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PCB Highway Construction to Intensify

By Ed Offley

For motorists who for years have endured the stresses and strains from Panama City Beach's ongoing street modernization program, a word of caution.

You ain't seen nothing yet. The annual Capital Improvements Schedule approved by City Council on May 22 lists four new major street projects that will begin development in the current 2024/25 fiscal year. All four projects will take four years to complete with a total projected cost of nearly \$200 million.

They are part of a project list that includes twenty-eight street modernization projects and twenty-one utility modernization expansion developments.

The pricetag for the four projects dwarfs the \$75.91 million the city has spent since it created the Community Redevelopment Agency in 2001. Nevertheless, it is still but a fraction of the total \$748,419,830 cost for upgrading more than 20 miles of city streets and island-wide water and sewer infrastructure. (The



infrastructure improvements are separate from the ongoing \$122 million widening of Panama City Beach Parkway from four to six lanes. That package of projects is being managed by the Florida Department of Transportation [FDOT].)

City Building and Planning Director Mel Leonard told PCB Life that the schedule "is more than a list of priorities but [comes] with

the expectation that there is a funding source that can be used at some point to actually make the improvements." Nevertheless, delays could occur due to funding or higher-than-anticipated costs, he added.

Each of the four new projects will include the modernization elements seen in earlier phases of the Community Redevelopment Agency's street improvements, officials

say. This includes expanding the right-of-way from two to four traffic lanes; constructing underground stormwater drains; relocating power and utility lines; building pedestrian sidewalks; paving the new roadways and installing landscaping.

Three of the four new projects are individual "segments"

PCB HIGHWAY continued on page 2

Bay County Writers Fest

- Calling All Local Authors

Calling all local authors and publishers! The 4th annual Bay County Writers Fest will be held at the Bay County Public Library on Saturday, October 4, from 11 a.m. – 4 p.m. Each featured local author will have a table at the event to discuss and sell their books. Due to limited spacing, our focus will be on published new releases and local history titles.

If interested in being a featured local author, please stop by the Bay County Public Library to pick up an application. All applications are due by August 15. Selection notifications will go out by the end of August. The library is also partnering with Gulf Coast State College Language & Literature Department for additional events that are free to attend and open to the public.

The Bay County Public Library is located at 898 W. 11th Street, Panama City. For more information about the Bay County Writers Fest, call (850) 522-2120.







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Community

PCB HIGHWAY

continued from page 1

spanning a 5.1-mile stretch of Front Beach Road from Lullwater Drive just west of Pier Park to Richard Jackson Boulevard. They are:

- * FBR Segment 4.1 from Lullwater Drive to Hills Road: \$59.7 million;
- * FBR Segment 4.2 from Hills Road to the intersection with Hutchison Boulevard: \$60.3 million:
- * FBR Segment 4.3 from Hutchison Boulevard to Richard Jackson Boulevard: \$64.5 million.

The fourth project is the planned four-laning of Hills Road between Panama City

Beach Parkway and Front Beach Road, also slated to begin this year. During the four years of design and construction, the city will spend \$14.91 million on that project.

City officials established the Hills Road expansion timeline prior to a dispute that erupted between residents of the Summerwood neighborhood and the developers of the planned \$80 million Shell Point surf park, whose eastern end will front on Hills Road across from the subdivision. Residents at a May 22 Council meeting voiced concern that the surf park's construction traffic would gridlock the neighborhood entrance on Hills Road and urged the Council to explore accelerating the construction timeline.

PCB Public Works Director John Adair told PCB Life that he and other city officials are well aware of residents' concern. "There are many phases of the Hills Road project yet to come before a definitive timeline of the project can be determined," Adair said, including a formal survey of the corridor, right-ofway acquisition, permitting and other milestones.

"We're exploring some other options for remedies to the Hills Road/Summerwood situation that can be implemented on a quicker timeline," apart from the four-year construction schedule, he added. He declined to discuss them in detail.

According to the schedule,

four ongoing CRA projects will be completed this year. They include the \$20.9 million upgrade of South Arnold Road from Panama City Beach Parkway and Front Beach Road from SR 79 to Lullwater Drive (the Arnold Road segment is now complete); a \$3.5 million project widening and improving Clarence Avenue; construction of a \$2.1 million traffic roundabout on North Richard Jackson Boulevard, and the \$6.2 million roadway elevation of Alf Coleman Road from Panama City Beach Parkway to Hutchison Boulevard.

Street improvements listed to begin during the 2028/29 fiscal year or later include Alf Coleman Road from Panama City Beach Parkway to Hutchison Boulevard; Clara Avenue south of Panama City Beach Parkway and Cobb Road south of the parkway. The city's future planning list also includes two more FDOT projects: Phase III of the Phillip Griffiths Parkway between North Clara Avenue to Chip Seal Parkway, and creation of the West Bay Parkway from SR 79 to US 98 in Walton County.

Meanwhile, as anyone in Panama City Beach with a driver's license knows, the new construction will create additional traffic delays, blocked intersections, lane closures and other disruptions as part of the cost of progress.

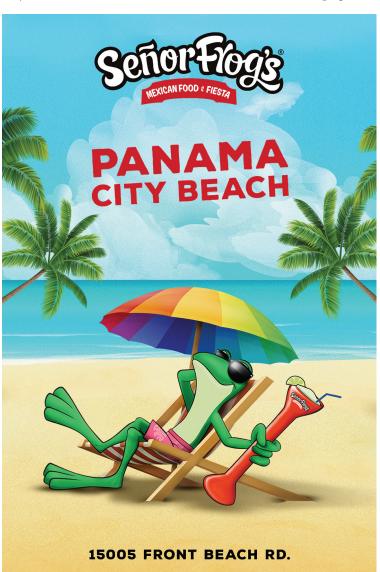
2026 Gulf Coast Jam Lineup Revealed

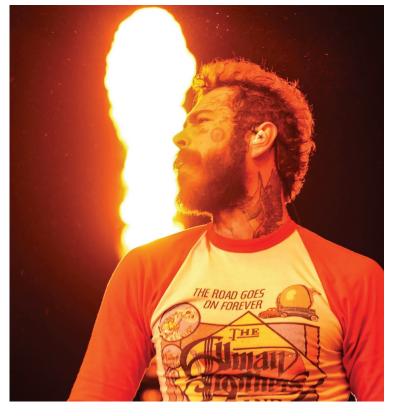
Post Malone, Chris Stapleton, Keith Urban and Riley Green to Headline May 28-31, 2026 in PCB

Organizers of the 13th Annual Gulf Coast Jam Presented by Jim Beam surprised fans by unveiling the full 2026 artist lineup on opening night of this year's festival in Panama City Beach—a first in the event's history.

