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ECP Announces Art Escape, A Cultural Initiative Featuring Regional Artists

Work from select Bay and Walton County artists to be showcased in the airport's concourse

Northwest Florida Beaches International Airport (ECP), together with Life Media Publications, announces a new cultural initiative, Art Escape, which showcases contemporary work by local artists in the airport's concourse. The inaugural exhibit "Where am I Going?" opens July 1, with a plan for rotating works to cycle through the space over the next five months. Comprised of artists from across the region, this project brings together dynamic regional voices with the intent of enhancing the

airport experience for those traveling to and from the Emerald Coast. Welcoming nearly 1.9 million passengers in 2024, ECP acts as a gateway to the cultural attractions of surrounding counties, which, beyond airport doors, include art galleries, world-class live



Francisco Adaro, "60, Buenos Aires a 30A"

music, documentary film festivals, stand-up comedy, and much more.

"Where am I Going?" includes the work of artists Francisco Adaro, Christon Anderson, Mark Little, Chandler Williams, Mandy Yourick, and Jamie Zimchek in mediums that range from painting to photography and installation.

"ECP is a gateway to both beautiful beaches and a region rich in culture. We're honored to enhance the passenger experience by sharing a little of that culture (with a

touch of beach) at our facility," stated Parker McClellan, ECP Executive Director.

"We see this as a unique opportunity to bring the more contemporary work of local artists to an unconventional space," said Jamie Zimchek, who helped launch this endeavor. "Though visitors can get a glimpse of these working artists in galleries throughout the region, this show offers them the opportunity to present work that's a little more experimental and boundary pushing while working around a theme that relates to ideas about personhood, place, and, of course, travel."

About the Artists

Francisco Adaro, a Walton

ART ESCAPE continued on page 2

Shop Talk: New Stores, New Reasons to Visit Pier Park



By Lee Ann Leonard

Pier Park is excited to welcome several new stores and one major attraction giving locals and tourists more reasons to shop, dine and play in Pier Park.

Sephora: The highly-anticipated beauty store is now open next to Target and offers a diverse selection of makeup, skincare, fragrances, hair care and body care products from popular and emerging brands. Shoppers love that they can try out products before purchasing them or get personalized recommendations from one of Sephora's beauty experts.

"I've had the pleasure of work-

SHOP TALK continued on page 17



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The community

ART ESCAPE

continued from page 1

County-based artist originally from Buenos Aires, Argentina, blends whimsical charm with refined technique. From a young age, he dreamed of a life in art, studying at La Salle and painting murals while selling sketches on the streets. A chance encounter with his now wife and Florida native Brooke, led him to 30A, where they opened Adaro Art Gallery. His vibrant oil paintings feature playful, stylized figuresboth human and animal-capturing moments of joy, curiosity, and tenderness. Inspired by his wife, children, and a lively menagerie of rescue animals, Adaro's work is a celebration of life's magic, infused with humor, warmth, and storytelling. His unique visual language invites viewers to see the world through a more joyful lens.

Christon Anderson is a selftaught Bay County artist out of Panama City. Anderson cultivates work that bridges the gap between poverty and privilege. Both bold and subtle mixed with abstraction and realism, Anderson's work acknowledges the duality in every singular subject.

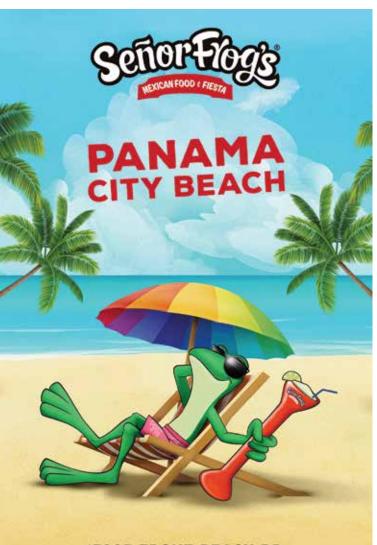
Mark Little is a Walton Coun-



"Rising From the Ashes"

ty-based photographer whose work considers the connections that bring us together. Little's images bring into focus these connections, both with one another and the environments we inhabit; his photographs capture energy unfolding, offering a glimpse of the way it all intertwines. His work can be found in a variety of national spaces as well as 30A and greater Walton County.

Chandler Williams, a local photographer, was Walton County's artist of the year in 2021. His work has allowed



15005 FRONT BEACH RD.



Jamie Zimchek, detail from "Connect the Dots"

him to experience life in many countries and interact with many amazing people along a multi-decade journey. Williams is assisted by an experienced crew in tune with his working style and has a fine art photography gallery in Grayton Beach.

Mandy Yourick is an artist and educator whose work includes drawing, collage, and installation. Her work engages with broader themes of creative placemaking and ecology, often reflecting on how we inhabit public and private spaces. She studies structures and shelters, as well as individual and collective agency as they relate to environments and change. Mandy earned her MFA in Visual Arts from Vermont College of Fine Arts and has completed artist residencies in Gijipo, South Korea, Madison, Wisconsin, and Skopelos, Greece. Her sculpture, Hometown, is part of the collection at the Underwater Museum of Art in Grayton Beach.

> The deadline for ads and editorial is the **23rd of each month** for the following issue.



Mandy Yourick, detail from "2025"



Christon Anderson, "Complementary Nuts"

Jamie Zimchek is a multi-disciplinary artist with a background in painting and photography. Zimchek's work revolves around an exploration of popular narratives promulgated by power systems in private and public domains. She is particularly interested in the ways these systems use calculated storylines and absurd social constructs to shore up deeply entrenched self-interests. She has an MA in Mediterranean Studies from King's College London and an MFA in Visual Art from Vermont College of Fine Arts. Zimchek is co-founder of the I I I Artist Fund and an instructor in the art department at Gulf Coast State College.

About Northwest Florida Beaches International Airport

Northwest Florida Beaches International Airport (ECP) is located less than 30 minutes from Panama City



Mark Little, "High Flying Birds"

Beach, Panama City and the beaches of South Walton. Today, with service from American Airlines, Delta Air Lines, Southwest Airlines, and United Airlines, ECP provides daily flights to worldwide destinations, including daily and seasonal nonstop flights to Atlanta (ATL), Austin (AUS), Baltimore (BWI), Charlotte (CLT), Chicago (MDW/ORD), Dallas (DAL/ DFW), Denver (DEN), Houston (HOU/IAH), Indianapolis (IND), Kansas City (MCI), Nashville (BNA), New York City (LGA), Philadelphia (PHL), St. Louis (STL) and Washington DC (DCA). ECP provides Northwest Florida communities with first-class facilities and was strategically developed for major economic development opportunities. ECP is the gateway to visitors seeking Northwest Florida's famous beaches.



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Visit PCB Announces Executive Promotions

Visit Panama City Beach is proud to announce the promotions of several key team members who have demonstrated exemplary leadership and dedication to the organization's mission. Patrick Stewart has been promoted to Vice President of Special Events, while Chris O'Brien has been promoted to Vice President of Sports Marketing, and Kristen Krasinskas has advanced to Director of Sports Marketing.

"These promotions reflect the talent, hard work and strategic vision that each of these individuals brings to our team," said Dan Rowe, President and CEO of Visit Panama City Beach. "Patrick, Chris and Kristen have each played vital roles in the continued success of our destination, and I'm confident they will further strengthen our impact and innovation in their new positions."

Executive Promotions:

Patrick Stewart, Vice President of Special Events In his new role, Stewart is responsible for the development,



implementation and management of Visit Panama City Beach's signature events; the creation of new event experiences; enhancements to special event venues; and serving as the primary liaison with city and county officials.

A U.S. Navy veteran and graduate of Florida State University Panama City, Stewart began his career at Visit Panama City Beach as an intern before advancing through roles including sports marketing and special events coordinator, operations manager, and director of special events. He holds multiple industry credentials, including the Sports Tourism Strategist designation from Sports ETA, the Certified Festival and Events Executive (CFEE) credential from the International Festivals and Events Association, and the Professional in Destination Management (PDM) certification from Destinations International. He is also a recipient of the Florida Festivals and Events Association's Emerging Leader Award.

Chris O'Brien, Vice President of Sports Marketing



In his elevated role, O'Brien will continue leading the destination's sports tourism strategy, driving business development and elevating the national profile of Panama City Beach as a premier sports event destination. Since joining Visit Panama City Beach in 2015, he has helped transform the region's sports landscape—including developing the nationally recognized Publix Sports Park, which has received multiple national venue awards.

O'Brien brings more than 20 years of tourism marketing, event management and sports facility experience to the role. He is a Certified Sports Event Executive (CSEE), serves on the Panama City Beach Parks & Recreation Advisory Board and was recently inducted into the Grand Slam Tournament Hall of Fame in 2025 in recognition of his contributions to sports tourism and amateur baseball. He holds a master's degree in sport management from Florida State University and a bachelor's degree from George Mason University. He also teaches event marketing and management as an adjunct professor at FSU's Dedman College of Hospitality.

Kristen Krasinskas, Director of Sports Marketing



Visit Panama City Beach is proud to announce the promotion of Kristen Krasinskas to director of sports marketing. In her new role, Krasinskas will lead strategic efforts to grow the destination's presence in the sports tourism industry and drive long-term impact through innovative planning and partnership development. She will focus on market expansion by cultivating new national and regional partnerships and leading the development and execution of a long-term sports tourism

Continued on page 5



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PCB Chamber Member Spotlight



The Panama City Swim Team

By Scott Fortier, Head Coach PCST

The Panama City Swim Team, also known as PCST, was founded 71 years ago to grow the swimming community in Bay County. As a young swimmer from Tallahassee, I saw this team as the gold standard of what a club swim team in the area should be. I remember all the fun I had as a young swimmer at the PCST summer swim meets. What could be more fun than swimming outside at Frank Brown Park, so close to the beach??

It is wild to think back to all those memories as a young kid and appreciate that I am now the Head Coach of the Panama

City Swim Team. Before coming to this job, I was the Head Coach of the St. Croix Dolphins in the US Virgin Islands, in addition to the US Virgin Islands National Team Coach. When my wife, Caitey, and I saw that the position of Head Coach for PCST had become available, we knew in our hearts that I was meant to apply for it. We had recently welcomed our first child, Adrian, into this world, and we saw it as the perfect opportunity to return close to home. More importantly, I saw it as an opportunity to grow this great program back to what it used to be. Without ever visiting Panama City Beach, my wife moved here based on faith in God and trust



in myself. In just over one year, it already feels like home, and we know that it is exactly where we are meant to be.

I grew up swimming for Area Tallahassee Aquatic Club, surrounded by great coaches and teammates. During high school, I qualified and swam at the 2012 USA Olympic Trials in the 200 Butterfly. I finished 52nd overall out of 230 swimmers in that event. Following high school, I signed a swimming scholarship with the University of Alabama, but my college career was cut short due to a career-ending injury. At the time, this news was earth-shattering, but I believe it was the start of my call to coach.

I started coaching at the age of 15 with my ATAC team, making coaching the only job that I have ever had. Following my in-



jury in college, I became a student coach at Alabama before taking a position at Louisiana State University and working with the local club swim team, Tiger Aquatics. After 2 years at LSU, I ended up at the University of Cincinnati as an assistant coach and men's recruiting director. In Cincinnati, I also met

<image>

New PCB Chamber of Commerce Members

Killen Time Fishing Charters Griff's On Campus Coastal Vibes Beach Group Powered by Gulf Life Real Estate Beach Tacos UMI Stone Guthrie's Parkside at the Beach Apartments Flamingo Hotel & Tower Topgolf USA PCB Save the Closet Minuteman Home Inspections Plato's Closet AV Pro Communications Tropical Spas and Pools AllerVie Health

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Pakaneyer 2018. my wife, Caitey, and we got married there. After four great years with the Bearcats, we decided to move to St. Croix in the US Virgin Islands. After gaining experience as a head coach with the St Croix Dolphins, I got the position as the Panama City Swim Team Head Coach, and I couldn't be happier.

