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Postal Customer Local

Turning PCB into a Mecca for Surfers

By Ed Offley

A major tourist attraction planned for the expanded Pier Park could turn Panama City Beach into a major destination for surfers.

The Shell Point Beach & Surf Club is the brainchild of veteran surfer and Beach resident Warren Smith. Shell Point will feature a 500foot wide, three-acre "surf pool" where an underground pumping station can generate continuous waves ranging in height from 1 to 7 feet. An artist's rendition shows an expanding wave that flows outward in two directions from the center, providing two separate directions for surfers to take for a 200-300-foot ride to either end.

Smith's company, the Emerald Light Group, is developing in the \$80-90-million project.

Shell Point will be located on a 10-acre tract in the new Pier Park East district immediately east of the soon-to-open TopGolf driving range on Powell Adams Road. Other features will include a full-service restaurant and bar, retail





facility, family splash pad and swimming pool.

When open, the park will have 80 employees, mostly in the restaurant and retail operations. The wave pool staff will be minimal.

Under preliminary development since 2020, Shell Point cleared the second of five major hurdles on May 8, when City Council voted 4-0, with Councilman Ethan Register abstaining, to approve a Large Conditional Use Permit (LDC) for the project; Register abstained because he is an employee of St. Joe, developer of Pier Park East). This ratified a unanimous 5-0 vote by the city Planning Board on April 9 recommending Council approval.

While lauded by tourist industry leaders and local surfers, Shell Point has not been without controversy. Its eastern perimeter fronts on Hills Road directly across from the Summerwood subdivision. The LDC application requested shrinking a 1,000foot setback from residential areas – required under the city code – down to a 100-foot setback.

Civil engineer Robert Carroll, the project applicant, testified at the City Council meeting that noise and light pollution from Shell Point will be mitigated through

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Panhandle Wildlife Rescue Opens New Rehabilitation Hospital



Panhandle Wildlife Rescue (PWR) is proud to announce the grand opening of its new, full-scale wildlife rehabilitation center and hospital in Freeport, FL. PWR is a vital part of the Florida Panhandle, providing life-saving care and rehabilitation to native wildlife species across 11 counties from Navarre to Tallahassee.

> **WILDLIFE** continued on page 2



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The community

SURFERS

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a number of design steps imposed by the Planning Board. The park will be bound by an eight-foot-high masonry wall itself concealed behind a band of vegetation along the Hills Road right-of-way. Exterior lights will be shielded and directed so as to avoid shining in the direction of nearby houses. Outdoor speakers will be placed at ground level to minimize noise impacts. And during early operating hours

from 6-10 a.m., the park operation will be limited to the pool, with the other amenities not opening until 10 a.m.

"We're trying to create a controlled environment," Carroll said.

While several speakers identifying themselves as surfers praised the concept, most of the Summerwood residents at the Council hearing were unimpressed with the mitigating steps imposed by the Planning Board. Summerwood resident Stanley Stefancic challenged Carroll's comments as "unsubstantiated," and later demanded "some high-quality decision information" such as the sound levels generated at existing surf pools in other areas.

Mayor Stuart Tettemer assured the Summerwood residents that as the project progresses, the city will carefully monitor the design and site construction to ensure that the mitigating steps work as planned.

"They're going to design it and we're going to hold them to it," said Vice Mayor Michael

Jarman.

Councilman Paul Casto said he would like to see a detailed noise study of other surf parks in operation across the country, and his colleagues informally agreed.

In addition, Tettemer asked staff to explore a possible fast-tracking of the Community Redevelopment Agency plan to widen Hills Road to four lanes. Currently, that segment is not scheduled to occur in the next five years.

Prior to ground-breaking, the

developer must apply for and receive a Development Order detailing the "horizontal improvement" to the site, which will also face planning staff review. After that, the city will work with the developer to complete a Construction Management Plan ensuring minimal disruption to the local area. The fifth and last step will be for Emerald Light Group to apply for a building permit.

"Once the project clears its final application milestone, construction will take about two years," Carroll said.

WILDLIFE

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The new facility will allow PWR to expand its mission of rescuing, rehabilitating, and releasing sick, injured, and orphaned wildlife, admitting between 1,000 and 2,000 patients annually. With a focus on medical care, orphan rearing, and intensive rehabilitation, PWR gives Florida's wild animals a second chance at survival in one of the fastest-developing and ecologically rich regions in the country.

donation from Ryan Jumonville and Family, marks a major step forward in our commitment to the wildlife of the Emerald Coast," said Shelby Robinson, founder and executive director of Panhandle Wildlife Rescue.

The Florida Panhandle is home to the most biodiverse terrestrial ecosystem in the contiguous United States. From the upland pine forests to the pelagic depths of the Gulf, PWR treats hundreds of species every year, striving to mitigate the growing impact of human development on native wildlife.

cued from the side of a highway in Bay County, likely clipped by a car while feeding. Wildlife Harbor (WH), who help with many calls in Bay County, rescued him late one night. He was stabilized at WH overnight, then transferred to PWR the following morning for a thorough medical examination that revealed he had multiple metacarpal fractures on his left wing. These types of fractures are often difficult to stabilize due to the size of the hollow bones present and are also often injured during recovery due to their distal location. After PWR staff gathered radiographs and bloodwork to check for the possibility of lead poisoning, PWR veterinarian, Dr. Phil Blumer, opted to surgically place a pin in the largest affected bone, a procedure that took just under an hour. Since the surgery, the eagle has been having daily physical therapy, laser treatment, and has been kept in an enclosure that prevents excessive movement. During his last doctor's visit, he has shown great signs of progress but still exhibits a limited range of motion and will require weeks more of physical therapy before he can be placed in a flight cage for conditioning. Wildlife rehabilitation takes teamwork, from the public to specialists with advanced equipment, to other organizations, and volunteers. PWR is currently fundraising to finish their 100-foot flight cage, not only for this patient, but also for the hundreds of other raptors that come through their doors each year.

Sometimes, injured adult patients are not the most difficult intakes, like the eagle above. Although injuries come with intense treatment plans, surgical procedures, and long timelines for recovery, our orphaned



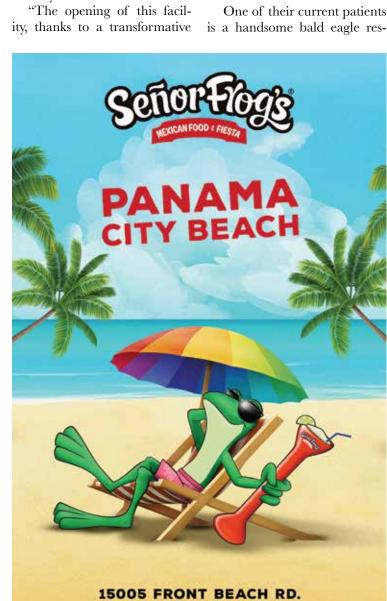
Chief Medical Officer Phil Blumer DMV with Lucky the Eagle

raptors often require longer care plans that come with life lessons and an enormous appetite. PWR currently has five owl and six hawk fledglings in care. In these cases they always try to encourage re-nesting if it's a safe option but sometimes mom or the baby is injured, the nests are over a body of water, predators are stalking the young on the ground, they are sick or injured so mom kicked them out of the nest, or finders just don't want them renested back on their property. Although they successfully re-nest around 70% of downed raptor nestlings and fledglings, it still leaves their clinic full with the remaining 30%. Raptor moms are very attentive and protective, and when mom is present, nearly 100% of renestings are successful, even if they aren't returned to the native nest. These cases are often difficult to navigate, as PWR must take into consideration many variables to determine when these patients truly need human intervention. Several of their patients had siblings who were predated upon, fell into artificial bodies of water and nearly drowned, were left in the middle of a highway with no nest in sight, or their mom had no interest in caring for them once returned. If these patients



are unable to be renested, they are often in PWR's care for 4-6 months, where they are taught how to self-feed, how to fly, how to hunt live prey, and everything in between (while ensuring they retain a healthy fear of humans). Their techniques vary among species, so each patient will have the greatest success of sustaining itself when eventually released back into the wild. They get bloodwork done to track health throughout their stay, and weekly medical checkups to monitor progress. PWR encourages the public to take a photo and pin the location of a young raptor so they can send staff to canvass the area. It's so important to return them to the family unit if at all possible. Then, even when they can successfully fly and hunt prey and it's time to let them return to freedom, there are external factors that can't be controlled, such as secondary rodenticide poisoning. Each time a handraised raptor is released, the team worries they'll come back through their doors after eating a poisoned rodent. Secondary rodenticide toxicity comprises about 25% of admitted adult raptor species, and it's preventable! Most don't think of the effects up the food chain when poisoning rats and mice in their

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WILDLIFE

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home, but it causes death and suffering in the local raptor population, and in many instances, the effects can't be reversed. So, before you think about using rodenticides, please consider a friendlier option for native wildlife. We are also trying to fundraise additional raptor mews for patients like these, since our caseload is so high this year. If you'd like to donate or sponsor an enclosure, please reach out to PWR.

Some things to know about Panhandle Wildlife Rescue:

PWR works very closely with Wildlife Harbour in Panama City Beach. Combined, PWR consists of three humans serving the same region and quantity of patients that was once serviced by eight employees, so compassion and kindness go a long way, especially during baby season when they receive 100 or more calls per day. Wildlife Harbour founder, Cindy Levine, has been working with PWR staff for over three years and her skills and dedication to Florida's wildlife is incredible. With Cindy's willingness to go on rescues in Bay

County while concurrently running her own rehabilitation center, it allows for patients to get into care quicker than waiting for our staff to respond on some occasions.

PWR needs volunteers! Rescue, nursery, release, medical, etc. IF anyone is looking for an opportunity to work hands-on with wildlife, please reach out to jim@panhandlewildliferescue. org

Meet our staff:

Shelby Robinson is CEO, with 15 years of experience in wildlife rehabilitation around the country. Shelby started working with wildlife during graduate school in Seattle and hasn't stopped since. She has directed two larger facilities previously, then founded PWR with co-founders Jim Johnson and Raven Smith in March of 2024. Jim Johnson (co-founder) has been working with Shelby for five years and has mastered being the best raptor dad, hand-raising hundreds of orphaned raptors during his tenure. Jim is the lead rescue technician and has driven thousands of miles to offer rescue services to wildlife in need, spanning 14 different counties. Raven Smith



is a nursery specialist, giving unmatched care and love to orphaned native wildlife. Her compassion and care is second to none, and it is thanks to her that PWR exists today.

Although nearly 80% of forwarded calls come from Florida Fish and Wildlife Conservation Commission, PWR is completely funded by supporter donations and currently receives no state, local, or federal funding. The workload is tremendous, and they are on call 24/7/365. With the addition of their new facility and 10 acres, it gives them the opportunity to assist more patients in need, but also increase their resources, making it possible to provide the best care possible. They are fundraising to build more enclosures so they can increase their intakes and buy formulas, food, medical supplies, and support our rescue team's efforts. To date, PWR has assisted over 200 different species of patients. ranging from huge alligator

snapping turtles to red-tailed hawks, to tiny pinky squirrels and all rabies vector species. They accept all native Florida wildlife and work to help the public find resources for exotic pets and fowl. They also (WH, too) respond to any requested services for containing rabies vector species.

Big shout out to Emergency Veterinary Clinic in Niceville and Destin as they assist with patient intakes and allow the PWR team the use of their digital radiograph machine while PWR works to obtain funding for their own medical clinic, so if anyone is interested in donating towards those efforts, it would be so greatly appreciated.

Finally, PWR's "Respect the Locals" campaign highlights the increasing frequency of human/wildlife interactions in the region. Through education and citizen science initiatives, the campaign empowers residents and visitors to coexist more peacefully with native Florida species. "Nothing feeds the soul more than watching a once-broken creature return to the wild," says Raven Smith, head of PWR development.

Their 24-hour hotline is (850) 889-1104, and the address for the actual facility is 5951 Highway 20 in Freeport, but they also have an alternate facility for intakes, which is 256 Miley Road in Freeport.

As a 501(c)(3) nonprofit organization, Panhandle Wildlife Rescue receives no federal, state, or local funding. All operations, including rescues, surgeries, critical care, and a 24/7 wildlife rescue hotline, are funded entirely by community donations. For more information, to donate, or to get involved, visit www.panhandlewildliferescue. com.



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PCB Chamber Member Spotlight



Introducing: Younger Aesthetics

At Younger Aesthetics, the mission is to help clients look and feel their absolute best through customized, high-quality aesthetic care. Located on the west end of Panama City Beach, Younger Aesthetics is a trusted medical spa offering advanced, non-surgical treatments that enhance natural beauty and promote lasting confidence.

The practice is led by Shannon Younger, PA-C, a nationally certified Physician Associate with a passion for aesthetic medicine. Shannon is the founder, cosmetic injector, and laser specialist at Younger Aesthetics. With extensive experience and advanced training, she also serves as a trainer for Sciton—a global leader in laser and light technology—where she educates other providers on safe and effective laser procedures.

Her precision, artistic eye, and genuine care for each client have earned her a loyal following and a reputation for delivering natural, beautiful results.

