



NOVEMBER 2024
VOL. 5, NO. 4

PCB Life

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

Finding Florida: Nature and History Come Together at the Tallahassee Museum

In a peaceful 52-acre forest of oak, pine, and cypress at the edge of Florida's capital, the quiet is broken by a pair of honking geese, a snorting horse, and the kinds of woody sounds you'd expect of such a sylvan location. Here at the Tallahassee Museum, however, there's more on offer than animal noises and an introduction to the region's heritage. A startling rustle in the tree canopy overhead and an exhilarated scream breaks the calm. It trails off into the foliage as someone flies past overhead, harnessed to a very high cable threading through the treetops, all part of the museum's Tallahassee Tree-to-Tree Adventures zipline courses. It becomes quickly clear this isn't your ordinary non-profit. Yes, you'll find a visit to this cultural gem educational and even inspiring, but you also have the opportunity to get up close and personal with Florida at heights hitherto unexperienced (and possibly scare yourself just a



little in the process).

Established in 1957, this museum offers a glimpse into the area's history, showcasing structures that date back to

the 19th century. One of the museum's highlights is the historic farm, with authentically restored buildings. Each structure is meticulously preserved,

allowing visitors to imagine life in early Florida when wa-

MUSEUM
continued on page 2

Thanksgiving Proclamation of 1789

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA GEORGE WASHINGTON, A PROCLAMATION

Whereas it is the duty of all Nations to acknowledge the providence of Almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor — and whereas both Houses of Congress have by their joint Committee requested me to recommend to the People of the United States a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many signal favors of Almighty God especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness.

Now therefore I do recommend and assign Thursday the 26th day of November next to be devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be — That we may then all unite in rendering unto him our sincere and

THANKSGIVING
continued on page 3

**CART SALES
SERVICE
CUSTOMIZATION**

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

Located in Beach Commerce Park behind Ace Hardware

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

Find out how we use a sophisticated mix of financial instruments to create income in the 6-9% range for our clients.

Call Rhonda @ 833-403-4041 or visit gulffinancialgroup.com.

Investments involve risk and are unless otherwise stated are not guaranteed. Past performance is not an indicator of future results.
415 Richard Jackson Blvd Ste 408 | Panama City Beach, FL 32407 | www.gulffinancialgroup.com

Gulf Financial

Phone: 833-403-4041
randy@gulffinancialgroup.com



Community

MUSEUM

continued from page 1

ter was pumped by hand, everyone shared one bedroom, and hurricanes hit without warning.

Russell Daws, President/CEO of the Tallahassee Museum, highlights the Museum's unique appeal, which stems from its expansive outdoor campus. The Museum integrates a biodiverse natural landscape with historic buildings, living exhibits of Florida's native wildlife, and a variety of history, natural science, and art displays. Each visit offers an immersive experience, inviting guests of all ages to explore, learn about, and connect with Florida's rich history and natural wonders.

The newest attraction at the Tallahassee Museum isn't an old building but the enclosure hosting four red foxes rescued from a fur farm through an organization near Jacksonville, OtterSpace Wildlife, aka the Ark Wildlife Care and Sanctuary, working with the Save a Fox Foundation. Of these four, only one, the lone male, Boots, looks like a red fox. The rest are white with gray, the result of a breeding process that targets the eight



genes controlling fur coloration, explains Suzie Buzzo, the Museum's animal curator. Now, with space to move, these foxes, including two sisters, are finding their new normal. Buzzo feeds them different types of food - they ignore the bananas and dislike peanuts so much they take them away and bury them, but seem to be fond of hot dogs. One of the females cautiously takes a hot dog morsel from my

fingers before ducking back into the foliage. It becomes clear that each fox has its own temperament. Boots is a pacer, uneasy around people, but the females appear more interested in human interaction. When one fur farmer who'd been passing on the misfit foxes deemed unsuitable for furs went to visit the refuge where they were being housed, he was so taken enough with their friendliness and personality that he shuttered his farm. Currently, there are still 250 fur farms in 21 U.S. states, but these lucky foxes have a better future ahead. Tallahassee Museum will be housing them temporarily while a gentleman in Jacksonville finishes building enclosures to provide safe haven for 89 rescued foxes.

In addition to fox-watching, leave time for a leisurely meander along peaceful trails traversing the museum grounds. Stop to spot the turtle hiding under a submerged log in the new alligator enclosure but don't linger so long you miss the bald eagles, the black bear snoozing in a sunny spot, or the endangered red wolves taking a break from parenting their pups to enjoy some fresh air and exercise.

Though these animal visits are special, it's hard to match the adrenaline rush of the high-octane zipline experience. While anyone with a serious fear of heights might opt to stick to terra firma, the adventurous won't want to miss this tree-top tour. Obstacles are interspersed between "zips" and even though you're safely latched in throughout, stepping off the edge into the ether takes some getting used to. Once you do though, you'll be making exhilarated noises of your own.

If there's yet time for more, supplementing these zoological experiences are a range of educational programs. Additionally, the museum hosts special events throughout the year, including nature walks, historical reenact-

ments, and their popular annual arts and crafts market, Market Days. For a current schedule and more information visit tallahassee-museum.org.



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

Publisher

Dave White

dave@southwalton.life

Publisher & Advertising Manager

Jack Smith

jacksmith12328@comcast.net

(804) 307.8780

Editor

Jamie Zimchek

editor@mypcblife.com

(757) 663.1987

Production & Layout

Kim Harper

kim@southwalton.life

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

©Copyright 2024 PCB Life

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

SCAN ME

Our Locations

Watersound Latitude | Watersound Origins



Join the *Neighborhood* Fun

Largest Selection of Golf Carts

Atlas Denago EV Star EV
GEM Car Shop by Brand. Club Car
EVolution

www.ElectricCartWatersound.com | (850) 233 0020

ELECTRIC CART
WATERSOUND

THANKSGIVING

continued from page 1

humble thanks — for his kind care and protection of the People of this Country previous to their becoming a Nation — for the signal and manifold mercies, and the favorable interpositions of his Providence which we experienced in the course

to all the people, by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed — to protect and guide all Sovereigns and Nations (especially such as have shewn kindness unto us) and to bless them with good government, peace, and concord — To promote the knowledge and



and conclusion of the late war — for the great degree of tranquility, union, and plenty, which we have since enjoyed — for the peaceable and rational manner, in which we have been enabled to establish constitutions of government for our safety and happiness, and particularly the national One now lately instituted—for the civil and religious liberty with which we are blessed; and the means we have of acquiring and diffusing useful knowledge; and in general for all the great and various favors which he hath been pleased to confer upon us.

practice of true religion and virtue, and the encrease of science among them and us — and generally to grant unto all Mankind such a degree of temporal prosperity as he alone knows to be best.

And also that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech him to pardon our national and other transgressions — to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually — to render our national government a blessing

Given under my hand at the City of New York the third day of October in the year of our Lord 1789.

Washington issued a proclamation on October 3, 1789, designating Thursday, November 26 as a national day of thanks. In his proclamation, Washington declared that the necessity for such a day sprung from the Almighty's care of Americans prior to the Revolution, assistance to them in achieving independence, and help in establishing the constitutional government.

Source: www.mountvernon.org/education/primary-source-collections/primary-source-collections/article/thanksgiving-proclamation-of-1789.

VISIT MYPCBLIFE.COM



A little birdie told me that Watersound Insurance has added trusted Medicare advisors to their agency.

Medicare can be confusing and difficult to navigate. But our trusted Medicare advisors are here to help ensure your financial and wellbeing outcomes, free of charge.

Please schedule a private appointment today! Call Patti Muller, our trusted Medicare advisor, at **504-858-1199** or email patti.muller@watersoundinsurance.com



5540 Johnny Reaver Rd.
Panama City, FL 32409

The Genuine. The Original.



OVERHEAD DOOR COMPANY OF NORTHWEST FLORIDA™

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

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

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

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

(850) 271-3617 • destinoverheaddoor.com

Residential and Commercial



Police Chief Recognized and Honored

The Panama City Beach (PCB) City Council has awarded Police Chief Eusebio Talamentez the City's esteemed "Chief's Award" in recognition of his leadership following the police department's recent accreditation. The "Chief's Award" is presented to individuals whose actions bring distinction to both the department and the law enforcement profession.

Michael Jarman presented the award saying that Chief Talamentez's leadership and perseverance were key factors in the department's accreditation success.

Chief Talamentez received a standing ovation from attendees and expressed his gratitude for the support he received throughout the process. He extended special thanks to Lieutenant Chris Boyer and Sergeant Derick Popplereiter, who played pivotal roles in the department's efforts to meet the accreditation standards.



The police department received the accreditation from the Florida Law Enforcement Accreditation (CEA) on October 3, 2024.

Introducing: 360 Painting of Panama City

360 Painting of Panama City is a family-owned business, run by Gabriela and Juan, who, along with their four children, are dedicated to meeting the needs of our customers.

We have had this painting company, in addition to our engineering and services company, MC Engineering and Integration LLC, for over 33 years, having worked throughout Latin America with great success and on large-scale projects.

The general concept is customer satisfaction in the face of a need, just as we came to this world to serve others, our company is here to serve the customer, regardless of what they need in an integral way, that is,

it is not only painting, but all the work that precedes so that the painting is definitive, be it stucco, repair, etc.

360 Painting was started in 2005, and now has more than 100 branches throughout the United States.

My family focuses on these three core values:

Quality: Each 360° Painting branch measures its results with demanding and uncompromising quality standards. We distinguish ourselves from other painting companies by using top quality paints from our strategic partner Sherwin Williams, high quality finishes and proven painting methods. Our painters

work with care and meticulousness to ensure a smooth, flawless and eye-catching finish on every project.

Professionalism: At 360° Painting, we know how inconvenient it can be to have a stranger paint your home or business. Our painting company is committed to providing professional and responsive painting services. Our painters will help you coordinate and plan your project, treat your property with the utmost respect, and ensure that your project is completed in a timely manner.

Customer Service: Your satisfaction is our painting company's number one priority. Before we even brush a paint, we'll make sure we understand your vision for your home or business and do everything we can to make it a reality. We don't consider the job complete until you've expressed your complete satisfaction.

These three standards are summarized in our work motto, quality – efficiency – price, which lead to customer satisfaction.

Together with our work team, we are here to help you, considering you not a client, but a friend who will call us to collaborate on your projects.

Our team, led by Ana, has extensive experience in community services, working in areas



Berni, Luchi, Gabriela, Juan, Cleopatra and Otto



Cleopatra, Ana and Juan

from Destin to Mexico Beach, Visit www.360painting.com/west-panama-city on the web. ensuring the success of your project.



New PCB Chamber of Commerce Members

RiteRug Flooring
PCB Winery
Scentsy
Weymer & Associates CPA
Diego's Burrito Factory - Lynn Haven
If Wounds Could Bloom - An Art Therapy Program
Ace Handyman Services Panama City
Aroi Thai Restaurant and Bar

Never Defeated Athletics
Blue Sky Carts
WRS Drain Cleaning
EIGHT50 Signs
Panhandle CPR
Beyond Birth Pre + Postnatal Services
Rio Stone Group
Milkshake Factory – coming soon!
Nexa Mortgage - Bob Love

Papa Joe's Bayside
Ford's Garage
Emerald Wake
PenAir Credit Union
Wells Fargo Advisors
RRR Construction Management
Purity Cleaning Services



Introducing: **Panhandle CPR**

Building a Community with Compassion - The Story of Panhandle CPR

Panhandle CPR is a locally owned, family-operated business located in the heart of the Florida Panhandle. Specializing in CPR training, lab testing services, and mobile blood draws, we are deeply committed to serving our community. What sets us apart is the personal connection we bring to our work. As parents to eight children, many of whom have different abilities, we understand the importance of care, compassion, and support. This personal experience shapes the way we approach our services, ensuring that every client feels valued and understood.

Our business is driven by a mission to make our community safer and healthier. Whether it's offering a quick, 10-minute blood draw or leading comprehensive CPR training, we bring the same level of care to each task. What truly defines Panhandle CPR is our dedication to

delivering affordable, high-quality services with a personal touch. We are passionate about supporting local businesses, building strong relationships with our clients, and ensuring that everyone receives the best possible care. From small businesses to large organizations, we partner with the local community to meet their needs, offering flexible and convenient services such as mobile phlebotomy and drug testing.

The Joy of Our Work

What I enjoy most about running Panhandle CPR is the personal connection we build with our clients. It's incredibly rewarding to know that we're trusted to care for them with the same compassion we bring



to raising our own family. Each day brings a new challenge, whether it's expanding our drug testing services or helping someone learn life-saving CPR skills. The diversity of our work keeps it engaging, and seeing the positive impact we make in people's lives makes every day special.

Expanding Our Reach in 2024

This year, I am focused on

expanding our services and deepening our ties to the community. We aim to grow our drug testing and mobile and in-office lab services while continuing to provide essential life-saving training. By increasing our visibility through partnerships and local engagement, I hope to make Panhandle CPR even more accessible to those who need our services. At the same time, I'm prioritizing family time and ensuring that our growth remains aligned with the values that drive us—care, compassion, and community.