Headliners Post Malone, Chris Stapleton, Keith Urban and Riley Green will be joined by more than 20 acts over four days at Frank Brown Park, May 28–31, 2026.

"Our four headliners are some of the most high-profile,





in-demand artists we've ever had in our lineup," said Executive Producer Rendy Lovelady. "I mean, Keith Urban was presented the Triple Crown Award, Chris Stapleton won Male Artist of the Year, Riley Green won Single of the Year, and Post Malone is one of the biggest artists in music, period. We're beyond excited about 2026!"

The festival has drawn more than 30,000 attendees annually in recent years and continues to earn national recognition. Billboard called it one of "The 10 Best Country Music Festivals," and Music Festival Wizard

named it the #1 Festival in the World (2024, Voter's Choice) and a top pick among Best Beach Music Festivals (2025).

COO Mark Sheldon added, "To have our full lineup in place and announced this early is testament to our Jammers giving us amazing feedback and to the incredible work our team puts in year after year to make this one of the top festivals in the country at one of the most beautiful beaches in the world. We love showing off our home, Panama City Beach!"

Tickets for 2026 are on sale now at www.GulfCoastJam.com,

including General Admission, Military, College and First Responder passes, VIP options, hotel packages and payment plans. But they're going fast—get yours before they sell out!



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Shop Talk: Shop Tax Free and Support Local Youths

By Lee Ann Leonard

Pier Park will host its sixth annual Back-to-School Supply Drive August 1 through 31 to coincide with Florida's Back-to-School Sales Tax Holiday. The drive benefits the Boys & Girls Clubs of Bay County.

Residents and visitors can purchase supplies at Pier Park stores like Target, Dillard's, Marshalls, JCPenney, Pink Narcissus or Dollar Tree. Then they can drop donations off at the Mall Management Office at 600 Pier Park Drive, Suite 125, Panama City Beach, Florida 32413. Donors can also deliver items to the Boys & Girls Clubs of Bay County facility at 16200 Back Beach Road, Panama City Beach, Florida 32413. In addition to helping a worthy cause, donors will enjoy significant savings when shopping for supplies thanks to Florida's Back-to-School Tax Holiday. According to FloridaRevenue.com, Floridians will pay no sales tax for backpacks, clothing, footwear and accessories valued at \$100 or less, learning aids selling for \$30 or less, school supplies val-





ued at \$50 or less and personal computers plus related accessories priced at \$1,500 or less.

Mall Management Office hours are weekdays from 8:30 a.m. to 5 p.m. with the office closing for a half-hour lunch at noon. Mall hours are Monday through Saturday from 10 a.m. to 9 p.m. and Sunday from noon to 6 p.m.

Find a comprehensive school supply list on Simon.com/Mall/Pier-Park.



















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PCB Chamber Member Spotlight



More Than a Gym: Anytime Fitness Panama City Builds a Community of Strength, Support, and Purpose

By Dan Willems, Owner & General Manager, Anytime Fitness Panama City

What happens when a mission for personal health, military discipline, and faith-driven purpose comes together under one roof? You get Anytime Fitness Panama City — a locally owned, veteran-operated wellness hub that's redefining what a gym can be.

Opened on March 12, 2025, by retired Air Force veteran Dan Willems, this 24/7 facility offers much more than weights and treadmills. "I started this gym to shine the brightest light with what God has given me," says

Willems. Inspired by a quote from Marianne Williamson's "A Return to Love," this captures my 'why.' It's about showing up fully, so others feel empowered to do the same."

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people

won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." — Marianne Williamson, A Return to Love: Reflections on the Principles of "A Course in Miracles"

At Anytime Fitness Panama City, training, nutrition, and recovery form the foundation of a complete wellness journey. The gym features:

- One-on-one personal training
- Group fitness programs
 Red light therapy for record
- Red light therapy for recovery
- And AF Nutrition, a flexible platform offering both self-guided and coach-led nutrition programs to support healthier

PANAMA CITY BEACH
CHAMBER OF COMMERCE

habits across every budget and lifestyle.

"We're not just a gym," Willems adds. "We're a hub for transformation. Whether someone is brand new to fitness or already committed to wellness, this is a supportive space where they can grow, sweat, and suc-

ceed—at their own pace."

The gym's approachable, all-levels environment stands out in a sometimes intimidating industry. As Willems puts it, "The gym doesn't have to feel scary. It can feel like home."

That same spirit of support extends beyond the club's walls. Anytime Fitness Panama City actively participates in Chamber of Commerce events, supports the Emerald Coast Business Women's Association, and contributes to the

Children's Miracle Network through Sam's Club. Giving back is at the core of our mission, just as we coach members toward healthier lives.

Ready to check it out? New and prospective members are invited to schedule a free, no-pressure tour or consultation directly at:

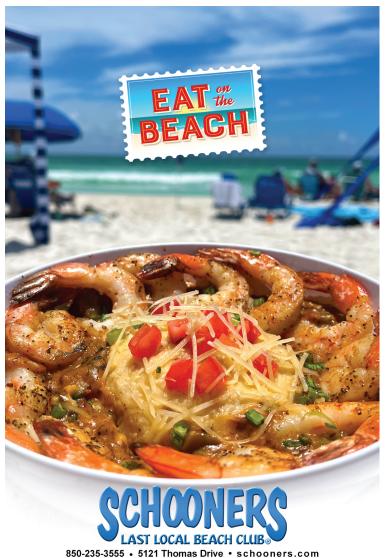
https://www.anytimefitness.com/schedule-an-appointment-online?location_id=5481

Looking ahead, Willems hopes to create a thriving gym that fosters success stories, promotes deeper community outreach, and has a lasting impact on Bay County's health and fitness culture.

As the famous quote he lives by reminds us:

"As we let our own light shine, we unconsciously give other people permission to do the same."

Find anytime fitness at 107 W. 23rd Street, Suite W-8, in Panama City. For more information, call (850) 818-8184 or visit their website at https://www.anytimefitness.com/locations/panama-city-florida-5481#memberships.



New PCB Chamber of Commerce Members

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PCB Chamber Member Spotlight



Avery Gail Event Rentals

By Avery Cerbantec

My name is Avery Cerbantec, and I am the owner of Avery Gail Event Rentals. I'm a born and raised Bay County native and love this area. As a young and artistic business owner, I've always had a passion for the arts and hands-on work, which ultimately led me to explore entrepreneurship. The idea of starting an event rental company came to fruition when a family friend suggested it, and

been experiencing steady and exciting growth. As a family-owned and operated business, my parents and I genuinely enjoy the process of helping our clients make their weddings, parties, showers, and corporate events truly unique and memorable. We are committed to providing high-quality event rental items at reasonable prices to ensure every occasion is special without breaking the bank. Our current inventory includes

front backyards, and indoors for various events like corporate gatherings, graduations, and proms.