Panama City Swim Team, a part of USA Swimming, is a highly competitive program with nationally ranked swimmers. It is a team where swimmers can further develop their skills and grow in their swimming abilities.

Thanks to a great coaching staff, we have quadrupled the number of swimmers competing at our Southeastern Swimming Championships this year. Not only did we increase the number of swimmers at this meet, but our team broke 4 all-time meet records.

In addition to our main swim team, we also offer programs for swimmers of all ages and skill levels, including swim lessons, middle school swimming, and Summer Splash, which is a 7-week program designed for kids interested in joining the swim team, but who want to have a "trial run". This year, we have over 75 swimmers participating!

My goal with Panama City Swim Team is to make swimming accessible, helping as many kids as possible to gain confidence in the water. Being a beach city, it is important to make sure everyone can be safe in and around the water. I am excited about the growth of this program and am thankful for the opportunity to rebuild this team back to the great program that it once was.

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Waterfront Market

PCB Chamber Member Spotlight



Beach House Florist

Flowers have been cherished for centuries as symbols of beauty, love, and renewal. At the core of every flower shop lies the art of floral design, where skilled artisans arrange petals, stems, and greenery into stunning compositions that speak volumes without words.

Ashley Gross-Page, owner of Beach House Florist and Gifts,

remarkable ability to transform simple blooms and thoughtful gifts into unforgettable expressions of love, gratitude, and celebration. The entire staff at Beach House are not only knowledgeable but also passionate about their talent. They take the time to understand your needs, offering suggestions that feel both personal and inspired. the vibrant colors of thoughtfully curated gifts, gourmet and floral arrangements. This shop perfectly captures the essence of a thriving floral industry while adding its own unique charm.

Exceptional customer service is key to building loyalty, which is why you can expect them to respond promptly to inquiries, accommodate special requests, and ensure on-time delivery. Whether for birthdays, weddings, corporate events, sympathy for a loved one or holidays, Beach House Florist and Gifts offers florals, gifts and gourmet products, providing a personal and luxurious touch that never goes out of style.

Visit their shop at 13913 Panama City Beach Parkway or you can order online at beachhouseflorist.com or call (850) 249-5042.



was born and raised in Panama City, Florida. Four years ago, she decided to change careers and enter the charming field of florals and gifts. Creativity has always been in her heart of hearts. Watching many changes over the years to the beach and surrounding areas, the floral industry is a must for the area. Panama City Beach and 30A are in demand for family fun vacations, destination weddings, birthdays and events of all kinds. The floral shop can help make all occasions picturesque.

Beach House Florist is an enchanting space where artistry blossoms and heartfelt emotions take center stage. The design staff at Beach House has the Their expertise in floral design ensures that your arrangement tells a story, whether it's for a wedding, a heartfelt gift, or simply to brighten your home.

In addition to flowers and unique gifts, Beach House Florist offers gourmet gift baskets. These delightful baskets offer a unique opportunity to cater to various audiences with curated baskets filled with high-quality food, beverages, and specialty items.

Stepping into Beach House Florist and Gifts is like entering a fragrant oasis of beauty and creativity. From the moment you walk through the doors, the atmosphere is filled with the delicate scent of fresh blooms and

VISIT PCB

continued from page 3

growth strategy aligned with Panama City Beach's broader goals for tourism, economic impact and community engagement.

Prior to joining Visit Panama City Beach, Krasinskas served as director of member experience at InnoLead, a Boston-based media and events company focused on corporate innovation. She also held roles with major sports organizations, including the Cleveland Cavaliers (NBA), Lake Erie Monsters (AHL), Cleveland Gladiators (AFL), New England Revolution (MLS), and Invictus Boston, a premier CrossFit training facility. She earned a degree in sports management from Springfield College and is passionate about the role of sports in community building and visitor engagement.





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could you want, except perhaps

a visit from a very special guest?

Dolly Parton Welcomes Guests to Pirates Voyage Grand Opening

BY PAUL BONNETTE

It was with heavy anticipation that guests waited for the doors to finally open for Pirates Voyage Dinner and Show on Panama City Beach. For months, construction crews worked diligently building the 60,000 square foot theater from the ground up. It was worth the wait as Dolly Parton walked out on stage arm in arm with Crimson Captain Red Scarlett and Sapphire Captain Doubloon to welcome everyone to the grand opening of Pirates Voyage.

But let's go back to the beginning. On a chilly morning in February of last year, the first shovels of dirt broke ground in Pier Park on the brand-new 1,000-seat entertainment venue. From that point on, it was almost impossible not to steal a peek at the progress of the building as many drove by the area. Locals and visitors were not the only ones who were excited to start building. Dolly Parton was quoted as saying, "How exciting that we're breaking ground for my



Pirates Voyage Dinner & Show in Panama City Beach. When we open this spring, there will be pirates, mermaids, exciting acrobatics, pyrotechnics, and even a few songs that I wrote – it's a show everyone in the family is



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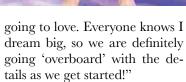
As we took our seats, overwhelmed by Buccaneer Bay, a very familiar voice sang out, welcoming us to the show. "I bet you've never seen a pirate like me, right?" As Dolly walked out on stage at Buccaneer Bay, she went on to welcome everyone to the opening of the show. "We want to invite all of you

to Panama City Beach and to the brand new Pirates Voyage Dinner Show and it's going to be opening up for all the great folks that live around here and for all the great folks that come here on vacation....It's the perfect place to bring my next pirate crew and everybody here on Panama City Beach has been amazing."

Dolly closed out by thanking everyone and of course, adding a nod to one of her famous songs.

'You have fun, just know I love you, I will always love you, and thank you so much."

Whether you come for the exciting adventure with swashbuckling pirates and mermaids or perhaps the famous cuisine that Dolly Parton's show are known for, one thing is certain. This is sure to be an Arrrr'esome time for the entire family.



The excitement continued on in the summer with a "topping out ceremony" as construction crews placed the final steel beam atop the building, an age-old construction tradition that signifies the finishing of the last major aspect of the building's exterior profile. As summer came to a close, construction began on the interior of "Buccaneer Bay," excavating approximately 5,500 tons of sand and soil to create a 15-foot, 600,000-gallon lagoon pool complete with two pirate ships.

As construction continued this year, excitement continued to build as locals and visitors alike eagerly anticipated the



grand opening, until at last the

day had arrived. Having wit-

nessed the building of this 60

million dollar investment from

the ground breaking to the

topping out ceremony, it ex-

ceeded all expectations. From

the moment you enter, it's

impossible not to become in-

stantly immersed in the world

of scallywags with a pre-show

area with live entertainment, pi-

rate-themed drinks and snacks,

and a gift shop-or join the crew

with pirate and mermaid make-

overs. All this, before it's even

shines with acrobats, mermaids,

sea lions, sword fighting, and

even a spooky visit from the

ghost of Davy Jones. The show

is only rivaled by the food, which

has proven to be just as big of a

The main show dazzles and

time to enter Buccaneer Bay.

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How Upgrading Your Guitar Could Lead to Riches and Fame

BY MICHAEL AUSTIN

From Basement Ballads to Billboard Charts

Let's face it: your trusty old guitar has been through more than enough. It's been with you since high school, when you first learned to strum "Wonderwall" in an attempt to impress your crush. It's seen every sweaty garage jam session, survived that one unfortunate pizza incident, and now it's practically held together by duct tape and nostalgia. But what if I told you that upgrading your guitar could be the key to unlocking untold riches and fame? Yes, my friend, swapping out that six-string relic could be your golden ticket to rock-stardom glory.

The Magical Transformation

There's something almost mystical about a shiny, new guitar. As soon as you hold it in your hands, you feel like a rock god—or at least a moderately talented demigod. The fretboard gleams under the spotlight (or the flickering fluorescent light in your bedroom), the tone is crisp, and suddenly, you're strumming chords that would make Jimi Hendrix tip his hat. It's as if the guitar itself is whispering, "You've got this, superstar."

Upgrading your guitar isn't just about aesthetics or sound quality; it's about attitude. No one becomes famous playing an instrument that looks like it's been dragged behind a tour bus. A new guitar makes a statement: "I'm here to shred, and I'm not afraid to look fabulous doing it."

Riches: Money Grows on Strings

Now let's talk about the riches. You might think of upgrading your guitar as an expense, but in reality, it's an investment. When you walk onstage with a sleek, top-of-the-line instrument that's practically screaming "custom-built," the crowd senses it. They're not just paying to hear your music; they're paying

to witness the audacity of someone who dared to buy the guitar equivalent of a luxury sports car.

And let's not forget endorsements. Once the world notices your shiny new axe, guitar companies will be lining up to slap their logos on your band posters. "You mean you like my playing AND you'll pay me to use your gear? Where do I sign?" Soon, you're raking in cash from sponsorships, and your upgraded guitar has more than paid for itself. Who knew fame came with so much free swag?



Fame: Because Who Doesn't Want to Be a Meme?

Upgraded guitars come with an unspoken promise: a fast track to viral fame. Picture this: you're playing a gig at your local dive bar, and your upgraded guitar catches the light just so. Someone in the audience films your epic solo, uploads it to social media, and voila—you're an overnight sensation. Within hours, you're trending on Tik-Tok under #EpicGuitarHero, and your name is being whispered in reverence by teenagers with dubious fashion sense.

Soon, you're rubbing elbows with other viral sensations. Maybe you'll collaborate with the guy who plays kazoo covers of pop songs or the cat that meows in perfect pitch. The possibilities are endless when fame comes knocking, and it all started with your newand-improved guitar.

The Downside (Sort Of)

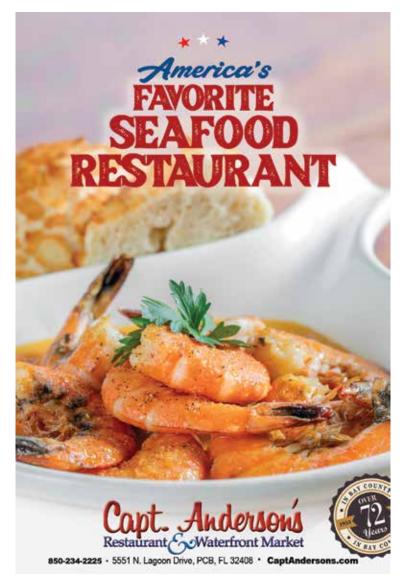
Of course, no path to riches and fame is without its pitfalls. Your new guitar might make you so popular that you can't go grocery shopping without being mobbed by adoring

fans. Paparazzi will camp outside your house, hoping to snap a photo of you holding a different guitar and causing a frenzy of speculation: "Is their signature model falling out of favor?"

You'll also have to deal with former bandmates who didn't upgrade their gear and are now green with envy. "Oh, sure, you upgraded and now you're too good for us?" they'll say, conveniently forgetting that their bass is one step away from being repurposed as a canoe paddle.

Conclusion: Upgrade and Unleash Greatness

In the end, upgrading your guitar is more than just a practical decision—it's a declaration of your commitment to greatness. It's saying, "I'm ready for the big leagues, and I've got the hardware to prove it." So go ahead, trade in that old warhorse for a sparkling, stateof-the-art instrument. Who knows? Your next chord might just be the first step toward riches, fame, and a lifetime supply of guitar picks. And if all else fails, at least you'll look amazing playing "Wonderwall" at your next backyard barbecue.





The second secon

Fishing, Family, & Fireworks!

By PAMELA ANDERSON

What a great start to the Red Snapper season our anglers have had! Anglers from 3 to 93 have come to PCB to experience a great time out on our beautiful Gulf of America and they love it!

The fishing fleet in Grand Lagoon is experiencing plenty of fine catches of Red Snapper and so many other great species. Our crew on Capt. Anderson V's night trip got a surprise this week. They had a tough night when they got into a school of Blue Runners. Anglers caught about 100 of them in short order (if you've ever experienced that, you know they can 'run' all around the boat, twisting and tangling lines in a hurry).

Capt. Ken told them, as much as they had heard they are not a good-eating fish, it's not so. He had Capt. Max's Grill fry up a bunch and gave it to the crew the next day. They couldn't believe how tasty they were!