The Strength of Panama City

One of my favorite things about living in Panama City is the strong sense of commu-

nity. People genuinely support one another, and that makes it a special place to both live and work. Plus, the beautiful coastal environment provides endless opportunities for outdoor activities, which is a huge bonus. Supporting other small, family-owned businesses is important to me, and I love being part of a community that values local entrepreneurs.

At Panhandle CPR, we are more than just a service provider—we are a family committed to making a difference. Through our work, we strive to create a healthier, safer community, and we are proud to call the Florida Panhandle our home.

For more information, visit our website at www.panhandlecpr.com or follow us on Facebook: www.facebook.com/profile.php?id=61561464099742.



FREE LIFETIME WARRANTY*

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

panamacitytoyota.com • 850-769-3377

PANAMA CITY TOYOTA

Where Relationships Are Born

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

Community

Surf Brigade: Empowering Veterans Through Surf Therapy

BY KEVIN LALIBERTE, SURF BRIGADE EXECUTIVE DIRECTOR

In the heart of Santa Rosa Beach, a transformative initiative is making waves for military veterans. Surf Brigade, a non-profit organization founded by veterans for veterans, harnesses the healing powers of the ocean and the camaraderie of surfing to address the unique challenges faced by those who have served. With a dedicated 5-week evidence-based surf therapy program, Surf Brigade is helping veterans redefine their purpose, write their narratives, and build a supportive community along the stunning Emerald Coast.



The Program: More Than Just Surfing

Surf Brigade's program is not solely about riding the waves; it encompasses a holistic approach to mental health and well-being. Each week, veterans participate in group discussions facilitated by licensed professional counselors, focusing on three critical challenges:

Defining Your Purpose: Transitioning from military to

civilian life can leave veterans feeling adrift. Through guided conversations, participants explore their passions and values, helping them reconnect with their sense of purpose.

Writing Your Narrative: Every veteran has a unique story, often filled with experiences that can be difficult to articulate. The program encourages veterans to share their journeys, fostering self-reflection and personal growth while reinforcing the importance of their experiences.

Finding Your Community: Isolation is a common struggle

for many veterans. Surf Brigade aims to cultivate a sense of belonging by connecting participants with others who understand their journey. This community aspect is crucial for ongoing support and camaraderie.

Surf Therapy: A Unique Healing Approach

At the core of Surf Brigade's program is the weekly surf therapy session. Participants receive instruction from professional surf coaches on the picturesque beaches of the Gulf Coast. The act of surfing not only provides physical benefits but also offers a unique therapeutic experience. The ocean's rhythm and the exhilaration of riding waves help veterans release pent-up stress and anxiety.

Research supports the therapeutic benefits of surf therapy, linking it to improved mental health outcomes. The combination of physical activity, ex-

posure to nature, and the thrill of learning a new skill contributes to a sense of accomplishment and boosts self-esteem. For many veterans, the ocean becomes a place of healing and reflection, where they can leave behind the weight of their service.

A Community Built on Shared Experiences

One of the most powerful aspects of Surf Brigade is its emphasis on building a community among participants. Graduating from the program means not only gaining a new sense of purpose and confidence but also forming lasting friendships with fellow veterans. Surfing together fosters a sense of belonging and shared experience, creating a network of support that extends

beyond the program itself. Surf Brigade is committed to making this life-changing experience accessible to all veterans. There is no cost to participate, and no prior surf experience is required. All necessary equipment is provided, ensuring that anyone can join in and benefit from the program.

Join the Movement

Surf Brigade is more than just a surf therapy program; it's a lifeline for veterans seeking connection and purpose. By blending the therapeutic qualities of surfing with meaningful dialogue, the organization empowers veterans to embrace their stories, redefine their paths, and foster a sense of community that lasts a lifetime.

For more information about Surf Brigade and how to get involved, visit surfbrigade.com. Whether you're a veteran looking for support or someone wanting to contribute to this noble cause, Surf Brigade welcomes you to ride the wave of healing together.



PIER PARK SUPPORTS OUR TROOPS

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

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



Looking for the perfect seafood dinner?

Your ship just came in.

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





Boon Docks RESTAURANT

14854 Bay View Cir, PCB
(850) 230-0005
www.boondocksfl.com

Rodeo Success! Veterans Honored! Turkey Bowl Coming! And More!

By PAM ANDERSON

We may be headed into a slower fishing season, but there is a lot going on at Capt. Anderson's Marina including winter fishing!

October's 2024 PCB Fishing Rodeo presented by Bill Cramer GM & Cramer Outdoor Marine and hosted by the Panama City Boatman's Association and Capt. Anderson's Marina was a great success! The PCBA Board of Directors, Kelia Paul, Pres., BJ Burkett, VP, Mike Sullivan, Treas., Justin Steele, Director, and Chris Ngyuen Director, all did a fabulous job of planning and managing the event. All own and operate their own Charter-for-hire businesses at Capt. Anderson's.

There were 94 entrants in the rodeo with 60 Recreational entries from land based to vessels over 26' & 34 charter-for-hire vessels. Altogether there were 4265.3 lbs. of fish weighed in during the 9-day event with over 467 individual weigh-ins.

The ladies division (brand

new for this year) weighed in 304.33 lbs. over 43 total weigh-ins. Great job ladies!

The kids division (also brand new for this year) weighed in 629.39 lbs. over 73 total weigh-ins. Each child who weighed in a fish whether it made the board or not received a free fishing rod & reel — thank you Half Hitch Tackle for always being a great community partner! Combined with those and the rods given away during the Kid's Fishing Clinic presented by the Reel ladies, PCBA gave away 230 rods during the tournament sponsored by Half Hitch Tackle and Tarpon Docks Seafood.

For the overall tournament winners PCBA gave away \$25,500 in cash including the jackpot winners who all received \$2,500 each: The largest fish overall (by lbs.) 71.1 Amberjack caught aboard the Tail Hunter with Captain Scott Ngyuen by Ali Danun. The largest shark (by lbs.) 285.4 was a Bullshark caught aboard the Kelley Girl with Captain August Redding



by Juan Tinajero. The largest Inshore fish (Trout or Flounder) 3.24lb Speckled Trout was caught by one of our local kid Anglers, Kai McDaniel. Daily winners received a total of \$1,350 in gift cards (6 each day over the 9 day tournament).

From the proceeds, the tournament will be donating \$1,000 to the Arnold High School Fishing Team to further their education of the industry.

What a great community-wide event! Thank you Panama City Boatman's Association and all those who contributed to its success — including our Tourist Development Council that contributed the Fireworks

to round out the event.

But that's not all... November is here!

November 11 we host the **Freedom Celebration** honoring our Veterans and their families with a landside program and free cruise for their immediate family members. Be sure to sign up early for this special

event. Even if you are not a Veteran, come out and honor them with your presence and a handshake. They have great stories to tell-true stories of valor!

They say big things come in small packages and that is the case with our Ship's Store at the marina. It's not just for tourists, for certain, especially if you love nautical gifts. Ms. Sherri has a great variety and has great off-season prices too!

NEW THIS YEAR! The Upper Deck at Capt. Max's Bar & Grill is bringing new meaning to playing with your food this holiday season. Join us Wednesday, November 27 from 4 'til 7 p.m. for our first annual **Frozen**

Turkey Bowl, hosted by your familiar and friendly local bartenders. Hang out afterward for **Capt. Max's Bowling Bash** with live music food, and drink specials until 10p.m. Bowling for a cause will ensure this is an unforgettable competition. All donations will benefit Arnold High School Volleyball and Baseball teams. Competition is limited to participants so be sure to sign up early by stopping by the Upper Deck Bar & Grill.

This is a family-friendly event that is open for the whole community. Come join us on the docks for this fun-filled event. More info is on our Facebook page- <https://www.facebook.com/CaptMaxsBarGrill..>

AND... Bethlehem Christmas Village returns for its 12 year December 11-14 — save the date!

Capt. Anderson's Marina... Where the fish are always biting, and the kids are always smiling. www.CaptAndersonsMarina.com

FREE EVENT

Capt. Anderson's Marina Celebrates the 2024

BETHLEHEM Christmas Village



Imagine walking through ancient Bethlehem...being present as Isaiah, Mary and Joseph learn and tell others of the coming of the Christ child. Follow the path they trod as they strolled through town looking for a place to sleep. Celebrate the birth of Jesus, the Son of God

Live Music | Live Nativity | Toy & Food Drive | Food & Gift Merchants
Stable with petting animals | Storytellers of that Wondrous Night

DEC. 11-14 • 5:30-8:30

HOST YOUR

Holiday Party

Waterfront @
Capt. Anderson's Event Center

Mention PCB LIFE to receive
10% OFF

850-238-8689
info@CaptainAndersonsEventCenter



Well, hello beautiful!

BEACH



LIFESTYLE



CASUAL



LOCALS SAVE 10% ON TUESDAYS
WITH THIS AD THRU 11.1.24!

SOLSHINE
COASTAL BOUTIQUE & GIFTS

LOCATED IN THE SHOPPES AT EDGEWATER
547 RICHARD JACKSON BLVD. | PANAMA CITY BEACH

FOLLOW US
ON FB & IG :
SOLSHINECOASTAL

Are Golfers Athletes? And Does it Really Even Matter?

By ALAN WATSON, PRESIDENT,
GOLF+ DOTHAN AND PCB

For years I have heard people complain that golf isn't a sport and that the participants are not in fact true athletes. Okay, I'll bite. Make your case! Most golfers ride in carts. They don't even walk the way it was intended. True, but since golf carts weren't around at the advent of the sport we will never truly know if the early adapters would have been happy to ride versus walk. Next. Well, there's no running in golf and for a sport to be athletic you need to be moving at a fast pace. Alrighty. So then bowling, darts, billiards, corn-hole, axe tossing, table tennis, and a few other various "sports" aren't athletic either. Fine. Real sports are a young man's game! You can play golf until you're nearly dead so that negates it as an athletic event. So what? Most NFL running backs barely make it eight seasons before they are done. But, Tom Brady played quarterback into his 40s. And yes golfers can play until they are 80 or more but let's be real, most golfers professional or otherwise peak in their late 20s to early 30s.

Regardless of all this jibber jabber about age, speed, or whether or not golf is truly in fact a real sport and whether or not the players are "athletes" we see validation in one arena. A big one too! The Olympics. The international sports body that holds competitions around the world and gives out golf medals to its winners decided a few years ago to include golf. There is no football in the Olympics. There is no baseball in the Olympics. Yet somehow our beloved game snuck in there right



behind skateboarding.

So, today I declare golf is a real sport and the participants are real athletes. Based solely on this one criteria.

True, years ago professional golfers like Craig Stadler, lovingly known as the Walrus, and John Daly were successful in a sport when their bodies much resembled the couch potato Monday-morning quarterbacks who sat in their man caves, drank beer, and watched as many sporting events as they could each weekend. Stadler, Daly, and many others were not working out on the regular or dieting or exercising at all beyond the daily walk that was required of them to participate in their profession. However, Tiger Woods brought fitness, regular exercise, and a hunger to excel in the sport to golf. He didn't look like other golfers. He was trim and fit and had dare I say - muscles! And thus the shift began in professional golf to be better. To excel. To look like athletes and perform like them too. Gone were the days of spare tire bellies and baggy britches. Tiger brought us Tour trailers with fitness machines, massage therapists, and now each golfer seems to have a fitness coach/trainer. Some even have a dietician and

or chef on their team. Things have gotten serious in golf!

But not to worry if you are like me, a regular guy who just loves to play the game and has no intention of being mistaken for a professional or an athlete. We can still ride our carts every time, and complain when the course is wet and the conditions are "cart path only" and we have to walk half a mile to our

ball across the fairway. We can eat, drink, and be merry and still enjoy our sport. We don't need to run. Or lift weights. Or really anything. Golf is a game for everyone. Of every size. Of every shape. Of every athletic ability. Or lack thereof!

Long live golf and all of us "athletes" as we play our "sport!" Even if that's not what you would call it!

Golf Game Getting Worse?



Get A Grip.

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



Tour Quality Work
For Every Golfer

GOLF+
FITTING REPAIR RETAIL

541 Richard Jackson Blvd.
PCB, Florida 32407
Tel: 850-249-2726
golfplus@graceba.net

Sporting Clay Tournament to Benefit Westonwood Ranch

Westonwood Ranch with the support of Specialty Roofers will hold its third annual Sporting Clay Tournament on Friday, Nov. 8, at the Bay County Shooting Range. Featuring over 140 sports shooters, this year's event aims to raise much-needed funds for therapeutic program schol-

arships for teens and young adults affected with Autism, Down Syndrome and other related developmental disabilities in Walton, Okaloosa and Bay Counties. \$500 per 4-man team; Sponsorships Available. Email Erin@SpecialtyRoofers.com

 Community


Let's Get Growing with Julie: Winter Color in the Garden

By JULIE MCCONNELL,
UF/IFAS EXTENSION

My favorite time of year has always been the fall. College football, lower temperatures and humidity, and approaching

holidays are seasonal activities I start to look forward to as soon as the thermometer hits 90. Just like some people enjoy hot summer months while others prefer the cool of fall and winter, our

annual color plant palette has preferences, too.

Annual flowers and foliage plants fall into two general categories: warm season and cool season. Warm season annuals are typically sensitive to hard frosts but perform well during the spring and summer. Examples of warm season annuals are begonias, impatiens, coleus, zinnias, and vinca. If your home has a warm microclimate (sheltered from winter winds or near a large body of water helps) then you may be able to grow warm season plants year-round with just reduced growth in the winter. However, if your landscape gets exposure to winter winds and frost can settle you may want to consider switching to cool season annual color this month.