We are excited about the continued possibility of working with more of our community to create a special event that will be remembered for years to

come. We want every customer experience to be a good one, and therefore, you can expect that we will deliver your rental items in a timely manner and as expected. We continue to add to our inventory to meet the wants and needs of our customers as we grow. The future

looks bright, and I can't wait to work with you all. You can reach us at https://averygaileventrentals.com, (850) 203-0228, or we can be found on our social media platforms (Facebook and Instagram) as Avery Gail Event Rentals.







I immediately recognized it as the perfect fit for my interests and skills. We began this journey with the help of our family friend and are fortunate that they, too, are a family-operated company. This friend is a distributor that we can trust to help us provide the highest quality items and expand our inventory as we continue to grow.

Avery Gail Event Rentals officially launched in mid-April 2024, and since then, we've

a variety of items such as tables, chairs, cocktail tables, linens, backdrops, specialty decor, and balloons, along with beautiful wedding arches and arbors. What we feel truly distinguishes us, however, are our exceptional quality carbon steel LED marquees. We offer a wide selection of 4-foot letters and 3-foot numbers, which we've had the pleasure of setting up in diverse and picturesque locations, including our beautiful beaches, water-





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Seashells on Our Beaches

By Helen Petre

Most of us go to the beach and see shells, but we rarely know their names. These amazing creatures live in the harsh salt beach conditions and can build their own homes out of stuff they find there, which is mostly calcium carbonate. Here are some of the common shells on Bay County beaches and a few cool things about them.

Mollusks

Most of the shells on our beaches are mollusks, with calcium carbonate shells. Before they end up on the beach, the animal inside usually dies, and then a storm, or tides, bring the hard, empty shell to the beach. In Florida, if there is no animal inside the shell, you can take them home.

Coquina (Donax variabilis)

Coquina are the most obvious and numerous shell on the beach, under your feet at the swash line. Although they are easy to collect, if the two halves are attached the animal is probably alive.



Donax variables. Florida Fish and Wildlife. 2025.



Half a cockle shell.

Cockles (Family Cardiidae)

The most common mollusk shell on our beaches, after live coquina, is the cockle shell. Cockles live close to the low tide line, so when they die it is a short trip to the beach. These twoinch, heart shaped shells can be white, red, brown, or yellow and have ridges. Cockles, like most shells you find on the beach, are bivalves, which means the two halves fit together with a hinge.



Crown conch. Rick O'Connor. UF Extension. 2025.

Usually, that hinge breaks on its way to shore, so you find half the shell on the beach.

Bay Scallops (Argopecten, irradians)

Bay scallops are fan-shaped mollusks with ridges and scalloped edges. They are about three inches across when fully grown and have tiny blue eyes lining the shell when alive. They live in shallow coastal waters, and especially sea grass meadows, which provide shelter and food. They are often buried in the sand and live for about a year. The upper shell is usually dark and mottled, and the bottom shell is white. Scallops spawn in the fall when the water temperature changes. They produce millions of eggs and sperm, but only one fertilized egg in about 12 million reaches adulthood. Scallops are sensitive to environmental changes such as sea grass losses. Once common on our beaches, they now occur in only isolated populations.

Marine Gastropods

Marine gastropods are sea snails. They have only one shell, which is twisted, and interesting-



Olive shell. Wikipedia. 2025.

taken over the shell (which is a crustacean and not a gastropod), the animal inside is twisted as well.

ly, unless a hermit crab that has

Crown Conch (Melongena corona)

Crown conches grow to five inches long, and have red, brown, purple, or yellow horizontal stripes. The long, narrow points at the end of the shell look like a crown, providing the common name. Crown conches are carnivores, and they eat small bivalves, like coquina and scallops. They live in sea grass beds. Females are larger than males, produce about 500 eggs, and attach them to sea grass blades. Hermit crabs really like to live in crown conch shells.

Helen Petre is a retired USDA biologist and college bi-

ology professor. She spends her time volunteering, teaching, and writing science articles to share her interests with future generations

Olive Shells (Oliva sayana)

Olive shells are smooth, shiny, two-inch-long shells, often greenish, light tan, or brown. The animals are carnivorous and feed on bivalves, invertebrates, or sometimes carrion. They are super-fast sand burrowers.

These are just some of the shells along the Bay County beaches. Enjoy the beach and these amazing creatures that make their own beautiful shell homes. Now that you know their names, you can make them your friends.



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How Strumming, Drumming, and Key-Smashing **Can Unite Your World**

Why Learning an Instrument at Austin Music Co. in Panama City Beach Should Top Your Bucket List (and Boost Your Social Life!)

By Michael Austin

Let's face it: you've already skydived, eaten suspicious street food in a foreign country, and maybe even tried goat yoga. But is your bucket list truly complete if you haven't learned to play an instrument at Austin Music Co. in the sun-soaked paradise of Panama City Beach, Florida? I think not.

If you're still unconvinced, strap in-by the end of this article, you'll be itching to pick up a guitar, a tambourine, or even a kazoo (hey, we don't judge), and you'll realize that this melodic adventure won't just leave you with a cool party trick. It'll also bring you closer to your family, coworkers, and neighbors—sometimes literally, if you practice in the living room at full volume.

Reason #1: Become the Maestro of Family **Harmony**

Let's say your family gatherings consist of awkward silences, heated debates about pineapple on pizza, and the annual "Who Burned the Turkey?" argument. Now, picture this: you, center stage (the carpet in your living room), strumming a guitar learned at Austin Music Co., leading a heartfelt rendition of "Sweet Caroline." Suddenly, Aunt Linda is harmonizing, the kids are clapping, and Grandpa's enthusiastic air-guitar solo



steals the show.

Learning music isn't just about notes and rhythms-it's about creating shared experiences. When you learn at Austin Music Co., you don't just get top-notch instruction and a wide selection of instruments; you bring home the magic of music, transforming family time into jam sessions, talent shows, or impromptu kitchen concerts. Even if your toddler's solo is more "Twinkle Twinkle" than Beethoven, you're making memories—and possibly discovering the next Bieber (or at least the next enthusiastic triangle

Reason #2: Office Politics? **Try Office Polka Bands**

We all know the universal

language of the workplace: emails, passive-aggressive sticky notes, and the sacred coffee pot. But what if you could communicate with your colleagues in a new, harmonious way? Imagine lunchtime jam sessions, courtesy of skills honed at Austin Music Co. Forget awkward trust falls and corporate icebreakers. When you walk into Monday's meeting with a ukulele and a smile, you're not just the hero the office needs-you're the glue that binds the team.