If you are planning an outing on your personal or rented small boat, be sure to refresh your safety skills before you are in a



position where you need them. USCG and FWC offer great info. Radios, life jackets, flares, and even a compass can be of great help if you go offshore. (Electronics are great until your battery is dead or a rogue wave splashes all of it.)

There are all sorts of fun family experiences awaiting locals and tourists alike in Grand Lagoon. We have water sports galore, from fishing to cruising. But we also have a variety of locally owned restaurants serving some mighty fine seafood, burgers and steaks (and, of course, chicken strips and mac n cheese for the kids.) Along the Lagoon are several opportunities for enjoying some great local talents providing music for the whole family.

Capt. Max's Bar & Grill has live music at the Upper Deck bar every evening overlooking Grand Lagoon. Folks watch from their second deck perch as the boats come in and out with their 'catch of the day'. There's a kids' play area out in front with Dip N Dots, Hershey's Ice Cream, Frozen Daquiris and That Ship's Store with a great variety of souvenir gifts. Come watch the boats come in every day between noon and 8 p.m. and grab a snack-or dinner!

Capt. Anderson Marina's Event Center continues to be a great place for parties great and small, whether weddings, business meetings or church conferences. It's beautiful and you can't beat the view!

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



Going Backwards to Move Forward

BY ALAN WATSON, PRESIDENT, GOLF+

Life is full of tough decisions. Choices either get made by you or for you. You come to a crossroads and you pick-or you get run over by the traffic around you because of your inaction.

Recently, I had to make a very tough decision. After nearly 37 years, I decided to close my Dothan brick-and-mortar golf shop. This choice was not made lightly, and I am heartbroken, of course. Business either makes sense or it doesn't, and in this case, there didn't seem to be much sense in continuing on. While I truly hate letting my could have been doing. There is an opportunity cost to every decision in life.

One of my amazing clients in Panama City Beach is a young lady who works very hard on her golf game. She is a great student as well, and she has other passions and hobbies like music. Her golf, however, is where she makes that tough decision every day. Diet, exercise, practice... she does these things every day, not for today but for her tomorrow. A college scholarship and the chance to play at that level and possibly beyond is her ultimate goal. If she skips practice today and decides to lie around get a golf lesson so that you can finally fix that wicked slice. You might have to sacrifice sleeping in so that you can get to the course an hour early to warm up properly and practice whatever part of your game was suffering the last time you played.

Whatever it is, we all have choices to make. In golf, those choices aren't life or death, but hey, we all want to get better and enjoy the game more. So, without going overboard, maybe we could all take it just a little bit more seriously.

Why do you think professional golf tournaments have practice rounds before the tournament starts? Because preparation is key when you are striving for success. Desired outcomes rarely come by accident or happenstance. And when we don't make decisions ourselves, we allow the world to make decisions around us, and we have no control over that. I hope that as you think about whether getting better at golf is a goal that you will consider what sacrifices you need to make. And if your only goal on the course is to just have fun, no matter the score, then I encourage you to enjoy that as well. Golf can be for fun or for more if we want. And we get to make the decisions about how seriously, or not, we want to take it.

Fairways and Greens, my friends.



staff go (we will close in late July) and letting the great customers of that market down, it was a decision that was made with a great deal of number crunching, not emotion. Sometimes businesses just don't work from a math equation side of things, and this was one of those times. We will continue to provide excellent golf services in our Panama City Beach store, and we will be bulking up our online offerings to service those who wish to continue shopping with us that way.

So why am I telling you this? I think golf is a lot like business and a lot like those tough decisions that we are often forced to make in life. You want to get better at golf? You will have to sacrifice time, money, energy, and something else that you the pool instead, then maybe tomorrow doesn't happen the way she wants. These are the tough decisions that even young people have to make.

As an adult who has been in business for many years, I see the parallels in sport and business and life—sacrifice, suffering, frustration, and sorrow. But also joy, happiness, and ultimate victory and success with the right amount of work.

I want my business to grow and succeed, so I have to sacrifice one storefront so that I can better focus on what's in front of me.

You may need to sacrifice some time spent in front of the TV to work on your chipping and putting if you want to score better on the course. You might have to sacrifice some money to

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The community

Palms Resort Brings Dinner, Drinks, Live Magic & Comedy to Destin!

An action-packed live show featuring World-Class Magic Comedy and Ventriloquism is now open with nightly shows at the newly renovated Palms Destin Resort Showroom.

Interactive magic takes place just inches away in an intimate showroom that offers excellent table seating. The performance features sophisticated magic & smart comedy targeting adults but is family-friendly and appropriate for all ages. The show is headlined by Bart Rockett who hosted his own nationally syndicated television show for three seasons, had a co-starring role on the former NBC Drama Parenthood and headlined his own 1.000-seat theater in the tourist mecca of Branson, Missouri for nine seasons. He has appeared in 85 countries around the globe and headlined for most every major cruise line.



Rockett, who started at the age of 10, trained under Jeff Dunham and is recognized for his excellent comedy ventriloquism which is featured in the show. After growing up in the South, Rockett moved to Hollywood, California where his management team is located. He produced his teens to the finals of NBC's America's Got Talent and they have gone on to do major Hollywood projects over the years. Kadan, who starred in the movie Dark Skies with award winning actress Keri Russell and on CBS's rush hour combines forces with his Sister, Brooklyn to make guest appearances in Rockett's Destin show.

Brooklyn is well known for

her viral Super Bowl commercial that currently has nearly 800 million views on YouTube and most recently played Hollywood superstar Bradley Cooper's daughter in a project with Steven Spielberg and Martin Scorsese.

This talented family has been vacationing in Destin for many years and now that Rockett's kids are almost grown, he is excited to be back for a longterm residency in the place his Grandparents first introduced him to as a child. Rockett shared, "For me, coming back here feels like coming home. Some of my greatest childhood memories happened on these beaches and it's my desire to bring something unique to the area that is a fun experience for families to attend & make their own amazing memories."

Nightly shows happen at 7:30 p.m. with 5 p.m. early seatings offered on Sunday's and select dates. A variety of alcoholic & non-alcoholic beverages are available as well as a full menu of food and dessert offerings before or after the show. Parking is plentiful and free in The Palms Destin Resort multi-level parking garage, that is attached to the showroom.

Advance reservations are required and can be made at the official ticketing site: USATourTickets.LIVE.

AS SEEN ON "Jaw-dropping magic act" NETFLIX HBO FOX W The Featurings AMERICA'S GOT TALENT Finalists "Brilliant, incredible magic, & fantastic showmanship!" - Simon Cowell **Reservations required:** USATourTickets.LIVE Now Appearing (and Disappearing) Nightly The Palms of Destin Resort & Conference Center 4201 Indian Bayou Trail, Destin, FL FREE PARKING

Warrior Memorial Reefs Foundation Hosts Celebration of Life for Public Safety Diver/ Firefighter Mark Phillips

The Warrior Memorial Reefs Foundation was honored to host a celebration of life event for Mark Phillips, a dedicated Public Safety Diver and 33-year veteran firefighter, whose cremains will be respectfully placed within his custom-designed artificial reef by his son, Chris Phillips. The ceremony took place on July 4 at Lighthouse Marina in Panama City Beach, commemorating Mark's extraordinary life and service to his community.

On June 3, 2025, Mark's friends from Dive911 and North Florida Diving Services, with support from Point South Marina at Bay Point, successfully deployed his 3,000-pound, 8ft by 8ft by 8ft raw steel artificial reef into the Gulf waters. The reef, a lasting tribute to Mark's legacy, features a Public Safety Diver emblem, meticulously plasma-cut by Steve Harman of Harman Metal Arts, based on a design by Kevin Angelilli of Tristar Scuba.

Gretchen Theodorou, Vice President of Warrior Memorial Reefs Foundation, reflected on the June 3rd deployment, "This was over a year in the making, and really the brainchild of Mark's friend, Buck



Buchanan. He reached out to us, and we just wanted to help him make Mark's reef and the Public Safety Diver reef a reality." Indeed, this is the first of many Public Safety Diver reefs to be deployed. The Warrior Memorial Reefs Foundation has a fund set up, through the WarriorMemorialReefs.org website, specifically to grow this reef.

"So many people came together to help get Mark's reef deployed, like Mark's friends, Public Safety Divers Buck Buchanan, Justin Hembrock, and Robert Smith. Then, we had Ben Perry, Justin Bannerman and the folks from Point South Marina at Bay Point, who not only staged the reef, but they also went above and beyond any of our expectations. We had Chantille Weber making sure that everything was deployed properly.



Craig Cowdell, Captain of the Colorblind, was essential in our location and team success. Tow Boat US helped us tow the three-thousand-pound reef out to sea. And of course, Mariano Lorde of Lordelife Cinema captured everything on film. We are so honored to have such a wonderful group of people, with such determination, on our team," stated Theodorou.

The Warrior Memorial Reefs Foundation is proud to facilitate this meaningful event, which not only honors Mark Phillips' remarkable contributions as a firefighter and diver but also supports marine conservation through the creation of sustainable artificial reefs. These reefs provide vital habitats for marine life, while also reflecting on Mark's commitment to protecting and serving his community.

Chasing Perfection: Inside the World of the Blue Angels

BY WILL ESTELL

Soaring by on a high-speed pass, barely one hundred feet above the runway-at a speed I'm told at the time is in excess of 700 mph-I can literally smell the fuel and feel the jet wash, before I hear the powerful roar of the F/A -18 Super Hornet as it soars by then climbs steeply just ahead of us, disappearing into the clouds, before diving back down in a corkscrew then leveling out about a mile away. All of this happens in about 20 seconds before another pilot with cojones of steel, and the skills to match, flies by completely inverted, slightly further away, but still close enough to feel the change in the atmosphere from where I am standing on the tarmac.

What I am witnessing up close and personal today is the same magical breath of patriotism that fans see at airshows all over this great country each year. The only difference is, today I'm taking it all in from the Blue Angels communication cart, surrounded by a small team of just eight of the Blues support staff, along with my wingman for the day, Blue Angels Public Affairs Officer, Lt. Ben Bushong.

Since being established in 1946, the U.S. Navy Blue Angels hold the unique distinction of being the most well-known aerobatic team in the entire world. While they regularly wow





crowds with breathtaking performances right here in our own backyard, their mission extends far beyond dazzling crowds at airshows, as they aim to inspire future generations of patriotic Americans, by demonstrating the unmatched aptitude, attitude and professionalism of the men and women serving in the U.S. armed forces.

These aero superstars do so much more than simply entertain with a breathtaking aerial showcase. Their performances represent thousands of hours of precision flight, discipline, unshakable resolve and the unwavering spirit of naval aviation. For decades, they've captivated millions with gravity-defying maneuvers, embodying the excellence and teamwork that define the U.S. Navy Blue Angels—or as we affectionally refer to them along our beau-

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tiful Northwest Florida coastal communities, The Blues. I had the opportunity to spend a day inside the world of The Blues, guided by LT. Bushong, and gained some firsthand insight into their headquarters at NAS Pensacola. Including observing a morning flight meeting, pre-flight preparations, and the behind-the-scenes maintenance and logistics performed by their team of 158 active-duty Sailors and Marines, that keep this elite squadron at peak performance.

Here are some Q&As from my behind-the-scenes day with LT. Ben Bushong and the Blue Angels team, part of a multi-publication media experience with The Blues:

What is the age range of the pilots and does age play a part in the selection process?

The age of our pilots usually

range from early 30s to late 40s. Age isn't necessarily a factor when applying for the team. All pilots need to have a minimum number of flight hours and experience to be able to apply.

As popular as the Blue Angels are around the country, how do you and your team feel about the escalation of attention after last year's hit Amazon original, The Blue Angels?

The film definitely gives viewers an inside look into what

it means to be a part of the U.S. Navy's flight demonstration squadron, and it does it for an entire show season, including the selection process and intense training that the pilots endure to get to where they are. As a team we're happy about the depiction and think the movie can only help bring our fans closer and hopefully create more interest in our mission.