Here are a few frost tolerant plants to consider for your landscape to offer color through fall and winter!

Ornamental Cabbage and Kale

Just as this is the ideal time to plant edible cabbage and kale in your vegetable garden, you can also use ornamental versions of these plants for your landscape. The ornamental versions aren't very tasty, but their foliage is outstanding. Variations of straight edge or ruffled leaves, and colors that include all shades of green, white, cream, purple, and even pink tones are available. Be sure to check tags for mature width and spread and give them space to expand – some can get over a foot wide and tall!

Swiss Chard

This brightly colored ornamental plant can be eaten or just display showy colors in the garden. A few cultivars I like are 'Bright Lights' which has green leaves with green, orange, or red stems and 'Rhubarb' which has red leaves. You can harvest the leaves and stems and it will grow back repeatedly if given adequate water and nutrition.

Snapdragon

Snapdragons are a great way to add some vertical interest and color to your winter garden. Spikes of brightly colored flowers bloom all through-



out the cool season in Florida. There are many sizes and colors available, so be sure to check the label for mature size – some get 2-3 feet tall! These taller varieties make a wonderful backdrop for compact flowers and foliage plants. Flower colors range from white, yellow, pink, red, lavender to orange.

Pansies

Pansies thrive in cool weather and full sun. Although they are not what we might call "drought tolerant" be careful of overwatering since they are susceptible to several fungal diseases that is favored by extended periods of wet foliage. Pansies have compact green foliage growth topped by large colorful flowers in white, blue, yellow, orange, purple, red, or black. Many varieties have a distinctly different center or "eye" color.

Violas or Johnny Jump-ups

This close relative of pansies has a smaller, more delicate looking flower. Although not as showy as pansies, violas tend to be a little easier to care for so may be a better option for busy gardeners. Available in similar colors as pansies.

Swap out your warm season annuals for cool season plants a few weeks before the first anticipated frost date to ensure they have enough time to get established before a severe cold snap. Late October to mid-November is a good time to plan to make that transition in Panama City Beach.

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.



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

Residential • Commercial • Construction

Your locally operated and privately owned service provider

12310 Panama City Beach Pkwy, Panama City Beach

(850) 872-1800

wasteprousa.com

Pier Park Holiday Gift Guide 2024

BY LEE ANN LEONARD

Looking for the perfect holiday gift? Pier Park is your one-stop spot! To make your gift shopping even easier, we created a helpful holiday gift guide...

Give them a gift their friends will envy. A custom massage or facial from **Massage Envy** is the perfect way to relax and revive your loved ones as they prepare for 2025.

Forget the red and just go green this holiday season with earth-friendly cleaning supplies from **Emerald Life Yoga and Refillery**. Think of them as your gift to the planet. And if you really need your red, **Boho Beach Souls** offers red light therapy via an infrared sauna in the same location!

The family that slays—or sleighs—together, stays together. The mall boasts more than ten family-friendly attractions where you can bond while collaborating or competing. Work together to escape a **Royal Escape Room** or battle for the high score on your favorite arcade game at **Dave & Buster's!**

Make your loved ones feel and smell good! **Earthbound Trading Company** offers essential oils, incense, meditation tools, crystals and more! Their smaller, semi-precious stones slip into stockings perfectly and are much preferred to coal.



Remember your fur babies this holiday season! Pamper your pups with toys, treats and accessories from **Good Dog Boutique**. Team-themed apparel is always a winner!

For all of those holiday parties, spice assortments or fragrant candles from **The Spice**

& **Tea Exchange** make excellent host or hostess gifts.



Thank your service providers with comfort food. Tempt their tastebuds with a gift card from **The Back Porch, San Marcos Mexican Grill, Angry Tuna** or one of our other unique restaurants.



Save time and money by getting a gift and the wrapping in one place. **Pink Narcissus**, a Lilly Pulitzer store, offers free gift wrapping with every purchase! **Dillard's** and **Pandora** also offer gift wrapping for a small fee.

Grab yourself a few gifts while you're shopping. Prepare for the inevitable New Year's fitness resolutions with trend-setting athletic footwear and apparel from **Fit2Run**. Browse popular brands like Nike and Lululemon.

The ultimate holiday tradition awaits! **Santa** will be available for photos daily from November 27 until Christmas Eve in his Pier Park home next to Paradise Found. Gift a framed photo or use the pictures to create a custom Christmas card!



In a hurry? Visit our Mall Management Office to select from a variety of **gift cards** including our popular **SIMON Giftcards®**. Pop them in holiday cards or stockings.

Explore all the ways you can shop and save at Simon.com/Mall/Pier-Park/

Need a Holiday Helper to Help Boost Sales?

Ho Ho How About Advertising in PCB Life?

Get your message to over 11,500 Homes!

New Advertisers: Don't Miss Our Limited Holiday Special Rates!

25% Discount

December Only!



- Community newspaper delivered to 11,500 homes and businesses each month by the U.S. Post Office
- Website/digital advertising
- Social media advertising
- Targeted email blasts

Secure Your Spot Today!

Contact Jack Smith at 804-307-8780 or email jacksmith12328@comcast.net

Holiday rates apply to new advertisers only and good through December 31.

VISIT MYPCBLIFE.COM

Music & Arts

Panama City Symphony Announces The St. Joe Community Foundation as Grand Marquee Sponsor

Panama City Symphony is happy to announce The St. Joe Community Foundation as the 2024-25 season's Grand Marquee Sponsor; Community Outreach and Education. In alignment with The St. Joe Community Foundation's mission, Panama City Symphony aims to enrich the quality of life for people living in and visiting the Northwest Florida region. The Grand Marquee Sponsorship will help fund a multitude of exceptional symphonic performances and music education programs and outreach.

ly Up Close ensemble performances at Panama City Hall Rotunda, the 2024-25 Symphony season offers four classical concerts and four pops concerts. Seven performances are held in the 700-seat Barbara W. Nelson Fine Arts Center at Bay High School.

Two holiday concerts are offered for 2024. Continuing a holiday tradition in partnership with Visit Panama City Beach, the Panama City Symphony celebrates the season with festive melodies and timeless holiday classics at the free concert, Beach Home for the Holidays.



April Wilkes, Executive Director, The St. Joe Community Foundation (center) presents grant to Panama City Symphony representatives, Dr. Sergey Bogza, Music Director and Conductor and Dr. Marlene East, President Board of Directors.

of Christmas, will take place on December 14 at Bay High's Fine Arts Center. The familiar sounds of the season come alive with the dynamic vocals of special guest, tenor Justin John Moniz. It is an evening of musical gifts sure to put you in the holiday spirit!

Dr. Marlene East, President of the Board of Directors of Panama City Symphony, said, "The support of The St. Joe Community Foundation is appreciated by the board of directors as well as by the season

and Conductor, provide the finest quality of symphonic music by professional musicians. The Grand Marquee sponsorship by The St. Joe Community Foundation also helps Panama City Symphony bring music education programs to students in Bay District Schools, to students in other panhandle counties, and to retirement homes and neighborhoods. We are particularly excited about launching a partnership this year with the St. Joe community, Latitude Margaritaville, and having their residents attend our concerts."

For information about music education programs and tickets to concerts, please visit www.panamacitysymphony.org/ and follow Panama City Symphony on Facebook and Instagram.

Don your favorite holiday apparel and head to Aaron Bessant Park on November 30 to enjoy the Symphony, Santa, fireworks, and s'mores! Holiday by the Bay, the Magical Sounds

subscribers, patrons, and residents of Northwest Florida. The Foundation's generosity helps Panama City Symphony, under the superb leadership of Sergey Bogza, Music Director

Call to Artists! The PCB en Plein Air Art Festival November 15-17

Artists across the region are invited to participate in the inaugural Panama City Beach en Plein Air art festival on November 15-17, 2024. Artists and enthusiasts will gather to paint "in the wild" on the World's Most Beautiful Beaches" in a three-day event offering Artists Workshops, three "Paint Offs", and an Awards Ceremony. Painting locale includes Aaron Bessant Park, Pier Park, The Pier, and of course, the Beach!

En Plein Air is a popular art genre, where artists paint outside their studios, "in the wild" in various locations. At the PCB en Plein Air event, the community is encouraged to watch and interact with the artists as they create. The art

will be judged, and awards will be given out for first, second, third, and Best in Show. Two Plein Air Artist Workshops will be taught in the morning and afternoon on Friday with an open reception held at Beachy Beach Real Estate offices for the participating artists that evening. On Saturday, artists will meet at Aaron Bassent Park before spreading out across the park, Pier Park, the Pier, or the Beach to paint during three, "Paint Off" sessions. After each paint-off session, the artists will present their paintings to the judging stations. On Sunday, an awards ceremony will be held at the Beachy Beach Real Estate offices. The public is encouraged to come to this event.

The PCB en Plein Air festival is 100% free to participating artists. To register, visit www.gagnonatelier.com and click "PCB en Plein Air 2024" in the navigation bar. Sponsors: Gagnon Atelier, Beachy Beach Real Estate, My Paint Party, Beach Art Group, Pier Park.

The Gagnon Atelier is a 501c-3 non-profit, art advocacy ministry that assists churches, schools, and civic organizations with art-related community outreach programs such as exhibits, events, art instruction workshops, keynote speaking, educational programming, performances, and publications (online & print).

Book Your Ho!iday Party Now!

SPACE IS GOING FAST!

The Perfect Setting to Ho! Ho! Host your Holiday Celebration!

This Year, Capt. Anderson's will be open through December 14! Book now, space is limited.

Capt. Anderson's Restaurant & Waterfront Market
DINE EARLY AND WATCH THE FLEET UNLOAD
850-234-2225 • 5551 N. Lagoon Drive
CaptAndersons.com

Call to Artists! The PCB en Plein Air Art Festival November 15-17

Artists across the region are invited to participate in the inaugural Panama City Beach en Plein Air art festival on November 15-17, 2024. Artists and enthusiasts will gather to paint "in the wild" on the World's Most Beautiful Beaches" in a three-day event offering Artists Workshops, three "Paint Offs", and an Awards Ceremony. Painting locale includes Aaron Bessant Park, Pier Park, The Pier, and of course, the Beach!

En Plein Air is a popular art genre, where artists paint outside their studios, "in the wild" in various locations. At the PCB en Plein Air event, the community is encouraged to watch and interact with the artists as they create. The art will be judged, and awards will be given out for first, second, third, and Best in Show. Two Plein Air Artist Workshops will be taught in the morning and afternoon on Friday with an open reception held at Beachy Beach Real Estate offices for the participating artists that evening. On Saturday, artists will meet at Aaron Bassent Park before spreading out across the park, Pier Park, the Pier, or the Beach to paint during three, "Paint Off" sessions. After each paint-off session, the artists will present their paintings to the judging stations. On Sunday, an awards ceremony will be held at the Beachy Beach Real Estate offices. The public is encouraged to come to this event.

The PCB en Plein Air festival is 100% free to participating artists. To register, visit www.gagnonatelier.com and click "PCB en Plein Air 2024" in the navigation bar. Sponsors: Gagnon Atelier, Beachy Beach Real Estate, My Paint Party, Beach Art Group, Pier Park.

The Gagnon Atelier is a 501c-3 non-profit, art advocacy ministry that assists churches, schools, and civic organizations with art-related community outreach programs such as exhibits, events, art instruction workshops, keynote speaking, educational programming, performances, and publications (online & print).

Rudy's COUNTRY STORE

BAR-B-Q

SENIOR SUNDAYS

20% DISCOUNT EVERY SUNDAY

14501 PANAMA CITY BEACH PARKWAY

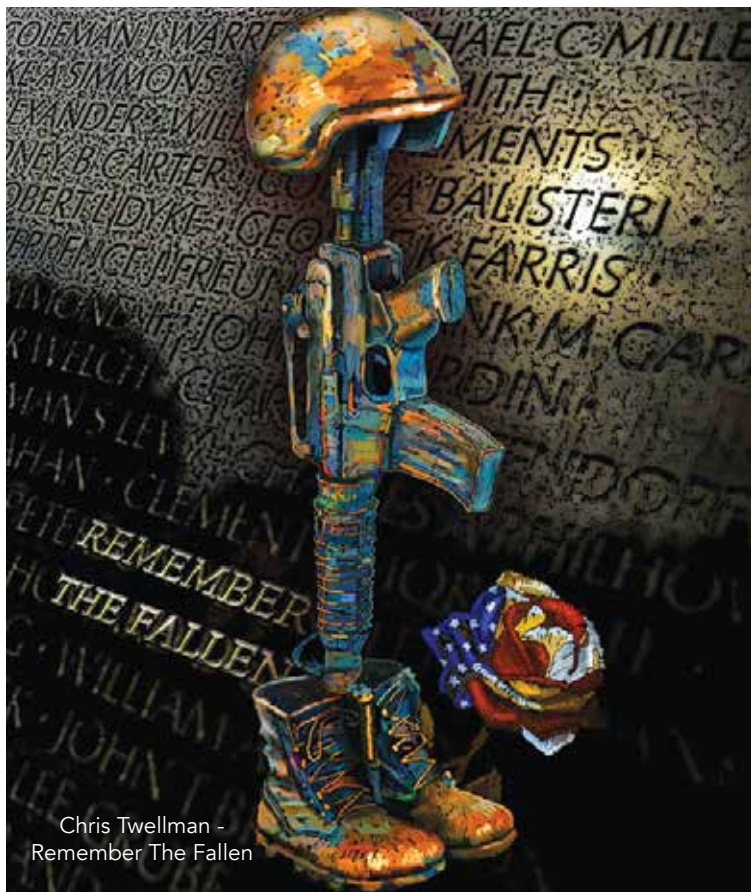
*Valid for people aged 55 years or older. *Not valid on Group Meals or any other promotions.