Working alongside Shannon is Jennifer Brown, a skilled aesthetician,

licensed electrologist, and permanent makeup specialist. Jennifer brings over a decade of experience in skin health and cosmetic artistry. She specializes YOUNGER



in customized facials, chemical peels, microneedling, electrolysis and laser hair removal, and permanent makeup, including brows, eyeliner, lip blush, scar camouflage, and areolar tattooing. Her goal is to empower clients by enhancing their features and restoring confidence through her detailed, compassionate work.

The service menu at Younger Aesthetics reflects a commitment to comprehensive, results-driven care. Treatments include Botox and Dysport, dermal fillers, Sciton BBL (Broad Band Light), HALO laser resurfacing, microneedling with



SkinPen, chemical peels, medical-grade skincare, and Hydra-Facials. Each treatment begins with a personalized consultation to ensure the approach aligns with every client's unique goals and skin needs.

Younger Aesthetics is more than a med spa—it is a community-focused practice. As a woman-owned local business, the team believes in building lasting relationships, empowering confidence, and supporting the local community. The practice regularly partners with

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Wahoo's Express Car Wash

local organizations, hosts educational events, and offers flexible monthly payment options, such as the Puurk program, to make quality aesthetic care accessible without financial stress.

Whether clients are looking to rejuvenate their skin, refresh their features, or simply feel more like themselves, the experienced and compassionate team at Younger Aesthetics is dedicated to guiding them every step of the way.

To learn more about services or to schedule a consultation, call (850) 279-9016 or visit www. younger-aesthetics.com. Younger Aesthetics is proud to be part of the Panama City Beach community and remains committed to helping it shine—one confident face at a time.



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PCB Chamber Member Spotlight



Established Member: Beach Beginnings Weddings and Events

Gentle ocean breezes. Waves lapping along the shoreline. Powdery sand beneath your feet. Glowing sunsets. Shimmering sunshine. Emerald waters stretching to the horizon.

This is just the beginning of the list of reasons brides and grooms choose to get married in one of nature's most peaceful and pristine settings – the shores of the Emerald Coast.

Amanda Nichols, co-founder

tiki torches. Marriage licensing and an officiant are also part of the planning process.

Couples like the convenience and the affordability of a beach wedding. With Beach Beginnings Weddings and Events, pricing varies depending on the needs and wants of the bride and groom. Packages can accommodate up to 50 guests and can be as simple or elaborate as a budget allows. For example, a bridal bouquet ranges from \$150 and up, and a simple ceredream a reality at a price you can afford. Beach Beginnings performs more than 300 weddings each year, so we are your beach wedding expert. On a budget? We emphasize affordability. Let us create the perfect wedding package, including everything you'll need to "Remember the Day."

Visit us online to book your consultation or message us on

Facebook. For more information about planning your beach wedding, go to www.beachbeginnings.com, or call (850) 596-2319.







of Beach Beginnings Weddings and Events, along with her late husband Donnie, has been planning and officiating beach weddings on the Emerald Coast since 2001. The beach offers romance and beauty for the couple that desires a more intimate setting. It also offers adventure for couples who want a more dramatic event.

Perhaps the best part of planning a wedding on the beach is having a planner. Beach Beginnings Weddings and Events offers various packages to couples that include decorations, seating, bridal and bridal party bouquets, photography, videography, special ceremonies, sand art and a la carte items such as mony starts at \$275 and can go upwards of \$4,000, depending on what the couple desires as part of their special day.

Many beach venues are convenient for a ceremony and reception, which Amanda can arrange, including a simple two-tier wedding cake, starting at \$125, and catering. Preparation of the wedding site, set up and breakdown are included in every wedding package. Beach Beginnings even offers bridal makeup and hair styling recommendations to withstand beachy breezes on the wedding day.

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The community

Shop Talk: Celebrate Father's Day His Way at Pier Park

By Lee Ann Leonard

Pier Park invites locals and visitors to celebrate Father's Day his way at the open-air center. From sharing delicious dishes to enjoying some friendly competition, Pier Park offers plentiful ways to connect with pop. Dad-approved dining, gift and entertainment ideas include:

Longhorn Steakhouse – Say you love him with a manly meal. The sizzle of a steak is a language he understands.

Royal Escape Rooms



Prove that you're better together by solving the puzzles and beating the clock. Choose from different themed rooms and difficulty levels. **Ron Jon Surf Shop** – Shop for the active, water sports-loving father at the world's most famous surf shop! Browse surfboards, swimwear and other beach-friendly gear.

Pro Image Sports – For the sports enthusiast, a licensed MLB, NFL, NCAA or NBA cap is sure to please. Undecided on the team? Grab him a trending Dad Gang hat. They're designed by dads! Sunglass Hut – Protect pop's peepers with stylish shades from the experts.

Ford's Garage – Ditch the man cave and head to the garage. Dad will love the vintage and Ford-themed décor almost as much as the gourmet burgers.

AFTCO by Hy's Toggery – The father who fishes will appreciate stylish performance apparel for anglers.

Dave & Buster's – Show your old man who's boss by schooling him at basketball, air hockey or one of the hundreds of other arcade games in the amusement center's midway.

Awoken Kicks – For edgy fathers, select a vintage T-shirt, and pair it with limited-edition kicks. The combo is guaranteed to be a conversation starter.

Fit2Run – For the fit father, gift him professionally-fit footwear from this runner's superstore. Choose from brands like Nike, Brooks and Asics.

Discover additional ways to impress dad at Simon.com/ Mall/Pier-Park.

Costuming, Sets and Production Are Taking Shape at New Pirates Voyage Dinner & Show

If it's a pirate's life for you, you have to look and dress the part. No one knows that better than Dolly Parton and her professional team getting the cast and crew ready for the debut of Pirates Voyage Dinner & Show in Panama City Beach, Florida, which "officially" will open on Friday, June 6.

"Creating has always been

a joy for me, and I love getting dressed up in fancy outfits, so getting to help dream up the costumes for my new Pirates Voyage has been so exciting," said Dolly Parton. "Every one of these outfits helps bring the story to life, from the bold colors of the pirate crews to the glitter and shimmer on our beautiful mermaids. Even our servers

DINNER & SHOW A Dolly Parton Company

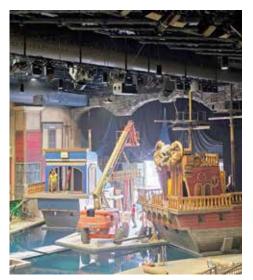
are dressed for the adventure! I think folks are going to feel the magic and excitement the moment they walk through the doors."

Every costume has been custom-designed and fabricated in-house for each individual performer, including embellishments fitting to the specific character. In excess of 800 yards of specialized fabric was used to make the show's costumes, and more than 2400 hours over the course of several months were spent designing, creating and bringing the Pirates Voyage unique look to life. The swords, all custom-designed and custom-made, are unique to each character and took eight weeks to complete just for the Pirates Voyage show.

In addition to costuming, ships fit for holding plenty of pirates' loot in Pirates Voyage Buccaneer Bay have arrived in Panama City Beach. After eight weeks of construction by the creative team and being transported aboard 10 semi-trucks, everything is looking ship-shape at the new dinner show location. The enormous 28-foot ships were designed off-site, then taken apart for shipping before being reassembled inside the Pirates Voyage facility.

Teams are also setting up the extensive rigging for the multitude of stunts performed throughout the show that will





have audience members believing in mystical mermaids and amazed by pirate feats. Another 10 trucks have delivered scenery pieces for the theater's interior that will play an integral part in the adventurous ambiance of the Pirates Voyage Dinner & Show.

Following an extensive nationwide talent search for the perfect pirate crew, the cast has been in rehearsals and in-

tense training for the acrobatic and diving skills required of pirates and mermaids alike in the show. "After the set is finalized, we'll welcome our cast of colorful pirates to begin their practices aboard ship in our lagoon. They have already completed extensive training at our Myrtle Beach facility, and they are excited to begin practicing the show in Panama City Beach and create all

the exciting stunts in this arena where guests will begin to see their performances later this month (in May,)" Corporate Director of Entertainment David Major said.

Pirates Voyage construction is a \$60 million project. Reservations are now being taken for all 2025 shows beginning in June; ticket information is available at piratesvoyage.com.



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The Benefits of Owning a Collection of Guitars Why One Guitar Is Never Enough

If you're a guitarist—or aspire to be one—guitar collecting is practically a rite of passage. Who needs minimalism when you can have a 12-string acoustic next to your neon-green metal shredder? Owning a lot of guitars isn't just a hobby; it's a lifestyle. And for your friends and family, it's a test of patience and spatial awareness. Let's dive into why filling every corner of your home with guitars is not only justified but downright genius.

Fostering Creative Chaos

Imagine this: you're writing a song, and your trusty old acoustic just isn't sparking joy. Enter your flame-top Les Paul with a tone so rich it could pay your rent. Different guitars bring out different vibes, and owning a collection is like having a mood ring—except heavier and much more expensive. Each guitar whispers, "Pick me up, let's make magic," although, let's be honest, some are probably shouting, "Why haven't you played me in six months?"

Plus, switching guitars mid-composition feels like swapping out characters in a play you're directing. Suddenly, your folk ballad turns into a surf rock anthem. Who needs consistency when you have creativity?

Conquering Every Genre Like a Chameleon

Owning just one guitar is

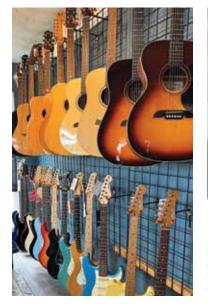
like trying to cook every meal with a single pot—you *could* do it, but you'll miss out on the nuanced flavors of, say, a wok or a Dutch oven. (Yes, guitars are like cookware now, stay with me). A Stratocaster will make you sound like a blues legend, while a Telecaster screams country twang so loudly, even tumbleweeds will roll by your front door.

And then there's the practical side: a collection means you're ready for anything. Going to a cozy jam session? Bring your lightweight acoustic. Playing a heavy metal gig? Unleash your pointy, skull-adorned guitar that looks like it could double as a weapon in a medieval battle.

Making Emotional Investments

Every guitar has its quirks, its scars, and possibly even its smell. (That vintage hollow body? Definitely smells like the 70s and not in a good way.) These instruments hold memories: the first gig, the first broken string, the first time you accidentally knocked one over and cried a little. Owning multiple guitars is like having a family, except these family members don't argue with you at Thanksgiving.

And let's not forget the sheer joy of aesthetics. Guitars are works of art, and a wall filled with them is basically a museum—except instead of "Do Not Touch" signs, it's all "Play Me"



vibes. Who needs Picasso when you have a sunburst finish staring back at you?

Practical Excuses for Owning More

Beyond the emotional appeal, owning a collection is downright practical. For example, what happens if a string breaks mid-performance? With a backup guitar, you can keep the show going (Without one, you'll have to charm the audience with knock-knock jokes while frantically restringing). And let's not forget travel guitars. Sure, they're tiny, but tell me you don't feel like a giant rock star playing one in a cramped hotel room.

You can also justify having "specialized" guitars: one for practice, one for recording, one



Michael Austin, owner, Austin Music Co.

for gigs, and one for Instagram photos. Hey, those filters aren't going to apply themselves.

Your Retirement Plan (Sort Of)

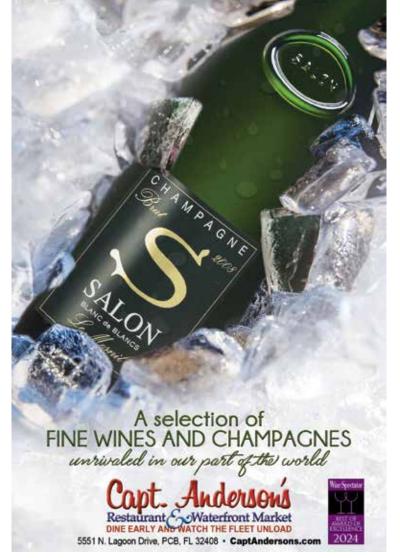
Here's a secret: guitars can be investments. That vintage Strat you're eyeing might appreciate in value, though it's just as likely to appreciate the pizza grease you accidentally spill on it. Either way, owning collectible guitars ensures that one day, when you're retired, you can sit in a room full of them and reminisce about how you spent your life savings. Totally worth it.

Because, Why Not?

At the end of the day, collecting guitars is about joy. It's about walking into a music store, locking eyes with a six-string beauty, and instantly justifying the purchase as "absolutely essential." It's about the thrill of discovery, the pride of ownership, and the occasional guilt when your significant other asks, "Is that a new guitar?" (Pro tip: always answer, "This old thing?")

So go ahead, embrace the chaos. Fill your home with guitars until you can't see the walls anymore. Because owning a lot of guitars isn't just about music—it's about living your best, string-filled life.

Need more convincing? Stop by and consult the guitar experts at Austin Music Co. at 17226 Panama City Beach, open Monday-Friday 11 a.m.-7 p.m. and Saturdays from 11 a.m. to 4 p.m.



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 Instrument and Gear Sales and Rental

The community

Federal Red Snapper Season: June 1 - September 15!