Do the pilots still get any

Continued on next page



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Local Author's Wish Comes True with Debut Book Signing for Gripping True Crime Memoir

On June 22, 2025, friends, family, and community members gathered at Bookish Boutique Downtown to celebrate the debut book signing of "29 Hours – A True Story of Pedophilia and Murder" by first-time author Linda Kettelhut. The event marked the culmination of a powerful personal journey and the fulfillment of a heartfelt wish.

In 1986, Kettelhut served as the fifth alternate juror in a harrowing capital murder trial in San Luis Obispo County, California. What began as a civic duty soon became a life-altering experience. Compelled to understand the deeper layers of the case, Linda began documenting her perspective, determined to shed light on the victims' stories and the chilling truth behind the crime.



Furnished with key materials by the prosecutor and sheriff, she embarked on extensive research. She interviewed the victims' friends and neighbors and ultimately, the convicted killer himself, who was then on

sense of nervousness when



death row at San Quentin. In the process, Kettelhut found herself woven into the story she was telling.

The crime was widely known at the time as "The Crime of the Century" in San Luis Obispo County. Her book offers a haunting, cautionary tale of trust and betrayal, telling the true story of young, vibrant women who, in their innocence and generosity, unknowingly welcomed a predator into their lives.

Although years had passed, Linda carried with her the wish to share this important story in her own words. That wish came to life thanks to the Covenant Care "My Wish" program and the dedicated efforts of VITAS Healthcare volunteer Cindi McLamb. Together, they partnered with Gatekeeper Press, who generously donated their editing, design, and publishing services to ensure Linda's story was not only told—but beautifully published.

The result is "29 Hours" - a compelling memoir, a cautionary narrative, and a remarkable tribute to resilience and justice. The book signing event was a testament to Linda's perseverance and the power of community support.

My Wish is a program that grants wishes for hospice patients in our communities. To learn more about the program, visit our website at www. mywish.org to donate or for more information.

BLUE ANGELS

continued from previous page they fly or is it such a welloiled repetitive motion,



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due to all the practice and shows, that it becomes like driving your vehicle from home to work and back?

Everything we do is based on safety and having absolute complete trust in one another. We absolutely all have to count on that up there and on the ground. So, during winter training, we incorporate the crawl, walk, run mentality to continue to work towards the tight formations. As a team, we are always chasing perfection, 100% of the time.

What criteria would you say does play the largest part in the pilot and support team selection?

With all team members, trust and personality are two big factors when selecting new team members. If your current command is letting you apply for this team, then that means you have already checked all the boxes on paper for the prerequisites. But we are looking for people who would make great ambassadors for the Navy and Marine Corps, and someone that you would potentially spend 300 days on the road with in a given season. Our Maintainers and Crew Chiefs perform all the preflight inspections on every aircraft, so the pilots can strap in and go! It takes complete trust in a person, to be able to strap in and fly without performing your own preflight inspection of the aircraft. We are a successful team. because everybody has complete trust that the person next to you is doing their job effectively and efficiently.

With such vicious schedules between practices, social and event obligations, and traveling 300 days per year, how much sleep does the average pilot get?

Wait...we're supposed to be sleeping too? [laughs] Thursday morning we fly to our show site. The first flight at every city is our "circles" flight, where we fly over the airfield to find all the checkpoints for the show. Followed by a practice. Thursdays are typically the longest, because it's a three-flight day: Transit, Checkpoint Flight and Practice. Friday we perform community outreach, visiting local schools and hospitals, then perform a full practice. Saturday and Sunday are show days, then we transit back to Pensacola after the show. Monday our team gets our day off, then it's back to Tuesday and Wednesday practices here in Pensacola. Actually, not getting enough sleep is never really too much of a factor. We always perform in the afternoons, so there's typically not many early mornings on the road.

Any other closing insight you and the team would like readers to know about the mission you all are fulfilling?

The Blue Angels are direct representatives of the 800,000 men and women serving in the Navy and Marine Corps. All of us are from the fleet and will return to the fleet after our time here. By design, our Navy and Marine Corps is expeditionary in nature, meaning all our operations are happening overseas and out of sight. The Blue Angels were designed to showcase the teamwork and professionalism of the U.S. Navy and Marine Corps to the American public, and like we always say, "We're glad to be here!"

Will Estell is a seasoned writer. editor, and media entrepreneur with over 700 published articles spanning regional and national publications. His work covers coastal tourism, real estate, dining, automotive reviews, and celebrity interviews, earning him a strong reputation in Northwest Florida media. Currently the Chief Creative Officer of Estell Hussey Media, LLC, Will has co-founded 12 magazine titles and served as editor-in-chief for several others. Originally from Booneville, Miss., Will is a father of three and lives in Destin and Navarre with his wife, ABC 3 news anchor Laura Hussey-Estell.



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Community

"The Price of Freedom is Eternal Vigilance" - Thomas Jefferson

By Cindy Mulla, Beach Mosquito Control District

Oh, say, can you hear the mosquito buzzing in your ear? What can you do to stop it from bugging you? You can try to swat it in mid-air, but alas, it will not care. So, what can you do to deter or eliminate these combative mosquitoes that try to conquer your outdoor objective to have fun?

"Kit-Up soldier!" (Gear-up)

Before heading on your outdoor mission to work or have fun, remember to wear your invisible protective gear: insect repellent to prevent receiving unwanted bites or mosquito-borne disease. For proper protection, use an Environmental Protection Agency (EPA) approved registered product that is both safe and effective. Always read the label and follow the instructions. Just like sunscreen, reapplication of an insect repellent is key for it to work properly. The

lower the percentage of the repellent's main active ingredient, the more frequently you will need to reapply it. When travelling abroad, do not forget to pack repellent. We do not want you to bring back any unwanted souvenirs to share (Dengue Fever, Chikungunya, Zika or Malaria). Do not forget to protect your pets by administering a monthly heartworm protection product. Horse owners, please keep your horses' vaccines up to date, especially against mosquito-borne disease. Pet owners, please be responsible, have your pets routinely examined by a licensed veterinarian, and follow their preventive advice.

Know the enemy.

Bay County consistently has up to thirty-six distinct species seasonally and fifty annually. Seventeen of these species have the potential to transmit disease. The female mosquito only bites and can spread the mosquito-borne disease West Nile Vi-



rus (WNV), Eastern Equine Encephalitis (EEE), and St. Louis Encephalitis (SLE). It takes just one blood meal for her to produce 250-300 eggs. Mosquitoes are aquatic insects because the eggs need water to hatch, plus both the larval and pupal stages need water to live in until they emerge into the winged adult stage.

Surveillance is the first strategic/tactical step for your mission mosquito operational plan of action against the mosquito frontline. Be on the lookout for all locations that can successfully support the aquatic mosquito life cycle stages. Immediately drain and remove the source(s) of concern. Examples of notorious outdoor objects capable of collecting/holding standing water from rain or lawn sprinkler systems are any type of open container, wheelbarrows, old paint cans, fountains without filtration, bird

baths, pet dishes, plant trays, buckets, unkept large swimming to small kiddy pools, children's toys, tarps, boats (including kayaks/canoes), trash & uncovered trash cans/dumpsters and old tires. After the source is located, dump out the excess water, remove the item or store it. Oh. do not forget to look up! Check your rain gutters. Make certain that the water can properly flow. To successfully keep the encroaching enemy at bay, one must be committed to repeating this surveillance tactic weekly.

If you are following these strategic tactics and you are

still experiencing mosquito air assaults, contact the competent reinforcement professionals at Beach Mosquito Control District.

Remember, mosquitoes are the world's deadliest creatures. Accordingly, please do not hesitate to contact Beach Mosquito Control District to place your service request for all your mosquito concerns, call (850) 233-5030 or visit: www.pcbeachmosquito.org.

We base our science-based mosquito control methods and treatments on the number and location of service requests we receive from the public and our mosquito surveillance program. This service is possible through levying a local ad valorem tax with no additional cost to you. So do not wait, contact us today!

"The Price of Outdoor Freedom Is Vigilance."

"Drain or the mosquitoes will remain!" C. Mulla



Community

Let's Get Growing: July is National Blueberry Month!



By LAUREN GOLDSBY

Here in the Panhandle, many of us are just finishing up blueberry harvest, while other parts of the country are only just beginning. But don't sit back and relax for too long–it's already time to start preparing your blueberry plants for the 2026 season!

In Florida, gardeners typically grow two types of blueberries: southern highbush and rabbiteye. In the Panhandle, rabbiteye varieties are recommended because they bloom later than southern highbush varieties. This delayed flowering window helps protect the plants from the late-season freezes that



can damage early blooms and reduce berry yields.

Right after your rabbiteye blueberry harvest ends, it's an ideal time to prune branches that have grown too tall or don't produce as many berries as they used to. Make sure to prune before flower buds form in the early fall, or you'll accidentally remove next year's crop.

Why prune after harvest?

Over time, older branches become tall, leggy, and less productive. By removing some of these older branches, you encourage the plant to produce

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new growth. New growth means more flower buds next season. If you prune too late, after flower buds have formed, you'll have fewer berries next year. If you've ever mistakenly pruned azaleas at the wrong time and missed out on a year's flowers, it's the same principle in action. Pruning early gives the new growth time to grow and develop before dormancy.

Rabbiteye blueberries can get over 12 feet tall! Pruning helps keep plants at a more manageable height for harvesting, making it easier to pick berries. Some prefer to let their plants grow untouched as they would in the wild, sharing their harvest with local wildlife. Shape your plants to suit your needs and your space.

Winter Pruning

Another good opportunity for pruning comes during the dormant season (winter). This





is the best time to remove entire old canes that are no longer productive. Dormant pruning opens the plant's canopy, encourages healthy new growth, and helps manage the overall fruit load.

For more details about selecting, fertilizing, and caring for your blueberries, check out the Blueberry Gardener's Guide from UF/IFAS: https:// edis.ifas.ufl.edu/publication/ MG359







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The Pancakery

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The Pancakery started in Destin in 2011. After a huge success, The Pancakery expanded down the coast to a second location in Panama City Beach in 2017. Come check out what makes The Pancakery a Florida Panhandle FAVORITE. Enjoy a delectable over-stuffed baked potato topped with cheese, butter, bacon pieces, sour cream and green onions. You can also add shrimp or chicken.

Gulf Coast Jam: Twelve Years of Bringing Country to the Coast

BY PAUL BONNETTE

For over twelve years, despite stormy weather conditions, pandemics, and hurricanes, Gulf Coast Jam has been bringing "Country to the Coast." This multi-day country music festival has seen its fair share of challenges, but has weathered them to become a staple event on the Emerald Coast. This year, thousands of fans from all 50 states packed into Frank Brown Park as headliners such as Sam Hunt. Blake Shelton, Tyler Childers and Lainey Wilson took to the stage for four nights of legendary country music. Whether it is shopping at the numerous vendors, enjoying food and fun or just coming to enjoy world-class country music, this event seems to offer something that brings



out residents and visitors alike as tens of thousands of fans make this event a must-do.

However, it wasn't always the massive music festival it is

now. Gulf Coast Jam began in 2013 as headliners such as Toby Keith, The Charlie Daniel's Band and Trace Adkins took to the stage and played to a crowd of 6,000. According to Executive Producer Rendy Lovelady, seeing the growth of the festival to what it is now is something he holds close to his heart.

"We've walked this path and seen it grow from the first year with 6,000 people being in October...the talent has grown, the crowd capacity has grown, the pull of the festival is in all fifty states now, just the overall texture of the festival has grown," says Lovelady.

According to Lovelady, they are always looking at new ways to grow and provide extra experiences. As part of the ten-year anniversary, Gulf Coast Jam added a fourth night to the already stacked festival as well as unique experiences, including the now popular Ferris Wheel ride.

Gulf Coast Jam continues to grow and expand, and next year looks to be the biggest event in its history. For the first time in the event's history, Lovelady took to the stage on the first night to announce the full lineup for Gulf Jam 2026, which features legendary performers such as Chris Stapleton, Riley Green, Keith Urban and Post Malone. In addition to the headliners, Gulf Coast Jam 2026 will also feature performances by Koe Wetzel, Muscadine Bloodline, Marcus King, Treaty Oak Revival and many others.