Studies may or may not show that spontaneous office bands improve morale, boost productivity, and make performance reviews feel like the Grammys. Either way, at your next potluck, you'll be remembered not for your three-bean casserole, but for your show-stopping rendition of "Eye of the Tiger" on saxophone.

Reason #3: Neighborly Notes-From Noise Complaints to Block Parties

Panama City Beach is home to beautiful sunsets, friendly folks, and, occasionally, neighbors who question your taste in music. But when you learn to play at Austin Music Co., you don't just gain skill—you gain confidence to share your music. Start with a gentle tune through an open window and watch as "Turn that down!" transforms into "Hey, when's your next porch concert?"

Before you know it, your driveway might be the hottest venue on the block. Music brings people together, whether it's a backyard barbecue or a spontaneous singalong at sunset. Who knew that a few lessons could turn you into the neighborhood legend (or at least the friendly face who brings everyone together for a good time)?

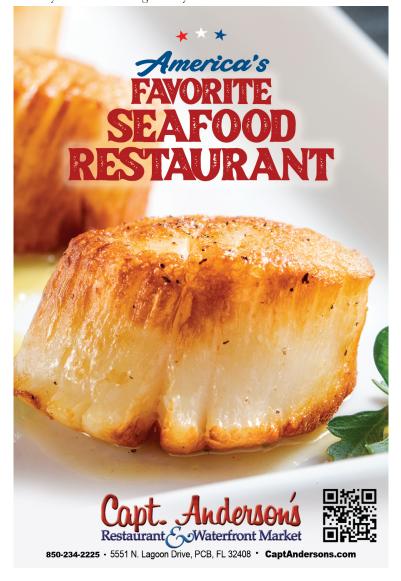
Why Austin Music Co.?

Sure, you could attempt to teach yourself using a questionable internet video filmed in 2007. But at Austin Music Co., you get real musicians, real instruments, and a real community. The instructors are more patient than a saint and can handle offbeat renditions of "Mary Had a Little Lamb" with a smile. Plus, they're right in Panama City Beach-so after your lesson, you can reward yourself with a stroll on the sand or a celebratory ice cream.

Strike a Chord-Literally

Don't let your bucket list hit a sour note. Add "Learn an instrument at Austin Music Co." right at the top. Your future self (and your family, coworkers, and neighbors) will thank you—probably with applause, maybe with a tambourine solo, and definitely with a lot more







Waterfront Happenings Galore!

By Pam Anderson

Red Snapper season has been extended this year for anglers on head-boats and charter boats through September 15! If you haven't had an opportunity to get out on the Gulf to enjoy a day of fishing, it's not too late. As summer begins to wind down and all the kids and grandkids get back to school, there are plenty of opportunities to cruise out and catch that big one you've been dreaming of.

In addition, this year, Gag Grouper will open only 14 days, September 1 through September 14. To make it a trifecta, Greater Amberjack season will reopen September 1 also. Be sure to make reservations early for this great opportunity to land several of your favorite species all in the same day!

The PCB Fishing Rodeo is scheduled October 4 through October 12 this year. You can sign up now for this great family-friendly community fishing tournament. Get all the details at https://pcbfishingrodeo.com/ and plan to join the fun.

There are prizes for so many species of fish-be sure to have yours counted! The Rodeo will kick off on 'Kids Day', October 4, with plenty of fishing, games and prizes.

A brand new coastal celebration is the PCB Seafood & Music Festival from October 10-12 that will help finish out Rodeo week, all right at Capt. Anderson's Marina. This festival will be bringing together the best in fresh seafood, vibrant entertainment, and a lively family atmosphere. Delicious seafood, local

vendors and artisans, live music & entertainment, waterfront views and great family fun will be available to all who attend. You can find more information at https://pcbseafoodfestival. org/. Attention vendors! Sign up for this special event early at captandersonsmktg@gmail. com or call Chelsea at (850) 691-5653.

In more waterfront news, we have this message from our BCARA friends:

The Bay County Artificial Reef Association is operating



full steam ahead! On May 15th, 2025, we purchased a 52-foot tugboat that will become a new artificial reef off our coast. Just this week—on July 18th—we submitted a grant proposal for \$169,215 to help cover the cost of prepping and sinking the vessel. Fingers crossed!

We're also teaming up with Florida State University's Advanced Scientific Diving team to help zone three brand-new Small Area Artificial Reef Sites (SAARS). These new areas were selected by fishermen and divers to renourish historic reefs and provide additional dive opportunities.

We want to give a huge

shoutout to Half Hitch Tackle for sponsoring our recent fundraising efforts! Thanks to their support, we've raised over \$2,500 through two awesome raffle events.

Even more exciting? These raffles are helping us get the word out about BCARA—and it's working! In just the past two months, we've gained 200 new followers who are now along for the ride as we build better marine habitats and expand diving and fishing opportunities in our community. Follow us on Facebook! We're just getting started, and your support means everything. Stay tuned—big things are on the horizon!

Shell Island/Dolphins, Fishing, Jet Boating, Capt. Max's Bar & Grill, and the beautiful waterfront venue, The Event Center at Capt. Anderson's Marina all await you! Come join the fun!

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Club Fitting - Science or Science Fiction?

By Alan Watson, President, GOLF+ Panama City Beach

I've noticed recently two different kinds of golfers who come into my shop for club fittings. Those who believe the numbers and want to understand the data, and those who feel more driven and sometimes question the numbers and the data. While golf is a game of feel, confidence, and athletic ability, we still have to rely on

wait to close the face until the bottom of the swing and then flip the wrists, causing the face to rotate rather quickly at the bottom of the swing, usually resulting in disaster.

This data point of closure rate allows us as club fitters to see what type of shaft will help make better contact and better overall shots. Recently, I had a golfer in the fitting bay who had very heavy stiff shafts in ing much through impact. In these cases, regardless of swing speed, we would suggest a stiffer tip section in the shaft to allow the shaft to move through the swing with precision, meaning that the shaft will be where the golfer needs it to be, not moving too far ahead or behind. We see this with slower swing speed golfers sometimes, but more often it's with slicers of the ball who don't close the club face enough. The open club face

causes the ball to move right. By offering a stiffer tip shaft to this golfer, we can keep the shaft from bending at the wrong part of the swing, making things worse.

While all this data really helps us as fitters, it can often be confusing to the average golfer who may not have a deep understanding of golf shaft technology. Sometimes, all the numbers we use with our launch monitor can feel like hocus pocus to them. I assure you it is anything but. Understanding the angle of attack, closure rate, spin rate, descent angle, and launch angle are the best ways for us to fit you into the right clubs. You can trust that the data is moving your game in the right direction.

