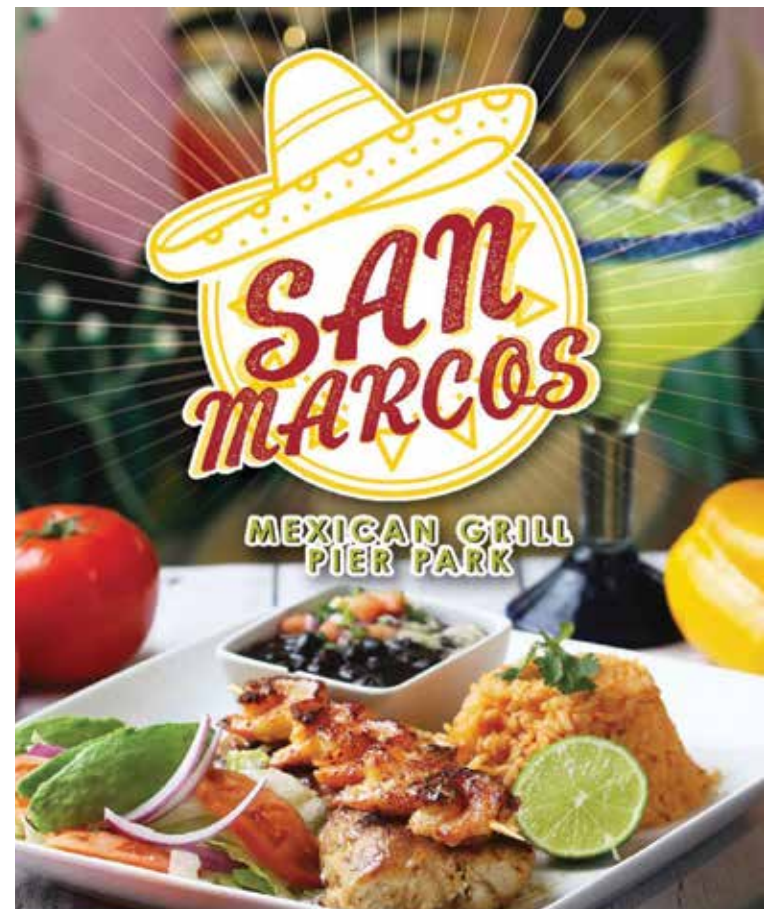


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Music & Arts

ECTC Opens Registration for Fall Programs

Emerald Coast Theatre Company's (ECTC) 2024 Fall Educational Theatre programs are bigger and better than ever. These programs provide creative and engaging classes designed especially for young thespians from elementary to high school, as well as adult classes. ECTC offers classes for Mini Players (5yrs.-1st), Little Players (2nd-3rd grade), Big Players (4th-5th grade), teens, and adults. This year, ECTC is offering Shrek the Musical, Show Choir (4th - 12th), Acting for Musical Theatre, Movie Magic Mondays, Tap for Teens and Adults, Jazz and Dance for teens and adults, Homeschool Classes, Beginner and Intermediate Ballet, ECTC

Thespian Troupe, ECTC Teen Company (9th-12th), and Individual Coaching Sessions for Jr Thespians/Jr Company, and a Senior Drama Club. The full schedule of class dates and times along with tuition and registration rates can be found at www.emeraldcoasttheatre.org/youthclasses.

"ECTC is elevating the game this fall. We have new classes, old favorites, and a show our students have been begging for - Shrek the Musical! This semester is going to be magic! We hope to see everyone on stage with us!" - Heath Carroll, Director of Education

Shrek the Musical, the Tony Award-winning musical features

your favorite Ogre and all of his fairytale friends as they fight the evil Lord Farquard to regain their homes. Students will work as a cast to act, dance, and sing throughout this high-energy, fast paced production. There's a reason Shrek has become a cultural phenomenon. Join us and be a part of the action!

Fall Youth and Adult Education Classes are held from August 10 - November 16, 2024. Payment plans and Scholarships are available. *Tuition price includes a \$30 non-refundable registration fee. Class locations include ECTC's main space at 560 Grand BLVD, Suite 200 in Miramar Beach, FL as well as Florida Chautauqua Theatre



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(FCT) at 848 Baldwin Avenue in Defuniak Springs, FL and at the Freeport Elementary School in Freeport, FL.

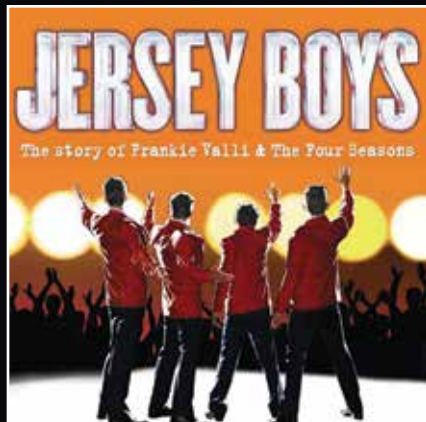
"Theatre arts allow children to express themselves in a comfortable environment with other children, without judgement. We are overjoyed to be able to continue these programs here at ECTC and surrounding communities," says ECTC co-founder and producing artistic director Nathanael Fisher.

ECTC's 2024-2025 season is made possible with support from Grand Boulevard at Sandestin, St. Joe Community Foundation, Howard Group, and the South Walton Tourist Development

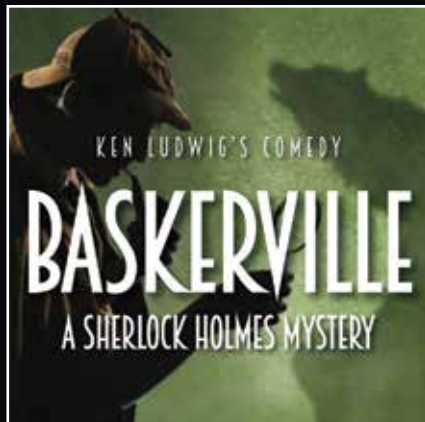
Council. Thank you to our Education Program Sponsors - Shoreline Title, Barker Williams, PLLC, Jennifer Crawford's Own At The Beach Team with Keller Williams, Heritage Oak Wealth Advisors

To register for ECTC 2024 Fall Theatre Education classes, visit <https://www.emeraldcoasttheatre.org/youthclasses>.

To make a tax-deductible donation, volunteer or learn more about Emerald Coast Theatre Company, find them on Facebook, follow the ECTC YouTube channel, call (850) 684-0323 and visit www.emeraldcoasttheatre.org.