By PAM ANDERSON

Red Snapper officially opens for the Federally Permitted Charter and Headboats June 1 and will be open until September 15 this year. We are all looking forward to taking you on a fun family experience in the Gulf for this treasured species of fish. Treasure Island, Pirates Cove, Lighthouse Marina and, of course, Capt. Anderson's Marina all offer great fishing experiences.

Many questions come up this time of year regarding the difference between State and Federal waters and seasons. The Florida Fish & Wildlife and the Gulf Council/NOAA do keep us on our toes!

Private recreational boats can catch and keep Red Snapper in State waters during their season and in Federal waters during the Federal season. If State waters are closed and Federal waters are open, you can catch Red Snapper in Federal waters, but you can only troll and not bottom fish in State waters on the way back in. (The latter rule applies to the Federally permitted boats, also.)

State-licensed guide boats that do not carry a Federal Fishing Permit are subject to State rules. In addition, they cannot catch and keep Red Snapper (or other federally regulated species) in Federal waters when those waters are open for others. They must have the permit.

Federally permitted boats, usually charter boats and headboats, can only keep regulated (by NOAA) species when those seasons are open. So, if State is open for a species and Federal waters are not, the federally permitted boats are held to the federal laws.

If you are uncertain of the seasons for each species, you can download the 'Fish Rules' app and find the seasons for almost any fish in the Gulf–or the Bays and Rivers, for that matter. You can choose saltwater or freshwater fishing, give your location, and the app will show you the latest regulations for most species. When in doubt, you can find information at www.myF-WC.com or www.gulfcouncil. org.



The 'Federal boats' prefer having a season with consecutive days over a period of time so that customers can more easily plan their vacations. Since many private recreational boat owners have only weekends to fish, unless it's during a vacation, they prefer the weekend openings. This is the main reason the State and Federal seasons are not the same.

Like I've said before, it gets complicated... but it's working.

The private anglers have seasons that work for them, as do the Federal recreational boats. The data collection has improved immensely since the States took over that process; this has led to increasing seasons.

At Capt. Anderson's Marina, we have 5 State Guide Boats, 4 Dive Boats, 35 federally permitted Charter Boats, and 3 federally permitted Head-boats to serve you. The summer fishing season is upon us; be sure to reserve your favorite boat soon!

In addition, the Dolphins are performing for the patrons of the Capt. Anderson III Shell Island/Dolphin cruises. The Sea Patriot patrons are having a thrilling ride. Capt. Max's Upper Deck Bar & Grill is cooking up some new dishes to delight you as you watch the boats come in! And, the Event Center is busy with summer weddings!

Capt. Anderson's Marina... Where the fish are always biting, and the kids are always smiling. It's not just your average marina! Visit www. CaptAndersonsMarina.com.



How I Build Golf Clubs: My Obsession with Perfection

BY ALAN WATSON, PRESIDENT, GOLF+ DOTHAN AND PANAMA CITY BEACH

I am not a perfectionist. Rather, I seek to get as close as is humanly possible. I obsess over it. I desire it. I strive for it. In my diet and exercise routine? No. In my quest to read a book every week and watch less TV? No. In my organization and cleanliness of my clothes closet? Absolutely not. No. The only place I work towards being close to perfect is in the build shop at my golf shop. That's right. I want the clubs I'm working on to be dead on spec. Built just right. Correct in every way. It is my mission.

For thirty years, I have learned and worked towards the end goal of making my shop the best place for golfers to get

not the swing weight of an iron is D0 or D1 or D2. Many would not know the difference in a 55gram shaft or a 60-gram shaft. How many golfers could tell the difference between a grip that is installed .25" too long versus just right? Regardless of these questions and many more, I decided long ago that if I did nothing else in life, I would have top notch, tour van quality repairs and builds come out of my shops. This level of quality sets us apart from many shops. Even if my customers never know the difference. I know. And I care.

Why does high-level golf club repair and building matter? Using the right components is important for fit and finish. The set needs to look complete and matched. If someone comes along it's the clubs.

Even how we take clubs apart matters to me. We are careful to use the correct techniques and tools so as not to damage someone else's property. It all matters to me. It should matter to you when choosing who you let work on your equipment.

Recently, I had a set of irons come in from a new-to-our-area golfer. He told us the the clubs were built in California. The shafts were not put in the cor-

rect heads, resulting in varying lengths that did not follow order correctly. We rebuilt them correctly, of course, however the shame of it is that the customer had to spend time and money getting the clubs fixed when whoever built them could have easily just labeled the shafts before install and avoided the issue. That also shows that the shop that improperly built them didn't double check their work after the process was finished.

That's a shame.

We aren't perfect, unfortunately and sometimes mistakes happen. However due to our level of precision and attention we rarely have issues with club repair and club builds. And if we do make a mistake or have an issue we stand behind our work and fix it. I wouldn't have it any other way!

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their clubs fitted, repaired, and built. I tell all my team members that as we grip, shaft, and adjust clubs we should do so as if the club will end up in a tour player's bag. My need for this level of competency is probably a little too much for some, but I feel that perfection or the pursuit of it is required when building anything. And the only thing I know how to build are golf clubs.

"Does it really matter?" some might say. Some golfers might not have the skill level to be able to discern whether or in with a broken shafted iron and we rebuild it but we don't match the ferrule to the rest of the set, then it will be obvious to the golfer and particularly if he goes to sell them down the line, might be obvious to the buyer that the clubs have been worked on. If we don't match swing weights as we build a set, then the clubs could all vary in spec, resulting in poor contact, bad yardages, and inconsistent shots due to the variance. The golfer might think that it is he or she that is the problem when all



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The community

Farrah's Wellness Journey

By Marta Rose-Thorpe

Farrah McIntosh is a vibrant 43-year-old woman with a full life. She is a mother, wife, friend, and health coach to many. She is a certified nutrition coach, a fitness trainer, and is currently training for a bikini bodybuilding competition in June. To look at Farrah, one sees a radiant, healthy, social butterfly with a friendly smile. But six years ago, Farrah led a very different life, and since then, she has undergone a massive "size 20 to size 0" health and wellness transformation. "When I talk to people about it, I tell them it's not when I started my diet, it's when I changed my lifestyle," she says. "I don't ever say 'I started a diet years ago' because my whole life has changed. And this new lifestyle is never-ending... It's going to be my lifestyle forever."

Prior to moving to Panama City six years ago, Farrah and her family lived in Kentucky. "My son had just turned two years old, and I was just living my life and running my business," she shares. Her business is a Kentucky-based case management company she's run since 2012, providing services for adults with developmental disabilities. "At 5'2", I weighed 263 pounds. My son was really active, and I just couldn't keep up with him." Her family has a history of hypertension and diabetes, she shares, and in the back of her mind, she worried that if she kept the weight on, she would be going down the same path. "But it was never enough to make me change, I guess."

So, what was the catalyst? What sparked the lifestyle change? "I'll never forget September of 2019," she remembers. "For my little boy's second birthday, we took him to Disney World. Wherever we went, I could not keep up. I would walk 20 minutes and have to sit down for 10 because my feet and back hurt so much, and I was miserable. He was like, 'Come on, mommy, let's go, let's ride!' Some of the rides I couldn't even get on because I was so heavy. My husband would have to ride with him because mommy couldn't. It was breaking my heart. That night we went back to our room, and I cried myself





to sleep. I thought, I have to get healthy for my son. I don't want him to remember his mom this way. The very next day I started my lifestyle change."

What does this lifestyle change entail? "I wanted to lose weight, and the only thing I knew at the time was to watch what I ate - and not eat as much," she shares. "My entire diet had been junk. I wasn't (and still am not!) a salad lover. I have become a fresh fruit eater. I've never been a drinker of coffee or alcohol, but I loved sugary sodas. I have since switched to zero calorie soda. I wouldn't allow myself to snack. I would hit plateaus, but I just kept with it. I don't need immediate gratification; if you need immediate gratification, you're not going to lose 150 pounds." Farrah's first goal was to get under 200 pounds. "I wanted to see the 100s, and once I got down to 199, it felt miraculous. A lot of people on their weight loss journeys will celebrate achieving their goals with food. I would celebrate with new outfits. I did keep one pair of size 20 pants... my whole body can fit in one leg

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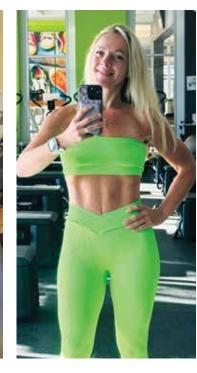
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now!" Her husband Gene, was a big support through the whole process, and went on the weight loss journey with Farrah; today, he does all her meal prep.

Farrah's best friend got her interested in running, and in 2023 she ran two marathons. In the springtime, she ran one in Gulf Shores, Alabama, and that November, she ran the New York City Marathon. "I had already lost my first 100 pounds when I started to run," she shares. "After running, the other 50 came off. I lost my weight naturally ... no gastric bypass, no gastric sleeve, no weight loss shots. After the 150-pound loss, I did undergo skin removal surgery. I was happy I'd lost the weight, but I started to notice that I was not toned. In the beginning, my first goal had been to just be smaller, but after that second marathon, I started getting interested in the world of bodybuilding, and I underwent a mind shift: that I wanted to be fit and strong. If I could go back to the start of my journey, with what I know now, I would have integrated strength training from the very beginning. Combining strength training with cardio burns fat faster."

In the summer of 2023, she hired a bodybuilding trainer to help her tone as well as teach her about nutrition. Last year she entered three bikini fitness competitions, and she is currently training for the OCB Emerald Coast Classic in Pensacola this June. Farrah's go-to snacks are fresh fruit (strawberries, blueberries, watermelon), non-fat Greek yogurt, and protein-packed snacks like boiled eggs, cottage cheese (alongside fresh fruit), and almond butter. She enjoys protein pancakes with fresh blueberries every morning. She stays away from processed food. "When you can eat more natural foods and do your own meal prepping, it's much healthier."

It's almost time to go, and I thank Farrah for telling me about her journey and for sharing all her healthy tips and tricks. Her eyes get the slightest bit teary for a moment as she responds. "My little boy saved my life... initially, this was all for him. If I can help just one person change their life and become healthier, it will be worth all the blood, sweat and tears I put in over the years. My number one goal is to help people realize that it is possible to change their lifestyle. Grit, perseverance, and sheer determination made it possible for me."

Feel free to visit Farrah on her Instagram page, fit_by_farrah.

Northwest Florida Beaches International Airport Celebrates 15 Years

Northwest Florida Beaches International Airport (ECP) proudly marked its 15th anniversary this last month, celebrating a decade and a half of exceptional service, growth, and economic impact in the Region. Since opening on May 23, 2010, ECP has been a cornerstone of progress and prosperity for Northwest Florida.

A Milestone of Service and Growth

Over the past 15 years, ECP has consistently evolved to meet the growing demands of the Region. Last year, the Airport

welcomed nearly 1.9 million passengers, a remarkable 501% increase from its first year. This growth is a testament to ECP's unwavering commitment to providing exceptional service and enhancing the travel experience for its passengers.

Expansion and Innovation

ECP has undergone extensive expansion projects, including additional aircraft Gates, over 500 new parking spaces, and the completion of the Terminal Buildout, which provides much-needed holdroom space for passengers during peak travel seasons. In 2024, a larger baggage handling area was completed to ensure a more efficient experience for travelers.

The Airport has also introduced several new nonstop routes to popular destinations, including seasonal nonstop service this year on Delta Air Lines to New York City and Austin, encouraging tourism to Northwest Florida and offering convenient travel options for locals.

Economic Impact and Partnerships

ECP has solidified its role as a powerful economic generator

for Northwest Florida. In partnership with Regional organizations such as the Bay Economic Development Alliance (Bay EDA) and Florida's Great Northwest (FGNW), ECP has made significant contributions to the Region's growing aerospace and aviation sectors.

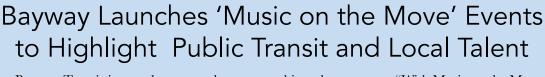
In December, ECP finalized a partnership with IAG Aero Group to develop a Maintenance Repair and Overhaul facility, bringing in \$107 million in capital investment and creating 500 new aviation jobs. Additionally, ECP has partnered with FSU InSPIRE to strengthen the aerodynamics and advanced manufacturing work through research, innovation, and education.

Looking Ahead

As ECP celebrates this significant milestone, the Airport remains dedicated to providing excellent passenger experiences, boosting economic growth, and sustaining its momentum. The contributions of ECP's dedicated leaders, staff, and regional partners have been instrumental in guiding the Airport to further success in the next 15 years.

Mark Sheldon, Chair of the Airport Board of Directors, expressed his excitement for the future, stating, "ECP has been a vital part of our Region for the past 15 years, driving economic growth and providing convenient travel options for our residents. I am honored to play a role in guiding the Airport through this ongoing era of outstanding success. We owe our achievements to the dedication of our staff, the support of our partners, and most importantly, the trust and loyalty of our passengers. Thank you for choosing ECP and being a part of our journey. We look forward to serving you for many more years to come."





Bayway Transit is proud to introduce Music on the Move, a new community initiative designed to showcase local musical talent while encouraging residents and visitors to explore Bay County using public transit.

Throughout the summer, Bayway will host live performances at popular local destinations such as restaurants, parks, and other community hubs. Each event aims to create a memorable experience while reinforcing the role of public transit in connecting people to everything the region has to offer.