Tickets have already been selling out for many of the tiers as fans eagerly await next year's festival.

For Rendy Lovelady, despite the challenges, Gulf Coast Jam is an event that he hopes and plans will be around for a long time to come.

"I think Gulf Coast Jam is always going to be a staple for Panama City Beach. We have a long-term agreement with the city and it's in the top ten country events in the country. It draws from all fifty states, CMT covers it, so it has national television on it. It has become a real staple and I see it being very much a part of the future and hopefully it never goes away. I believe that Gulf Coast Jam is going to be here forever."

SHOP TALK *continued from page 1*

ing at our Destin location since 2021, and from the very beginning, I've been lucky to have loyal clients making the trip all the way from Panama City Beach," commented Store Manager Ashleigh Budden. "It means the world to me to finally bring a store closer to them — one that reflects the same care, service and community they've helped build."

Pirates Voyage Dinner & Show: The epic attraction was generating buzz even before the legendary Dolly Parton made her June 5th appearance. Located in Pier Park West, the attraction includes a 60,000-square-foot indoor theater, a 15-foot-deep lagoon, two full-sized pirate ships serving as stages for the swashbuckling action and more! Attendees will enjoy thrilling stunts, dazzling effects, sword fights, a fourcourse feast, sea lions, macaws, mermaids and, of course, pirates!

Salty Shoes by Hy's Toggery: Located next to Hy's Toggery, Salty Shoes features footwear for coastal living. With brands like HEYDUDE, REEF and Gola, you're bound to find the perfect pair for padding down a pier, exploring the shore, going for a run or just kicking back in the sand.

Awoken Kicks: Fashionistas looking to make a statement will find everything from vintage T-shirts to limited-edition kicks in this unique store. Awoken Kicks' collection blends street-



wear, modern trends and classic finds enabling shoppers to craft a one-of-a-kind look. Find the new hot spot in the Town Center next to Old Navy.

JD Sports: Known for its vast and varied selection of apparel, footwear and accessories, JD Sports is slated to open in

early 2026 next to Sephora. Visitors will find the best brands like Nike, Jordan, adidas, Champion and more.

Hollister Co.: Opening next to JD Sports in spring 2026, the popular store offers casual, beach and youthful styles perfect for beach life.



Other new and noteworthy stores include ERRA Books, Hello Gorgeous and Paradise Nutrition. For a complete list of stores and the latest center news, visit Simon.com/Mall/ Pier-Park.

Must Do in PCB



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The Reef Bar & Grill is home to the most beautiful sunsets on the Emerald Coast. The bar hangs over the white sand beach looking out over the torquoise water. It's the best kept secret in town! 21905 Front Beach Road, PCB (850) 234-5722 beachsideresortpanamacitybeach.com

🔅 Arts & Music

Bay Arts Alliance Celebrates Centennial of Historic Center for the Arts in Downtown Panama City

From Panama City's first City Hall to a police station and courthouse, the Visual Arts Center, and now the Center for the Arts, 19 East 4th Street is one of Downtown Panama City's most iconic landmarks. This year, the building is set to celebrate its monumental 100th anniversary with a series of special events, exhibits, and activities that will bring the rich history of the building—and the city—to life. Bay Arts Alliance will be hosting the Centennial Garden Party celebration on Saturday, July 19, from 6-9 p.m., offering a unique opportunity for residents, visitors, and history enthusiasts to explore the building's rich past, its cultural significance, and its ongoing role in the community.

"I've had the privilege of witnessing the Panama City Center for the Arts serve as a beacon of creativity, connection, and culture for our community for many years," said Jayson Kretzer, Executive Director of Bay Arts Alliance. "This iconic

along the Emerald Coast.

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building holds a special place in our history, and as it celebrates its centennial, it is both an honor and a joy to be partnered with the City of Panama City to ensure its legacy thrives for generations to come."

Centennial Celebration highlights include:

Centennial Garden Party Celebration: This ticketed event will take guests on a culinary and creative journey to explore the historic building and its galleries, featuring live artist demonstrations and hors d'oeuvres crafted by Catering Connections. The event date is Saturday, July 19, from 6-9 p.m.

Interactive displays: Immersive exhibits will highlight the building's architectural evolution, its role in the city's history, and key moments from the past century. Visitors will be able to engage with multimedia displays, view archival photos, and take part in interactive experiences.

Exclusive merchandise:





Commemorative 100th-anniversary merchandise, including limited-edition items like stickers, pins, and apparel, will be available for purchase at the Center while supplies last.

These items are designed to help guests remember this historic celebration for years to come.

Historical information about the building as well as the rise of the downtown arts community in tandem with Bay Arts Alliance.

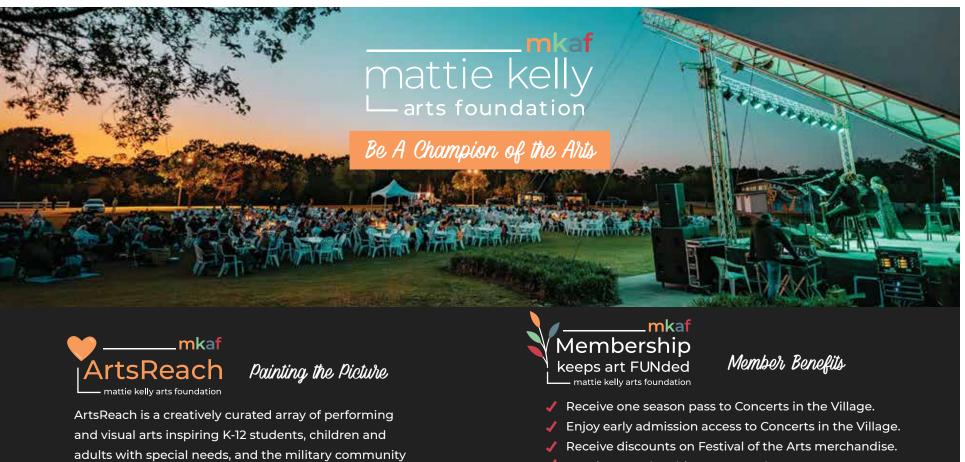
"It's a big milestone not just for the arts, but for the city," said Kelsi McLendon, Operations Manager of the Center for the Arts. "We wanted to highlight

the historical roots and growth of Downtown Panama City in tandem with our arts community. Thinking about our local foundations and where we were creatively back in 1925 has been very interesting to us, so we're hoping it is for others and we get to share that excitement with them."

Exhibitions on display for the month of July will be the Southern Watercolor Society's 48th Annual Exhibition, works by Krista Eggleston and works by Patricia Malec.

Tickets to the Centennial Garden Party can be purchased in person at the Center for the Arts, by phone at (850) 640-3670, or online at https://bayarts.square.site/product/centennial-celebration-cfta/1940. Tickets are \$100 and include two drink tickets.

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



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Color Our World Summer Art Exhibits at the Bay County Public Library

The Color Our World summer art exhibit will be on display throughout the months of June and July 2025 in the Bay County Public Library galleries. In the Youth Services Gallery space, young artists redesigned a book cover. In the Adult Services Gallery space, find colorful paintings by talented local artist Tatyana Moorman. In the library lobby display case, visit to view beautifully handcrafted books by The Experimental Artist Book Arts Guild (TeaBAG). This art exhibit goes with the summer reading theme of "Color Our World," which includes a variety of programming geared for all ages.

Redesign a Book Cover Art Exhibit (Ages 3 - 17)

Book lovers ages 3 – 17 redesigned the book cover of one of their favorite books! The art is displayed in the Youth Services hallway gallery space through the end of July.

Tatyana Moorman:

Tatyana's works are original, powerful, suggestive, and offer a syncretic beauty of their own. Born in Russia with family ties to Saint Petersburg, Tatyana was exposed from a young age to architecture, painting, and fashion. She took art classes and



Acrylic Paintings on Canvas by Tatyana Moorman, Handcrafted books by members of The Experimental Artist Book Arts Guild (TeaBAG), Book Cover art by young library artists (Panama City)

did modeling. She was for many years a women's clothes designer, both in Europe and in the United States. Acrylic on canvas and boards are her preferred media. Her quest for beauty, combined with the rigor of her technical education, drive her to styles as elusive as original.

The Experimental Artists Book Arts Guild (TeaBAG):

The Experimental Artist Book Arts Guild (TeaBAG) began in the Fall of 2010. The group meets monthly, with the occasional break, at the Panama City Publishing Company Museum in St. Andrews, located at 1134 Beck Avenue. An introductory bookbinding class at Gulf Coast Education Encore, taught by Marie Brusher, resulted in all the students clamoring for more bookbinding and book arts-related projects. Celeste Hansel, one of Marie's students, was a volunteer at the Panama City Publishing Company Museum and was able to procure permission to meet monthly at the museum. Students came to book arts from a variety of skills and backgrounds, such as scrapbooking, journaling, painting, fiber arts, etc. Each month features show and tell of completed books and projects, followed by a new project with one of the members leading the group in their specialty. Membership is free to all interested adults. Many of the books on exhibit are from past programs, most recently one and two signature binding and Japanese stab binding.

The Bay County Public Library is located at 898 W. 11th

Street, Panama City, FL 32401. The Color Our World Summer art exhibit is on view during all open library hours: Monday – Wednesday (9 a.m. – 7 p.m.) and Thursday – Saturday (9 a.m. – 5 p.m.) Call (850) 522-2100 or visit www.nwrls.com for more information about Bay County Public Library's Summer Reading Programming.

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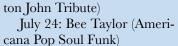
Repairs

2025 Summer Concert Series

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 7-9 p.m. 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: July 10: The Will Thompson Band (Variety)

July 17: Still Standing (El-



July 31: The Nova (Alternative Rock)

August 7: Sons of Saints (Party Rock)



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Gulf Coast State College News

GCSC Foundation Partners with STEM Origins to Launch "Rising Star" Scholarship Program for Aspiring STEM Students

The Gulf Coast State College Foundation is proud to announce a new partnership with the STEM Origins Foundation to support the launch of the Rising Star scholarship program—a forward-thinking initiative aimed at inspiring the next generation of scientists, engineers, and innovators in Bay County.

Originally designed to support three students, early fundraising success has allowed the STEM Origins Foundation to expand the inaugural year of the Rising Star program to benefit 10 students from 10 different elementary schools across the district. Each selected 5th-grade student will receive a \$500 scholarship, awarded upon graduation from high school and disbursed when they enroll at Gulf Coast State College.

"This partnership isn't just about dollars—it's about building dreams and lighting a longterm path for students who show curiosity and aptitude in STEM," said Ashlin Glatthar, Executive Director of GCSC Foundation. "By giving students something to aim for early on, we're changing what's possible in their futures." The program is uniquely designed to plant the seed of higher education early, leveraging the proven power of long-term incentives to nurture STEM interests during the formative years. Students are selected based on merit—including demonstrated curiosity, aptitude, and enthusiasm for science, technology, engineering, and mathematics—as well as their collaboration and work ethic, all commensurate with age-appropriate expectations.

With \$5,000 raised to date, the Rising Star program has already met its goal to support 10 students in its first year. However, the vision doesn't stop there.

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The STEM Origins Foundation and the GCSC Foundation aim to double the reach

to 20 students annually, representing one from each elementary school in the Bay District.

To do so, they are seeking additional community and private sector partners who recognize both the joy of helping young minds flourish and the urgent national need for a skilled STEM workforce

"This is an investment in our children and in our country's future STEM talent pipeline," said Mark Bradshaw, President of the STEM Origins Foundation. "If we want to lead in innovation, we have to start here by making STEM education tangible and exciting from an early age."

GCSC Foundation Secures \$80K for Students Facing Barriers to College

The Gulf Coast State College Foundation is honored to announce it has received an \$80,000 grant from the Edward K. Roberts Community College Fund of the Community Foundation of Sarasota County. This year's award will provide vital support to students served by Gulf Coast State College's TRiO program—an initiative that empowers low-income, first-generation, and disabled students to succeed in higher education.