Sept. 20 - Oct. 13



Oct. 24 - Nov. 3



Dec. 6-22



emerald coast theatre company

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Coming Soon

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www.emeraldcoasttheatre.org



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IN THIS ISSUE

ISO: PCB's Best Burger

Events and Fun

ISO: PCB's Best Burger

By JACK SMITH

Hamburgers may well be considered America's favorite food, but the origins of the hamburger are fuzzy at best.

The Germans claim it started in Hamburg (hence the name, hamburger), influenced in turn by 12th century Mongolians' steak tartare. In the 19th century, beef from German Hamburg cows was minced and combined with garlic, onions, salt and pepper, then formed into patties (without bread or a bun) to make Hamburg steaks. Given the quality of Hamburg beef, these early burgers were considered gourmet and were pricey. When German immigrants arrived in New York and Chicago, many opened restaurants and featured the Hamburg steak, an Americanized version of the German offering.

Fletcher Davis claims to have invented the hamburger, putting ground beef between two pieces of Texas Toast when one of his customers was in too much of a hurry to sit down for a meal. The customer walked away with his hamburger steak and seemed so content that "Old Dave" offered his new carryout meal as a staple menu item at the end of 1880 in Athens, Texas.

The Library of Congress credits Danish immigrant Louis Lassen of Louis' Lunch, a small lunch wagon in New Haven, Connecticut, with selling the first hamburger and steak sandwich in the U.S. in 1895.

Whatever the truth, the staff of PCB Life sure has enjoyed going in search of PCB's "Best Burger," with lettuce and tomato. See next page for our winners.

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Capt. Anderson's Restaurant

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captandersons.com

While the young ones are enjoying a burger on the kids menu, the adults can sink their teeth into our signature steak... the Grilled Churrasco! A perfectly seasoned Nicaraguan Cut Tenderloin with grilled Bermuda Onions. Deliciously paired with a bottle of Penfolds Bin 389 Cabernet Shiraz.

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

boondocksfl.com

Located under the mighty oaks on the Intracoastal Waterway just 5 minutes from the beaches in West Bay, Boon Docks offers you a delicious array of local and regional seafood prepared in a variety of ways. We use a special blend of spices that gives our grilled items a taste like no other! Looking for something different? Try our fried or grilled shrimp burger.



The Wicked Wheel

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

thewickedwheel.com

Indulge in our signature Candied Bacon BBQ Burger, elevated to new heights with cheddar cheese, caramelized sweet onions, tangy barbecue sauce, and homemade candied bacon. A sweet and savory masterpiece that will leave you craving for more! Visit The Wicked Wheel today and treat your taste buds to a wild ride!



Rudy's Country Store and Bar-B-Q

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

rudysbbq.com

The same original recipes that built Rudy's reputation in Leon Springs, Texas, are now available throughout the South. Come in and enjoy our famous Texas-style Bar-B-Q, beans, chili, corn on the cob and much more. Celebrate the next holiday Texas-style.



San Marcos Mexican Grill Pier Park

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

www.sanmarcosmexicangrillpierpark.com

Beef tacos are always a winner! 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.



Schooners

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

The Schooners Burger is 10 oz. of choice Angus Beef grilled to perfection. Topped with all your favorite fixin's and served with a view... a legendary burger on the Gulf coast!



The Pancakery

13800 Panama City Beach Pkwy, PCB | (850) 588-5077
thepancakery.com

For lunch, enjoy a hot and tasty Hotsy Burger, made with a delicious blend of hot sausage and ground beef. Half pound dressed with lettuce, tomatoes, onion served with a a pickle spear and home fries. Customize it with cheese, mushrooms or bacon to make it your personal favorite.

Señor Frogs

15005 Front Beach Road, PCB
senorfrogs.com/panama-city-beach

We're a restaurant where the perfect mix of fun and flavor converge, just like the sand and the aquamarine sea. Have a great time with your family and friends while enjoying delicious dishes and the iconic Señor Frog's yards. Try our delicious beach burger: 7 oz. Black Angus beef patty served on a brioche bun with choice of side. Add cheese or bacon and make it your own personalized burger heaven.



Fall Annual Events on the Horizon

Pirates of the High Seas & Renaissance Fest

October 11-13, 2024

Calling all ye mateys, fair maidens and swashbucklers of all ages to Panama City Beach for the annual Pirates of the High Seas & Renaissance Fest. This year's free celebration sets sail October 11-13. Enjoy action-packed weekend of fireworks, live mermaid shows, a fire circus, parades, a treasure drop, Cirque Adventure and more. Travel back in time with our Renaissance addition, where gentry and squires alike can experience an enchanted marketplace complete with sword and whip demonstrations, pirates pub, live entertainment & more!



Panama City Beach Oktoberfest

October 18-20, 2024

This October 18-20, 2024 at Aaron Bessant Park in Pier Park,

PCB Oktoberfest is on for three days of German beer, food, music, as well as activities for kids and families.

The event will feature a massive 150'x50' tent decorated like the authentic Oktoberfest tent in Munich, Germany, as well as two outdoor beer gardens and a



VIP section under the tent.

Get ready for great German food! Pair your beer with brats, either famous or smoked, mettwurst, or hot dogs (with or without sauerkraut).

Plus, nothing is better with your new and old favorite beer than giant pretzels with beer-in-



fused cheese. Come out for good eats including other traditional Oktoberfest fare.

Thunder Beach Motorcycle Rally

Fall Rally: October 23-27, 2024

Known as the "Most Bik-

er Friendly Free Rally in the United States," Thunder Beach Motorcycle Rally is a biannual event that takes place in spring and fall in Panama City Beach.

Twice a year, bikers, vendors, and exhibitors from around the country descend on the destination to share stories, listen to great bands, and experience exciting live entertainment. The free, four-day rally features over 200 vendors and exhibitors, a bike parade, beauty pageants, poker runs, live music, motorcycle stunt shows, tattoo contests, bike shows with category judging, and much more. Panama City Beach bike week happenings will take place at multiple venues throughout the area, welcoming over 60,000 biking enthusiasts to the beach twice a year. For the full event schedule, visit the Thunder Beach website.



Panama City Beach FUN on the Agenda

By JACK SMITH, PUBLISHER

My phone rings several times a day with people asking “What’s the best thing to do in Panama City Beach?” This question has been covered by several articles over the years. We all know PCB is full of fun things to do. I decided to take a fresh approach, to summarize them and include places off the beaten path that are mostly known by locals. We are just getting started with this section, so look for more places each month. These are some of my favorites places. I will be on the lookout for the next undiscovered gem!