To kick off the series, local musician J. Cruz performed live on-board the Bayway Route 5 bus on May 16. Riders were invited to enjoy the performance as part of their regular trip - no additional fare or ticket required. More Music on the Move events and locations will be announced in the coming weeks.

"Public transit plays a vital role in building community," said Lamar Hobbs, Bayway Transit Programs Administrator. "With Music on the Move, we're bringing energy and creativity directly to our riders while also supporting local talent. We're excited to enhance our current riders' experience and encourage more people to learn where Bayway can take them."

Whether you're commuting to work, heading to school, or exploring the community, Bayway makes it easy to get where you need to go. For more information, please visit www. baywaytransit.org.



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The community

Know Your Neighbor: Ethan Register

By PAUL BONNETTE

A rising tide lifts all boats. For hotelier and Panama City Beach City Councilman Ethan Register, this motto sums up his goals and dreams for Bay County. Register understands the importance of tourism, hospitality and community. From his early days walking to downtown Harrison Ave and fishing off the marina, Register has a strong sense of the importance of community in our area. Register, who is General Manager of Hotel Indigo as well as Harrison's Kitchen and Bar, has a strong affection for the field of hospitality and loves seeing our area grow and thrive.

After moving here from Georgia, Register attended Bay High School before moving on to Gulf Coast State College, and according to Register, saw the potential of the area.

"In 2003, I started my high school journey at Bay High School, where I had a truly memorable experience. After I graduated, I continued my education at Gulf Coast State College and FSU PC. What stood out to me about both institutions was the high-quality education they offered right here in our backyard. I lived in The Cove, so I have deep roots in the community and take pride in being a part of its growth and its future."

After graduating from high school, Register found a way to overcome the financial challenge of paying for college by working on the beach. This would be the start of his Hospitality career.

"My path to a career in hospitality began unexpectedly while I was putting myself through college, working summers on the beach setting up chairs for a company called Aquatic Adventures. Before I graduated from FSU PC, my wife took a job at Holiday Inn Resort as Activities Director, and I was exploring a potential career in finance. After meeting my wife's colleagues at Holiday Inn Resort, I ended up taking a Manager-in-Training position and eventually worked my way up to Front Desk Manager and then Assistant General Manager a year or so later. When we built Holiday Inn Express, I was honored to be named General Manager, giving



me the incredible opportunity to build a team and a culture from the ground up. That experience ignited my passion for hospitality and solidified my career in this industry."

His Hospitality path would soon propel him into the world of local politics, as in 2024, he was elected Panama City Beach City Councilman. For Register, this was an opportunity he couldn't pass up.

"Starting as a Manager-in-Training, I worked my way up to become the Chief Operating Officer for Hilton Inc. I fell in love with hospitality because of the mindset that if you work hard and do the right things, you can build a remarkable career. While serving as COO, a public service opportunity came my way. Phil Chester, a respected leader and someone I admired, was termed out of his City Council position and he suggested looking into the position. I threw my name in the hat and the next thing I know I was elected City Councilman Ward 2 for the City of Panama City Beach, all the while raising two beautiful little girls."

Soon after, Register would transition back to Downtown Panama City to run the newly opened Hotel Indigo and Harrison's Kitchen and Bar, a de-



cision that he says was all about returning to his roots.

"As my career progressed, a new opportunity emerged with The St. Joe Company to serve as General Manager at Hotel Indigo and Harrison's. While I had plenty of experience in hotel management, I had never run a standalone restaurant before, but I like a challenge and recognized the potential of Harrison's and Hotel Indigo to not only serve visitors but also our community. Now, here I am working in the Panama City Marina area where I grew up walking to and fishing off the dock. That means a lot to me."

As a City Councilman for Panama City Beach, Register also has a strong desire to improve the quality of life for Panama City Beach residents.

"I understand the importance of having a beautiful, thriving city. My work in public service has been all about making our community a wonderful place to live for my family and for others who are raising their families. Residents have genuine 'skin in the game' when it comes to the safety, security and well-being of their loved ones whom they've chosen to raise in a thriving environment like Panama City Beach. Having worked in hospitality and tourism, I understand the economic value that visitors bring to our city. It's vital that we continue to develop exciting attractions like Topgolf and Dolly Parton's Pirate Voyage while preserving the charm and livability that make this place so special. My goal has always been, and will continue to be, to strike the right balance of supporting smart growth while ensuring we take great care of our residents."

For PCB City Councilman, Hotelier and avid fisherman, Ethan Register, the future of Bay County looks very bright, and he remains hopeful that the rising tide of our area will continue to lift all the boats of our community, helping the area to continue to thrive, while still keeping its original charm.

"I'm really excited about the future of our community... Our city is growing, and Bay County is on the verge of becoming that 'hidden gem' that isn't so hidden. I believe that's a good thing for our area, and I'm really excited to welcome more families with the southern hospitality we are known for. I've traveled all over and I can say without hesitation, there are no better people than the people of Bay County."



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The Community

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Defrosted and Ready for Summertime Fun!

By Cindy Mulla

You did it! You survived Panama City Beach's first historic record-breaking January deep snowfall, along with the lingering cold 2025 springtime temperatures. It is now official; summertime is heating up while highlighting its outdoor splendor and variety of outdoor activities to enjoy. Yes, officially summer and vacation time are underway!

June not only ushers in the beginning of summer, but also another national week of importance, National Mosquito Control Awareness Week. Really? A week dedicated to mosquitoes! It's true! Those tiny, annoying, blood-thirsty little vampires! Why mosquitoes? Fact: The mosquito is the World's deadliest living creature on Earth!

Globally, millions of people each year die from the tiny bite of the female mosquito.

A single bite has the potential to transmit a virus or parasite that can truly impact your life. It doesn't matter if you are traveling internationally or close to home; it is still a good

habit to remember to wear an approved insect repellent to protect yourself. Before travelling outside or inside the continental United States, take time to visit the Centers for Disease Control's website for important mosquito-borne disease travel information. Outside the United States, you may need to take precautions to protect yourself against these mosquito-borne diseases: Dengue, Chikungunya, Zika and Malaria. If traveling nationally, closer to home, or whenever you spend time outdoors, remember to take the proper precautions and wear repellent to protect yourself against these mosquito-borne illnesses: Eastern Equine Encephalitis, St. Louis Encephalitis and West Nile Virus. Just a reminder, please double-check your luggage to make sure you pack insect repellent. You do not want to accidentally bring back an unwanted souvenir. Mosquito disease is real and does exist. When purchasing an insect repellent, always check the label to confirm that the Environmental Protection Agency



(EPA) endorses it. For the best protection, always read the label first and follow the label's instructions.

Also, don't forget to protect your pets against dog and cat heartworm. Unfortunately, mosquitoes are responsible for transmitting this parasite, which can adversely affect your fur babies! Remember to annually take your pet(s) to visit your veterinarian to maintain their health and to follow their professional recommendations for dog and cat heartworm. Equestrians, remember to keep your horses' vaccines up to date, too!

When is National Mosquito Control Awareness Week? Why is it important? What is it about? This is the ninth annual celebration of the American Mosquito Control Association's Mosquito Control Awareness Week. The annual event always takes place in June. This year's observance takes place during the week of June 15-21. The importance of

this week is for mosquito control organizations across the nation to focus on educating the public about these main mosquito related topics: the dangers of mosquito borne-disease; personal protection against the female mosquito; how to eliminate/reduce mosquito breeding sites on the home front and business properties; and the significance of professional mosquito control operations and how they scientifically, environmentally and successfully control mosquito populations while protecting the public's health. Please, take time to visit the American Mosquito Control Website (AMCA) to see how other mosquito control organizations celebrate this important week, promoting

sound public health practices against mosquito-borne disease across our nation.

Beach Mosquito Control District (BMCD) encourages all Panama City Beach residents and visitors to contact us with all mosquito concerns or problems. We take pride in the service we provide in our local area. BMCD professionally addresses and resolves each individual service request. Working together, we can improve the future of our public health.

Beach Mosquito Control District's hours of operation are Monday through Friday, 6:30 a.m. to 5 p.m. We encourage you to contact us (850) 233-5030 or visit our website to place your service request at www.pcbeachmosquito.org. Remember, there is no additional cost to you because your tax dollars cover the service we provide.

Beach Mosquito Control District would like to wish everyone a safe and fun summertime in Panama City Beach.

This isn't a *game* of Risk. Mosquito diseases are <u>real</u>, but preventable.



Community

Let's Get Growing: Scouting Your Garden



By Lauren Goldsby

A healthy garden doesn't just happen-it's something that takes hard work attention and care. One of the easiest and most effective ways to stay on top of plant health is by developing the habit of scouting. Scouting can be done by walking through your garden regularly and observing what's going on.

You're not just admiring your flowers or checking to see if the tomatoes are ripe- you're keeping an eye out for signs of pests, diseases, nutrient deficiencies, or other issues before they become serious problems. I often hear people say a problem seemed to appear overnight. While it may feel that way, there are usually early signs of stress that can be seen.

Scouting is a key part of Integrated Pest Management (IPM), a science-based approach that combines different strategies to manage pests in the most effective, environmentally responsible way. Rather than reaching for a pesticide the moment you see an insect, IPM strategies consider the problem as a whole. Is that insect actually harmful? Is it a pollinator, or even a beneficial predator helping control the pests for you? IPM helps you make informed decisions using cultural, physical, biological, and, when necessary, chemical controls- always with the goal of reducing harm to people, pollinators, and the environment. Read more about IPM here: https://gardeningsolutions.ifas.

ufl.edu/care/pests-and-diseases/pests/integrated-pest-management/

While scouting my garden, I noticed a few signs of stress. Here's what I did:

I noticed small holes in a few of my tomato leaves, upon turning the leaf over I found small cut worms that had recently hatched. I physically removed any caterpillars I could find and will continue to keep an eye on the tomatoes for any I may have missed. Beneficial wasps and lacewing larvae that naturally occur can help control cutworms too. Avoiding the use of broad spectrum insecticides helps our natural insect population keep this balance.

The oldest tomato leaves are touching the ground and leaf spots have appeared. Using clean pruners, I removed any tomato leaves that were touching the ground as this can be an entryway for pathogens. Reducing overhead irrigation and using drip tubing or a soaker hose for watering can help reduce pathogens as well.

Lower leaf yellowing also indicates a nitrogen deficiency. Nitrogen is a mobile element and moves from the old leaves to the new leaves when there is not enough. Yellowing on older leaves indicates that fertilizer is needed. This is not always caused by a nutrient imbalance-reach out to the Extension Office if you have any questions about your specific plants.

Aphids and mealybugs on a dandelion weed growing next to the garden. I removed the weed and disposed of it in my trashcan away from the garden. On an ornamental plant that belongs in my garden I would have to decide how and when to control the aphids and mealybugs. However, on a weed, it is easier and more effective to physically remove it. It's a great reminder to scout the plants growing around your garden too!

Scouting doesn't need to be another chore on your to-do list.



You can scout while watering the garden, walking with your morning coffee, or enjoying



your glass of wine in the evening. Just a few minutes of regular observation can help you



catch things early, when they're easier to manage. And once you make this a habit, you'll be surprised by how much you start to notice new blooms, insects you've never seen before, and the subtle signs that your plants are either thriving or in need of help.



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2025 ECTC Summer Theatre Camps

Mini Player Camps (Ages 5-7)

For rising kindergarteners, half-day camps run Monday -Friday from 9 a.m. to 12 p.m. Each week features a different theme inspired by popular musicals and films. Tuition \$250 which includes a \$30 non-refundable registration fee

indable registration ice.	
June 9 - 13	Snow White
June 16 - 20	Seussical
June 23 - 27	Moana
June 30-July 4 Encanto	
July 7-11	Trolls

Snow White and the Seven Dwarves - Non-Musical (Grades 2-5)

A one-act straight play where young performers learn stage di-



rections and theatrical language while bringing a classic story to life. 9 a.m. to 3 p.m., with a final performance on the last Friday. Tuition \$375. June 9-13, 9 a.m. - 3 p.m., ECTC at Grand Boulevard, Miramar Beach

Seussical the Musical (Grades 2-5)

A two-week musical theatre camp featuring characters from

ing as visual mnemonics that

call attention to the fragility of

our natural heritage. Through

Dr. Seuss's beloved stories. Engage in group singing and choreography, culminating in ticketed performances. 9 a.m. to 3 p.m., Monday - Friday. Tuition \$375. June 16-27, 9 a.m. - 3 p.m., ECTC at Grand Boulevard, Miramar Beach

Camp Broadway: Rock and Pop! (Grades 2-5)

Act, sing and dance to popular rock and pop songs by artists like Taylor Swift and Ariana Grande. The program includes theatre games and improvisation exercises. 9 a.m. to 3 p.m., Monday - Friday, \$375. June 30-July 4, 9 a.m. - 3 p.m., ECTC at Grand Boulevard, Miramar Beach

Acting for Film: Harry Potter Edition (Grades 5-12)

Learn the essentials of acting for the camera using scenes and materials from the Harry Potter series. 9 a.m. to 3 p.m., Monday – Friday. Concludes with a final showcase. \$375. July 7-11, 9 a.m. - 3 p.m., ECTC at Grand Boulevard, Miramar Beach

Too Many Detectives at the Murder Mansion -Non-Musical (Grades 6-12)

A two-week straight play camp. Develop comedic timing and ensemble work through a murder mystery storyline. 9 a.m. to 3:30 p.m., Monday – Friday. Final performances last Friday & Saturday. \$675. June 16-27, 9 a.m. - 3:30 p.m., ECTC at Grand Boulevard, Miramar Beach

Beetlejuice JR! Musical Theatre Intensive (Grades 6-12)

A three-week intensive camp. Work on acting, voice, and dance through the production of "Beetlejuice JR!" 9 a.m. to 3 p.m., Monday – Friday. \$1,125. July 14-August 1, 9 a.m. - 3 p.m., ECTC At Grand Boulevard, Miramar Beach. *Final Performances: Friday, August 1, 7 p.m. and Sat., Aug. 2, 7 p.m.