If you want to learn more or get a custom club fitting with us, feel free to reach out. (850) 249-2726 or golfpluspcb@gmail.



data/numbers to understand the game and how we play it. For example, we can't just walk up to the tee of a par 3 with any random club and hit the ball. Without knowing the distance to the front of the green and the pin, we are risking hitting it too short or too long. Without knowing how far each of our clubs carries, we have no idea which club to select on any given shot.

One of the more recent trends in fitting is to look at something called "closure rate." This metric is how fast the club face closes through impact with the golf ball. Someone like professional golfer Sergio Garcia, who has a ton of lag in his swing, has a slow closure rate because the face barely moves until impact. Many recreational golfers close the clubface early at the top of the transition. We call this "casting." Some golfers

his irons. His closure rate was in the middle of the spectrum, and as a result of his swing path and his face closure, he was hitting hooks. Once we switched to a slightly lighter shaft with a softer tip section, the face didn't hold so tight through impact and he was able to hit it higher and straighter. The reason for the change was simply that the stiffer-tipped shaft was moving with his movement, while the softer-tipped shaft was lagging behind, keeping the face more open. He had no trouble closing the face on his own, so by having a shaft that didn't fight his tendency, he was going to keep hitting the same left-turning shot over and over. Understanding closure rate and how it affects the swing and the ball allows us to make better recommendations to each golfer.

Slow closure rates would mean that the golfer isn't rotat-

Golf Game Getting Worse?



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2nd Annual Golf4TheCure - Gulf Coast Tournament Tees Off This September at Raven Golf Club

The 2nd Annual Golf4The-Cure - Gulf Coast Tournament is returning to Sandestin this year at the prestigious Raven Golf Club, on Friday, September 12, 2025, for an unforgettable day of golf, giving, and goodwill — all FORE a great cause!

Following the remarkable success of last year's inaugural event, this year's tournament promises to be even bigger and



better. Players, sponsors, and volunteers from across the Panhandle and beyond are invited to participate in a meaningful day of sport and community, with proceeds supporting St. Jude Children's Research Hospital (awareness, research, prevention and treatment of childhood cancer and other life-threatening diseases).

Event Highlights Include:

18 holes at the award-winning Raven Golf Club

• Lunch, Player Gifts, Raffle Prizes, Hole Contests & More!

• Post-Tournament Celebration (Dinner, Live Music & Kid's Zone)

• Lighting of the Lanterns is back!

"We are thrilled to bring this event back for another incredible year!" said Scott Erby, Founder of the tournament. "This September, we proudly stand with St. Jude to fight

childhood cancer because hope, love and healing should never be out of reach." Join the fun, whether you're a golfer, a business interested in sponsoring a powerful cause, or someone who just wants to volunteer, there's a way for everyone to get involved. To learn more, visit: https://golf4thecure-gulf-coast. perfectgolfevent.com/.

Tips to Safely Co-Exist With Alligators

As the weather gets warmer across the state and alligator mating season approaches, Florida's state reptile, the American alligator, can become more active and visible.

The American alligator is a conservation success story in Florida. Florida has a healthy and stable alligator population, which is estimated at 1.3 million alligators of every size. Alliga-

tors are found in all 67 counties, inhabiting all wetlands where there's adequate food and shel-

Serious injuries caused by alligators are rare in Florida. The Florida Fish and Wildlife Conservation Commission (FWC) works to keep Floridians and visitors informed and recommends the following precautionary measures near alligators, including in or near the water, to reduce the chances of conflict:

Keep a safe distance if you see an alligator. If someone is concerned about an alligator, they should call FWC's toll-free Nuisance Alligator Hotline at 866-FWC-GATOR (866-392-4286), and we will dispatch a contracted nuisance alligator trapper to resolve the situation.

Keep pets on a leash and away from the water's edge. Pets often resemble alligators' natural

Swim only in designated swimming areas during daylight hours and without your pet. Alligators are most active between dusk and dawn.

Never feed an alligator. It's illegal and dangerous. When fed, alligators can lose their natural wariness and instead learn to

associate people with the availability of food. This can lead to an alligator becoming a nuisance and needing to be removed from

Access safety information resources in both English and Spanish by visiting MyFWC. com/Alligatorand clicking on "Living with Alligators."



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GRUNT is a Local Delivery App Built by One of Us, for All of Us

If you live or own a business along the Florida Panhandle, you've probably made more than a few last-minute runs to the store for supplies just to keep the job moving. Whether you're a supplier trying to get products to a customer fast, a contractor short on time, a business juggling customer needs, or a homeowner finishing a weekend project — those extra trips eat up your time in a big way.

That's exactly the problem GRUNT is here to solve.

GRUNT is a solution to a bigger problem

GRUNT is a local delivery app that connects people who need materials, tools, or supplies with nearby drivers — folks with cars or pickup trucks —who can pick up what you need and deliver it within a few hours. No national chains. No mark ups, No hidden fees. Just local people helping local people, every day.

Meet Martin Horak, the founder of GRUNT, who has spent the past 30 years living and working in the Panhandle in property management, con-



struction, and development. Martin saw first-hand how often suppliers and small businesses struggled to deliver on-demand, and how tradesmen, business owners, and property managers wasted hours waiting on parts or making supply runs.

built GRUNT people who value their time or juggling tasks with no time to spare," says Horak. "For the running a local business who can't leave to pick up paint. For the retired neighbor with a truck who wants to earn extra money on their own schedule."

GRUNT is community focused

GRUNT works because it's rooted in real local needs. Contractors use it to keep crews onsite. Local businesses and suppliers use it to offer fast, flexible

delivery without straining staff. Homeowners use it to finish projects faster. And drivers — everyday local heroes — use it to earn extra income during the day, without late nights or backseat drama, while helping their neighbors.

"Also, through Grunt, we're creating new ways for locals to earn more money due to new job losses created every day by AI and increased automation," explains Horak.

"From an idea on a napkin to launching our prototype in 2024, it took countless late nights, frustration, and every bit of three years to get us where we are today. Building something from nothing is costly—extremely difficult, if not impossible, but we did it. And now it's time to put it to work," adds Horak.