Have a Sunset Cocktail at The Reef Bar & Grill

The Reef Bar & Grill is home to the most beautiful sunsets on the Emerald Coast. The bar hangs over the white sand beach looking out over the turquoise water. It’s the best kept secret in town!

21905 Front Beach Road, PCB
(850) 234-5722
beachsideresortpanamacitybeach.com

Go Back to the Future at Funland Arcade & Snack Bar

Opening in 1953, Funland is the oldest arcade in Northwest Florida. This family oriented business has been a “must” stop for three generations of families visiting Panama City Beach. Funland has over 100 arcade games; from kiddie rides to some of your old favorites to the latest in high tech games. Funland has it all. Another well kept secret is the snack bar, specializing in Southern comfort food for over 50 years now.

See you there or be square!

14510 Front Beach Road, PCB | (850) 234-3693
funland-arcade.weebly.com



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Panhandle Helicopter is family-owned business that will take you to new heights flying over the world's most beautiful beaches. We'll take you along the beach, allowing you to see all of the famous landmarks and marine life below your feet. Dolphins, stingrays and sea turtles are a common sight, so get ready to take a video. In the words of our founder, “if you aren't having fun, we aren't doing our job.”

1711 Beach Park Trail, PCB
850-230-2080 | Info@panhandlehelicopter.com
panhandlehelicopter.com



Panhandle Helicopter: See the Beach In a Whole New Way

“If you’re not having fun, we aren’t doing our job,” says Panhandle Helicopter owner J. R. Hott. This pretty much captures the vibe at Panhandle Helicopter. If they don’t have the best job in the world, it sure is close. Where else can you clock in and spend your day flying over the most beautiful beaches in the world looking down on crystal clear waters, watching dolphins play below your feet? You can do the same while checking off a top bucket list item.

Their copters will fly you along the beach allowing you to see both city and county piers, over Shipwreck Waterpark and all the high-rise hotels with beach life aplenty in between. Dolphins, stingrays, and sea turtles are common sights on their flights, so be sure and bring a camera. The Shell Island tour, a passenger favorite, is a 24-mile tour that will expose you to parts of the beach accessible only by boat or air. This twenty-min-



ute tour takes the Miracle Strip, Run to The Pass and Shell Island. The flight spins north past the Navy Base, the Port of Panama, and the Hathaway Bridge. As one of the pilots puts it, “This might not be heaven, but you can sure see it out the front windshield.”

Panhandle Helicopter is lo-

PHOTO CREDIT NIKKI BONNETTE

cated at 17711 Beach Park Trail in Panama City Beach. Reach them at (850) 230-2080 or email Info@panhandlehelicopter.com for more information. Explore tour options and make reservations on their website, <https://panhandlehelicopter.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.



Boon Docks
RESTAURANT

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*Not valid on Group Meals or any other promotions.

Staying Ahead of the PCB Population Explosion!

BY CINDY MULLA, PUBLIC RELATIONS/EDUCATION, BEACH MOSQUITO CONTROL DISTRICT

The summer heat is on, afternoon showers produce temporary relief until the humidity kicks in, adding a new dimension to the potential population explosion. But never fear before things swarm out of control, there is a scientific-based solution already strategically incorporated and used to scrutinize each situation: **Integrated Mosquito Management (IMM)**. What is IMM and what is involved?

Integrated Mosquito Management is the driving force for successful mosquito management. There are seven main joint components that when combined and used together successfully control both nuisance mosquitoes and those that have the potential to spread mosquito-borne disease.

Mosquito surveillance is key. We need to understand and know what is out there before beginning proper control measures. Collection of both larval and adult mosquito population

data is key to controlling mosquito populations.

Larval surveillance is the collection of the aquatic life cycle state of the mosquito. Technicians survey/map breeding areas. This includes manually taking individual water samples with the presence of larvae. If larvae are found, they are treated. Next, samples are delivered and speciated. This method allows for controlling the populations before becoming pestiferous adults. It is a terrific way to control mosquitoes biologically and to lower the potential risk of mosquito-borne disease.

Adult surveillance uses a variety of adult mosquito trapping methods to collect species data, to figure out where mosquitoes are breeding, and whether there is a disease risk. This data can also decide the method to use for adult mosquito control. Sentinel chickens are another method to check for mosquito-borne disease. Weekly blood samples collected from chickens placed strategically across our district are used as

an indicator of when and where diseased mosquitoes are active in an area plus it allows our administration to make decisions to treat the problem before it amplifies.

Source reduction is the effective elimination or method of control for larval habitats. Examples are dumping out a bucket of water, draining a kiddie pool, disposing of trash holding water or unclogging a culvert to prevent pooling of standing water. This is an important part of IMM, and everyone should try their best to assist mosquito control by doing their part to eliminate breeding sites on their property.

Larviciding (control of larvae): there are factors that can inhibit source reduction making it impossible to eradicate every mosquito breeding location. The next step in IMM is mosquito larval control measures. Examples are the use of screens on rain barrels and community trash and standing water clean-up programs. When these do not work, mosquito control will use *Gambusia holbrooki*,

also known as mosquito fish, as a natural biological reoccurring control method. These fish need minimal maintenance, are self-sustainable, a remarkable, and successful form of control for mosquito populations. Another safe organic biological control method is the use of a group of natural bacteria in products that only target mosquito larvae. Dispersing larvicide products can be either aerial or by ground applications. They are safe to use and pose no threat to mammals, fish, birds, or other living organisms. These products are available for purchase at local stores too. The use of growth regulators is also another method of larval control. They prevent the larvae from reaching the third stage of mosquito development, the pupa.