Panama City Publishing Co. Museum Announces New Exhibit

erence for the ecosystems that

shaped her, and a call to protect

the landscapes we risk losing.

Dziegiel's striking prints invite

viewers to reconnect with the

natural world and consider their

Visit the Panama City Publishing Company Museum in Historic St Andrews to see the

latest exhibit, "Ecology and the Art of Printmaking: Prints by Brandie Dziegiel". This exhibit will be on display until June 24 with an artist reception on June 7 from 4-6 p.m. The exhibit and reception are free and open to the public.

Brandie Dzieg-

iel, a Panama City-based printmaker, is learning to blend letterpress and linocut techniques in an emerging body of work grounded in conservation and rich with symbolism. Her prints evoke a quiet urgency, function-



layers of ink and carved lines, Dziegiel creates intimate vignettes where myth and memory converge with flora and fauna. Each piece reflects a deeply personal narrative; an echo of childhood curiosity, a rev-

2025 Summer Concert Series

place within it. To see more of

Brandie's work, visit her site:

ing Museum is located at 1134

Beck Avenue in Panama City,

The Panama City Publish-

https://jarflystudio.com/

Hot summer nights are made for music, and the Summer Concert Series has become a beloved summertime tradition in PCB. Enjoy a FREE concert in the park every Thursday from 7pm-9pm at Aaron Bessant Park Amphitheater — bring your lawn chairs and blankets and enjoy the sounds of summer music; coolers, food and pets are welcome. Artists for 2025 include: June 5: The Gr8ful dads and Foxy Vox (Acoustic Rock)

June 12: Loud Planet (80's Rock)

June 19: Boukou Groove (New Orleans Fun/Blue Eyed Soul)

June 26: The Lucky Strokes (Southern Blues Funk Rock) July 3: Last Left (Classic Rock) Florida. For more information about museum programming, call (850) 872-7208 or visit https://historicstandrews.com/ museum.

July 10: The Will Thompson Band (Variety)

July 17: Still Standing (Elton John Tribute) July 24: Bee Taylor (Ameri-

cana Pop Soul Funk) July 31: The Nova (Alterna-

tive Rock) August 7: Sons of Saints

(Party Rock)





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🔅 Arts & Music

Art in Bloom This June at the Center for the Arts: National and Local Artists Featured in Three New Exhibitions

This June, the Center for the Arts presents three compelling exhibitions that celebrate both tradition and bold artistic exploration. The Southern Watercolor Society's 48th Annual Exhibition brings together outstanding watercolor works from across the region, while ARTnatomy 7.0: The Lively Sins by local artist Anne Thrift explores the seven cardinal sins as they relate to the human body. This month's featured Spotlight Gallery artist collection explores the themes of trans identity, the fear that comes with it when growing up in an unaccepting environment, and the freedom that comes from finally being able to accept your own identity. All exhibitions open with a public reception on Friday, June 6, inviting guests to meet the artists, enjoy light refreshments, and experience an evening of vibrant, thought-provoking art.

Approximately 100 watercolor artists from the Southeast will be featured in the Southern Watercolor Society's 47th annual exhibition, juried this year by Keiko Tanabe. "This prestigious exhibition will have some of the best watercolor artists in the region competing for top honors," said Jayson Kretzer, Executive Director of Bay Arts Alliance,

"but our community is the real winner since we'll get to have this show on display for nearly two months, free to the public in the Center for the Arts.'

The Main Gallery will open on Friday, June 6 through July 26. This is the third year in a row that the Center for the Arts will host this exhibition.

Through her seventh installation of her ARTnatomy series, local artist Anne Thrift invites you to explore the seven cardinal sins as they relate to the human body. "I want to bring awareness to concepts of the body's capability of inflicting harm but also more importantly the body's power to heal," said Thrift. "The human form as an ever changing dynamic entity serves as an ideal vessel to showcase contrasting paired entities including but not limited to damage vs. repair, nature vs. nurture, and illness vs. wellness."

Theo Holloway is featured this month in the Spotlight Gallery. Hollway has been making art for as long as he can remember, and recently obtained his AA in the field from Gulf Coast State College. Holloway's art typically centers around his inspirations of movies, horror, comics, and his own experienc-

CONCERTS

ARE FREE!





es as a trans person. Holloway's collection explores the themes of trans identity, the fear that comes with it when growing up in an unaccepting environment, and the freedom that comes from finally being able to accept your own identity.

The Center for the Arts is open Tuesday-Saturdav 10 a.m.-5 p.m., Fridays 10 a.m.-7 p.m.

About Keiko Tanabe

Keiko was born in Kyoto, Japan. As a child growing up in an art-loving family, she always enjoyed drawing and painting and won many awards in children's art contests. However, art was not her chosen field of study later on. She earned a B.A. in intercultural communication (International Christian University, Tokyo, Japan) and an M.A. in international education (UCLA, California). She then worked in

THURSDAY NIGHT CONCERTS APRIL 10 - JUNE 12 Annual Thursday evening concert live music series featuring family-friendly premier musicians and bands performing everything from classic rock, reggae and disco to modern pop

April 10 | The Fabulous Thunderbirds

____mkaf

Concerts

in the Village

- mattie kelly arts foundation

- April 17 | Journeyman: An Eric Clapton Tribute
- April 24 | Yacht Rock Revue
 - May 1 | Black Jacket Symphony: Journey's Escape
 - May 8 | Dear Amy: Amy Winehouse Tribute
- May 15 | Kickstand Jenny
- May 22 | Molly Ringwalds
- May 29 | Petty Hearts
- June 5 | AIA: Jimmy Buffet Tribute

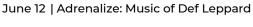
PRESENTING SEASON

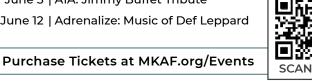
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community engagement initiatives

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international relations positions in a Japanese government trade organization in Tokyo, at a large law firm in San Francisco and at a private consulting firm in San Diego. For decades, she has traveled extensively, mainly in European countries, Asia and North America.

Mostly self-taught, Keiko embarked on a professional art career

in 2005 and started exhibiting publicly. In the same year she took a workshop from Alvaro Castagnet and discovered the joy of plein-air painting. Since that year her paintings have been juried into many exhibitions across the Americas and in Asia and Europe. Her work has been purchased by private and corporate collectors from all around the world. She also had her paintings published in leading art magazines in the U.S., Europe and Japan. Additionally, her art has been enjoyed by many in nine self-published books as well as on four DVDs that have been produced to date. She's also a sought-after workshop instructor. . Keiko currently lives in San Diego, California.

About Anne Thrift

Born in Atlanta and raised in Marietta, Georgia, Anne found her creative outlet at a young age through art. Anne completed a Physical Therapist Assistant A.S. degree (Gulf Coast State College), graduated with a B.A. in Psychology (Rollins College), and earned a M.S. in Health Education: Exercise Physiology concentration (Florida State University), with honors distinction in all degrees. Although Anne comes from primarily a health sciences academic background, she strives to merge her two passions, visual art and human anatomy, in a way that feels authentic and personal. Anne's ARTnatomy series of original works (launched in 2019) invites viewers to explore the human body's overwhelming sense of complexity and resiliency.

Education

Page 19

From Kindergarten to Commencement: **Celebrating Our Beach Schools**

A Message from SUPERINTENDENT MARK MCQUEEN

As the school year ends and summer begins, it's the perfect time to celebrate the accomplishments of our Panama City Beach schools. Last month, we highlighted the Class of 2025 from J.R. Arnold High School, and this month, we turn our spotlight to the amazing elementary and middle school teams laying the foundation for tomorrow's leaders.

A. Gary Walsingham Academy continues to prioritize academic growth and student empowerment. Programs like the student-led ITV show "Wake Up Wahoos," Safety Patrol, and monthly pep rallies encouraged students to take active roles in school culture. Principal Amy Harvey believes that these experiences helped students grow in confidence and leadership, contributing to a collaborative environment.

Breakfast Point Academy expanded on its "A" rating with success in athletics and the arts. In the inaugural season of middle school cross-country, the Breakfast Point Running Lady Rays made history as the first team to win the county championship. The Stingray Band earned recognition locally and statewide, showcasing the school's commitment to excellence in the arts. Additionally, the school hosted a Patriot Day ceremony, teaching students about September 11th through presentations from local firefighters and law enforcement.

Hutchison Beach Elementary sustained its "A" rating with a

continued emphasis on leadership and growth. Under the visionary leadership of Principal Glenda Nouskhajian, the school was named a "Legacy School" by the Leader in Me program, an honor shared by only 21 schools worldwide. This prestigious recognition highlights Hutchison Beach's commitment to developing well-rounded students equipped withthe life skills needed to lead and succeed. Throughout the year, students engaged in leadership roles across campus, participating in initiatives like student-led assemblies, community service projects, and mentorship pro-

grams. Patronis Elementary continued its tradition of excellence, earning another "A" rating in 2023-2024 and building on that success throughout this past year. In January 2025, Eduardo Anastacio, a bilingual paraprofessional at Patronis, was recognized as one of Florida's Top 5 Support Employees of the Year. His dedication to supporting students, particularly English learners, reflects the school's commitment to providing resources for every student's success.

Surfside Middle School, led by Principal Matt Pitts, celebrated a vibrant 2024-2025 year with its inaugural Multicultural Welcome Home for the Holidays event. This festive evening brought the Surfside community together to experience music, dance, and cuisine from various cultures, fostering unity and appreciation for the school's wonderfully diverse population.

West Bay Elementary School

and Principal Deniece Moss built on its commitment to character development and community engagement during the 2024–2025 school year. The "House System" continued to promote core values like Courage, Harmony, Empathy, and Kindness. In April, the school celebrated Public School Volunteer Week by recognizing over 60 dedicated volunteers, many of whom serve as mentors through the Elevate Bay program.

The accomplishments of our beach schools reflect the strength and spirit of our community. These achievements are not just milestones; they are stepping stones toward future success. Our dedicated teachers, supportive families, and resilient students work hand in hand to create environments where learning thrives and character is built. Whether it's through academic excellence, athletic victories, artistic expression, or



community service, our beach schools continue to excel in educational achievement in Bay County.

As we celebrate another successful year and continue working to put the "A" back in Bay,

we thank our students, families, teachers, and staff for their dedication. We look forward to the continued growth of our beach schools and wish everyone a safe and restful summer.

GCSC Foundation Opens 2nd Chance Scholarship Application Cycle

lege Foundation is excited to announce that they are offering "2nd Chance Scholarships," an additional application period for GCSC students to apply for a Foundation scholarship.

This opportunity will give students who missed the first general application period a chance to earn a scholarship for the 2025-2026 school year.

The Gulf Coast State Col- Any student who has been accepted to Gulf Coast State College for the Fall or Spring semesters is eligible to apply. Preference will be given to applicants who missed the general application cycle, or who were not offered or awarded a general scholarship during the first cycle. GCSC Foundation scholarships award students with up to \$1,200 per year to be used

to help offset the cost of tuition, books, or other related fees.

Scholarship applications can be submitted online by visiting www.gcscfoundation.org/ scholarships. The deadline to apply is July 15, 2025.

For additional information or questions, please contact Dunkin McLane at 872.3810 or dmclane@gulfcoast.edu.

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Education

West Bay Elementary: A Small School with a Big Heart

By Deniece Moss, Principal

This year marks a special milestone for West Bay Elementary—our 10th year since reopening, and what a decade it's been! From humble beginnings to a thriving hub of academic excellence and community spirit, West Bay has stayed true to its motto: "A Small School with a Big Heart." Over the past ten years, we've celebrated tremendous growth while holding tightly to our close-knit, family-first atmosphere.

One of the most exciting highlights this school year was the addition of a brand-new 8-classroom building, expanding our capacity and enriching the learning environment for our growing student body. This expansion not only reflects the trust families place in West Bay, but also our shared commitment to providing scholars with the space and resources they deserve.

West Bay is proud of its strong partnership with the local community, and nowhere was that more evident than at this year's Field Day. The event was packed with fun, laughter, and a sea of smiling faces—many of them belonging to our cherished volunteers from the Latitudes community. These incredible retirees helped run games, cheer on scholars, and bring energy to every corner of campus. Many of them also serve regularly at our book fairs and special events, proving that the heart of West Bay beats stronger thanks to its volunteers.