November Exhibitions Remember and Honor Veterans at the Center for the Arts

The Center for the Arts begins November with three new exhibits that honor our country's heroes and welcome the holiday season. The Main Gallery features photography by Roger Raepple. The St. Andrew Bay Quilters' Guild brings season's greetings to the Miller Gallery, and Chris Twellman is featured in the Spotlight Gallery. The public is invited to the opening reception on Friday, November 1 from 5-7 p.m. The exhibits will be on display through November 30.

Roger Raepple's exhibition, REMEMBER, features photography of the nation's most iconic landmarks honoring war veterans. Raepple was born in Seattle in 1946 and is a retired community college administrator. He returned to photography about twenty years ago after a long absence. Living in Tallahassee for the last forty-eight years, his work has been accepted into local, regional and national exhibitions.

"My images reflect all of life's experiences, every image a self-portrait," said Raepple. "For the viewer, you, every image is a mirror. You bring your



Chris Twellman - Remember The Fallen

unique experiences, your special history, your loves, and doubts, your grief, your laughter. I cannot expect that what an image means to me will mean the same for you. If an image I present

causes you to reflect or smile, or worry or relax, or brings you a moment of bliss or angst, serenity or discomfort, I will be pleased. I hope you are."

The St. Andrew Bay Quil-

ters' Guild welcomes the holiday season to the Miller Gallery in their exhibition called Quilted Holidays. This is an exhibit of beautiful quilts and wall hangings depicting fall, Thanksgiving and Christmas scenes. Each piece was created by a member of the Guild, exhibiting a variety of quilting techniques.

As a veteran himself, Chris Twellman, featured in the Spotlight Gallery, loves to show his appreciation for the US military and first responders. This has led him to his first paintings of military scenes as a Memorial Day painting. One notable piece by Twellman is The Unknown Praying Cop. Every active duty and retired Police Of-

ficer received a free print from his shop. He did the same for first responders and active-duty military members or Veterans. From then until May 2024, Chris handed out over 2,000 prints of art from his shop, and has donated hundreds of prints and canvases to veteran organizations for raffles or auctions. His "Praying Cop" is displayed now in about 10 police departments across the US.

Visitors can meet the artists in the galleries at the opening reception over light hors d'oeuvres during this free event. The Center for the Arts is open Tuesday-Saturday 10 a.m.-5 p.m., Fridays 10 a.m.-7 p.m.

The Visual & Performing Arts Division of GCSC Presents the Seventeenth Annual Cup Show: Form and Function

This nationally juried show is a survey of the wide variety of approaches to contemporary ceramics through the lens of the most intimate and accessible vessel, the cup. The central theme of the exhibition is the function and concept of the drinking vessel, including its relation to history, politics,

craft, technology, utility and narrative. The juror of the show is Martha Grover.

The exhibit will be on display from November 15 through December 6, with an opening reception on the evening of November 15, 5 - 7 p.m., in the Amelia Center Main Gallery (Room 112).

Gallery hours are Monday - Thursday, 10:00 a.m. - 6:00 p.m., and Friday 10:00 a.m. - 4:00 p.m. Admission is free and open to the public.

For more information, please contact Pavel Amromin at pamromin@gulfcost.edu or (850) 872.3886.

 Music & Arts

Meet Studio 237 Music Teacher: **Kimberly Burke**

We'd like to introduce to you our new voice teacher at Studio 237 Music Lessons, Kimberly Burke, a singer/songwriter from Tennessee and a Nashville recording artist who recently relocated to Santa Rosa Beach, Florida. She is a classically trained musician with a degree in voice performance and also plays the acoustic guitar.



She has many years of experience and is currently performing as a solo artist covering country, classic rock, beach town favorites, and some old R&B. Kimberly has enjoyed performing in country, rock, bluegrass, blues, jazz, and funk bands. She currently has original music out on many platforms. Kimberly's new single is came out in October entitled "The Girl I Was Before." She is a regular performer at songwriter nights in Nashville.

Kimberly loves teaching and has instructed students of all ages and abilities. As a classically trained vocalist, she encourages emphasis on technique and breath support, teaching her students to sing in a way that will strengthen their voices,

empowering them to improve in their skills, range, and confidence. Kimberly's approach is a custom-tailored program for each student, always stimulating fun and enjoyment. She takes a lot of time helping her students find material they are excited to learn. She loves children and enjoys inspiring them to make music a part of their lives. "Music is such a valuable emotional outlet. It's a language of its own that we can all identify with. I love helping young people and adults discover the gift of music," she explains.

Kimberly is available to give lessons of any vocal genre in-

cluding but not limited to country, rock, blues, soul, jazz, music theater and classical. Whether you just want to sing for fun or need some guidance preparing for an audition, she is happy to help. In addition to vocal training as a singer/songwriter she also teaches songwriting and can assist students with learning to accompany themselves with some basic guitar. As a teacher with experience teaching music appreciation and a student of music history and ethnomusicology (the study of the music of different cultures), she's also available to teach an independent curriculum for homeschooled students or for any student wishing to delve deeper into the subject, of performance, and experience of music.

Studio 237 Music Lessons' location in East Point Washington, Florida at 237 Dawson Road is only 21 minutes or 15 miles going West on Highway 98 from the Publix Supermarket in Ocean Park Pavilion, Panama City Beach. We are also 13 miles and 20 minutes south of the Publix supermarket in Freeport, Florida on Highway 331.

If traveling from the Grand Boulevard Publix Supermarket in Miramar Beach, Florida, to Studio 237, it is only 11 miles east on Highway 98 or 20 minutes to our location at 237 Dawson Road in the East Point Washington area of the Santa Rosa Beach community.

January 2025 will begin our

15th year as a place for music teachers to teach and for music students to learn. We have been blessed with seven outstanding teachers and students, which has produced some great musicians and many happy parents. To contact us, visit our website

at Studio237Music.com/registration and we will contact you. Visit our list of teachers at Studio237Music.com/all-teachers-listing or call (850) 231-3199 or text (850) 797-3546 and ask for Ray.

Emerald Coast Theatre Company Presents Shrek Jr.

Emerald Coast Theatre Company (ECTC) is proud to present Shrek Jr. November 7 - 23, 2024. Come watch the stellar students of ECTC perform this Tony Award-winning musical about your favorite Ogre and all of his fairytale friends as they vanquish the evil Lord Farquard to regain their homes. Featuring songs you know and love like "Freak Flag" and "I'm a Believer," this show is a feel-good hit for all ages!



November 23 and 24

Shrek Jr. will be staged in ECTC's main space located on the second floor of 560 Grand Boulevard in Grand Boulevard Town Center in Miramar Beach. Tickets range from \$12 - \$24 depending on the show time/day. There is an additional processing fee for ticket purchases. Purchase tickets online at www.emeraldcoasttheatre.org. You can now choose your seats when you purchase your tickets.

Nathanael Fisher, co-founder and producing artistic director of ECTC says, "Bring the whole family for this one! The kids will be cracking up on the edge of their seats and you will giggle along the whole show."

All Ages & Multiple Locations:

Emerald Coast Theatre Company (Miramar Beach) - November 7 - 17

Florida Chautauqua Theatre in DeFuniak Springs -

Señor Flog's
MEXICAN FOOD & FIESTA

PANAMA CITY BEACH

15005 FRONT BEACH RD.



Studio 237 Music Lessons

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

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

Visit www.Studio237Music.com

PCB Flavor

THE BEST OF LOCAL DINING

IN THIS ISSUE

ISO: PCB's Best Frozen Drink

Events and Fun

Holiday Potatoes Recipe

ISO: PCB's Best Frozen Drink

By JACK SMITH

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

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

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

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

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

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

OUR BACKFIRE SHRIMP IS BETTER THAN "FAMOUS"



10025 HUTCHISON BLVD, PCB, FL – THEWICKEDWHEEL.COM



Capt. Anderson's Restaurant

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

captandersons.com

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

Pineapple Willy's Restaurant

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

pwillys.com

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



Señor Frogs

15005 Front Beach Road, PCB

senorfrogs.com/panama-city-beach

Señor Frogs is a synonym for fun. It is considered the best restaurant and bar because the staff make it their duty to make sure you're having a great time every minute. Enjoy the music, the colors, the amazing atmosphere it offers and order your favorite dish, because the menu is huge. Try our assortment of frozen drinks. They are delicious and a guaranteed brain freeze.

Schooners

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

schooners.com

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



Boon Docks

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

boondocksfl.com

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

Rudy's Country Store and Bar-B-Q

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

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



The Pancakery

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

The Pancakery started in Destin and opened its doors March 2011. After a huge success, The Pancakery expanded down the coast to a second location in Panama City Beach in 2017. Come check out what makes The Pancakery a Florida Panhandle's FAVORITE. Serving up breakfast and lunch 7 a.m. to 2 p.m., and delicious frozen lemon drops and daiquiris at the bar!

Beach Home for the Holidays

Join us on Thanksgiving weekend in Panama City Beach as we set the stage for the most magical month of the year!

Thanksgiving Thursday may be the time for turkey, but that weekend, Santa Claus is coming to town! Beach Home for the Holidays waves goodbye to fall and sets the stage for the most magical month of the year. Aaron Bessant Park serves as the site of carol-themed concerts, s'mores, Christmas tree lighting, an appearance by Santa, and activities for the kids.

Schedule:

Friday, November 29

3 p.m.: Campfires, S'mores & Santa's Village Open
3:30 p.m.: Holiday Movie
5:15 p.m.: The Nutcracker by The Panama City Ballet
5:55 p.m.: The Lighting of the Christmas Tree
6 p.m.: Headliner: Home Free
7:30 p.m.: Fireworks

Saturday, November 30

3 p.m.: Campfires, S'mores & Santa's Village Open
4:15 p.m.: Holiday Movie
6 p.m.: Panama City Symphony Orchestra

Home Free Any Kind of Christmas Tour

Experience the magic of the holidays with the all-vocal country group Home Free, as they bring an unforgettable evening of incredible harmonies,



mixing Christmas classics with Nashville-dipped pop hits and timeless country standards on their "Any Kind of Christmas" tour. Having captivated audiences worldwide, Home Free has racked up nearly 600,000 album equivalents globally, embarked on major international tours, and amassed over 750 million views and 1.7 million subscribers on YouTube. Taste of Country hails them as "Country music fans' favorite a cappella group."

Make Your New Year's Plans: New Year's Eve Beach Ball Drop Presented by Coca-Cola

Panama City Beach may be best known for fun in the sun, but one of Northwest Florida's

most exciting annual events happens after dark: The New Year's Eve Beach Ball Drop! Help us ring in 2025, Real. Fun. Beach. style.

Come to Pier Park on December 31st to enjoy not one but two great opportunities to welcome in the New Year. The streets of Pier Park are closed off to traffic as thousands of revelers enjoy free live music, entertainment, fireworks, and good cheer.

For those too excited to wait until midnight, or for those fans of New Year's Eve who want to conduct the countdown twice, there are separate Beach Ball Drops at both 8 p.m. and midnight. Families with young children and adults looking to stay up until after the calendar page actually turns both have options

about how best to celebrate the New Year with thousands of other revelers close to Panama City Beach's pristine waterfront and many amenities.

On the way to midnight, bands perform for the gathering crowd, anticipating the count-

down to 2025 when a huge, glowing beach ball is lowered to signal the start of the New Year, and another great fireworks display. Time Square has nothing on this Panama City Beach NYE party!

Holiday Potatoes

BY SUSAN BENTON, 30A EATS

Ingredients

5 pounds Yukon Gold potatoes, peeled and cut into 3-inch chunks
5 pinches sea salt
1 pound sliced bacon
2 sticks unsalted butter, softened
1 1/2 cups heavy cream, slightly warmed
1 cup cheddar or gruyere cheese
1/2 cup minced chives
freshly ground pepper

Preparation

Put the potatoes in a large pot and cover with water. Add salt and bring to a boil. Simmer over moderately high heat until tender, about 20 minutes.

Meanwhile, in a large skillet, cook the bacon in 2 batches over moderate heat, turning once, until crisp, 8 to 10 minutes per batch. Drain the



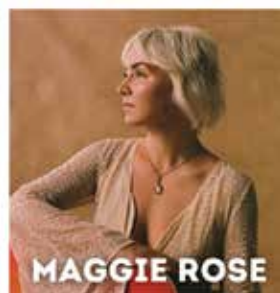
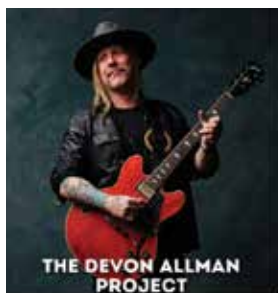
bacon on paper towels and coarsely chop it.