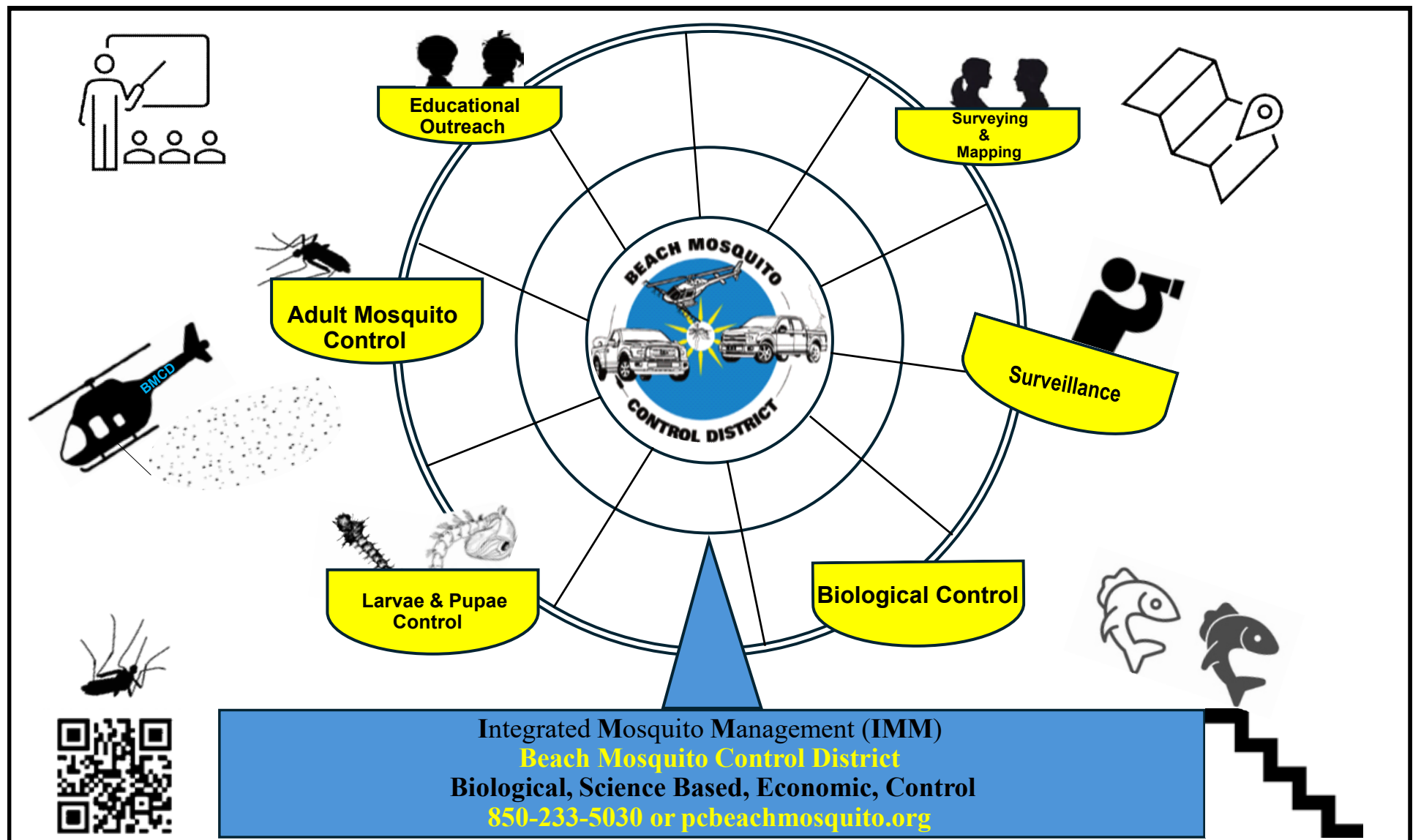
Adulticiding (control of adults) is the method used to control adult insect populations. No matter how pro-active mosquito control is with source reduction and larviciding, adult mosquito populations still can rise due to weather events and other environmental factors.

Adult mosquito surveillance data collected and susceptibility to specific pesticide products will decide the type to use and the method of application whether aerial or ground Ultra-Low-Volume ground adulticide.

Monitoring the insecticide resistance level is extremely important when figuring out which species of mosquitoes are developing or have developed a resistance to certain chemical(s) in pesticides. Resistance tests are conducted by using Cage Trials or Bottle Bioassay tests. Due to the limitation of products available in our toolbox, rotation of products is essential for good control.

Public educational outreach and education is essential for all ages, effective communication, positive public health, and community support. Teaching everyone about mosquito awareness, life cycle, habitats, source reduction, how to avoid mosquito bites and the prevention of spreading mosquito-borne disease is key to

Continued on next page



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(male menopause) and menopause. Some of these changes may be barely noticeable or merely inconvenient. However, others can have a profound and

your confidence levels as you move through daily life. Many of these changes are related to a decline in hormone levels. The good news is that hormone replacement therapy (HRT) has the potential to shape how you look and feel as you age.

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2. Body composition
3. Bone health
4. Metabolism and energy level
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Meet Nancy Watson, PA, high priestess of all things healthy and owner of Optimal Hormones & Wellness in PCB. As we age, hormone levels begin to decline causing a host of physiological changes that occur such as when testosterone levels in men fall or when estrogen and progesterone fall in women. These changes can be a signal of the beginning of menopause

destructive impact on everyday life. For example, physical symptoms caused by a decline in hormone levels can significantly affect your quality of life such as aches/pains and low energy. Social and emotional insecurities can be triggered by a changing appearance such as laxity of the skin, hair thinning and wrinkles. These symptoms can impact your personal relationships and

STAYING AHEAD

continued from previous page

solid integrated mosquito management program.

Current data collection and maintenance of historic data are critical parts of a successful Integrated Mosquito Management program. Having this information available at our fingertips is essential because we can learn from the past to improve the quality of mosquito control and public health. Whether it is surveillance for disease, new species introduced to the area, GPS coordinates of outbreaks, weather events, breeding sites, trends in breeding, surveying/mapping or the

regulatory compliance of product usage we need every piece of evidence to support new developments.

Beach Mosquito Control District needs Panama City Beach area residents and visitors to continue to be a part of our Integrated Mosquito Management team by practicing source reduction around your property, being responsible by wearing insect repellent and contacting us with any mosquito questions/concerns at

(850) 233-5030 or at www.pcbeachmosquito.org. Communication is key for a successful Integrated Mosquito Management program.


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 Wellness


When Your Partner Makes Mistakes, Your Reaction Makes a Big Difference

BY JAMIE C. WILLIAMSON, PhD

People in long-term relationships make mistakes. The impact your partner's mistakes have on your relationship depends largely on how you make sense of why they behave as they did. We call this an "attribution" of cause.

And, what you see as the cause depends mostly on what you look for.

Let's say your partner made a simple, everyday life kind of mistake like arriving late to pick you up. There are four basic causal attributions you could make for this mistake, and they vary as having resulted from Internal vs External causes and from Stable versus Temporary causes.

My Partner was late because:
...he is an inconsiderate jerk (Internal, Stable attribution)

...he forgot to set his alarm (Internal, Temporary attribution)

...his old car broke down

again (External, Stable attribution)

...he got stuck in traffic (External, Temporary attribution)

People in healthy, satisfying relationships routinely make External, Temporary attributions (#4 – a temporary situation he did not cause) for their partner's mistakes. These attributions reduce distress about the mistake and promote the well-being of the relationship over time.