This spring also brought one of our favorite traditions—Kindergarten Signing Day! Our incoming kindergarten scholars were welcomed like celebrities as they signed their "commitments" to West Bay. With cheers, photos, and tiny t-shirts, this day celebrated the beginning of a bright educational journey and reminded us all of the joy that comes with new beginnings.

Another meaningful moment this year came when our fifth-



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grade girls visited Haney Technical Center, where they were pampered by Haney students studying cosmetology. From nails and facials to positive conversations about future careers, this special field trip was a wonderful example of how our community lifts up learners of all ages. They were also given the opportunity to visit the aviation program. It was a memory our fifth graders won't soon forget!

In April, West Bay proudly celebrated Purple Up Day, honoring the strength and resilience of our military children. Scholars and staff wore purple in solidarity, recognizing the unique sacrifices these families make and the important role they play in our school community. It was a powerful reminder of the love, support, and gratitude we share for those who serve.

We are always looking to grow our West Bay family, and there are plenty of ways to get involved! Whether you're interested in mentoring through Elevate Bay, volunteering for school events, or stepping into a classroom as a substitute teacher, your time and talents are welcomed and appreciated. Substitutes play a vital role in maintaining consistency in learning, and we'd love to see more community members consider this rewarding opportunity.

A heartfelt thank you to everyone who helped celebrate our amazing teachers during Teacher Appreciation Week (May 5–9). From sweet notes and surprises to sponsored breakfasts, lunches and kind gestures, the outpouring of support reminded our team just how valued they are. Your appreciation fuels our mission and strengthens our school culture.

West Bay Elementary is more than just a place where scholars come to learn—it's a place where they are known, supported, and encouraged to shine. Here's to a decade of growth, and to the next ten years of possibility.

To learn how you can get involved—as a volunteer, mentor, or substitute—visit westbay. bay.k12.fl.us or the Bay District Schools careers page.

Together, we're building something special... West Bay Elementary... Every kid by name and need!

The deadline for ads and editorial is the **18th of each month** for the following issue.



Summer Skin Concerns: What You Need to Know— From a Board-Certified Dermatologist



By Dr. Jessica Clark, MD FAAD, Beach Dermatology Skin Wellness Clinic

As the temperatures rise and we spend more time outdoors, summer brings a unique set of challenges for our skin. While sunshine, beach days, and fresh produce are hallmarks of the season, they can also contribute to a variety of skin issues—some of which may surprise you.

1. Sunburn and UV Damage

Sunburn is the most immediate and visible sign of UV damage. Even a single sunburn increases your risk of developing skin cancer, including melanoma. UV radiation not only causes redness and pain but also accelerates premature aging, including wrinkles, dark spots, and loss of elasticity.

Tips:

Use a broad-spectrum sunscreen with SPF 30 or higher. Dr. Clark recommends products with zinc oxide. Not only does zinc provide the best coverage, it is also the best ingredient for sensitive skin or those concerned about chemical exposure! Now zinc comes sheer and tinted and it is actually cosmetically elegant, doesn't feel greasy, and can actually replace your makeup if you choose a tinted variety.

Reapply every 90 minutes, or after swimming or sweating.

Wear sun-protective clothing, hats, and sunglasses.

Seek shade between 10 a.m. and 4 p.m. when the sun is strongest.

2. Heat Rash (Miliaria)

Also known as "prickly heat," heat rash occurs when sweat ducts become blocked, trapping perspiration under the skin. It commonly appears as tiny red bumps and causes itching or a stinging sensation. **Tips:**

Stay cool and avoid excessive sweating.

Wear lightweight, breathable fabrics like cotton.

Shower after sweating and keep your skin dry.

3. Acne Flare-Ups

Summer humidity and increased sweating can lead to clogged pores, especially in individuals prone to acne. Sunscreen—if not chosen carefully—can also exacerbate breakouts.

Tips:

Use non-comedogenic (won't clog pores) sunscreens and skincare products.

Wash your face twice a day, especially after sweating.

Consider using salicylic acid or retinoid products if breakouts worsen. Many people require prescriptions if over-the-counter products are not effective.

Over-the-counter facial cleansing wipes can be helpful for teenagers who play sports and cannot rinse off quickly.

4. Melasma and Hyperpigmentation

Sun exposure can trigger melasma—brown patches commonly appearing on the face and worsen existing dark spots, especially in individuals with darker skin tones.

Tips:

In addition to sunscreen, use wide-brimmed hats and sunglasses.

Consider using a topical antioxidant like vitamin C to help prevent pigmentation.

Be careful with hormonal therapy. Oral birth control pills, hormone replacement therapy, and topical hormones can significantly exacerbate melasma.

Consult a dermatologist for tailored treatments, such as prescription creams, chemical peels, microneedling, and laser.

5. Phytophotodermatitis: The "Margarita Burn"

Phytophotodermatitis is a lesser-known but increasingly common summer skin reaction caused by a combination of



plant chemicals and sun exposure. Common culprits include lime, lemon, celery, parsley, and figs. When these plant-based photosensitizers come into contact with your skin and are then exposed to sunlight, a toxic reaction occurs, leading to blistering, redness, and hyperpigmentation.

It's often dubbed the "margarita burn" because squeezing limes into drinks while outdoors is a frequent trigger.

Signs and Symptoms:

Redness and burning sensation within 24 hours of sun exposure.

Blistering that resembles a chemical burn.

Irregular dark brown or gray patches that can last for weeks or months.

Tips:

Rinse your skin thoroughly after handling citrus fruits or other photosensitizing plants.

Avoid sun exposure immediately afterward.

If you develop a rash or blisters, apply cool compresses and topical corticosteroids. Seek medical attention if severe.

6. Bug Bites and Contact Dermatitis

Mosquitoes, ticks, and stinging insects are more prevalent in summer. Additionally, outdoor activities increase the risk of coming into contact with irritants like poison ivy or oak.

Tips:

Use insect repellent containing DEET or picaridin. Picaridin seems to be more effective in the panhandle.

Wear long sleeves and pants when hiking or camping.

Learn to recognize poisonous plants and avoid them.

Treat bites and rashes with antihistamines or corticosteroid creams.

"The bug bite thing" actually helps the intense swelling and inflammation from a yellow fly bite. Google it;)

Puracyn is a spray you can buy on Amazon that is good to cool off bug bites before applying a steroid cream.

Your dermatologist can give you a steroid shot or prescribe oral prednisone if you experience a severe reaction.

Final Thoughts

While summer offers countless opportunities to enjoy the outdoors, it's essential to stay proactive about skin protection. If you experience any persistent or unusual skin symptoms, consult your dermatologist for personalized guidance.

We would love to personally invite you to Beach Dermatology Skin Wellness Clinic's Grand Opening on Thursday, June 12, from 4:30-6:30 p.m. Please join us for the ribbon cutting on the ground floor of the Cadence Bank building with the Panama City Beach Chamber!! We are so excited to celebrate with our community and will have amazing raffles and discounts on products and procedure packages! Local artist and photographer John Burns will have his beautiful artwork on display throughout the office. We are also having a Galderma Dysport and Restylane Day on Friday, June 20, from 9 a.m. to noon. Galderma's Ashley Lloyd will be available to answer all of your questions in a casual setting about Dysport, Restylane, and Sculptra products. This is the perfect day to ask questions or schedule your cosmetic treatments with Dr. Clark or our aesthetician, Lisa, before summer gets into full swing!!

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Wellness

Page 22

Great Dad, Inattentive Husband? "Soft Start Ups" Fix This (and Other) Common Problems



By JAMIE C. WILLIAMSON, PHD oo many women tell me that their husband is a great dad, but no longer a great husband.

Recently, one mom lamented that her husband does his share of the housework and spends quality time with their children, but pays very little attention to her. When he gets home, he always greets the kids before he greets her. He's affectionate with the kids but shows little affection to her (except in bed).

He compliments his daughter's appearance, but rarely hers. He coaches their games and plans fun family activities, but never an evening out with her. She has a great co-parenting relationship and a disappointing, empty marriage. Fortunately, when Dad has the best of intentions but is missing the mark-the "fix" isn't that difficult. In most cases, a devoted Dad is more unaware than insensitive. He would never intentionally demoralize his wife and certainly doesn't want to be divorced.

So, I suggested that the wife use a Soft Start Up to initiate a Collaborative Conversation about this common, solvable problem. You can use this approach for all solvable problems.

Soft Start Ups Turn Conflict into a Collaborative Conversation

Collaborative conversation can only unfold when people have a positive disposition toward each other and are willing to participate openly and respectfully (rather than defensively). This is most likely to happen if the initiator choses the "right time" for the conversation – meaning you are both calm and able to focus – and you begin the conversation with a Soft Start-up.

A Soft Start Up allows you to address the issue directly in a way that avoids putting your spouse on the defensive. John Gottman explains that the Soft Start Up begins with a complaint, but not criticism or contemptuous accusations.

Here's the difference:

Complaint - focuses on a specific behavior and addresses the specific infraction your spouse made.

Example: You are such a great Dad. You do more than your share of work around the house, and you spend time with the kids on their homework and just playing with them. They adore you. And so do I. I would really like us to find a way to have more quality time together. I know it may sound a bit selfish, but I need to feel like your wife, not just their mother.

Criticism - is the complaint plus a negative comment about your spouse's personality or overall character

Example: You are such a great Dad. You spend plenty of time with the kids. But you just don't get it. You never think to pay that kind of attention to me. Don't you care about my feelings?

Contemptuous Accusation - fueled by long-simmering negative thoughts about your spouse and conveys disrespect and/or disgust through sarcasm, cynicism, name-calling, eye-rolling, hostile humor, etc.

Example: You are such a GREAT dad. Too bad you are such a lousy husband. People say I'm lucky to be married to a man that spends so much time with the kids. But they don't know that you are not really a man to me. If you don't start paying attention to me, I'll find someone who will.

To ensure you start your Collaborative Conversation with a Soft Start Up, follow these guidelines:

• Complain, don't criticize or blame.

• Make statements that start with I instead of You.

Describe what is happening, but don't evaluate or judge.
Be Clear, polite, and appreciative.

• Don't store things up.

Collaborative Conversations require that you both are open to considering each other's opinions, ideas, motivations and preferences. For collaborative conversations to work, you must be willing to back away from strident views and to listen to, and be influenced by, each other. This does not mean that you should agree with each other but rather accept the other's point of view as valid and understandable, under the circumstances.

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seek more to understand than to be understood and move out of conflict into a productive conversation about how to resolve your issue. Which, in this case, is how to inject a bit of romantic love back into your marriage.

Collaborative Conversations require the willingness to bring up a touchy subject. But, when the possible outcome can make your marriage work again, the payoff is worth the effort to overcome your nervousness, learn the Soft-Start Up, and "work it out".

Let me know if I can help.

Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and member 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.



Book Review: Becoming Supernatural: How Common **People are Doing the Uncommon**

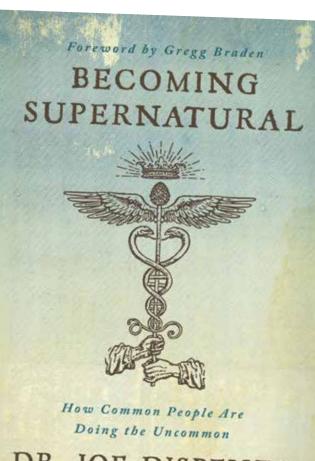


REVIEWED BY MICHAEL MCMANUS, LCSW

"Becoming Supernatural: How Common People Are Doing the Uncommon" by Joe Dispenza is a captivating blend of science, spirituality, and personal development that invites readers to explore their potential for transformation. In this book, Dispenza presents a compelling case for how individuals can harness the power of their minds to create extraordinary changes in their lives.

The book is structured into two main parts: the science behind the phenomena and practical applications. Dispenza delves into the latest research in quantum physics, neuroscience, and epigenetics, illustrating how thoughts and emotions can influence our reality. He articulates complex concepts in an accessible manner, making it easy for readers to grasp the implications of his findings.

One of the most engaging aspects of "Becoming Supernatural" is the myriad of real-life stories from individuals who have experienced significant healing and transformation through the principles Dispenza teaches. These testimonials serve as powerful motivators, demonstrating



DR. JOE DISPENZA New York Times best-selling author

that the techniques he describes can lead to tangible results.

Dispenza emphasizes the importance of meditation and visualization as tools for personal change. He provides step-bystep guidance on various meditation practices, encouraging readers to delve into their subconscious and reprogram their beliefs and habits. This handson approach empowers readers to take charge of their lives and cultivate a deeper sense of self-awareness.

However, some readers may find that Dispenza's reliance on anecdotal evidence and spiritual concepts can come across as unscientific. Skeptics might question the validity of some claims,

particularly those related to miraculous healings. Nevertheless, for those open to exploring the connection between mind and matter, the book offers a wealth of insights and practical strategies.