Drain the potatoes and return them to the pot. Shake the pot over moderately high heat for about 20 seconds to dry the potatoes. Remove. Pass the potatoes through a ricer into a large pot. Add the butter, cream, cheese, chives and bacon and stir well. Season with salt and pepper and serve.

2025 30A Songwriters Festival Headliners Announced

30A Songwriters Festival will celebrate its 16th year with performances on the main stage at presenting partner Grand Boulevard's Town Center in Miramar Beach with headline performances by renowned artists Melissa Etheridge, Amos Lee, The Jayhawks, The Devon Allman Project, Maggie Rose, and Secret Sisters.

The festival welcomes for the first time to 30A Charlie Starr & Benji Shanks (Blackberry Smoke), Natalie Hemby, Brandy Clark, Chuck Prophet & His Cumbia Shoes, Lindsay Lou (Band), Brett Dennen, The Stews, Langhorne Slim, Chris Knight, Josh Joplin Group, Willi Carlisle, Bee Taylor (Band), Jonathan Willis, Josh Rouse, Paul McDonald & The Mourning



Doves, Tyler Ramsey, Andrea Von Kampen, Jill Sobule, Burris, Kyle Davis, Jada Cato, Beth

Bombara, Mallory Johnson, Jessica Sharman, David Borné, Anna Grace.

Griffin House, Charlie Mars, Randall Bramblett, Jeffrey Steele, Steve Poltz, Kelly Willis,

Returning to perform two shows each throughout the weekend are songwriting legends Darrell Scott, Livingston Taylor, Will Kimbrough, Ellis Paul, Shawn Mullins, Vicki Peterson & John Cowsill, John Paul White, Tommy Prine, Ruthie Foster, Hayes Carll, Holly Williams, John Fullbright, Black Opry Revue, Lilly Hiatt, Susan Werner, Chuck Cannon, Jeff Black, Dan Bern,

Bob Schneider, Mary Gauthier, Certainly So, David Ryan Harris, Chris Stills, Emerson Hart, John Driskell Hopkins, Adam Hood, Abe Partridge, Chastity Brown, Cousin Curtis, Will Hoge, Ryanhood, with more to come.

We are pleased to announce the following additional confirmed artists: Sarah Clanton, Jack Barksdale, Eliot Bronson, Mike Kinnebrew, Liz Longley, Grayson Capps, Cat Ridgeway, Lilly Winwood, Caitlin Cannon, Bradley Cole Smith & Nelson Nolan, Jennifer Lynn Simpson, Sara Hells, The Sand Ole Opry with Mike Whitty, and many more.

Many more artists will be announced over the next few weeks—stay tuned.

VISIT MYPCBLIFE.COM



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

beachsidersortpanamacitybeach.com

Have the Experience of a Lifetime at Gulfworld

For over 20 years, Dolphin Discovery has contributed to the study and conservation of marine mammals, creating a bond of love of respect through the best interaction experience in unique habitats around the world. With 22 Dolphin Habitats, five Parks, one Aquarium, one Marina, ten Countries and one Continent in Dolphin Discovery we seek to share our love, fascination and respect for the incredible marine mammals.

15412 Front Beach Road, PCB
850-234-5271 | gulfworldmarinepark.com



Reach New Heights with Panhandle Helicopter

Panhandle Helicopter is a family-owned business that will take you to new heights flying over the worlds 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, sting-rays 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



Breakfast Point Academy: Making Magic Every Day

BY CLINT WHITFIELD,
BPA PRINCIPAL

Breakfast Point Academy (BPA) is proud to announce that we have been recognized as an “A” school by the Florida Department of Education for the 2023-2024 school year. This accomplishment is a testament to the hard work and dedication of our students, teachers, staff, and families. As a kindergarten through 8th-grade school with close to 1,100 students, we take immense pride in the everyday achievements that continue to elevate our learning community. Our theme for this year, “BPA: Making Magic Every Day,” encapsulates the extraordinary work that happens across academics, arts, and athletics on our campus.

Our students continue to excel academically, as reflected in several key achievements. This past year, Breakfast Point Academy students earned 245 Career and Technical Education (CTE) certifications, providing them with valuable skills and knowledge for future success. In mathematics, our students posted an impressive 97% pass rate in Algebra and a 96% pass rate in Geometry, demonstrating mastery of these challenging subjects. These results are further supported by the Florida Assessment of Student Thinking (FAST) assessment, where our students showed outstanding growth and learning gains.

Additionally, our middle school students have shined in academic competitions with the Middle School Beta Club and Math Counts teams representing BPA with distinction. Our History students won the most awards at the Tom Barefield History Fair, and they took their talents to Tallahassee to compete at the state level. Their success reflects the dedication of both students and teachers in fostering a passion for learning and history.

At BPA, athletics play a key role in student development, and we’ve seen magical results on the field and the court. Last year, our Boys’ soccer team had an undefeated season, culminating in a county championship that brought pride to the entire school. This year, our Running



Lady Rays achieved another milestone by winning the first-ever county cross-country championship for BPA. These victories are a testament to the dedication and hard work of our student-athletes and coaches.

The Stingray Band continues to impress with performances that have earned recognition both locally and at the state level. This year, the band traveled to Orlando, where they competed and received accolades for their outstanding performance. Their success is a reflection of our school’s commitment to nurturing the artistic talents of our students, as they continue to shine on stages near and far.

As we move forward through

this school year, we remain excited about the potential for even more achievements. Whether through academic competitions, athletic championships, or artistic performances, our students are continuously making magic happen at Breakfast Point Academy.

Every day, we are inspired by the dedication, resilience, and spirit of our students and staff. BPA is more than just a place to learn—it’s a place where every student can thrive and where magical moments of success are crafted daily. We look forward to celebrating more accomplishments in the months ahead as we continue to make magic every day!



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

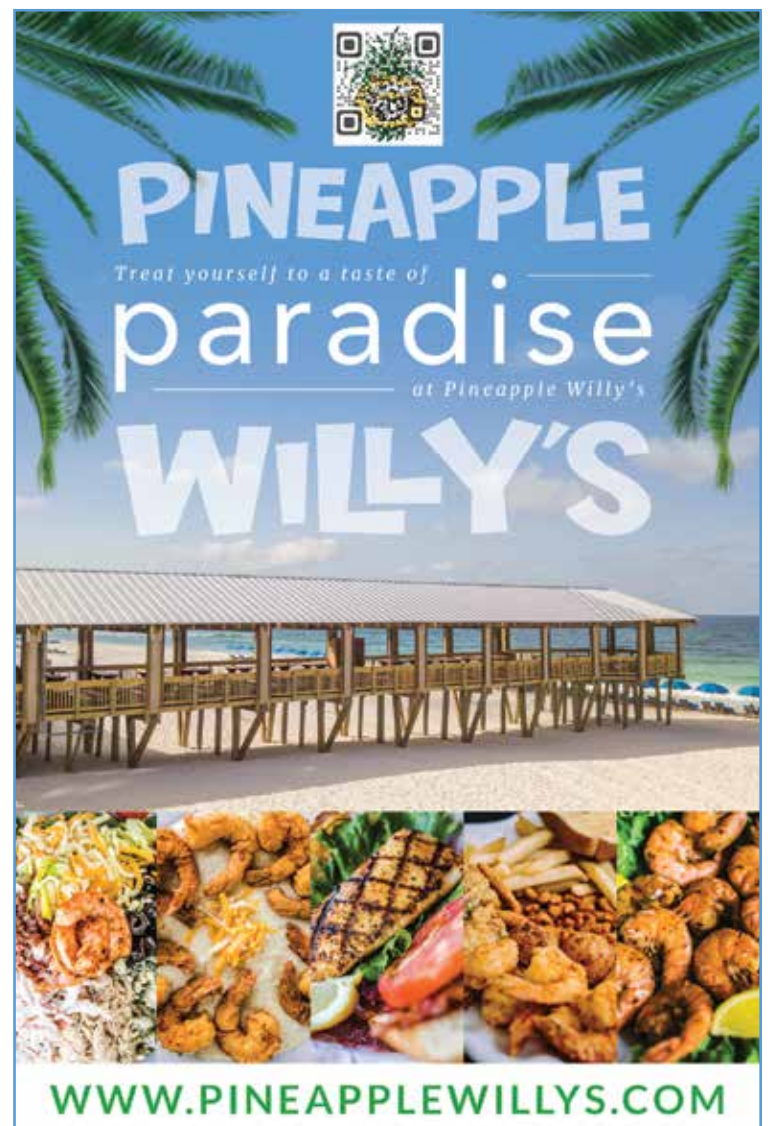
Come check out why we’re the Panhandle’s favorite breakfast spot!

13800 PCB Pkwy.
PCB
(850) 588-5077

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

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


thepancakery.com



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

WWW.PINEAPPLEWILLYS.COM

Education

November: A Time for Thanks and Giving

BY MARK MCQUEEN,
BAY DISTRICT SCHOOL
SUPERINTENDENT

November is a time when we reflect on the many things we are thankful for and how we can give back to those around us. At Bay District Schools, we emphasize the importance of giving back to our community daily. Whether through small acts of kindness or large-scale efforts, we teach our students the value of compassion and service, shaping them into successful

learners and responsible, caring citizens.

This November, I want to express my deepest gratitude to our beach schools for their incredible participation in our Hurricane Helene and Milton supply drives. Thanks to your generosity, countless families in need have received essential supplies to help them recover and rebuild. I'm particularly proud of our students, who have stepped up and actively participated in these efforts. From



ing your support. Together, we can make a meaningful impact and continue to strengthen the bonds that hold our community together.

At Bay District Schools, we are committed to fostering a culture of giving and gratitude. With your continued support, we're not only putting the 'A' back in Bay academically but also building a community where kindness and generosity flourish.

Thank you for all you do to support our students and schools. Together, we are making a difference.

Is this how you feel when your computer crashes?

**No worries... Call Minh.
850-376-3412
MINH PC Repairs**

collecting items to assembling care packages, our students are learning that they have the power to make a real difference in the lives of others.

In addition to these supply drives, many of our schools, with the active participation of our students, are also involved in preparing Thanksgiving baskets for families in need right here in Bay County. These baskets provide not only food but also a sense of hope and community to those who need it most. Watching our students take part in these initiatives fills me with immense pride.

I invite and encourage all of

us - parents, guardians, community members, and local business owners - to reach out to our neighborhood school this month. There are numerous opportunities to get involved—whether through donations, volunteering, or simply show-

Girls Inc. Raffle

Girls Inc. of Bay County is hosting a fundraiser, the 2024 Red RAV Raffle - from now through November 7. For a suggested donation of \$100, participants will have a chance to win a brand new 2024 RAV4 Limited (OR \$20,000 Cash), Emojo Electric Bike - Wildcat Pro 750, or a Crescent K-Craft Kayak/SUP! We would love for you to enter to win and help us spread the word throughout the community and the United States! Only 1000 tickets will be sold, and each participant can enter up to 10 times.

Entrants must be legal residents of the United States of legal age in their state of residence with a valid driver's license prior to the beginning of this Raffle Period. The deadline for entry is Thursday, November 7 at 11:59 p.m. All entries will be online.

For the drawing, there will be one winner per prize. Winners will be drawn at our 2024 Boots & Bling event on Friday, November 8, 2024 at 7 p.m. You do not have to be present to win. Tickets to Boots & Bling are sold separately.

For Raffle Tickets & Official Rules, visit <https://secure.qgiv.com/for/redravraffle/event/redravraffle/>. Thank You to our local raffle partners, Panama City Toyota, Steve's Bike Shop, and Sunjammers! Proceeds go to support Girls Inc. of Bay County where together we are building a new generation of strong, smart, and bold leaders!

This Raffle is sponsored by Girls Inc. of Bay County (300 Clara Ave. Panama City Beach, FL), a non-profit organization whose mission is to inspire all girls to be strong, smart, and bold. Proceeds go directly to supporting our local Girls Inc. Centers in Bay County. Our Centers, serving girls ages 6-18, are safe places to go, to be supported by peers, teachers, and mentors. Girls learn to value themselves, take risks, and develop confidence through research-based programming in areas such as STEM, economic literacy, health, wellness, civic engagement, and so much more.

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

Get Ready for the Holidays with Beach Dermatology Skin Wellness Clinic



Beach Dermatology Skin Wellness Clinic is thrilled to have the expertise of an experienced medical aesthetician! Lisa Garrison has been a medical aesthetician for over 17 years and brings a well-rounded knowledge of skin care to the beach under the supervision of board-certified dermatologist Dr. Jessica Clark. Lisa is from Georgia and is thrilled to join our beach community! She has worked in various settings and can recommend a customized

regimen to achieve your goals. She offers various procedures at Beach Dermatology Skin Wellness Clinic including customized facials for teens and adults, dermaplaning, chemical peels, microneedling, microdermabrasion, acne extractions, and the popular Hydrafacial. She is an expert in taking care of your skin and can guide you through products including the lines offered currently including Skin Better Science and Elta MD. Beach Dermatology is always looking for the best in skin care and will add more lines in the near future!