People in distressed relationships are more likely to make Internal, Stable attributions (#1 – a negative character trait) for their partner's mistakes. These attributions exacerbate the stress about the mistake and erode relationship satisfaction over time.

Let's consider a serious life-event stressor: Scott gets fired from his high-paying, work-from-home job because he is not actually working the hours he reports on his timesheet. Lori, who works outside the home, is upset because Scott lost this job (and income) and because he lied to his boss and her about the amount of time he was working. Scott has profusely apologized.

Lori contacted me for help in deciding what to do. First, I acknowledged that it was



wrong for Scott to submit a false timesheet to his boss and that his apology seems heartfelt. Then, I explained that the relationship impact of this mistake will depend largely on Lori's attribution for the cause of the mistake.

I created 4 different explanations and asked her which one best explained why she thought Scott was working fewer hours than he reported to his boss and to her. Scott filed a false timesheet because:

...he is lazy and always tries to cut corners. (an Internal, Stable Attribution)

...he didn't pay close attention to the rules and assumed that when working remotely, if he got the job done, he should report full-time hours. (an Internal Temporary Attribution)

...his stupid company didn't provide written instructions to

the remote sales force. (an External, Stable Attribution)

...to camouflage the fact that he was stuck chauffeuring the kids around and taking care of more responsibilities at home while things were crazy for us (an External, Temporary Attribution)

If Lori believed that Scott filed a false timesheet because he is lazy and always tries to cut corners, and she reacts to Scott's job loss through that lens, then Scott's mistake will likely lead to severe relationship distress, regardless of how many times he apologizes. Lori won't hear his apology, because in her view, the job loss is due to Scott's negative character trait – laziness.

But what if Lori chose to believe that Scott had good intentions, even though he did the wrong thing. She could attribute his mistake to an External, Temporary cause (#4) and determine that he was just trying to keep too many balls in the air - to keep his compensation high, while taking on more family responsibilities, ultimately to make things easier for Lori.

Bottom line: When your partner makes a mistake, what you see depends on what you look for.

If you find yourself looking for external, temporary causes for your partner's mistakes, then

you will see the positive intentions in your partner's behavior, even though you acknowledge the mistake. This will make it easier for you to accept your partner's apology and to cooperate in finding a solution to a serious mistake.

This pattern signals a healthy relationship, likely to survive the mistake and make you closer once you've worked together on the solution.

If you find yourself looking for internal, stable causes for your partner's mistakes, you will see selfish motives to your partner's behavior, blame your partner for the negative impact on you and your relationship, and resist cooperating in finding a solution.

This pattern signals relationship distress that needs to be addressed. You'll have several options, depending on your level of overall relationship dissatisfaction.

Let me know if I can help.

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

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Introducing: SYNC Diagnostics and SYNC Laboratories

BY GREGG RENNER

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

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

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



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

On the SYNC Laboratories

side, the analysis equipment 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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 Beach Safety

PCB REACTS

continued from page 1

regular meeting, City Council voted unanimously to shift funding for fifteen seasonal lifeguards, using the money to create six additional full-time lifeguard positions. When implemented, PCB Fire Rescue next spring will grow from nine to fifteen full-time employees, said Beach Rescue Director Daryl Paul.

Paul said Panama City Beach — like most other tourism destinations on the water — has struggled in recent years to hire, and retain once aboard, young men and women traditionally recruited for seasonal lifeguarding. “The culture is shifting with regard to younger people,”

he said, noting that two of his seasonal employees last year abruptly quit after just two paychecks.

“I’m confident we will be able to fill these [full-time] positions,” Paul added.

While no formal decision has been reached by city officials on the just-recommended \$332,500 TDC allocation, Paul expressed guarded optimism that the extra funds will be available to create an additional four full-time lifeguard positions.

Each city lifeguard works a 10 a.m.-6 p.m. shift four days a week (extended from 6 p.m. to time of total darkness when double red flags are flying). At the current manning level, Beach Rescue stations three lifeguards at the Russell-Fields Pier

and two at Boardwalk Beach Resort, the only vacation property to have joined the four-year-old public-private lifeguard partnership.

With the additional lifeguards, Paul said he will be able to implement a full “rover” system where a lifeguard on a four-wheel ATV will patrol each of three “zones” along the nine-mile city beachfront. At present, rovers operate on an “as available” basis only.

In Bay County, its seventeen beach safety employees man lifeguard stands at the M.B. Miller Pier, and Rick Seltzer Park, while patrolling the unincorporated beachfront on either side of the city.

The beach safety crisis has prompted city officials to con-

sider a number of additional steps.

A stiffer single-red flag requirement:

At the urging of Councilman Paul Casto, the city will study imposing a new safety measure when single red flags are flying. Anyone entering the water must have a personal flotation device, such as a boogie board with tether, inflatable raft or life ring.

Officials noted that in five of the six June incidents, single red flags were flying, which allow swimmers to enter the water but caution of an elevated risk of rip currents. The sixth fatality occurred right as the city was changing the beach warning flags from single to double red.

While Council members seemed generally supportive of Casto’s recommendation, a formal analysis and assessment of how the beach safety ordinance might be amended, and how beachgoers will be notified of the flotation gear requirement, has not yet been made.

During its following meeting on July 25, City Council held a first reading on a proposed amendment to the Beach Safety Flag Ordinance that will double the fine for a first violation from \$500 to \$1,000, and raising the possible criminal charge from a second- to first-degree misdemeanor, dictating a potential sentence of up to 60 days in jail. Formal adoption of the change is expected at Council’s meeting on August 8.

Subsidizing the public-private lifeguard partnership program:

Four years after City Council enacted an ordinance that would provide city-employee lifeguards at private beach resorts, only one property – Boardwalk Beach Resort – has signed up for the program.

Under the current ordinance, the resort pays for the one-time cost of capital equipment such as lifeguard stands and communications gear, as well as reimbursing the city for the lifeguards’ salaries. Having city employees as their lifeguards re-

moves the liability threat to the property in case of a drowning or accident.

The first-year start-up costs is around \$125,000, which includes the equipment charge of about \$68,000 and approximately \$57,000 for the salaries of two lifeguards, Paul said.

Councilwoman Mary Curburn suggested City Council look into the city covering the one-time capital costs as an incentive to get more resorts to join the partnership program.