GRUNT isn't just about convenience... it's about community

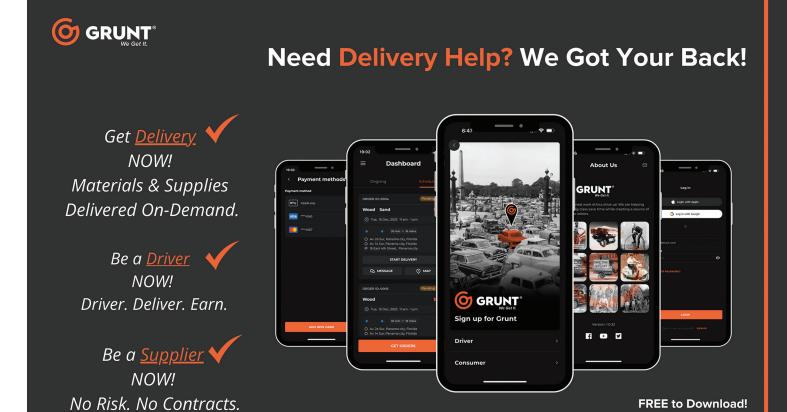
"Natural disasters strike without warning, and when they do, neighbors need neighbors. That's why we're building a volunteer database of locals willing to step up when others need help; whether it's delivering supplies, helping with cleanup, or just lending a hand. At Grunt, we want to be able to quickly mobilize support when disaster hits," says Horak.

"When Hurricane Michael hit, everyone was stretched thin," he says. "My friends and I were running supplies to Bunker Cove, Mexico Beach, Cottondale, and other places. That's when it clicked: I thought: 'Why isn't there a better way?'"

GRUNT is that better way. It's local. It's fast. And it's personal. Every order placed helps someone in your own community—not a tech company in another state, or country.

And while automation dominates the headlines, GRUNT keeps things human. "When you call us, you'll talk to a real person," Horak says. "We're not here to replace jobs, we're here to create them."

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FLDOE Success Story: Zacch Long

My Welding Journey from School Dropout to Instructor

At 14, I dropped out of school. I struggled to keep up with the coursework, and with my brother's health issues consuming our family's focus, homeschool wasn't much of an option either.

When my brother needed a heart transplant, everything changed. During one hospital visit, I was talking to the doctor about my struggle to find a career when she asked me, "Have you ever thought about being a welder?" She mentioned how welders can make great money without a college degree – that stuck with me.

But first, I needed my high school diploma. I failed my first GED attempt at 18. Eventually, I enrolled at Tom P. Haney Technical College's adult education program, where instructors believed in me before I believed in myself.

That experience taught me something crucial: what you put into life is what you get out of it.

Welding school opened a new



Florida's Workforce Education Initiative



world. After completing both basic and advanced programs,

I passed my first X-ray welding test and began traveling for work. I've worked everywhere from nuclear plants to industrial sites, earning anywhere from \$850 to \$4,500 a week with per diems.

Now at 29, I teach welding at Haney. I love what I do – especially showing students that you don't need four years of college to make a great living. One of our 18-year-old graduates made \$135,000 in his first year.

Career and Technical Edu-

Welding
cation isn't just about fast train-

Haney

ing — it's about real opportunities. In just a year or two, you can build a future in a high-demand field while your peers rack up college debt.

If traditional school isn't working for you, don't count

working for you, don't count yourself out. Whether you're 14 or 40, there's a way forward. Visit GetThereFL.com — you might just find your version of welding: not just a job, but a better life.



Zacch Long is a welding instructor at Tom P. Haney Technical College in Panama City, Florida. He lives in Graceville with his wife and two children

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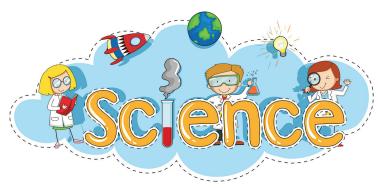
What is All the Buzz About in PCB Schools?

(SCIENCE) Students, Curiosity, Intrigued, Engaged, Nurtured, Connected, Experiences

By C. Mulla, Beach Mosquito Control District

Curiosity, observation, creativity, critical thinking, and interactive science laboratories form the runway from which Beach Mosquito Control Dis $trict's\,(BMC\bar{D})\,science\,programs$ take flight. Fueled by supporting educators and young inquisitive students, BMCD's science programs successfully target each individual grade level by incorporating and reinforcing The State of Florida's Sunshine State Standards, Benchmarks and the Common Core. All individual lesson presentations coordinate with the academic calendar for each grade level and become the building block for the next program's foundation. Since mosquito control is biologically and scientifically based, we understand how important it is for students to comprehend the correct order and function of each step of the scientific method. To that end, we introduce, educate, incorporate, and reinforce the order of the scientific method during our hands-on learning laboratory section of our programs. No matter what age level, demonstrating through engaging, first-hand learning experiences is key to fostering a love of learning. BMCD works to ignite the initial spark of curiosity and give students the confidence to become critical thinkers/problem solvers while making everyday real-world science connections.

Our variety of educational programs includes students from Pre-K through 9th grade. Select programs offer the opportunity for students to experience and conduct outdoor field biology work on their school campus, learn the importance of recording data, work with live specimens, and even possibly encounter negative impacts to their projects. Science is not perfect. However, we do not stop there. Students will analyze their data, form solutions and perform mathematical calculations, and graph their results. In addition, we reinforce the importance of being a good environmental steward by demon-



strating respect for our planet and all living organisms.

The goal for a successful mosquito control management program begins with education. BMCD's Public Relations/ Educational Outreach section represents the district. We strive to teach and train, establish relationships, and nurture community partnerships with the district's residents, visitors, businesses, local schools, civic clubs, as well as other Panama City Beach area public agencies. We also offer educational group programs to assist all levels of both local Boy and Girl Scouts of America as they work towards and earn their badges.

By keeping our mosquito control message mobile, BMCD's educational trailer makes multiple stops each year at community events throughout the year. We absolutely love it when local students show off their mosquito knowledge to their parents while visiting our education trailer. These students are our mosquito prevention messengers, delivering and broadcasting our important public health information. Beach Mosquito Control District's Public Outreach and Public Relations section is dedicated to keeping the Panama City Beach residents and visitors safe from potential arboand prevention.

In addition to hitting the road with BMCD's Educational trailer, we roll out the BMCD helicopter, decorate it and participate in two annual Panama City Beach Parades, The Pirates on the High Seas Parade and The Optimist Clubs Annual Christmas Parade. Everyone loves a parade, and we love to show our appreciation to our local community.

Beach Mosquito Control District has been presenting our science programs for almost twenty years and is especially grateful for the continual positive support from the Panama City Beach's local school administrators, teachers, parents, and residents.

Beach Mosquito Control District's science programs are completely free – all supplies included, just need your curiosity!

For any additional information about Beach Mosquito Control District or the programs we offer our local community call (850) 233-5030 or visit www.pcbeachmosquito.org.





Let's Get Growing: Are Your Flowers Food Safe?