For those who are not familiar with Hydrafacial, it is a unique customizable experience that anyone can benefit from! The Signature level cleans your pores and hydrates your skin while you relax. The Deluxe Hydrafacial builds on the Signature by adding a step of

serum infusion tailored to your goals. The Platinum experience includes lymphatic drainage before infusion of custom serums to make your skin healthier and brighter which is the ultimate experience especially if you are prepping for an upcoming event. The beauty of a Hydrafacial is there is no downtime. This is the facial you want right before an event or a holiday party to get that beautiful glow!

Beach Dermatology offers these services year round but will be open Friday, November 8, and Friday, December 6 specifically to cater to your cosmetic needs. Dr. Clark is offering appointments for injectables like Botox and Dysport as well as fillers like Juvederm, Restylane, and Sculptra. Lisa will be there to cater to all of your aesthetic needs or if you just need an hour to yourself to relax in this busy season. We encourage you

to schedule your appointments now as these will fill up fast! It is easy to request an appointment online at www.beachskinclinic.com or call (850) 238-8511. Follow them on Facebook @Beach

Dermatology Skin Wellness Clinic or Instagram @dermatodoctor79 for more information and upcoming specials!

Beach Dermatology
SKIN WELLNESS CLINIC

Facial Fridays
Schedule a
Custom Facial
or
Hydrafacial
on Fridays and receive a
FREE Dermaplane Add On

850-238-8511
beachskinclinic.com

VISIT MYPCBLIFE.COM
TO READ THIS ISSUE ONLINE

Fundraising Event Will Put Ukrainian Culture on Display

War-torn Ukraine, owing to continuing Russian aggression, is more heavily infected with landmines than any other nation in the world. From planes, drones and helicopters, Russian armed forces drop scads of small but deadly mines that fall gently to the ground like maple seeds.

As a result, Ukrainian farmlands are effectively removed from production and the flow of grain to Africa and other locations around the world is significantly impacted. No farmer dares enter his fields knowing that he or his equipment might detonate a powerful explosion.

ArroTech, a company housed at TechFarms in Panama City Beach, has developed a metal-detecting drone that is

capable of precisely pinpointing and mapping the locations of landmines and other unexploded ordnance. The drone has undergone rigorous testing in Ukraine, where it has successfully scanned and discovered suspected mines at a farm that has figured in battle.

ArroTech has a close relationship with altruTek, a nonprofit that is advancing humanitarian missions, including the demining of Ukraine, through the application of advanced technologies.

On Saturday, Nov. 9, TechFarms will present its second annual Ukrainian Culture Day, an event whose proceeds will go to altruTek. It will take place from 10 a.m. to 3 p.m. at 1002 Arthur Drive in Lynn Haven — the former Sallie

Mae and General Dynamics building, which was recently acquired by TechFarms.

More than 15 vendors will participate in the colorful, lively and educational event and will combine to represent aspects of the Ukrainian lifestyle ranging from food and dance to music and artisanal crafts. Attendees will discover and experience firsthand a culture that they may never have encountered previously.

Admission to the Ukrainian Culture Day benefiting altruTek is \$5. Children are admitted free of charge. In its first year, the event attracted 300 people and raised \$3,000. Organizers anticipate an even larger turnout this year.

Beach Dermatology
SKIN WELLNESS CLINIC

Medical, Cosmetic and
Aesthetic, Pediatric
and Surgical Dermatology

Now Offering Aesthetician Services



Dr. Jessica Clark
Board Certified Dermatologist

600 Grand Panama
Blvd., Suite 104,
Panama City Beach

Call or visit our website
for an appointment
850-238-8511

Follow us on Instagram at
@dermatodoctor79



beachskinclinic.com



Want to Be Right? Or Happily Married?



BY JAMIE C. WILLIAMSON, PhD
You can be “right”, or you can stay happily married.

That doesn’t mean that if you want to stay happily married, you must be a doormat.

Instead, you must learn to accept that there is no objective reality in a relationship. There are two subjective realities – in your reality, you’re right and in your partner’s reality, they’re right.

To stay happily married, you need to find a solution that works for both of you. You can do that by following my Home Team Approach to conflict resolution.

Consider these common conflict examples:

Example #1: Who Started It?

Jason and Ashley are eating at the bar of their favorite lo-

cal restaurant. Jason is flirting with a female acquaintance next to him and Ashley is talking to her sister on her phone. Once their food arrived, they turned toward each other. After their initial harsh “I can’t believe you...” comments they barely spoke until they got into the car and their “who started it” fight broke out.

Ashley argued that Jason started it. She would not have called her sister if he had not been flirting.

Jason argued that Ashley started it. He only flirted because she was on the phone.

They will never be able to agree on who is right in this circular conflict. And, to stay happily married, they shouldn’t even try.

Relationship communication is a series of continuous transactions. There is no clearly identifiable beginning or ending to any communication episode. When people think back over a stream of communication, they “punctuate” it by breaking it into smaller pieces and labeling some of the pieces causes and the other effects.

Punctuation allows people to identify the beginning and end of a communication event as a convenient way to understand and/or explain what happened



first, second, and so on.

And people punctuate interaction in self-serving ways that reflect better on themselves and are consistent with their self-image.

The Home Team Approach to Conflict Resolution

Jason and Ashley could settle this issue by following the Four Steps in the Home Team Approach:

- Internally accept that they both experienced the event differently.
- Validate the other’s reality.

- Acknowledge their own role in what went wrong and apologize.

- Commit to not letting something similar happen again.

Ashley: You must have felt so left out. I was having such a good conversation with my sister that I didn’t realize how rude I was being to you. I’m so sorry.

Jason: You must have felt like I was trying to make you jealous. I just hadn’t seen her in a while and wanted to catch up. I didn’t think about how it might look to you. I’m sorry, too.

Ashley: Well, what a waste of a date night for us. We know better.

Jason: Let’s never let it happen again.

Example #2: No, you didn’t. Yes, I did.

Gabe and Maria drove separate cars to their cabin in North Georgia. Maria asked Gabe to stay close to her because she was nervous about driving through Atlanta at night. Gabe promised he would. Gabe led and kept Maria’s car in his rearview. But when he moved across lanes a car often got in between them. Maria felt panicky because she had difficulty identifying Gabe’s car in the dark.

When they arrived, Maria initiated a fight, accusing Gabe of breaking his promise and causing her to feel unsafe. Gabe said she was being dramatic. He did not break his promise. He stayed close and could see her car the whole time. They replayed this “no, you didn’t, yes I did” argument the entire weekend.

The Home Team Approach Alternative

Gabe: You must have been nervous. I didn’t realize that you couldn’t identify my car among the others at night. I’m so sorry. I always want you to know that I’m looking out for you.

Maria: No wonder you think I’m overreaching. I didn’t realize you had your eye on me the whole time. Instead of fuming, I should have just called to say I couldn’t find you in the traffic.

Gabe: I should have done more to ensure there were no cars between us.

Maria: Let’s not waste another minute of our weekend on this. We’ll do better next time.

People who care more about winning an argument and being “right” than repairing their relationship, often end up divorced. People who accept that in relationships there is no objective “right” or “wrong”, can learn to maximize their “home team” advantage and stay happily married.

Let me know how I can help.

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

The
HORMONE
Restoration Center
Look Healthy, Feel Alive

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

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



Three Years In A Row!
Thank you Destin!

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

Dr. Richard Chern, MD

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



**Look Healthy,
Feel Alive!**



thehormonerestorationcenter.com

Book Review: "The Gifts of Imperfection" by Brené Brown



BY MICHAEL MCMANUS LCSW

This is a wonderful book that I often recommend to clients struggling with perfectionism, worthiness, and self-acceptance. In "The Gifts of Imperfection," Brené Brown offers a profound exploration of the importance of embracing our imperfections and cultivating a life rooted in authenticity and self-acceptance. This transformative book serves as a guide for individuals seeking to overcome the societal pressures of perfectionism and to live wholeheartedly.

Brown's writing is both relatable and insightful, drawing from her extensive research on vulnerability, shame, and resilience. She introduces the concept of "wholehearted living," which encourages readers to let go of the relentless pursuit of perfection and instead embrace their true selves, flaws and all. Through a series of ten guide-



posts, she outlines practical strategies to foster self-compassion, gratitude, and resilience.

One of the book's most powerful messages is that imperfection is not something to be

ashamed of; rather, it is a fundamental aspect of being human. Brown's candid anecdotes and relatable examples resonate deeply, allowing readers to reflect on their own struggles with

self-worth and the desire for acceptance.

"The Gifts of Imperfection" is not just a self-help book; it is a heartfelt invitation to embrace vulnerability and to recognize that our imperfections can lead us to deeper connections and a more meaningful life. Brown's warm and empathetic voice encourages readers to step into their authenticity and cultivate a sense of belonging—both to themselves and within their communities.

In conclusion, "The Gifts of Imperfection" is an essen-

tial read for anyone looking to break free from the shackles of perfectionism and to live a more authentic life. Brené Brown's insights are both empowering and transformative, making this book a valuable resource for personal growth and self-discovery.

Michael McManus LCSW is a psychotherapist in private practice in Santa Rosa Beach, Florida and can be reached at (850) 837-0123 or at Psychotherapy30A.com.



Psychotherapy30A.com

Individual, Marital and Family Therapy

1-850-837-0123

1131 Mack Bayou Rd & 76 Allen Lakeshore Dr.

Michael McManus LCSW

VISIT
MYPCLIFE.COM
TO READ THIS ISSUE ONLINE

MEDICAL MARIJUANA
kaya LIFE
FLORIDA MEDICAL MARIJUANA PHYSICIAN
CONSULTATION & CERTIFICATION
850-213-1215
OFFICES IN PENSACOLA, SANTA ROSA BEACH & PANAMA CITY | THEKAYALIFE.COM

ACHING BACK?
BOOK A FREE STRETCH
Call us! 850-588-0899
STRETCH ZONE®
Located in Pier Park North next to The Fresh Market

Wrinkles: Treatment Tips and Tricks



By BRIDGET SULLIVAN, PA-C, COASTAL SKIN SURGERY AND DERMATOLOGY, PCB

The first signs of aging are wrinkles and loss of volume in our face. How do we get wrinkles and what can we do to prevent

and treat them? This article will give you a better understanding of why we get wrinkles and different options for treatment and prevention.

Wrinkles and volume loss are caused by the loss of collagen and elastin in our skin. There are many causes for the loss of collagen and elastin; however, a major factor is sun damage. Another contributing factor is repeated facial movements over an extended period. When we make facial movements throughout the day, the muscles in our faces are moving resulting in the skin on top of the muscles moving perpendicularly. Over time, this will eventually form a

wrinkle.

What can we do to prevent and treat wrinkles in order to have a more youthful appearance? One option is to get a treatment of a neuromodulator, like Botox which is used in the prevention and treatment of wrinkles. Botox relaxes the muscles in our face, making our facial movements less animated, and therefore, reduces the movement of the skin on top of the muscles. Botox is used by women and men alike. If you are interested in having this procedure done, it is important that you discuss this with your medical provider to make sure you are a good candidate and to



go over the procedure in more depth and detail.

If you prefer another option, I would recommend a retinol or tretinoin cream. This cream is applied at nighttime and helps boost collagen and elastin and therefore over time will help with the appearance of fine lines and wrinkles. Please speak to your medical provider about this cream to make sure you are a good candidate and to go over specific instructions.

Lastly, getting in the habit of applying sunscreen every day will decrease sun damage and

the loss of collagen and elastin which will be a major factor in preventing fine lines and wrinkles in the future.

Healthy skin will lead to beautiful skin so make skin care and your anti-aging routine a part of your daily regimen. Reach out to your dermatology provider for guidance if you need help with your treatment plan.

Contact Coastal Skin Surgery and Dermatology at (850) 500-3376.



ACCEPTING NEW PATIENTS

Bridget Sullivan, PA-C

We focus on safely providing the best outcomes with an emphasis on progressive and leading-edge procedures, providing the patient with the most advanced surgical and skin care treatments available.



12139 PCB Parkway
Panama City Beach

(850) 500-3376

Four Convenient Locations:

- Panama City Beach
- Miramar Beach / Destin
- Niceville / Bluewater Bay
- Ft. Walton Beach

COASTALSKINSURGERY.COM



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

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

Our initial in-home care assessment...

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



Care and comfort at a moment's notice.

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

seniorhelpers.com/fl/panama-city

FLORIDA LICENSE #299994598

★★★★★

HOPE

COUNSELING.ONLINE

"Wherever you are - there's Hope."



WE OFFER:

- Counseling
- Coaching
- Retreats
- Speaking & Training

In-Person & Online

☎ 850.660.8353

✉ Office@HopeCounseling.Online

🌐 www.HopeCounseling.Online

📍 116 MC Davis Blvd, Santa Rosa Beach, FL 32459



Sean of the South: **Loved Ones**



BY SEAN DIETRICH

The letter came via email. “My dad died last year and I don’t really know what to do with myself anymore. My mom is trying to give me space, my friends ask when I’ll be normal again. I turn fifteen tomorrow and my dad is not here to see it.”

I’m the wrong guy to ask about normalcy. I haven’t been normal since third grade when I peed my pants at a school assembly. Even our school nurse remarked, “That child’s not normal.”

No matter. “Normal” is a made-up word. Normal doesn’t

exist. Nothing in this world is normal. Not you, not me, or anything in nature.

Years ago, for example, while driving through rural Alabama, I saw something quite abnormal. I’ll never forget it.

It was an overcast day. My wife and I had just left a funeral. There was a lingering sadness over our vehicle. The kind that only the death of a loved one can bring.