A Beach Ambassador program to expand safety awareness of beachgoers:

Councilman Ethan Register proposed diverting TDC marketing funds to create a paid group of 100 people who would patrol the sandy beach, interacting with visitors as “a walking-talking billboard” informing them of the potential rip current threat and the flag warning system.

Deploying flotation rescue buoys:

Speaking on behalf of the Rotary Clubs of Bay County, Hank Hill said they would fund the cost of placing flotation buoys like the ones used by lifeguards at all public beach access along the Gulf beachfront. “We’re ready to fund this,” Hill said.

Exploring an AI sensor program to identify distressed swimmers.

Vice Mayor Michael Jarman called Council’s attention to an Israeli company, Sightbit, that has developed an AI program that can use off-the-shelf video cameras and a standard internet connection to provide constant surveillance and instant warning alerts of a swimmer in distress. (See www.sightbit.com.)

Each camera connected to the AI software can monitor 3,000 feet of beachfront, according to the Sightbit website. When the system detects a swimmer in distress, it can send an instant alert message to the appropriate recipient via WhatsApp.



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Rip Currents – Not Waves – Are the Threat

BY ED OFFLEY

Just how dangerous is the water?

Between January 1 and July 8, the city Beach Rescue service posted either single or double red warning flags on 116 days, marking 61 percent of the 190 days of that time span. Double red flags mandating closure of the Gulf of Mexico to swimmers flew on 44 days, while single red flags – cautioning swimmers of potentially deadly rip currents – flew on 72 days.

“Waves aren’t killing people here. Waves aren’t the hazard,” said Daryl Paul, Beach Rescue director for Panama City Beach. “It’s rip currents that are the hazard, and that’s what we’re flying the flags for.”

Rip currents are rapidly moving channels of water that pour outward from the beach, Paul explained. They are created when long Gulf swells break in the surf zone and pile up greater amounts of water than normal. The fast-moving currents can trap even the most experienced swimmer and sweep him or her away from the shoreline into deeper water. This can lead to a swimmer panicking and attempting to fight the current, leading to exhaustion and the threat of drowning.

Experts say if you get caught in a rip current, you should not fight it, but instead, keep calm and swim parallel to the shore until you break free, Only then is it safe to swim back to the beach.

Common misperceptions among inexperienced swimmers are that rip currents pose a threat only during high surf conditions. “While rip currents are powered by wave action,” Paul told a City Council workshop on beach safety July 11, “there is still water moving even when the [surface of the Gulf] is flat.”

After becoming director of beach safety operations, Paul

Rescue to fly single and double red flags more frequently than in past years, Paul said. “Our methodology – we’ve improved it.”

Meanwhile, the Bay County Tourist Development Council has expanded the use of social media to immediately inform

visitors and residents alike of a change in the beach warning flags – especially when conditions warrant deploying either single or double red flags.

Asked at the Council workshop if any one particular area of the nine-mile beachfront is particularly hazardous, Paul

said rip currents occur “anytime, anywhere.”

Last year, about 91 people died in rip currents nationwide, according to the National Weather Service data. That was up from the 10-year average of 74 deaths per year.

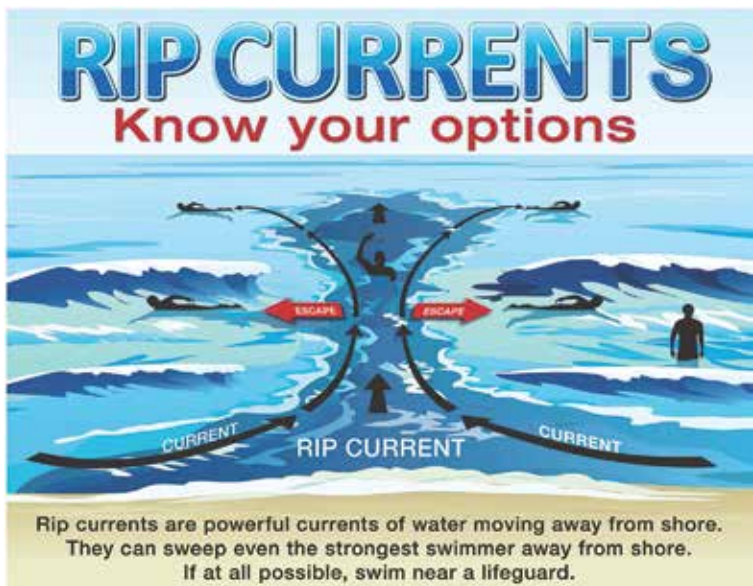


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Sean of the South



BY SEAN DIETRICH

Kansas City International Airport. I was standing in a long, LONG line, waiting to board my plane. We were like cattle, clogging up the chute. Nobody was happy.

Namely, because yesterday the whole world underwent a historic global internet outage, which delayed and canceled nearly 3,000 American flights. And on this particular historic day in human civilization, I happened to be flying.

You could see boiling anger and frustration on every face in the airport.

The young man in line ahead of me was with his mother. He

was maybe 15. He had Down syndrome. He was shouting hellos to people in line. He was a natural comedian. He was Mister Personality.

And you couldn't help but smile when the kid landed his miracle gaze on you.

"Hello!" the boy shouted to a businessman in line. "How are you today?!"

The business guy was on the phone, having a heated conversation at the time.

"Uh, I don't know," the guy says.

Then the boy hugged the man. "Does this help!?" he said.

The businessman tentatively hugged back. Until, finally, he broke a smile, ended up terminating the phone call, and he said to the boy, midhug, "I guess I'm good, how are you?"

"It's not 'good,'" the boy said. "You never say 'I'm good,' it's bad grammar. It's WELL. You should have told me, you're doing WELL!"

Everyone laughed at that. All the people in line, in foul moods, some of whom had been living in KCI for the past 20 hours, sur-



living on vending machine food, actually began chuckling.

The businessman was laughing too, when he said, "Okay, then I am doing WELL, and how are you today?"

"I'm good," the boy said.

More laughter.

Then the boy addressed another woman in line. She was playing on her phone. She was mid-forties. She looked like she'd just sucked a lemon.

"Hi," the kid said.

She looked up from her phone.

"Um. Hi?" she replied.

"What's your name?" he asked.

"Laura."

"Can I give you a hug, Laura?"

Laura looked around. "Um. I don't think so."

He hugged her anyway. He even closed his eyes. Laura was taken off guard. She put her phone away and committed to the hug.

"You smell good," the kid said.

"Thanks," she said.

"What about me?" he said. "Do I smell good too?"

Laura looked around again. "Sure."