By Lauren Goldsby

In 2025, largely thanks to social media, cake trends can be as popular and ever-changing as clothing trends. Basic cakes are transformed into dreamy floral centerpieces with the addition of flowers you'd typically find in a bouquet.

But here's the part that rarely gets mentioned—most of those flowers aren't food safe. Grocery store bouquets are grown to be gorgeous, not edible. They're treated with pesticides, fungicides, and preservatives while growing and after harvest, unlike our food supply, which is regulated carefully to ensure chemical residues stay below strict safety limits.

Long stems, big blooms, and uniform color often come at the expense of chemical treatments. In fact, studies have found that store-bought flowers can have residues of multiple pesticides at levels that would never be allowed on fruit or vegetables. A 2016 study by Toumi in Belgium found an average of 10 active pesticide substances per flower bouquet. Fungicides were both the most frequently tested and found at the highest concentrations. When these flowers are placed directly on frosting or pushed into the cake, these active chemical residues go with them.

The good news is that there are safe and equally beautiful alternatives. Some local farms and markets offer edible flowers grown without harmful chemicals. Popular options include pansies, violas, calendula, nasturtiums, and marigolds. You can also grow your own flowers or herbs—basil, rosemary, and mint blossoms all add color and flavor. Even if you don't need edible flowers to decorate your cake, you want to be using flowers that are food safe if they will







be touching food someone will consume. Consider wrapping the stems in floral tape or using a barrier to prevent the stem or flowers from directly touching the cake. Fresh flowers on desserts are undeniably pretty,

but it's worth taking a moment to make sure they're as safe as they are stylish. Choosing edible blooms or at least chemical-free flowers means you can enjoy the trend without any hidden ingredients.

Savy Leigh PHOTO

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

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senorfrogs.com/panama-city-beach

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



Things to Do

Panama City Center for the Arts Opens Two New Exhibitions for the Month of August

The Center for the Arts will host its monthly opening reception to welcome two new exhibitions in its galleries featuring local artists. Willie Morris has a collection of graphite works for his exhibition titled See. Experience. Imagine. on display in the Main Gallery. Noah Beich will be featured in the Miller Gallery.

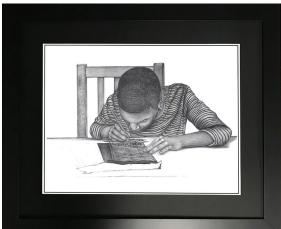
Internationally renowned artist Willie Morris's journey is a testament to the power of creativity, passion, and perseverance. Raised in East St. Louis, Illinois, and Kalamazoo, Michigan, Willie's early life was shaped by the diverse environments he called home. His path to success took flight in 1992 when he earned a full-ride Track and Field scholarship to Mississippi Valley State University. But his passion for art would soon outshine the track.

Willie's art isn't just a personal expression; it's a universal dialogue. His collection captures moments that resonate with all of us, reflecting our shared human experience. "I challenged myself to produce at least two pieces every month that truly touch the heart of those who see them," said Morris. "These works invite viewers to pause, reflect, and connect—to see the world through my creative eyes."

Through all his roles—educator, artist, designer-Willie Morris continues to inspire, innovate, and remind us that art is more than what we see; it's how we experience the world around

Noah Beich was born to a



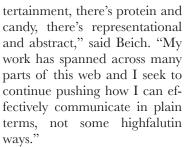


whiteness afforded me," said Beich. "That realization launched me into a flurry of discovering all the other privileges I benefit from without being aware. This has led me to a slightly corny but still true guiding sentiment 'With great privilege comes great accountability.'

In these past two years, Noah's work has become far more "entertaining" or more

to far more purely abstract work rather than primarily figurative work with abstract elements, which was my previous method-

'On two ends I feel there is didacticism and escapism/en-



Exhibitions will be on display from August 1 through August 30. 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.





accurately escapist, translating



Must Do in PCB



Russian immigrant mother and

American father. Growing up

Muslim provided Noah access

to a different world, one that

existed within and outside of

suburban white America. "As I

matured, I became increasingly

self-aware of the privileges my

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GCSC Foundation Receives Over \$98,000 to Support Nursing Students

The Gulf Coast State College Foundation is proud to announce three significant new gifts totaling more than \$98,000 to support the success and stability of nursing students in our region. Thanks to generous contributions from HCA Florida Gulf Coast Hospital and the Edward F. Hickey Memorial Fund, students pursuing nursing careers will have immediate access to emergency financial assistance and long-term scholarship opportunities designed to strengthen the healthcare workforce across Northwest Florida.

The first of these impactful gifts comes from HCA Florida Gulf Coast Hospital, which has established the "Need It Now" Nursing Emergency Scholarship Grant Fund with a contribution of \$8,000. This fund is designed to provide rapid, short-term assistance for nursing students facing unforeseen financial hardships that could otherwise derail their education. Grants of up to \$500 per





student can be used for tuition, textbooks, supplies, or critical living expenses such as housing or transportation.

"We are so pleased to partner with Gulf Coast State College to provide emergency funds for nursing students," said Chase Christianson, CEO of HCA Florida Gulf Coast Hospital. "No student should have to put their dreams on hold because of an unexpected financial setback. By helping our future nurses stay on track, we're investing not only in their success but also in the future health of our community."

In a remarkable show of support, the Edward F. Hickey Memorial Fund has generously matched this initiative with an additional \$8,000, establishing the Edward F. Hickey Memorial "Need It Now" Nursing Emergency Scholarship Grant Fund. Together, these funds ensure that nursing students have access to the resources they need to persevere through life's challenges and stay focused on their academic and career goals.