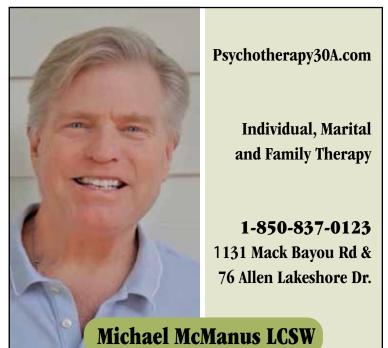
In summary, "Becoming Su-

pernatural" is a thought-provoking read that challenges conventional beliefs and encourages readers to embrace their potential for change. Joe Dispenza's blend of scientific research and practical advice makes this book a valuable resource for anyone interested in personal growth, healing, and the power of the mind. Whether you're a seasoned practitioner of meditation or a curious newcomer, this book is likely to inspire you to unlock your own supernatural abilities. While I don't agree with everything in this book, I believe there's enough

thought-provoking content to make it worth reading.

Michael McManus MSW LCSW has been a practicing psychotherapist for several decades in the Florida panhandle. He and his wife Angela have raised their 4 children here in Santa Rosa Beach, and in their spare time and enjoy Yoga, hiking, biking cooking and exploring. Michael can be reached by phone or by text at 1(850) 837-0123 or on his website: psychotherapy30A.com.







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🔅 Wellness

Glow From Within: How Food Impacts Our Skin Health



BY BRIDGET SULLIVAN, PA-C, Coastal Skin Surgery and Dermatology

What we put into our bodies can have a profound impact on our skin's appearance and overall well-being. This article will explore the connection between nutrition and our skin. If you're struggling with skin ailments such as acne, rosacea, or eczema, the food you are eating could be contributing to the issue. In addition to using proper face washes and serums, you might want to consider reevaluating your kitchen pantry. The food that we eat can have an impact on our skin health and appearance. A study published in the Journal of American Academy of Dermatology found that "increasing your dietary intake

of fruits and vegetables for just six weeks resulted in a noticeable improvement of skin tone, brightness, and overall attractiveness." Another study published in The Journal of Investigative Dermatology reported "regular consumption of Omega-3-fatty acids was linked to a reduction in skin inflammation and improved the skin barrier function." This highlights the impact that a healthy diet rich in nutrients can have on enhancing the appearance and health of the skin.

Foods that are beneficial to our skin health and wellness include, but are not limited to:

Carrots and sweet potatoes–Vitamin A–helps regulate skin cell turnover and repair Citrus fruits and bell peppers–Vitamin C–promotes collagen production and

fights oxidative stress Salmon and sardines– Vitamin D–supports your immune system and fights inflammation

Sunflower seeds, spinach and broccoli–Vitamin E– protects against free radicals and supports skin barrier function

Lentils and seafood (tuna and shrimp)-Zinc



and Selenium– help maintain skin integrity and reduce inflammation

Avocados—antioxidants and the healthy fat content aid in keeping skin moisturized

Proteins in lean meats are beneficial for building collagen and elastin production

Lastly, we can't forget about hydration. Proper hydration and adequate water intake are crucial for maintaining a healthy body and healthy skin.

When it comes to your skin health, proper nutrition is key. While nutrition and diet can play a huge role in skin health, they are not the sole factors. Other factors include things like genetics, lifestyle habits, skin care routine, and environmental factors. Healthy skin leads to beautiful skin!

cleure BEST NUTRIENTS FOR HEALTHY SKIN Nuts Eggs Peas Seeds Soybeans Fatty Fish Chicken Avocado **1. HEALTHY FATS** 2. PROTEI Leafy Green Carrots Red Bell Apricots Pepper Sweet Potatoes Yogurt Butternut Tomatoes Squash Eggs 3. VITAMIN A 11 **BETA CAROTENE** Nuts Kiwi Seeds Broccoli

Leafy Citrus Greens Strawber Avocado 5. UITAMIN C 6. WITAMIN Shrimp Brazil Oats Nuts · Dark Liver Chocolate Tuna ZINI 8 SELENIUM



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By Dr. Karen DeVore

If there's one thing I wish more people understood about their health, it's this: you cannot out-supplement or out-caffeinate your way through poor sleep. Sleep is not a luxury or a badge of productivity to skip it's foundational to healing, balance and long-term wellness. At the Tortoise Clinic, where we approach health through both integrative and holistic lenses, sleep is often the thread that ties it all together.

We live in a culture that applauds hustle, thrives on stimulation and often views rest as a weakness. Yet, as a practitioner, I've seen time and again that when sleep suffers, everything else starts to unravel—hormones become imbalanced, digestion slows, inflammation increases,

cravings intensify and mental clarity disappears.

Why Sleep Is Your Body's Reset Button

During sleep, your body performs its most critical behindthe-scenes work. Cells repair. Muscles recover. Hormones reset. The brain processes and detoxifies. In fact, deep sleep is when your body releases growth hormone, which helps repair tissues and regulate metabolism. Your liver is busy detoxing. Your immune system recalibrates. And your nervous system has a rare moment to truly rest.

When sleep is disrupted or insufficient, the effects can be wide-ranging and sneaky. You might wake up exhausted despite getting "enough" hours. You might feel wired at night and sluggish in the morning. You might have trouble losing weight, staying focused, or regulating mood. And here's the kicker: traditional labs may show everything as "normal."

That's where a holistic approach makes all the difference.

d The Integrative Approach t to Sleep

In integrative medicine, we don't just ask how many hours are you sleeping? We ask:

• How do you feel when you wake up?

• Do you have trouble falling asleep—or staying asleep?

• Do you feel wired at night and wide awake at 2 a.m.?

• Are you struggling with anxiety, hormone shifts or night sweats?

• Are you using screens late at night? Eating late? Skipping morning sunlight?

We look at the entire picture—nervous system function, cortisol rhythms, melatonin production, hormone balance, stress exposure, nutrition, lifestyle and more.

What many people don't realize is that sleep disturbances are often not about the sleep itself they're symptoms of deeper imbalances. At the Tortoise Clinic, we blend Western diagnostics and Eastern wisdom to get to the root. That might include looking at adrenal fatigue, estrogen/progesterone shifts, thyroid dysfunction, or gut inflammation—all of which can disrupt your rest.

Beyond the Sleep Aids

The Underrated Power of Sleep

It's tempting to reach for sleep aids or melatonin when nights get restless. And while they can offer short-term relief, they rarely address the why.

We prefer to ask: What is your body trying to tell you?

Sometimes it's a stress response that needs rewiring. Other times it's low progesterone, blood sugar instability or even chronic inflammation. Instead of masking those signals, our job is to decode them—and guide your body back into balance.

That might mean incorporating acupuncture to calm the nervous system, adaptogenic herbs to support stress resilience, magnesium to relax tight muscles or simple lifestyle shifts like screenfree evenings and earlier meals.

Introducing: The Sleep Assessment

To better understand the sleep patterns and hormonal rhythms of our patients, I'm thrilled to share that we've launched a new, non-invasive sleep assessment at the Tortoise Clinic. This easy, athome saliva test measures your melatonin and cortisol levels at key times throughout the night, along with progesterone, giving us a clearer picture of what's happening behind the scenes.

Unlike standard tests that offer a snapshot in time, this assessment helps us understand how your sleep hormones fluctuate overnight, guiding more precise and personalized care—without the need for blood draws or guesswork.

If you're tired of feeling tired—or if sleep has quietly slipped out of your routine and left chaos in its place—know this: rest is not a weakness. It's your body's greatest tool for repair.

And you deserve more than temporary fixes. You deserve answers, insight and support that meets you where you are.

At the Tortoise Clinic, we believe healing happens one steady, intentional step at a time—and sometimes, the first step is simply learning how to rest.



🐲 Musing



A Minister's Message: Return to Me

By Dr. Kerry Knight, Minister, Emerald Beach Church of Christ

Thus says the Lord of Hosts: "Return to Me," says the Lord of Hosts, "and I will return to you," says the Lord of hosts (Zechariah 1:3). Did you notice in the verse above that God uses the expression "Lord of hosts" three times in one verse? Why? Jehovah was making an undeniable point about the power and importance of this message. Because the history of ancient Israel was one of forsaking God and leav-

WHY I BELIEVE



During the summer months, the Emerald Beach Church of Christ will present sermons to confirm our faith and give us renewed hope.

June 15 - Why I believe in God
June 29 - Why I believe the Bible
July 13 - Why I believe that Jesus was the Son of God
July 20 - Why I believe that Jesus was the Messiah
August 10 - Why I believe in a Heaven
August 31 - Why I believe in the Second Coming of Christ

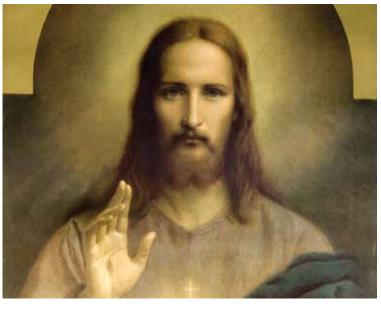
Please be our honored guests.

The presentations will be at 10 a.m. for each worship service.



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SUNDAY AM: Bible Class 9 am Worship 10 am SUNDAY PM: Lesson 1 pm WEDNESDAY: Bible Study 7 pm



ing "Him" to favor the pagan gods of the Canaanites, He was now giving them a strong message of both obedience and forgiveness, of repentance and His eternal love. If they would return to the God they had abandoned, He was willing to return to them.

In the New Testament James wrote: "Draw near to God and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded" (James 4:8-9). How often Christians leave the church, leaving behind not only their worship of God, but also their vow to serve Him. The world's allure becomes more important to them, and their faith becomes a distant memory. Many never return to the Lord, and their soul is lost. God wants you back. He is willing to come to you and embrace you just as the father in Luke 15 with the prodigal son. God loves you and will forgive you.

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Sean of the South: Waffle House



BY SEAN DIETRICH

Waffle House. My waitress has a bunch of tattoos. The women customers in the booth behind mine are talking about it in voices loud enough to alter the migratory patterns of waterfowl.

"Did you see ALL her tattoos? Our waitress?"

"I know."

"Why do they DO that to themselves?"

a dozen alligator patches to sew onto our Kmart polos and voila!—instant cool factor.

We gave Pete's mom DE-TAILED instructions, then left her unsupervised. Which, looking back, was a mistake. Because Pete's mother delivered 12 polo shirts bearing colorful patches of Snoopy, Papa Smurf, and four of the original seven dwarves.

The waitress was visiting each table, warming up coffees. She visited two ladies behind me. The ladies represented my generation. Their conversation kept growing louder.

"They just look so trashy. Tattoos."

"I know, I wish I could tell these kids, 'Quit screwing up your bodies.' It's stupid."

The young waitress finally



"I know."

I personally do not have tattoos. I come from teetotalling fundamentalists whose moms ironed our Fruit of the Looms. If I had come home with, for example, a Superman tattoo on my chest, the proverbial fertilizer would have hit the proverbial oscillating fan.

But I don't dislike tattoos the way some do. No, tattoos weren't in fashion when WE were young, but if they had been, believe me, we'd have them.

I know this because during my youth members of my generation were clambering to purchase \$10 polo shirts with \$90 alligators embroidered on the fronts.

My friend Pete and I were the only ones in the entire fifth grade who did not own Izod polo shirts. So Pete and I took matters into our own hands. Pete's mom had an embroidery machine. We begged her to craft made it to my table. I saw her inkwork. Her arm was painted in a sleeve of faded reds and greens. Images of dragons adorned her forearms.

"I like your ink," I said.

She smiled. Then she glanced at the ladies in the booth behind me, who were evidently trying to speak quietly but were still using voices that rattled most dental fillings.

"Thanks," my waitress said. That's when I noticed a date

inscribed beneath one of the dragon tats. The waitress noticed me staring. "It's my son," she said, giving me a better presentation of her artwork. "He used to LOVE dragons."

"What is your son's name?"

She smiled again. This smile looked like it hurt. "His name was Daniel." Was.

She moved away from my table and kept about her busywork. Meantime, the women behind me kept about theirs. "I see so many pretty girls with tattoos. I JUST don't GET it."

"Why would anyone want to LOOK like that?"

"No idea. I'd be SO embarrassed."

The waitress visited my table again. She tore off my check

and placed it facedown.

"Anything else?" she asked. "May I ask you a question?"

I replied.

She waited.

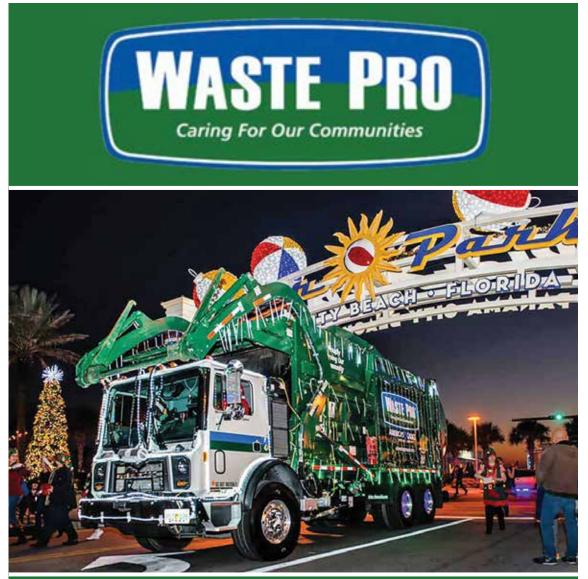
"What happened to your son?"

There were no tears in her eyes. But there were tears in her

voice. "He was 11. His uncle was driving. It was instant."