This made her laugh. Which was exactly what the boy was aiming for, of course.

The kid approached several others in line. I watched people's rancid attitudes fade, one by one. And I watched a few hundred delayed airline passengers start to smile.

When it was time to board the plane, the kid stepped back in line. His comedy routine was

over. He was with his mom once again. He was quiet.

"That's one remarkable boy," I whispered to his mother.

She smiled.

"He has a gift," she said. "He can make anyone smile. And I mean ANYONE."

"He must inherit that gift from you?" I said.

She laughed. "Lord, no. His biological parents left him in a dumpster as a baby, behind a restaurant." She used a pinky to dab away a tear. "I was just the one who was lucky enough to find him."

Some folks get all the luck.

Sean Dietrich is a writer, humorist, novelist, and biscuit connoisseur, known for his commentary and stories on life in the American South.

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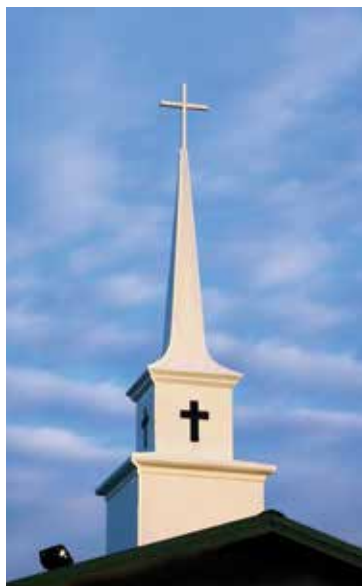


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A Minister's Message: The Search for Peace



BY DR. KERRY KNIGHT,
EMERALD BEACH CHURCH
OF CHRIST

He is a shield to all who trust in Him. - II Samuel 22:31

If you are a student of the Bible you probably remember the words of Jeremiah, the prophet, when he wrote: "Peace, peace! When there is no peace" (Jere-

miah 6:14). The false prophets of the land of Israel were promising Judah prosperity, when in fact, God was announcing severe punishment because of idolatrous abominations. "Behold, you trust in lying words that cannot profit" (Jeremiah 7:8). One thing we can definite-

ly rely on. God will always be truthful with us. "Every word of God is pure" (Proverbs 30:5). When we trust in Him, He is like a shield, protecting us from the enemy. Since Satan is the enemy of Christians, we must remember there will never be peace with him. He walks about

as a roaring lion, seeking to destroy us (I Peter 5:8). But as long as we put our trust in the heavenly Father, Satan will fail.

"Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ" (Romans 5:1).

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The Mail News

Country In Turmoil



Today's climate, although strained, is certainly nothing new. I can't count how many times I heard my grandfather say "The world's going to he__ in a handbasket." I prefer my younger sister's comment, "Let go, let God." Christ has always been there to calm troubled waters and will again.

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SUNDAY PM:
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Flooring Depot Enhances Customer Experience with New RoomVo Kiosk

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

In a bid to revolutionize the shopping experience and help customers make more informed decisions, Flooring Depot is proud to announce the installation of the innovative RoomVo kiosk in their store. This cutting-edge technology allows shoppers to visualize flooring options in their own rooms, bridging the gap between imagination and reality.

Choosing the perfect flooring can be a daunting task, with endless options in materials, colors, and patterns. Flooring Depot recognizes this challenge and has taken a significant step to make the process easier and more enjoyable for their customers. The new RoomVo kiosk empowers shoppers to see how different flooring options will look in their actual living spaces, making the decision-making process much simpler.

The RoomVo kiosk is user-friendly and intuitive. Customers can upload a photo of the room they are looking to renovate or choose from a variety of pre-loaded room scenes. With just a few taps, they can select different flooring options and instantly see how each one transforms the space. The kiosk offers a wide range of flooring materials, including hardwood, luxury vinyl plank, and carpet, ensuring that there is something for every taste and budget.

Upon uploading a photo, the RoomVo technology seamlessly integrates the chosen flooring into the image, providing a high-resolution, realistic preview. This feature allows customers to experiment with different styles, from classic oak hardwood to contemporary vinyl planks, without the hassle of physically handling multiple samples. The kiosk's advanced imaging technology ensures that lighting and room dimensions are accurately represented, giv-



ing a true-to-life depiction of how the flooring will appear in their home.

Benefits of the RoomVo Kiosk

1. Enhanced Visualization: The RoomVo kiosk provides a realistic preview of how different flooring options will look in a customer's home. This helps in making a more confident and informed choice.

2. Time-Saving: Instead of taking multiple samples home, customers can now make quick

decisions in-store, saving time and effort. The convenience of visualizing flooring in-store means fewer trips back and forth, streamlining the shopping process.

3. Personalized Experience: The ability to see flooring in their own room gives custom-

ers a personalized shopping experience, tailored to their specific needs and preferences. This personalization fosters a sense of ownership and satisfaction in the final decision.

4. Increased Satisfaction: Shoppers can feel more assured that their chosen flooring will complement their existing décor and meet their expectations.

Early reactions to the RoomVo kiosk have been overwhelmingly positive. Shoppers have praised the technology for its

ease of use and the clarity it provides in visualizing potential purchases. Many have expressed that this feature significantly enhances their shopping experience, making Flooring Depot their preferred destination for flooring needs.

One customer shared, "I was struggling to choose between several types of flooring, but the RoomVo kiosk made it so much easier to see which one would look best in my living room. It saved me a lot of time and helped me make a decision I'm really happy with."

Another customer mentioned, "Being able to see how the flooring looks in my own home setting made all the difference. The RoomVo kiosk is a fantastic tool, and it made my shopping experience much more enjoyable."

The introduction of the RoomVo kiosk is just one of the many ways Flooring Depot

Continued on page 31



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Design and Culture: **What's New in Countertops**



Scandi Blue by Vadaara Quartz



Cristallo Maestro Quartzite



Waterfall edge with detail by Granite Plus

It has been very exciting in the world of countertops in the last year with lots of new colors. Inspired by natural stones and with a shift into more color, designers are pushing the limits of stone, now adding it in collaboration with cabinet fronts and adding extra details to backsplashes and waterfalls.

Quartzite continues to be the most popular natural stone with its variety of colors and patterns. Quartzite just has that essence of vibrance and depth that just can't be captured by something manmade. At Granite Plus we have a wide selection of quartzites to choose from. We also have distributors all over the country to help you find exactly what you're looking for.