Since 2011, the GCSC Foundation has been awarded a total of \$670,000 from this fund. These gifts have supported nearly 600 students through direct scholarships and vital programming across campus, including TRiO, Veterans Affairs, and the Career Center.

"We are honored to be entrusted with these funds to support the educational journeys of students whose paths to college haven't always been easy," said



Ashlin Glatthar, Executive Director of the GCSC Foundation. "This grant will have a profound impact, especially for part-time students, student parents, and those pursuing workforce credentials in high-demand fields. We're especially grateful for the flexibility to address not just academic needs but also essential living expenses, which are often the greatest barriers to persistence and completion."

Gulf Coast State College's TRiO program provides comprehensive support to eligible students across Bay, Gulf, and Franklin counties. Through tutoring, academic advising, personal counseling, and career development workshops, TRiO helps participants overcome systemic barriers to post-secondary education. The program's mission is to motivate and empower students to successfully complete a college credential or degree. Learn more by visiting TRiO's website here.

The Gulf Coast State College Foundation, established more than 55 years ago, is a 501(c)(3)nonprofit dedicated to increasing access to higher education. With support from individuals, businesses, and grantmakers, the Foundation has awarded more than \$26 million in scholarships and program support.

To learn more about the mission of Gulf Coast State College, GCSC Foundation and to contribute to scholarships that change lives, visit:

GCSC: https://www.gulfcoast.edu/index.html

GCSC Foundation https://gcscfoundation.org/

Contributions: gcscfoundation.org/ways-to-give/give-now

Continued on next page



GCSC Foundation Announces Elemental: An Evening of Earth, Water, Air & Fire Sept. 26

Mark your calendars for a night of elegance, inspiration, and impact. On Friday, September 26, the Gulf Coast State College Foundation will host its highly anticipated annual dinner, Elemental: An Evening of Earth, Water, Air & Fire, at the sophisticated Hotel Indigo in Panama City. This reimagined event promises to celebrate the foundational forces that shape not only the natural world—but also the future of our students.

With a theme inspired by the elemental forces of nature, Elemental will be more than just a

dinner—it will be a transformative experience. The evening will include a high-end silent auction, immersive ambiance, and powerful storytelling centered around the vital role education plays in building a stronger, more vibrant community.

The Foundation is proud to announce Bill Cramer Chevrolet GMC as the Title Sponsor of this year's event. A longtime supporter of education and community growth, Bill Cramer Chevrolet GMC's partnership reinforces the vital connection between industry leadership and student success. Learn more about their impact at www.billcramerchevrolet.com.

This year, the Foundation is also honored to partner with the St. Joe Company, one of our most generous and forward-thinking supporters, whose leadership and commitment to the region continues to fuel opportunity and hope.

Proceeds from Elemental will go directly to support the mission of the Gulf Coast State College Foundation— increasing access to higher education and expanding opportunities for students across Bay, Gulf, and Franklin counties. Every scholarship awarded is a step toward building a more talented workforce, a more innovative community, and a better quality of life for all.

"We want to capture and reflect the momentum that is taking force in our communities and college across Bay, Gulf, and Franklin counties," said Ashlin Glatthar, Foundation Director. "From the revitalization of our downtown to the rebuild of Tyndall AFB and the incredible work of the Bay EDA to recruit industry, it's time to showcase that innovative spirit this evening as we equip students to be a part of this exciting chapter in our region."

The Foundation is currently seeking sponsors who want to be part of this landmark occasion and help us create lasting change. Sponsorship opportunities are now available online.

Learn more and reserve your spot: https://gcscfoundation. org/events/2025-annual-dinner.



NEWS

continued from previous page

TRiO: https://www.gulfcoast.edu/academics/academic-support-tutoring/trio/index. html

Community Foundation of Sarasota County: https://www. cfsarasota.org/story-of-impact/ Edward-K-Roberts-Vision-for An-Expanded-Education

Gulf Coast State College Highlights STEM Programs and New Natural Sciences Building

Gulf Coast State College continues to expand opportunities for students in science, technology, engineering, and math (STEM) with strong academic programs, dedicated faculty, and a new Natural Sciences building

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designed to support hands-on learning and student success.

The recently opened facility features modern teaching labs for biology, chemistry, and physical sciences, giving students direct experience with the equipment and techniques they'll encounter in advanced study and professional settings.

For many students, the first two years of a STEM degree are the most demanding. They're completing prerequisite courses that prepare them for upper-level study at a university, but they're not yet fully immersed in their chosen field. GCSC helps bridge that gap by offering engaging instruction, personalized support, and meaningful ways to stay motivated.

"Our dedicated faculty provides our students a strong ac-

Located in Pier Park North next to The Fresh Market

ademic foundation, preparing them for successful and impactful careers in the STEM fields," said Dr. Holly Kuehner, GCSC Vice President of Academic Affairs. "Engaging laboratory courses offer hands-on learning experiences, which prepare them to continue their education at the next level—all while staying right here in Panama City."

To help students persist through challenging courses, GCSC offers several scholarship opportunities each year. The Math and Natural Science Departments recognize promising students with awards like the Tom Etheridge Memorial Engineering and Science Scholarship, the Betty Wood McNabb Scholarship, and the Ingrid Johnson Rachesky, M.D. Scholarship, which includes a plaque displayed inside the new Natural Sciences building.

Beyond the classroom, faculty are building partnerships with local employers to connect students to professional experiences early in their journey. These relationships help students stay engaged and better understand the career options available to them in fields such as medicine, research, and engineering. With updated facilities, financial support, and strong faculty mentorship, Gulf Coast State College is preparing students not just to succeed—but to thrive in their next steps, whether that means transferring to a university or starting their career right here at home.

To learn more about STEM programs and scholarships at GCSC, visit www.gulfcoast.edu.



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Wellness

Beat the Heat – How to Cool Down Your Conflicts



By JAMIE C. WILLIAMSON, PhD

Couples tend to have more heated conflict when it's hot outside

Hot temperatures interfere with mindful, sensible thinking because when we are overheated, our bodies automatically spend energy to cool down. Much of that energy comes from the prefrontal cortex, which is the front part of our brain that helps us self-regulate. When this happens, we are less able to keep our aggressive impulses in check.

Couples impacted by work or parenting stress and those that are exhausted also have more heated conflict. Like being physically overheated, psychological stress and physical exhaustion create heightened physiological arousal that interferes with mindful, constructive respons-

es and leads to the more automatic "fight or flight" response. During heated relationship conflict we default to either (a) an attack and defend response or (b) shutdown and withdraw response.

So, when it's hot out (like it is now), or when you and/or your partner are stressed or exhausted, you are more likely to feel overwhelmed and have a difficult time expressing your own negative emotions constructively or dealing with your partner's negative emotions rationally.

Rest assured, these types of emotional and physiological responses during arguments are completely normal and predictable.

Thankfully, if you pay attention to your own body, you can learn to recognize the first signs of this negative arousal and take self-corrective action BEFORE vou become overwhelmed and "flooded" with hard-to-control emotions.

How to Cool Down Conflicts and Stop Flooding

Learn to identify the early warning signs of being emotionally overwhelmed or "flooded". The first signs that your negative arousal is too high will be unique to you but will likely include the common classic symptoms like: sweating, racing or pounding heartbeat, gritted teeth, shortness of breath, queasy stomach, or your mind is spinning.

The instant you sense the presence of one of your early warning signs, STOP the discussion and ask to take a break. All your flooding signals will interfere with your ability to mindfully process information or pay attention. Instead, you will respond reflexively and either lash out with harsh words or shut down. Either of these reactions will likely invite equally negative, matching responses from your partner. To prevent this negative spiral and its aftermath, you must notice your early signs of flooding, put a stop to the conversation, and take a break

Take a Break for at least 20 minutes. The purpose of the break is to give you an opportunity to calm down. During this time, do something that occupies your attention and is self-soothing. You might listen to music or a podcast, walk the dog, take a bath, read, meditate, or complete a mindless task. Whatever you choose to do, be sure to do it alone, and avoid thoughts of righteous indignation and innocent victimhood. Avoid playing out the rest of your conflict through "imag-



inary interaction" with your partner. Just chill.

Don't start your break by storming out of the room and slamming the door! Or try to get the last word in before you take a cool-down break. That will add fuel to an already heated argument.

Instead, respectfully communicate your need to calm down. Explain that you are feeling overwhelmed and need a break. Be sure to say where you are going and when you will be back.

Say something like: I'm starting to feel too upset to be rational about this and I am afraid I'll say something that I will regret. So, I'm going to walk the dog around our usual path. When I get back, I'll be ready to pick this up again.

If your partner is flooding,

one of those signals, stop the discussion and say that that "we" need to take a break.

Avoid calling attention to your partner's negative behavior. And avoid saying "I think you're getting too emotional. You should take a break."

Instead, say Sweetheart, we're getting more heated up than we should over this. Let's take a break and come back to this in about an hour, then we can figure it all out."

There are many ways for you and your partner to calm down and sooth each other. Find something meaningful, enriching, and enjoyable that really helps center you.

Of course, on an ideal, cool weather, low stress day, you would plan an enjoyable, calming activity together BEFORE you have a serious discussion.

But, in the heat of the summer, when life's stressors get the best of one or both of you, the most that you can expect of yourselves is to stop the flooding before it gets out of hand.

Let me know if I can help.

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



Forget the Sprint: Real Healing Happens in the Marathon!

At The Tortoise Clinic, personalized care and patience lead to powerful, lifelong wellness

By Dr. Karen DeVore

If you know the story of the tortoise and the hare, you already understand one of the most important lessons we can apply to health: slow and steady wins the race.

In a world where we're con-

the whole person, at the center. It draws from both conventional Western medicine and evidence-based Eastern traditions to treat not just symptoms, but root causes.

This model acknowledges the value of modern diagnostic tools, lab testing, and pharmacology, while also embracing the centuries-old wisdom of acupuncture, herbal medicine, nutrition, and lifestyle medicine. At its core, integrative health is collaborative, personalized, and preventative.

Instead of asking, "What drug treats this disease?" we ask, "Why is this symptom happening-and what's the best way to restore balance?" That might include medication, but it



stantly bombarded with quickfix solutions-miracle diets, instant detoxes, and one-pill answers-it's easy to lose sight of the long game. But with integrative healthcare practitioners, that's exactly what we focus on: your long-term, sustainable wellness. Not the shortcut, not the sprint—but the journey that leads to resilience, balance, and vitality for years to come.

What Is Integrative Health?

Integrative health is an approach to care that puts you, may also include herbs, dietary changes, movement, sleep support, or acupuncture. The goal is not to replace one system with another, but to combine the best of both to offer more comprehensive, compassionate care.

How The Tortoise Clinic **Blends East and West**

At the Tortoise Clinic, we live and breathe this philosophy. We've served the communities of North Florida for over 30 years, building a practice that reflects the needs of our patients and the realities of modern life.

include lab testing to evaluate hormones, inflammation, or nutrient deficiencies, followed by acupuncture to support nervous system regulation and pain relief. A patient might receive customized herbal formulations

A typical visit here might from our Chinese herb dispensary - the largest in Northwest Florida, paired with guidance on nutrition and daily habits to support their health goals.

> Because we're not bound by one medical model, we have more flexibility-and more

tools-to help you feel your best.

How Is This Different From Traditional Medicine?

Traditional, Western medicine has done incredible things.

Continued on next page

WOMEN'S WELLNESS REIMAGINED

What if your story mattered as much as your labs?

What if "normal" isn't optimal for you?

What if your fatigue, bloating, or anxiety isn't just stress - but a sign your body needs support?



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Wellness

What Are Your Nails Telling You About Your Health?

nails have a spoon-shaped ap-

pearance. This can be a sign of

iron deficiency, anemia or thy-

nails or toenails have horizontal

grooves or ridges that appear

when nail growth is temporari-

ly interrupted. This can be the

cause of uncontrolled diabetes,

severe illness or injury, infec-

Beau's Lines - The finger-

roid disease.