We were riding through miles of farmland, grain silos, barns, and cows staring at us as we sped by. That’s when my wife said, “Look!” She was pointing

out the window.

I glanced out the window and saw it, too. It was a spectacular rainbow. I pulled into a random cow pasture.

We ran through acres of green grass, alfalfa, and fresh cow pies. And we saw the biggest, best, most vivid rainbow ever.

So help me, the colors were touching the ground. The rainbow’s tail was diving into the dirt like a spotlight.

I’d never seen anything like it. I didn’t know rainbows actually touched the earth. This was highly unusual to me.

The cows watched us with big eyes while we behaved like six-year-olds. My wife ran forward to get a better glimpse. I almost peed my pants again.

But here’s where things get somewhat magical.

Have you ever tried to look at a rainbow up close? You can’t do it. The colors disappear whenever you get too close. Then, the colors will reappear whenever you take several steps back.

It doesn’t mean the rainbow isn’t there. It’s there the whole time, but you can only see it from certain angles.

We hiked back to the truck and I started crying. It wasn’t a sad cry. It was the kind of happy cry you do when a baby is born,

or at weddings, or when your team wins the SEC Championship—not that I would know what this is like.

I was crying because I was thinking of my father, and all my late loved ones. I was crying because even though I can’t see them, up close, their colors are still here. In everything I do. In all parts of my life.

Life evaporates. It rises toward heaven at the speed of light. It reaches the top of the world, then disappears, and we’re left with gray clouds. But the colors of someone’s life remain.

Remember their colors, even though you can’t always see their rainbow. Watch for the colors to reappear, because sometimes they frequently show up in the most random places. Even in cow pastures.

Do not forget your father. Talk about him. Tell his stories. Pull over in cattle pastures to chase his memory. Let his memory paint your birthday, and allow yourself to grieve.

And for God’s sake, whatever you do...

Don’t let this world make you normal.



Theo is a little turtle on a big mission...

Theo the Turtle is here to save the threatened sea turtles. Help support the cause—a portion of every Theo purchase goes directly to charity.

Plushies • Backpacks • Bamboo Straws • Keychains
Coloring Books • Children’s Books • Hats • Pillows and More

Shop www.theotheturtle.com



RELAX
with **MODERN AIR SOLUTIONS**
HEATING & COOLING™

24-HOUR SERVICE
WALTON & BAY COUNTY
850-249-2999
Licensed Contractor CAC1817340
MODERNAIRSOLUTIONSLLC.COM

A Minister's Message: Giving Thanks When The World Is Upside Down

By DR. KERRY KNIGHT,
EMERALD BEACH CHURCH
OF CHRIST

"Thank you, Lord." Does that statement seem odd when you consider the condition the

world is in? I don't think I need to explain. Let me just drop a few hints: Russia, China, North Korea, Iran, and that doesn't even include the various proxies that emanate from them. Every-

one is on edge. What does the future hold? And yet the bible instructs us: "In everything give thanks; for this is the will of God for you in Christ Jesus" (I Thessalonians 5:18). You see, grati-

tude helps us to trust the Lord when we don't understand why. We need to trust God in the long game. He has a purpose for everything. That's why He says, "rejoice always" (I Thessalonians 5:16). Thanksgiving is essential for overcoming our fears. In John 16:33 He says, "In the world you will have tribulation (trouble), but be of good cheer. I have overcome the world." Our Lord is available in the past, present, and future. He wants us to meditate on the good things



WHERE TWO OR THREE
GATHER IN MY NAME



that only He can provide. "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever

things are of good report, if there is any virtue and if there is anything PRAISEWORTHY—meditate on these things" (Philippians 4:8).

THERE I AM IN THE
MIDST OF THEM.

Emerald Beach
CHURCH OF CHRIST

301 Alf Coleman Rd., Panama City Beach

Note: Alf Coleman is closed at the north end.

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

www.emeraldbeachchurch.org

SUNDAY AM:
Bible Class 9 am
Worship 10 am

SUNDAY PM:
Lesson 1 pm

WEDNESDAY:
Bible Study 7 pm

Author Event at Bookish Boutique in Panama City

Well known for her Harry Potter-inspired fan fiction, writer Gillian Eliza West is making her first foray into full-length novels. The first book in her Infernis Duology, *Ruin*, is a true slow-burn romance featuring an enemies-to-lovers storyline and nods to multiple mythologies. With its own unique world, language, and lore, *Ruin* provides readers a depth that is not often found in other mythological retellings and fantasy romance novels. This novel is an exploration of fear and grief, the way those emotions can fester and change a person into something unrecognizable, and how the path back to finding oneself is often to face what one fears most.

"I have experienced quite a lot of loss in my life which has caused me to become afraid and anxious. So, I felt very passionate about writing a story about what it is like to not only face your fears but also become them and find out what's on the other side. I am very excited for my fans to meet Oralia and Renwick," says Gillian Eliza West.

West has created a rich fantasy story with impeccable spice and mythological inspiration. To learn more, please visit: GillianElizaWest.com.

Gillian Eliza West will share her debut book, *Ruin: The Infernis Duology Book One*, on November 9, 2024, at 11 a.m. at Bookish Boutique in Panama City (bookishboutique.com).

Flooring for the Win

It's a brisk fall day. You just finished your morning coffee, the air is crisp, and the excitement of game day is in the air. As you head to your man cave, ready to settle in for an afternoon of football, you're greeted by something that elevates the experience beyond the game itself: the custom epoxy flake flooring beneath your feet, designed to match your favorite team's colors. It's a reflection of your passion, a space where your loyalty is literally part of the foundation.

The seamless design, the bold colors, and the durability of the epoxy floor create a statement piece that sets the tone for your entire game-day experience. Whether you're watching with friends or by yourself, you can feel your team spirit radiating from the floor up. Beyond its aesthetic appeal, it's built to last, ready to withstand all the excitement, spills, and high-fives that come with cheering your team to victory.

What Is Epoxy Flake Flooring?

Epoxy flake flooring is a highly durable, customizable flooring solution that combines an epoxy base coat with decorative vinyl flakes and a protective topcoat. These vinyl flakes, which come in a wide range of colors, add both texture and character to the floor, making it slip-resistant while creating a visually appealing design. The layers bond tightly to the concrete surface, providing a strong and long-lasting floor that resists scratches, impacts, and stains.

Why Epoxy Flake Flooring Is Perfect for Sports Fans

When it comes to creating the ultimate fan space, whether it's a garage, basement, or entertainment area, epoxy flake flooring offers a unique way to personalize the environment and make it feel like part of the game-day experience. Here's why:

Team Spirit in Every Step

What better way to show off your loyalty than having your team's colors at your feet? By

customizing the epoxy flakes to match your team's palette, you're not just watching the game—you're immersed in it.

Durability for Game Day and Beyond

The beauty of epoxy flake flooring isn't just skin-deep. This flooring is incredibly durable, capable of withstanding the wear and tear of everyday use, spilled drinks, dropped snacks, and even those energetic celebrations when your team scores the winning touchdown. Its resistance to stains and easy-to-clean surface makes it practical for busy game days and high-traffic spaces.

Non-Slip Texture for Safety

With its slip-resistant texture provided by the embedded flakes, epoxy flooring is safe, even if things get a little wild during the game. The anti-slip nature is especially useful if your man cave doubles as a garage or gym, where safety is a priority.

Customizing Your Epoxy Flake Flooring

One of the most exciting aspects of epoxy flake flooring is the ability to fully customize the design to suit your specific tastes and, of course, your team's colors. Here's how you can take it to the next level:

Pick Your Team's Colors

The customization begins with choosing the right color scheme. Epoxy flakes come in a wide range of colors, so whether you want to represent your favorite college, NFL, NBA, or MLB team, you can find the perfect shades to match. The possibilities are endless!

Add Your Team's Logo

Want to go all-in on customization? You can embed your team's logo directly into the flooring. A vinyl decal or stencil of your team's logo can be placed on the base coat before the flakes and topcoat are applied, giving your man cave a professional and polished look. This is a great way to make the flooring the centerpiece of your

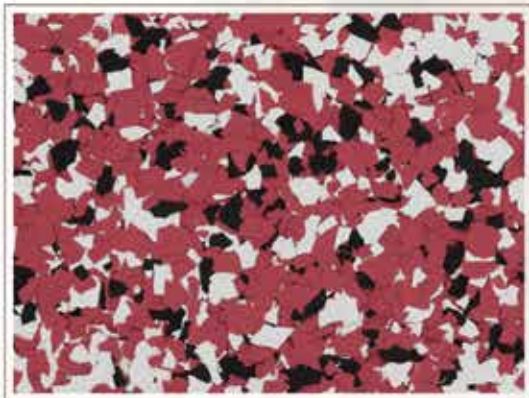


fan zone, and it's sure to impress your guests during game day gatherings.

Custom epoxy flake flooring allows you to take your game-day experience to the next level by bringing your team's colors and spirit right into your space. Not only is it durable and easy to maintain, but it's also a creative way to show off your loyalty in style. Whether you're decking out a man cave, garage, or commercial venue, epoxy flake flooring offers endless customization possibilities that will make every game day feel like a special occasion. If you're ready to turn your mancave into a fancave, stop by Flooring Depot of Panama City for your free design consultation!

TURN YOUR MANCAVE INTO A FANCAVE

CUSTOMIZE YOUR EPOXY FLAKE FLOORS TO MATCH YOUR FAVORITE TEAM COLORS!



TWO CONVENIENT LOCATIONS

**1310 W. 15TH ST | PANAMA CITY | 850.785.2216
19700 PCB PARKWAY | PANAMA CITY BEACH | 850.730.1650**

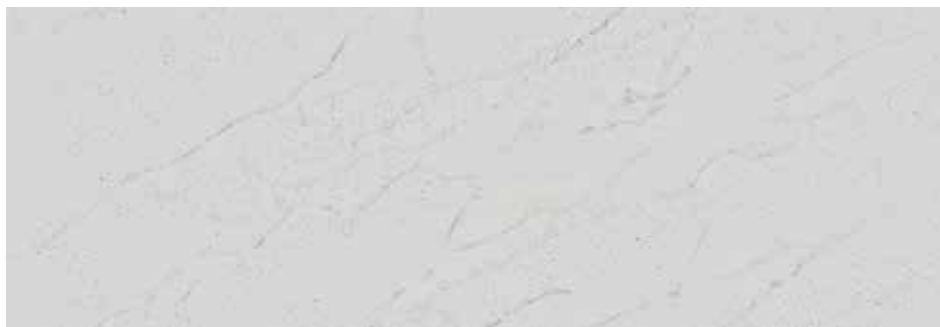
FLOORINGDEPOTOFFPANAMA.COM

Design and Culture: Quartz Countertops, What's the News?

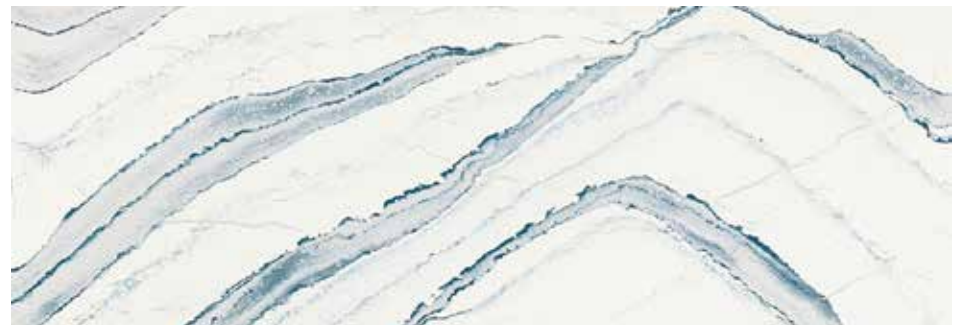
It has been an exciting year in Quartz countertops and there are many new colors to choose from! Silestone, Cambria and MSI have released some lovely new designs we'd like to share with you. Also, some styles are getting resurrected. The look of recycled glass is making its way back into our coastal homes. There are multiple options available out there for interior and ex-

terior countertops when it comes to this style. If you are interested in countertops with recycled glass, I would highly suggest visiting your fabricator as pricing can vary greatly and they can assist you in finding a selection that works for your budget. Granite Plus is one of the oldest fabricators in Bay County and can assist you with your project, whether it's new construction, a remodel

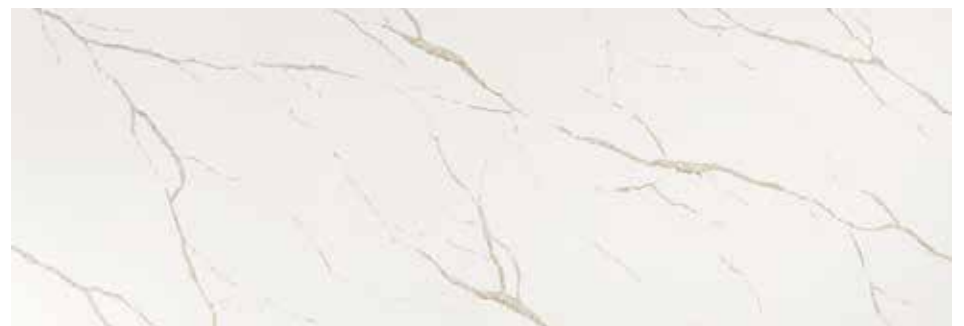
or commercial. If you would like to see samples of any of these projects or you would like a sample shipped to you, give us a call. We are family-owned and operated and have a wonderful team of project managers to assist you. Our showroom is located at 17801 Ashley Drive and we hope to see you soon!