Vadara quartz is a wonderful quartz and has a limited lifetime warranty. They have added six new lovely colors that are inspired by Calacatta Marble: Scandi Blue, Terra Vista, Desert Blush, Moonlit Lace, Desert Blush, Safari Delta, Gassomer Sands and Golden Scribe. These are all beautiful selections for our coastal homes. Vadara Quartz is an excellent choice if you are doing a waterfall edge. One of their classic colors is White Aurora which really has those Calacatta marble characteristics with grey and gold tones

and soft veins. You can find out more at Vadaraquartz.com or stop by our showroom to see samples.

Viatera Quartz released some colors inspired by Quartzites which are elegant and charming, Macaubus Bianco and Gemini. Viatera has always had some lovely Calacatta colors and now they have added Their Suprema collection which is elegant and timeless. Most colors of Viatera Quartz are manufactured in Adairsville, GA. If you would like to learn

more, you can visit LXHausys.com to view their Viatera collection or stop by our showroom to view samples.

These are just a few of the new quartz collections out there. You can contact us at Granite Plus and we can assist you in finding that perfect countertop for your space. Our showroom is located at 17801 Ashley Dr. Panama City Beach FL 32413. You can also give a call at (850) 236-6363. We look forward to meeting you!



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Realtor John Martin Announces New Partnership with eXp Realty

John Martin has been helping customers achieve their real estate goals here on the Emerald Coast for the past 13 years. John has an outstanding reputation for honesty, reliability and responsiveness and has consistently been one of the top selling agents locally and nationally.

John recently moved his Group to the brokerage firm of eXp Realty, a revolutionary real estate that has transformed the traditional industry model through its innovative approach and virtual platform. Founded in 2009 by Glenn Sanford, eXp Realty has rapidly grown to become one of the largest residential real estate firms in the United States and beyond, boasting a unique business model that leverages technology and virtual environments to empower its agents.

"I thought long and hard about changing firms, and I'm convinced the eXp model represents the future in Real Estate," John says.

At the core of eXp Realty's model is its cloud-based brokerage model, which allows agents to work remotely from anywhere in the world. Unlike traditional brick-and-mortar brokerages, eXp Realty provides its agents with access to a virtual office environment called "eXp World," a fully immersive 3D platform that simulates a physical office space. This virtual office not only fosters collaboration and community among agents but also eliminates the overhead costs associated with maintaining physical office spaces, allowing eXp Realty to invest more in its technology and reduce agent costs.



Agents at eXp Realty benefit from a competitive commission structure and revenue-sharing opportunities, which align their success with the growth of the company. This model has attracted top-tier real estate professionals who are drawn to eXp Realty's commitment to innovation and entrepreneurial spirit.

Prior to real estate, John was a business development executive with AT&T, BellSouth and Clearwire based in Atlanta, Georgia. John spent the first part of his career as an investment advisor with Smith Barney, and Merrill Lynch and he



Andrew, Sam and Helene. John is passionate for everyone to know the love, peace and true freedom that comes from knowing Jesus Christ. He hosts a weekly podcast called Road to Redemption sharing testimonies of people's lives that have been transformed by Jesus with the mission of providing Hope.

John grew up in Gulfport, Mississippi. He was a sailing instructor at the Gulfport Yacht Club and played competitive tennis. He graduated from the University of Mississippi and is an avid Ole Miss fan.

founded his own broker dealer and investment firm, Webridge Ventures.

John's first priority in life is God and his family, wife Kristina and children Christian,

You can reach John at (850) 714-3731 or email john@johnmartin30a.com.

Visit johnmartin30a.com on the web.

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From the Office of Congressman Neal Dunn

heinous and unacceptable. I am incredibly grateful that former President Trump survived this terrifying incident. He has always been a fighter and remains resilient even under the worst circumstances. But this sort of thing should never have happened.

July was an amazing time to reflect on what it means to be an American. I attended Independence Day celebrations across North Florida and was struck by the overwhelming display of patriotism everywhere I went. Our country has become more divided than ever. That was abundantly clear just a few days ago when an assassin's bullet nearly took the life of our former president.

Let me be perfectly clear, there is no place in our society for political violence. Not since the days of Robert Kennedy and Martin Luther King has America seen this level of violence in our political system. The divisive and hateful comments directed toward one's political opponents must end, or tragic events like this will continue to occur. I hope everyone will join me in condemning this act in the strongest possible terms so we can work together to unite our country.

The assassination attempt on former President Trump was

The American people deserve a government that works for them, not against them. That is why I'm proud to be a co-sponsor of the Safeguard American Voter Eligibility Act, also known as the SAVE Act, to ensure the American people, and only the American people, have their voices heard in our elections.

The SAVE Act requires states to obtain proof of citizenship when an individual registers to vote and requires states to remove all non-citizens from their voter rolls. This is a crucial step toward preserving the sanctity of the ballot box and ensuring no one tries to tamper with our election results.

It is unacceptable for individuals who are not citizens of this country to have a say in our elections. We must protect

the rights of American citizens and ensure that their voices are not diluted by those who do not have the right to participate in our democratic system.

Our democracy depends on the trust and confidence of the American people, and we must do everything we can to protect the integrity of our elections. I will continue to fight for election integrity and work towards ensuring that only eligible citizens have the right to vote.

This month, I also voted for crucial legislation to protect women's and girls' sports. In July 2022, the Department of Education released a final Title IX rule that would remove female-only spaces such as locker rooms and bathrooms from public schools while allowing biological males to compete in women's sports.

Title IX was meant to preserve opportunities for women on the sports field, not take them away. As a physician, I am incredibly concerned that the Administration would ignore basic scientific facts and sideline countless women to promote its views on gender.

That's why my colleagues and I are taking a stand on this rule by passing a resolution under the Congressional Review Act to block Biden's change to Title IX and preserve opportunities for women and girls. This resolution passed earlier this month, putting us one step closer to repealing this terrible policy.

As always, if you have questions or issues related to a federal agency, please feel free to contact my office by calling (850) 785-0812.

FLOORING DEPOT

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is committed to innovating and improving customer experience. By embracing the latest technol-

ogy, they are setting a new standard in the flooring industry, ensuring that their customers receive the best service and support throughout their shopping journey.

In addition to the RoomVo kiosk, Flooring Depot continues to offer expert advice from their knowledgeable staff, a wide range of high-quality products, and competitive pricing. They

understand that every home renovation is unique and strive to provide solutions that meet the diverse needs of their clientele.

Experience the future of

flooring shopping at Flooring Depot. Visit our main location at the corner of 15th and Lisenby and try out the RoomVo kiosk to see how your dream floors will look in your home.

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



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