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

Some medical conditions

REAL HEALING

continued from previous page

It excels in acute care, emergency response, and surgical interventions. But when it comes to chronic illness, long-term prevention, and quality of life, many patients are left wanting more.

I hear it often:

"My labs are normal, but I still don't feel well."

"My doctor told me it's just part of getting older."

"I was given medication, but no one asked about my diet or stress levels."

Integrative medicine fills those gaps.

might not appear to be obvious on the outside of the body, but did you know that some medical conditions can appear through changes in our nails? This article will provide you with examples of changes in fingernail shape, color, and texture, and possible medical conditions related to those changes.

Clubbed Nails - The fingernails may appear swollen and curved, resembling an upside-down spoon or dome shape. This can be a sign of a heart or lung condition.

Spoon Nails - The finger-

We take time to listen. We

look at patterns, history, and life-

style. We ask about your sleep,

digestion, energy, and emotion-

al well-being-not because it's

"extra," but because it all mat-

ters. Our goal isn't just to mask

symptoms, but to understand

the story behind them and to

create a care plan that's tailored

to your unique biology, goals,

No two bodies are the same.

You are not your neighbor, your

parent, or your coworker. What

works for one person may not

work for another-and that's

and life circumstances.

Personalized Wellness

The Power of

why personalized care matters. When you work with an integrative provider, you're not handed a one-size-fits-all solution. You're invited into a partnership, where we co-create a wellness plan that evolves with you. Whether you're working on hormone balance, fertility, digestion, chronic stress, weight loss, or simply optimizing your energy, our role is to guide and support your process with the right blend of tools.

Sometimes, that's acupuncture. Sometimes, it's a dietary shift, a carefully selected supplement, or lab-guided medical intervention. Often, it's all of the above.

e matters. The Tortoise Mentality

Health is not a destination. It's not a number on a scale or a perfect lab result. It's a relationship with your body, and like any relationship, it requires time, trust and patience.

tions, or nutritional deficiencies. **Nail Pitting** - The finger-

nails or toenails have small de-

pressions or dents in the nail.

This can be a sign of eczema,

Hutchinson's Sign - The

fingernail or toenail may have a

brown on black line underneath the nail that extends to the cuti-

cle or nailfold. This could be a

psoriasis or alopecia areata.

True wellness isn't about "fixing" what's wrong—it's about learning what your body needs to thrive and honoring that through intentional, steady steps. That's what we mean when we say, "Wellness is a marathon, not a sprint."

As an integrative team, we walk beside you for the long haul—not racing to the finish, sign of melanoma.

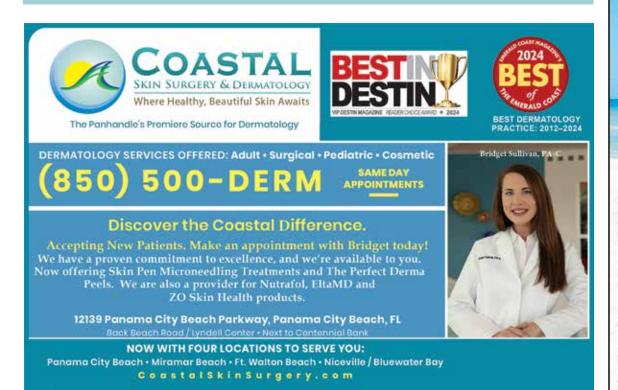
Pay attention to your nails. Changes in shape, color, texture, or any other abnormalities can be an indicator of the conditions noted, or other systemic illnesses and diseases. If you see any abnormalities in your nails, it is important to bring this to the attention of your medical provider for further evaluation.

but pacing with purpose. With every visit, every conversation, and every personalized plan, we aim to help you move closer to the healthiest version of yourself.

So, whether you're just starting your health journey or looking for a deeper, more connected approach to care, I invite you to embrace the pace of the tortoise—and discover the kind of health that lasts a lifetime.



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Wellness

Book Review: Maybe You Should Talk to Someone



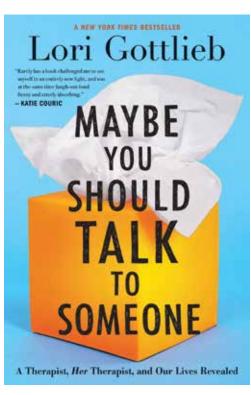
REVIEWED BY MICHAEL MCMANUS, LCSW

"Maybe You Should Talk to Someone" by Lori Gottlieb is a compelling and insightful exploration of the human experience through the lens of therapy. Gottlieb, a psychotherapist, weaves together her own journey as a therapist and her experiences as a patient, creating a narrative that is both personal and universal.

The book introduces us to a variety of clients, each struggling with their own challenges-from the newly engaged to the terminally ill. Gottlieb's empathetic portrayal of her clients not only highlights their struggles but also underscores the shared nature of human emotion and the complexities of life. Her ability to blend humor with powerful and moving situations makes for an engaging read, allowing readers to reflect on their own lives while connecting with the stories presented.

What sets this book apart is Gottlieb's candidness about her own vulnerabilities. As she navigates her own therapy sessions, readers witness her growth and self-discovery, reminding us that even therapists are human and face their own battles. This dual perspective enriches the narrative, making it relatable and thought-provoking.

Gottlieb's writing style is engaging, filled with wisdom and insight. She skillfully distills complex psychological concepts into relatable anecdotes, making the book not only informative but also enjoyable. The themes of love, loss, and the search for meaning resonate deeply, inviting readers to reflect on their own relationships and life choices.



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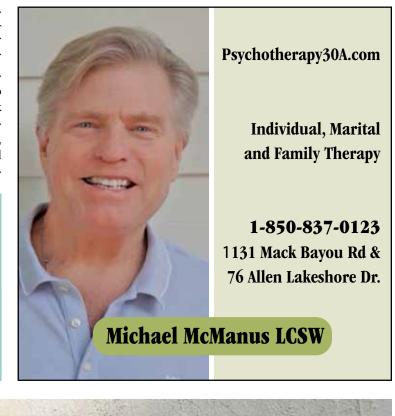
h of Grace

Overall, "Maybe You Should Talk to Someone" is a beautifully written examination of the therapeutic process, the importance of connection, and the resilience of the human spirit. It's a must-read for anyone interested in psychology, self-improvement, or simply seeking a deeper understanding of the complexities of life and relationships. Lori Gottlieb has crafted a book that is both a mirror and a guide, encouraging us all to embrace our vul-

e nerabilities and seek help when *and practiced in the area for almost* k needed. *four decades. They have four children*

Michael McManus LCSW, is a psychotherapist in Santa Rosa Beach, FL, with his wife Angela, who is also a psychotherapist. They have lived and practiced in the area for almost four decades. They have four children and in their spare time enjoy hiking, reading, jogging, yoga and bike riding. Michael can be reached by phone or text at (850) 837-0123. Visit the website:Psychotherapy30A.com.





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🐲 Musing



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

A Minister's Message: People are Reading their Bibles as Never Before

A 2025 report from the American Bible Society indicated that Bible use is rising, especially among young adults, who until recently were among the least likely to open a Bible at all. According to State of the Bible: USA 2025, the percentage of U.S. adults who read the Bible (outside of church) at least three times a year increased from 38% to 41% in the last year. That's

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.

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 roughly 10 million more adults engaging with Scripture—marking the first increase in Bible use since 2021.

The sharpest rise appears among millennials, where reported Bible use jumped by 29% in a single year. Gen Z also showed noticeable movement.

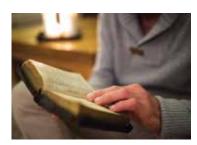
Maybe, just maybe, the masses are waking up to the fact that the Bible can change lives.

The book of Psalms is rich with encouraging, uplifting and life-changing scriptures. Let me mention just a few. Each of these passages are taken from Psalms 119:

"I remembered your judgments of old; O Lord, and have comforted myself" (Psalm 119:52).

"Oh how I love thy law! It is my meditation all the day" (Psalm 119:97)

"How sweet are your words to



my taste; Sweeter than honey to my mouth" (Psalm 119:103).

"Your word is a lamp to my feet and a light to my path" (Psalm 119:105).

"Your testimonies are wonderful; therefore my soul keeps them" (Psalm 119:129).

These passages of scripture represent just a fraction of the precious ore that can be mined from the Bible. If you will make a habit of reading, studying and meditating upon the Word of God, you will be blessed beyond belief. It will give you answers that you have been waiting for.

ContractHER Connect Announces Built to Lead: Women in Construction Summit

ContractHER is proud to host the inaugural Built to Lead: Women in Construction Summit, taking place on August 21, 2025, at the stunning Emerald Grande at HarborWalk Village in Destin, Fla. This one-day summit, presented by Builders FirstSource, is designed to bring together women across the construction, design, and development industries for a day of networking, leadership development, and industry insight.

With the theme "Built to Lead," the summit will feature powerful conversations and actionable takeaways for women shaping the future of the built environment. Attendees can expect a keynote address, expert-led breakout sessions, and a panel discussion on topics like business development, workforce retention, and navigating leadership in a male-dominated industry. Keynote Speaker Sarah Stein, Founder of Sarah Stein Homes, brings a deeply personal and visionary perspective on homebuilding rooted

Connect in tradition, family, and innovation. Breakout session topics include: Recruitment & Retention, Future Challenges in 2025, at Construction, Work/Life Bald Grande ance, Business Development, illage in Leadership Development and one-day Color Forecasting.

The Built to Lead Summit is designed to empower, educate, and elevate women across the construction and building industries and women working in or adjacent to the construction industry. The cost to attend is \$150 and includes lunch and complimentary entry to the Contractor's Connect meetup at AJ's on the Harbor following the conference.

ContractHER is incredibly grateful to its sponsors— Builders FirstSource, DR Horton, Savi Flooring & Tile, Phoenix Stone, and LP Building Products. Sponsorships are still available and include high-visibility opportunities for businesses looking to support women in building. For more information, visit www. contractors-connect.com/ contracther-connect.

🔅 Musing

Sean of the South: Get a Life



BY SEAN DIETRICH

The electricity went out. I don't know why it happened. It wasn't storming. The weather was nice. All I know is I was watching TV when the lamps suddenly flickered and died.

And that was that.

The house fell silent. The refrigerator quit vibrating. The A/C compressor was no longer humming. My dog stared at the ceiling fan slowing down. The power must have affected cell towers, too. I had no phone service.

For a few minutes I just sat in my living room, watching my dog dutifully perform an act of intimate hygiene.

Panic set in. What was I going to do? No electricity? No internet? No phone service? How would I contact a loved one in an emergency? How would I dial 911? How was I going to order cat food on Amazon?

I was becoming dangerously isolated from humanity, and fast. As an American, I am obligated by the Bill of Rights to keep current with essential news headlines at all times.

But without vital electronic devices, I had no idea what key events were happening in the global community. I was missing out.

What if something was happening in North Korea I needed to know about? How about Quebec? What if I missed vital updates on court hearings? Or the baby monkey kidnappings in Panama? Or the videoed rescue of the runaway zebra in Murfreesboro, Tennessee?

How was I supposed to live without constant headlines about various billionaires' sex scandals? What about my 24-hour footage of violent demonstrations in Third World countries, massive explosions, terrorist bombs, bodies lying in streets, or "Live with Kelly and Mark?" No more TV means no more rich dudes in courtrooms talking about rappers' prostitution rings. No more news anchors gleefully saying the words "Harvey Weinstein." No more commercials urging me to purchase gold, Colonial Life insurance, or any other valuable service Joe Namath provides.

Also, no more fast food commercials advertising plasticized meat-like "products," injected with industrial-grade cholesterolized gelatine before being served upon "buns" that aren't actually—in the legal sense bread. This is usually followed by weight-loss commercial.

No more pharmaceutical ads about breakthrough drugs with

vaguely Star-Trekky names that can (a) improve your life, and (b) kill you. No more lengthy drug company disclaimers which last about as long as law school:

("Zelabubracil may cause kidney failure, brain bleeding, rare forms of eyeball fungi, inability to form sentences without spontaneously soiling your underwear, depressive disorders, suicidal thoughts, sudden interest in C-Span...")