None of us said anything. She looked at her own forearm and admired it. "My son designed this one."

The ladies behind me had quit talking.



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Musing



By Rick Moore

I decided to skip my usual drive on Highway 98 and take Scenic Gulf Drive instead. The speed limit was twenty miles an hour. With the car windows down, slowly cruising along the beautiful shores of the Emerald Coast, I noticed several people parasailing. I longed to be up there, high above the waves, riding the air currents without a care in the world. But this moment of peace was interrupted when my phone rang. After checking the caller ID, I made the rare decision to let the call go to voicemail. That one simple choice changed the entire outlook of everything that happened for the rest of the day in a very positive way. It was my moment of solitude. Having moments of solitude doesn't mean you're lonely; it means you're enjoying being alone. Taking time to be alone may be exactly what you need to relieve anxiety.

Earlier that day, I had encountered a situation that brought on extreme anxiety. I became nervous and started to stutter. Stuck between a rock and a hard place, and given very little time to resolve a difficult matter, it felt like the weight of the world was on my shoulders. Being pressured to move quickly can lead to panic attacks. We all experience anxiety. It's often driven by a strong desire to succeed or to impress others. If this happens to you, pause and take a deep breath. Stop and think. Be where your feet are. Take a moment to regain your composure. Quit magnifying the causes of your stress, and let go of your problems. When the immediate crisis is over, find time to decompress. Those of us who

live near the coast are so blessed to be able to visit the beach and listen to the waves. Neurologists say listening to waves positively influences our nervous system. Ocean waves follow a rhythmic pattern of 12 cycles per minute, mirroring the breathing pattern of a relaxed person. This is why sitting on the beach is such a great place to chill.

Some anxiety comes from external sources we can't control, while other anxiety comes from internal sources we can control. Don't take yourself so seriously. Forget about others' perceptions of you. More importantly, forget about your own perception of you. Forget how well you did or didn't—perform. Forget your failures. Forget the pressure to keep up with the neighbors. Instead, incorporate healthy habits and get plenty of rest.

Another way to relieve stress and anxiety is to spend quality time with others. Shortly after we purchased annual passes for a theme park in Orlando, my wife unexpectedly had to have a major procedure on her hip.

We debated whether she was well enough to make the trip. The decision was made to rent a wheelchair inside the parks. Friends we were going with encouraged us to get a Fast Pass, which allowed us to experience more rides in a shorter time. A Fast Pass is nice, but my question was: where can we get a "Slow Pass?" There are times when the thrill of riding every rollercoaster in the park is fun, but the truth is, there are also times I just like to slow

down. Fortunately, we found a good mix—skipping the long lines without feeling pressured to race off to the next ride. I enjoyed the new attractions, but my favorite time in the park was sitting on a bench, just talking with friends. Treat yourself today to a "Slow Pass." It's free and it leads to a better you. Your family will be glad you did, your co-workers will be glad you did, and most of all, you will be glad you did.

Rick Moore is Communication Pastor at Destiny Worship Center.



Prevent the Summer Slide

The Northwest Regional Library System aspires to help students to prevent the "summer slide" by providing a variety of engaging, educational programs that encourage imagination, creativity and art throughout the summer. Children and teens who participate in summer library programs become better readers. Summer reading allows children to maintain their reading skills during the summer break while fostering a love of reading when they read for fun! The 2025 theme is Color Our World. Library programs are free and open to the public to attend. Select programs require registration and will be noted in the program description.

Bay County Libraries Reading Incentives

In addition to Summer Reading Programs, the Bay County Public Library Foundation (https://bcplfoundation.org/) have generously sponsored several reading incentives with prizes to encourage kids to visit the library this summer and pick up more books! The Reading Incentives are taking place at the Bay County Public Library, Panama City Beach Public Library, and the Parker Public Library.

Pick up a reading challenge from your branch or BCPL Youth Services for a chance to win a prize! Turn in a completed entry to be added into a raffle.

Visit the Panama City Beach Public Library Facebook page or www.nwrls.com for more information about Summer Reading Programming.

The Panama City Beach Public Library is located at 12500 Hutchison Blvd.

A Slow Pass

Quality You Can Stand On: Highlighting American-Made Excellence and Affordable Financing

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

At Flooring Depot of Panama City, we believe that what you stand on matters—literally and figuratively. That's why we're proud to offer a wide selection of quality flooring options with a focus on American-made products like Mohawk's RevWood, all backed by flexible financing plans to make your dream home a reality, no matter your budget.

Flooring That's Made in the USA—For a Reason: In today's global economy, it's easy to overlook where a product comes from. But choosing American-made flooring does more than support domestic jobs—it also helps you sidestep the uncertainty of fluctuating tariffs and overseas shipping delays. With inflation and economic instability still a concern for many families, investing in products made in the U.S. is a



smart, forward-thinking move.

That's why we proudly carry RevWood by Mohawk, a high-performance laminate flooring made right here in the United States. RevWood combines the beauty of hardwood with the durability of laminate, offering the best of both worlds. It's water-resistant, scratch resistant, and designed to hold up to whatever life throws at it—whether it's muddy paws, spilled juice, or high heels.

But RevWood isn't just a product we believe in because of its quality. It also represents a larger mission: keeping manufacturing jobs in the U.S., reducing our carbon footprint, and giving customers peace of mind during uncertain economic times. As the talk of tariffs on imported materials has increased over the past few years,

American-made products like RevWood have become more competitively priced—often beating out foreign-made alternatives in both cost and performance.

Flooring, Cabinets, Countertops & More: At Flooring Depot, we offer more than just floors. We're your onestop shop for full home transformations, with a wide selection of kitchen and bathroom cabinets and beautiful countertops to complete your space. Whether you're going for a sleek, modern look or a classic, timeless design, we have options to fit every style and budget.

Our expert team will help you match your flooring with cabinetry and countertops to create a cohesive, polished look that adds value to your home. From layout and color selection to custom measurements and installation, we take care of everything—so you don't have to juggle multiple contractors or stress over the details.

And if you're remodeling a kitchen or bathroom, timing matters. Our streamlined process and in-stock selections can help you move from inspiration to installation faster than you might expect.

Financing Options That Make It Easy to Say Yes: We understand that flooring, cabinets, and countertops are major investments—and sometimes, those upgrades come when money is tight. That's why Flooring Depot offers special financing options, including sixand twelve-month interest-free plans for qualified buyers.

And right now, for a limited time, we're offering 24-month financing-interest-free if paid in full before the end of the financing term. The special promotion ends at the end of June. This extended financing option makes it easier than ever to move forward with your project while keeping monthly payments manageable. Whether you're replacing worn-out flooring or doing a full kitchen remodel, this offer helps you do it now without compromising on quality.

Our financing process is simple and quick. Come into one of our stores, and our team will walk you through the available plans, help you apply, and you will know quickly if you are approved, so you can get shopping right away.

Continued on page 31



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() Lifestyle

Design and Culture: Sweet Tea and Pecan Pie

Sounds delicious! It's going to be an exciting summer in interior design with new cabinetry finishes like Sweet Tea and Pecan Pie in the mix. WF Cabinetry has a new Southerly Collection. The collection is inspired by cities and states across the southeast, with finishes, paint and stain that are warm, inviting, and ready to change the stories of the kitchens and baths in 2023 and beyond. Two new door styles, Auburn Plains and Outer Banks, are also available this summer. Auburn Plains is a beautiful full overlay door. It is considered a skinny shaker door with a rail that is only 1 3/4 inches. It can be modern, farmhouse, or coastal depending on finish selections and hardware. The New Ellis collection from Top Knobs, also inspired by Southern roots, is a charming selection for your new kitchen. You can visit www.topknobs. com/whatsnew to check out all of the new hardware styles and finishes.

Recently released countertop selections are just as exciting! Viatera is about to release Calacatta Oro, which is gorgeous and a look many of our clients have been searching for in a quartz with a softer white background and warm marble-like veining. Vadara quartz has just released eight new colors, including Aurum, which is a graceful quartz inspired by Italian Calacatta Marble. If you are interested in a matte look for your new kitchen, Brittanicca Gold Cool was just released from Cambria and is available in a Matte finish.





Southerly Collection -Siesta Key Sand





Viatera Calacatta Oro Quartz



Vadara Moon Valley Quartz

Southerly Collection Paint Colors

Memphis Blue Suede Savanna Beyond Midnight Nola Rye Old Fashioned I'm Going to Jackson Charleston Blushing Asheville Reflection Birmingham Forge Siesta Key Sand

Southerly Collection Stains

Sweet Tea Pecan Pie

Oatmeal



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Business & Politics

Update from the Office of Congressman Neal Dunn:



President Trump is now more than 100 days into his second term. Already, the President has completely transformed how Washington works. From plummeting illegal border crossings to the swift downsizing of federal bureaucracy, President Trump is delivering on the promises he made to the American people.

During the first 100 days of his administration, President Trump has done more than many of his predecessors have in their first year. This includes reducing illegal border crossings by 99.9%, reducing daily border encounters by 93%, pushing to increase funding for the VA, ending DEI programs throughout the federal government, and in favor of the Laken Riley Act, identifying billions of dollars in wasteful spending. To date, the Administration has saved American taxpayers \$170 billion in wasteful spending.

I have made it my mission to support President Trump's agenda in Congress by passing crucial legislation and working with the White House to ensure that Floridians have a voice in the decision-making process.

During the 119th Congress, I have supported several bills that will pave the way for President Trump's agenda and deliver on the promise of an American Golden Age. One of our biggest victories is the passage of the SAVE Act. It's simple: only American citizens should vote in American elections. While some states, such as Florida, are working to ensure that illegal immigrants are not voting in our elections, some states have refused to make the same pledge. The SAVE Act will require all states, even those run by Democrats, to follow this commonsense principle.

I am also proud to have voted

a bill that requires the Department of Homeland Security to arrest illegal immigrants who have been charged with theft. This bill is designed to ensure that illegal immigrants with a criminal background remain in police custody, rather than being released. Earlier this year, President Trump signed the Laken Riley Act into law to protect all Americans from illegal immigrants with known criminal backgrounds to prevent further violence like the senseless death of University of Georgia nursing student Laken Riley.

House Republicans have been aggressive in passing President Trump's agenda, but one key portion is missing: the President's "Big, Beautiful Bill." Earlier this month, my colleagues and I on the House Energy and Commerce Committee held a 26-hour markup on our portion of the bill. Our biggest priority was to preserve Medicaid for its intended beneficiaries.

Medicaid is a vital lifeline for our nation's most vulnerable citizens. Unfortunately, Democrats have put the program's future

into jeopardy by allowing illegal immigrants, able-bodied adults without dependents, and deceased beneficiaries to remain on Medicaid rolls. This mismanagement threatens Medicaid's financial future. I am proud to stand with my Republican colleagues in passing this important reform to preserve Medicaid benefits for those who need them and to keep the program on strong financial footing.

It is an honor and a privilege to serve as your voice in Washington. Congress still has a lot of work to do, and I hope you will add your voice to the conversation as we continue the policymaking process. If you have a comment about upcoming legislation or need assistance with a federal agency, please contact my office in Panama City at (850) 785-0812.

QUALITY

continued from page 29

Locally Owned. Community Focused: As a locally owned business, Flooring Depot of Panama City isn't just a store-it's a part of the community. We're here to serve our neighbors with top-notch service, expert advice, and the kind of personalized care you won't find at big box stores. From selection to installation, our goal is to make your home improvement experience stressfree and enjoyable.

Because we live and work right here in Bay County, we

care deeply about our customers' satisfaction. We stand behind our work and our products, and we're always here to answer your questions-even after the job is done.

Whether you're upgrading your floors, remodeling your kitchen, or building your dream bathroom from the ground up, Flooring Depot of Panama City is your go-to source for American-made quality, affordable prices, and personalized service. Come visit our showroom today to explore your options-and take advantage of 24-month special financing before the offer ends in June.

Northwest Florida Beaches International Airport Expands Staff

International Airport (ECP) announces David Marks as Technology Information Manager and Rhonda Deaton as Manager of Marketing and Communications.

As ECP continues to experience extreme growth, airport management expands their team with two new members. David Marks brings over twenty years of technical knowledge and leadership. Throughout his distinguished career, David has held key roles including Director of Information Technology, Senior IT Project Manager, and Infrastructure Project Manager. His comprehensive background spans technical operations, strategic project leadership, and team development. Attributes that will provide a valuable addition to the Airport's leadership team.

Likewise, Ms. Deaton brings more than two decades of extensive and dynamic experience in marketing,

Northwest Florida Beaches communications, public engagement, and aviation business development. Rhonda has held key leadership positions within aviation such as Air Service Development Manager, Director of Marketing and Communications, and Business Development, Real Estate Manager. An award-winning tourism innovator, Rhonda has successfully developed, promoted, and executed projects that drive community engagement.

"As our Airport continues to grow, so does our need to expand the skill sets of our organization as we strive to provide innovative, quality, and expedient services to our passengers, partners, and our ECP Team," stated Parker W. McClellan, A.A.E., Executive Director of Northwest Florida Beaches International Airport. "Both David and Rhonda have impressive careers and a proven track record that are an ideal fit for our team," commented McClellan.



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