Silestone has just released their "Le Chic" collection Inspired by Natural Stones, with subtle veins and a little bit of sparkle. To really appreciate and view the aesthetics of this collection you can visit www.cosentino.com/usa/silestone/le-chic/. On the left is Eclectic Pearl, available in polished or suede, and on the right is Parisien Bleu, available in polished.



New from Cambria Quartz, Windsor Brass (left) and Inverness Bristol Bay (right) are both new and stunning. Windsor Brass has warm and cool tones, and touches of brass. Its movement is stunning and warming with its soft movement and soft veins. If you are looking to add blue into your home, Inverness Bristol Bay is a lovely choice, the pattern a whimsical blend of blue and greys perfect for our coastal homes. To find out more information you can visit CambriaUSA.com.




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

MSI Surfaces "Calacatta Laza" has been a longtime loved color by our customers standing the test of time and continuing to be a favorite. MSI Surfaces recently added their House of Laza Collection, Calacatta Laza Grigio (left) and Calacatta Laza Oro (right), elegant additions to world of countertops. Calacatta Oro bringing the same sense of luxury, just adding some of those warm tones that are trending right now. Calacatta Laza Grigio is bringing us a whole new look as clients look for something new and exciting. Visit MSISurfaces.com to find out more information.

The Marshmallow Experiment



BY RANDY LOCKLIER, PRESIDENT AND CHIEF INVESTMENT OFFICER, GULF FINANCIAL

Don't we all love smore's? I do! On a recent mountain trip, we enjoyed them by the firepit. Melting chocolate and marshmallow oozing over a warm graham cracker is so delicious. Could you resist?

In 1972, an experiment was conducted at Stanford University. Children were brought into a room one at a time and sat down at a table. On the table was a marshmallow. The researcher told the children that he was leaving the room for 15 minutes and that if they did not eat the marshmallow, they would get a second one upon his return. A simple choice: one treat now or two later. Only 1 in 3 could wait. The really interesting part came later. Stanford researchers studied these children for 40 years (That's right!) and made an amazing discovery. Over and over again, by any measure, the children who waited succeeded in life at a much higher rate than those who didn't wait. Higher SAT Scores, graduation rates, income, job performance, net worth as well as overall life and relationship satisfaction were the norm in this group. Is

there a message here for us?

True happiness, said Aristotle (c. 300 BC) is about developing daily spiritual habits and surrounding yourself with people who grow your soul. At the center of the spiritual life is the concept of delayed gratification. Delayed gratification is an essential element of self-control. When you disavow immediate pleasure to seek a long-term higher value goal, you are practicing delayed gratification. It is here that we will move toward our greatest potential in this life. Studies have shown, like the Marshmallow Experiment, that deferred gratification is one of the most effective personal traits of highly successful, happy people. People who learn to manage their need to be satisfied in the moment thrive more in their careers, relationships, and finances than people who give in to it.

This seems to be proof of a path to an abundant and fulfilling life in this earthly realm. What of the spiritual realm? One must have faith. Faith is the substance of things hoped for, the evidence of things unseen. It is this Faith, this hope for the future that gives us the strength to deny ourselves, pick up the cross daily and walk in the will of our Maker. A life aligned with the will of God creates real joy that keeps our happiness meter on high!

Just think for a moment about some of the things in life that bring us immediate pleasure but can impose upon our physical, spiritual, and mental health. Food, drugs, gambling, alcohol (ever had a hangover?), sex, screaming in anger, or overusing our credit cards. These things don't necessarily bring out the best in us, they just ease our discomfort or satisfy our desires for a moment. Our modern society is one in which instant gratification is glorified and obtainable, becoming a barrier to many seeking the spir-

itual life. To some, these temptations open the door to turmoil, addiction, and death.

Jesus teaches us not to store up treasures on earth, but to store up our treasures in heaven. For where our treasure is there will our hearts be also. A person will never be successful on a

spiritual walk without knowing how to say no to temptation and the pleasures of this world. Delay a little gratification and you will draw close to God. Say no to sin and temptation and they will flee from us. Believe that the promises of Christ are true and the promises will come to pass in

our own lives and the next.

That's good news for us all! Great to be with you again. Until next time be happy, be safe, and be blessed.

Visit gulffinancialgroup.com or call (833) 403-4041



Call the lifeguard.

At Gulf Financial, we are passionate about preventing the catastrophic effects of large market drawdowns during retirement. Find out how we use a sophisticated mix of financial instruments to reduce risk without sacrificing growth.

That's the Gulf Financial way.

Call Rhonda at **833-403-4041** or visit gulffinancialgroup.com to schedule your free consultation in Destin or Panama City Beach.



GULF FINANCIAL

Next Generation Retirement Planning

415 Richard Jackson Blvd. Ste 408 | Panama City Beach, FL 32407
www.gulffinancialgroup.com



Gulf Financial
Phone: 833-403-4041
Mobile: 803-403-4041
randy@gulffinancialgroup.com

Hot Real Estate Deal!

Sun Harbor Marina Condo at 5505 Sun Harbor Rd.
• Waterfront at the new marina
• Amazing views bring your boat
• New floors, paint, and

oven range
Unit 217 for sale at \$169,900. It wont last at this price so call today for your showing:
Jessica Kittley, World Impact Realty, 850-348-9681

 **Heroes**

Austen Walker Named City's 2024 Firefighter of the Year

The City of PCB announced that its 2024 Firefighter of the Year is Firefighter-EMT, Austen Walker.



Walker serves as an active member of the Aquatic Rescue Response Team (ARRT). A certified emergency medical technician, he is credited with saving numerous swimmers in distress. He is an Oklahoma Smoke Diver, an elite distinction that highlights his proven firefighting skills under the most extreme of conditions. Austen plays a pivotal role in training the department's newest members, ensuring that probationary firefighters receive the highest quality instruction and are well-prepared for future challenges.

Austen joined the City of PCB in 2020 and was nominated by PCB Fire & Rescue Lieutenant-EMT Brent Gust. Lt. Gust nominated Walker "because of his consistent and exceptional high-performance level. His dedication in pursuing a mastery of our craft—and there-

by delivering the highest quality of service to our community is unwavering and exceptional."

Fire Chief Ray Morgan added, "Along with his physical prowess and mental acuity, Austen is a man of fine character who exemplifies the best of our organization. Austen holds himself to account in the highest of standards in all facets. These attributes are reflected by his positive attitude, professionalism, readiness, and effectiveness on the fireground. His interactions with the community confirm his

commitment to representing the Department in a consistently positive manner."

After being notified about the award, Walker expressed his gratitude stating, "From a young age, I've held a deep respect for

both the military and the fire service. I've always had a great appreciation for the humility and professionalism in both career paths. After completing my service in the military, I knew the fire service was where I wanted

to be. Thank you PCBFR, The Optimist Club and the City of PCB for the nomination and the opportunity to work alongside a selfless and dedicated team of professionals. I am humbled and grateful for the support."

Warrior Memorial Reefs Foundation to Honor American Hero on Veterans Day

On November 11, 2024, the Warrior Memorial Reefs Foundation, in partnership with the Man in the Sea Museum and the Dive Locker, will honor the life and legacy of Navy Chief Warrant Officer 4 (retired) Oscar Westbrook, a dedicated American hero. His ashes will be deployed at the Military Divers Memorial Reef site, off the coast of Panama City Beach, serving as a poignant tribute to his unwavering service and sacrifice for our country. The solemn ceremony will begin at the Man in the Sea Museum at 7:30 a.m. Local biker organizations will escort Oscar's remains and his family from the museum to the Dive Locker boat, creating a heartfelt procession that reflects the love and respect Bay County has for one of its veterans. The community is encouraged to line the streets with flags to honor Oscar's memory and

show support for his family. As the procession makes its way to the Dive Locker boat, Oscar's ashes will then be transported to the Military Divers Memorial Reef, where he will find his final resting place. Once out at the Military Divers Memorial Reef site, Chief Warrant Officer 4 (ret) Oscar Westbrook will be piped over the side to his final resting place. Navy Divers will take his ashes in a salt urn and place it down next to the Military Divers Memorial Reef and drape a flag, in the background, in honor of his service.

"We are deeply honored to be a part of this heartfelt tribute for CWO4(ret) Oscar Westbrook," said Joe Theodorou, Founder and President of Warrior Memorial Reefs Foundation. "His service and dedication to our country will not be forgotten, and we hope this will serve as a lasting tribute to

his legacy."

Oscar Westbrook was more than a Naval Diving Officer and Master Diver; he was a devoted husband, father, grandfather, and friend who touched the hearts of many. His commitment to duty and country serves as an enduring example of courage and selflessness. On this Veterans Day, let us come together to honor his legacy.

For more information on Chief Warrant Officer 4 (ret) Oscar Westbrook and the procession route, please visit www.warriormemorialreefs.org. You may also contact Joe Theodorou at (239) 826-2009.

Warrior Memorial Reefs Foundation is dedicated to honoring the past and restoring the future by interring the cremated remains of veterans, first responders, and K9s in prefabricated artificial reefs off the coast of Panama City Beach.

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

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

The Best Garage in Town.

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

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

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

From the Office of Congressman Neal Dunn: Stronger Together



In the aftermath of Hurricanes Helene and Milton, Florida communities have come together to pick up the pieces

spearheading another letter with the entire Florida delegation in support of Governor DeSantis' request for an expedited Major Disaster Declaration in Florida.

These requests ensured that the federal government responded quickly to the devastation caused by Helene and prepared FEMA and other organizations for the even greater response needed for Hurricane Milton.

Although we were prepared for the damage from these two massive storms, the devastation was still immense. In Helene's aftermath, I spent time with community leaders and surveyed the damage in commu-

Before I finish, I would like to remind everyone that hurricane season is not over. We must be prepared for future storms as we continue to recover. Please take

the time to review your disaster plans and supplies. If you or somebody you know needs assistance in the aftermath of this season's storms, please reach out

to my office. For regular updates about what I'm doing in Congress, please follow me on Twitter, Facebook, and Instagram.



and begin the recovery process. Although these storms have been devastating to communities around the state, I'm proud of the resilience and strength Floridians have displayed in the face of adversity. I want to extend my heartfelt thanks to FEMA Regional Administrator Robert Samaan, Florida Division of Emergency Management Director Kevin Guthrie, our county Sheriffs, and all first responders who have been on the front lines supporting the recovery efforts.

Throughout the preparation and recovery process, I have been advocating for Florida's needs to ensure that everyone impacted gets the support they need from our federal government. I have been working closely with our state and local leaders to coordinate resources and ensure that federal assistance is ready. In the leadup to Hurricane Helene, I sent a letter to President Biden asking him to put federal resources on standby in preparation for the storm. I followed up that request by

nities that were most impacted in Taylor County, such as Steinhatchee.

Many families in Steinhatchee and surrounding communities lost everything, and it has never been more important to ensure that they have the support of our federal government. That's why I was honored to host Speaker Mike Johnson as we surveyed the devastation left by Hurricane Helene. Together, we visited Steinhatchee, conducted aerial assessments of agricultural losses in Lafayette County, and held an agricultural roundtable at the University Air Center, where we met with local leaders to discuss ongoing recovery efforts.

Both Helene and Milton caused untold damage throughout the state and in North Florida specifically. However, Floridians will always be stronger than the challenges they face. Federal assistance is absolutely essential to the recovery effort, which is why I am committed to ensuring that our families and businesses have the tools they need.

NEED TO PUT YOUR BUSINESS ONLINE?

Beautiful, User-Friendly Websites at Affordable Rates



DESIGNWORKS GRAPHIC DESIGN STUDIO

- Websites
- Social Media Graphics
- Email Marketing
- Logos & Branding
- Advertising
- Print Design
- Promotional Items

850.376.6255 | kim.designworks@gmail.com | kimatdesignworks.myportfolio.com



Roofing • Repairs & Maintenance • Roof Coating & Restoration

SANTA ROSA BEACH

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

WASTE PRO
Caring For Our Communities®

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

12310 Panama City Beach Pkwy
Panama City Beach, FL 32407

(850) 872-1800
www.wasteprousa.com

SERVICES:
+ RESIDENTIAL
+ COMMERCIAL
+ CONSTRUCTION



JUST ONE MORE TIME?

Before it's too late...

Grab someone you love and head to Capt. Anderson's for your favorite Capt. Anderson's classics... make plans to enjoy it soon, because Saturday, December 14 is the last day of the season!

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

DEC. 14 IS THE LAST DAY OF THE SEASON!

Wine Spectator Best of Award of Excellence • CaptAndersons.com
 850-234-2225 • 5551 N. Lagoon Drive, Panama City Beach, FL 32408



IT'S LOCAL SEASON!

FALL BACK 50

EVERYTHING 1/2 OFF!
 3-5PM WEEKDAYS, NOVEMBER 4-27!

Yes, that's EVERYTHING on the menu, including drinks!!
 - Excluding Gift Cards. Dine In Only -

SCHOONERS
 LAST LOCAL BEACH CLUB®

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