And what about my phone? No text conversations with family members that are purely based on sharing memes? No more spam marketers texting information about my auto warranty?

No more robo-calls from



pre-recorded machines offering me critical information about debt consolidation services, urgent health insurance opportunities, or scams about fundraisers for upcoming congressmen's balls. Everyone knows congressmen don't have those.

No. Without electricity there was nothingness.

I felt lost and disconnected. Where was I going to get my excitement? How was I going to adequately feel afraid? How in the WORLD was I going to defend my principles on social media by engaging with people whom I've never met and subsequent-

ly calling them buttholes? What in the world was I going to do with myself?

Wait. I know. Maybe it's time I lived my life.



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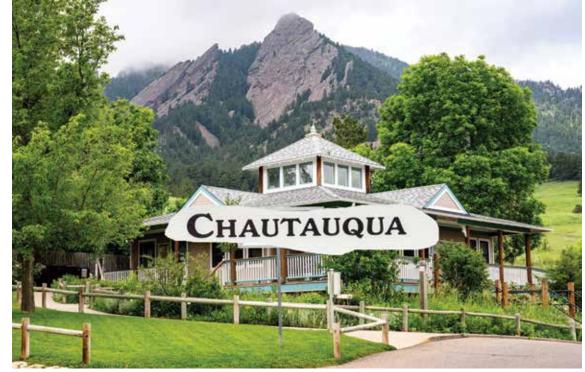
Chautauqua

By Rick Moore

While spending time with my son in Boulder, Colorado, I visited a state park at the foothills of the Flatiron Mountains. Near the park entrance was a sign with the words "Chautauqua Park." I had seen the word Chautauqua on signs in Defuniak Springs, which is just thirty minutes from my home. I wasn't sure what the word meant or where the word came from. I asked someone in the Visitor Center of the Colorado Chautauqua if it was related to the Chautauqua in Florida. She gave me a brochure detailing the history of the Chautauqua Movement. This really sparked my curiosity, and I began researching.

Chautauqua is a county in the northwest corner of New York where, in 1874, a Methodist minister and a businessman joined forces to create a camp to educate Sunday school teachers in the areas of art, education, recreation and religion. Although it started in New York, a few years later it moved to Florida, and then sprouted up across much of the nation. The Chautauqua in Defuniak Springs was so popular that several Presidents of the United States came to speak at it. Theodore Roosevelt, who spoke twice at the summer gathering, said, "Chautauqua is the most American thing in America." Thousands attended, with many staying for weeks at a time.

Records reflect that in the early 1900s at a typical Chautauqua, campers learned Latin or French, listened to Beethoven or ragtime, and sampled lectures on literature, art, science and history. Americans who had never studied chemistry saw fro-



zen CO2 and other wonders. Chautauqua also started America's first book club, the Chautauqua Literary and Scientific Circle. This movement thrived on American curiosity. It became so popular that it spread west to Boulder, Colorado. Today, the Chautauqua in Florida and in New York seem only a to-



ken of their glory days. Though there are still annual festivals at locations across the nation, with the advent of radio and television, the Chautauqua Movement lost most of its influence. That is, except for the Boulder location. The Colorado Chautauqua continues to thrive. Visiting there brought me back to a time when learning was very different. This hands-on approach to education is the very opposite of Artificial Intelligence (AI).

AI is the number one news story of this year. I like Artificial Intelligence, but it should never replace non-Artificial Intelligence that is natural and organic. Think about the word artificial for a moment. Artificial sweeteners used to be advertised as superior to natural sweeteners. We now know that is not true. Even our animals can suffer from artificial synthetic ingredients and artificial additives in their food. My wife makes her own dog food because she has seen firsthand what artificial ingredients can do to our pets. When I see the word artificial, a red flag goes up. If feeding our bodies artificial ingredients is harmful, what does Artificial Intelligence do to our minds?

What we feed our minds is no different conceptually from what we feed our bodies. Artificial Intelligence can be great, but it should not be a replacement for natural intelligence. Seeing an exotic flower grow on a mountainside is very different than seeing a picture of it on the internet or even with the latest virtual goggles.

If you can't make a trip to the Colorado Chautauqua to enjoy the current offerings of activities, I have a suggestion: There is a local attraction that in many ways carries on the spirit of the Chautauqua. It is the E.O. Wilson Biophilia Center located on Highway 20 East in Freeport. Be sure and check the days and times it is open to the public. Perhaps you can go visit a zoo or aquarium soon. The Artificial Intelligence you get from a VR Headset can never match the experience of being out in nature. The noise my sound machine makes at night is nice, but it will never replace the sound of the waves I hear while sitting on the beach. When you can, go natural.

Rick Moore is Communication Pastor at Destiny Worship Center.

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From Flood to Fabulous: One Couple's Kitchen Remodel Journey with Flooring Depot of Panama City

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

For one local couple, a flooded kitchen in January turned into a full home transformation, with the help of Flooring Depot of Panama City. What began as a stressful, unexpected event led to a kitchen they now call their dream space.

"We had a flood back in January," Bob McNeal, the homeowner, explained. "A cut-off valve under the sink broke and water ran for over ten hours. Everything was soaked. We didn't have a choice—the kitchen had to be redone from the ground up."

Looking for the Right Fit: Bob McNeal and his husband immediately began looking at options. They visited big-box retailers, spoke with cabinet dealers, and compared quotes from several vendors. That's when they remembered seeing Flooring Depot's commercials on TV. "We really wanted one company to handle everything flooring, cabinets, countertops, backsplash," McNeal said. "We went to Flooring Depot and met with Mike and Kimberly, and we knew right away it was the right choice. They were just fabulous to work with."

A Collaborative Design Process: While the remodel was unexpected, the couple approached it as an opportunity to create something truly special. "We had an idea of what we wanted, but we also needed guidance," McNeal said. "We made at least six trips back and forth with different quartz samples and backsplash tiles."

The final selections included antique white cabinets and a quartz countertop that had first caught their eye at another store—but felt like the right fit once they saw it again at Flooring Depot. "That quartz was actually our second choice elsewhere," McNeal shared. "But once we saw it again, we both



agreed-it was the one."

They also replaced their previous pressed wood cabinets, which had been destroyed by the flood, with more durable, high-quality cabinetry. "We didn't want to risk going through this again," he said. "We wanted materials that would last."

Standout Service Every Step of the Way: What really stood out to the couple was the level of service they received from the Flooring Depot team. "We got quotes in a timely manner. Communication was great. Even when we changed our minds a few times, no one got frustrated with us," McNeal said. "They even price-matched cabinets we found at another store."

Even though the process took some time, the couple never felt left in the dark. "Of course, I got impatient," he admitted. "It's hard when you're living in a renovation zone. But everything got done right, and that's what matters."

A Space That Reflects Their Style: The couple didn't just rebuild—they elevated their space. From the flooring to the finishes, they made intentional choices that reflected their style and needs. "We added special touches that made it feel more like us," McNeal shared. "When we found something we liked, we didn't settle—we upgraded." Their goal wasn't just to replace what was lost, but to create something better than before. And they succeeded.

"We really made it our own," he said. "When the backsplash went in, that was the moment everything came together. It was the finishing touch."

The final result? A kitchen that's functional, personal, and beautiful. "It feels homey and warm," he said. "It's a space we're proud of—and we love spending time in it now."

A Resounding Recommendation: When asked if Mr. McNeal would recommend Flooring Depot of Panama City to others, the answer came easily: "Absolutely. I already have," he said. "Mike and Kimberly were phenomenal. They offered ideas when we needed them, helped us stay on track, and really wanted us to love the final result."





tifestyle

Design and Culture: Decorative Arts

We just finished up this lovely project of cabinets and countertops and while working, I met the artist Krista Vind. Her innovative creativity and her artistic inclusion of textures throughout the home made the spaces on this project stand out. The cabinetry in this kitchen already had a lovely texture of oyster-painted oak selected by our client, but the textures Krista used to accent the cabinetry really made for a stunning look. Krista painted the beautiful knee wall using metallic paints and transformed the wall in the dining room using plaster and metallic waxes. Both works of art are unique and bring energy and a modern touch to the spaces. I love what Krista did with the light switches too, hiding them so they wouldn't take away from the beautiful marble backsplash tile. Krista also refurbished the vanity using plaster, silver leaf, and lightly tinted waxes, just stunning.

Krista Vind has been a resident of the Gulf Coast for over 30 years. She is an accomplished artist that has traveled the country working as a field decorative artisan and also an instructor of decorative arts, teaching everything from fine art to custom finishes for furniture. Passing her gifts along, she has taught hundreds of art



students over the years, many of whom have successfully gone on to be art instructors themselves. You can follow her work on Facebook, Artists Warehouse of South Walton, and Instagram, @kristavindstudiogallery.com. If you are interested in a custom piece for your home, contact Krista at kkvind@gmail.com or visit the Artists Warehouse of South Walton located at HWY 393 in Santa Rosa Beach where her studio and gallery are located.

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showroom is located at 17801 Ashley Drive Panama City Beach Florida. Stop by anytime during business hours or give us a call at (850) 236-6363 and a project manager will assist you.



Update from the Office of Congressman Neal Dunn: Building Community

is upon us. Last year, parts of our district were devastated by Hurricanes Helene and Milton. While the recovery continues in communities impacted by these storms, it is crucial to prepare for future tropical storms and hurricanes. I'm encouraging ev-

During the first 100 days of the Trump Administration, House Republicans moved quickly to pass the President's agenda and get our country back on the right track. However, we are not letting off the gas pedal during the second 100 days. Earlier this month, I was pleased to cast my vote in favor of passing President Trump's "One Big, Beautiful Bill," which will slow the out-of-control growth of federal spending to ensure that Washington bureaucrats are better stewards of your tax dollars.

Republicans in Congress are not finished putting the federal government back to work for the American people. However, I'd like to begin by discussing some important developments in Florida.

I'm pleased to report that the dolphins at Gulf World have finally been removed from the facility and are currently living in better conditions at different facilities across Florida. Saving these delicate sea creatures was a collaborative effort from officials at every level of government. I'd like to thank Senator Jay Trumbull, State Rep. Griff Griffitts, NOAA, the U.S. Department of Agriculture, and local officials in Panama City Beach for helping shed light on the horrific conditions at Gulf World.

The conditions at Gulf World were totally unacceptable, and I'm proud to have played a part in getting these animals out of harm's way. I am beyond impressed by the collective response that ultimately got the dolphins to safety.

Floridians always come together in times of uncertainty, which is more important than ever now that Hurricane Season for future tropical storms and hurricanes. I'm encouraging everyone throughout Northwest Florida to review their family emergency plan, build a disaster kit, and know their evacuation

zone. Strengthening our communities is one of my biggest priorities in Congress. Many communities in Florida and around the country are still impacted by the opioid epidemic. This month, the U.S. House of Representatives passed two landmark pieces of legislation to protect Americans from fentanyl-related substances and get crucial services to those who continue to struggle with addiction.

On June 4, I took to the floor of the U.S. House of Representatives to emphasize the importance of reauthorizing the SUP-PORT Act. This crucial piece of legislation reauthorizes and revises Department of Health and Human Services (HHS) programs that address substance use disorders, overdoses, and mental health. Among the numerous beneficial programs this bill reauthorizes are programs that specifically support pregnant and postpartum women and another that supports resources for first responders to include the purchase of drugs or devices to treat non-opioid overdoses.

The other major piece of legislation that House Republicans passed to fight the drug addiction crisis is the HALT Fentanyl Act. This legislation permanently places fentanyl-related substances as a class into schedule I of the Controlled Substances Act. Law enforcement needs all the tools at their disposal to fight drug trafficking. By placing fentanyl-related substances on the schedule I substance list, we can prosecute those who are trafficking these dangerous narcotics to the fullest extent of the law. I am proud to support both these landmark bills to help those who still struggle with addiction and get us one step closer to putting the drug addiction epidemic in the rear-view mirror.

Serving as your voice in Washington is an honor, and I am always eager to hear from my constituents. 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.



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