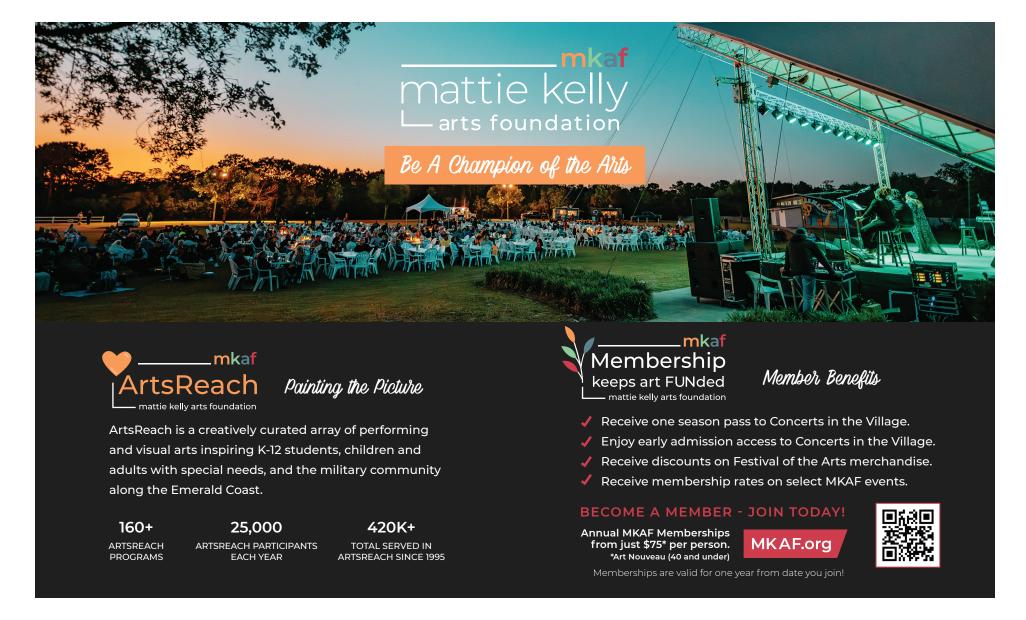
"The late Edward F Hickey Jr was not one to draw attention to his generosity towards the community. As Trustee, I be-

lieve everyone deserves access to the best healthcare available," said Jeff DiBenedictis, Trustee of the Edward F. Hickey Memorial Fund. "Mr. Hickey was an advocate for giving individuals an opportunity at success. The establishment of a fully endowed scholarship for the Nursing program gets us one step closer to achieving our goal of providing the community with quality healthcare. Naming it after the late Edward F Hickey Jr ensures his legacy will live on."

In addition to the emergency grants, the Edward F. Hickey

Memorial Fund has also established a \$75,000 permanent endowment, the Edward F. Hickey Memorial Nursing Scholarship Award Fund, to provide long term financial support to nursing students at Gulf Coast State College. An extra gift of \$7,500 has been contributed to ensure that scholarships from this fund will be available starting in the Fall 2025 semester, bringing the total investment from the Hickey Fund to \$82,500.

"These gifts serve as a powerful reminder of the generosity and commitment from our community partners," said Ashlin Glatthar, Executive Director of the Gulf Coast State College Foundation. "With immediate aid for students in crisis and permanent scholarships to sustain future generations, we're creating a foundation of support that strengthens our college, our healthcare system, and our entire community."





From Kindergarten to Commencement:

Celebrating Our Beach Schools

A Message from Superintendent Mark McQueen

It's the perfect time to celebrate the accomplishments of our Panama City Beach schools. In the last column, we highlighted the Class of 2025 from J.R. Arnold High School, and this month, we turn our spotlight to the amazing elementary and middle school teams laying the foundation for tomorrow's leaders.

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

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

Hutchison Beach Elementary sustained its "A" rating with a continued emphasis on leader-



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

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

stepping stones toward future success. Our dedicated teachers, supportive families, and resilient students work hand in hand to create environments where learning thrives and character is built. Whether it's through academic excellence, athletic victories, artistic expression, or community service, our beach schools continue to excel in ed-

ucational achievement in Bay County.

As we celebrate another successful year and continue working to put the "A" back in Bay, we thank our students, families, teachers, and staff for their dedication. We look forward to the continued growth of our beach schools.

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

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

The accomplishments of our beach schools reflect the strength and spirit of our community. These achievements are not just milestones; they are









Hutchison Beach Elementary Earns Rare Legacy School Honor

By Bay District Schools

Hutchison Beach Elementary School is making waves... again. This time, it's for earning one of the most prestigious distinctions in education: designation as a Leader in Me Legacy School by FranklinCovey Education. The honor, awarded to just a select few schools across

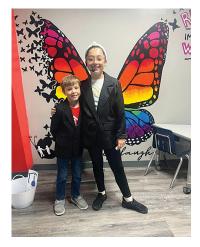
the nation, recognizes campuses that have fully embraced and sustained a culture of student leadership, academic excellence, and whole-child development.

This milestone places Hutchison Beach in elite company, becoming only the third school in Florida to achieve Legacy status and joining the top ranks of

Leader in Me schools nationwide

"It's a tremendous honor," said Principal Glenda Nouskhajian. "This recognition represents years of commitment, collaboration, and belief in every student's potential to lead. Our journey to Legacy status has been transformational for







our school community, and we're excited to celebrate this moment together."

And celebrate they will. On August 26, students, staff, and community partners will gather for a Leadership Pep Rally to mark the occasion. The event promises a high-energy celebration, complete with spirited performances, inspiring stories, and a keynote address from one of the movement's most influential voices: Muriel Summers. As the founding principal of A.B. Combs Leadership Magnet Elementary, the first-ever Leader in Me school, Summers brings powerful insight and deep inspiration to a school that is now walking in the footsteps of the model she helped create.

The Leader in Me program, based on principles from The 7 Habits of Highly Effective People, empowers students to take ownership of their learning and growth, while promoting leadership at every level of the school. At Hutchison Beach, these principles are more than just posters



on a wall; they're part of daily routines, classroom culture, and student success.

Legacy status doesn't come easily. It requires years of dedicated implementation, measurable outcomes, and a school-wide commitment to continuous improvement. For Hutchison Beach Elementary, it's a validation of everything they've built and a launchpad for what comes next.



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Treatment Options for Thinning Hair



By Dr. Jessica Clark

Thinning hair is a common concern for many individuals, affecting both men and women as they age or experience certain medical conditions. Fortunately, there are a variety of treatment options available to help combat hair thinning. These treatments range from topical and oral prescriptions to advanced technologies like the Cynosure UltraLaseMD offered at Beach Dermatology Skin Wellness Clinic. This article will delve into the most effective approaches, highlighting their benefits, potential side effects, and how they can help restore thicker, healthier hair.

The first step is diagnosis. Hair loss is not a diagnosis. There are several forms of hair loss, some more serious than others, and some are related to underlying autoimmune disease. Board Certified Dermatologists are physicians who specialize in skin, hair, and nails and not all treatments are appropriate for some disorders. Please get an accurate diagnosis first, which

may include blood work depending on your age, sex, and form of hair loss.

1. Topical Treatments

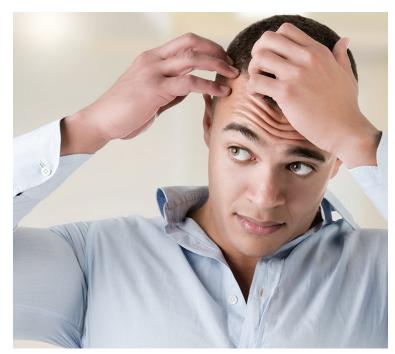
Minoxidil: The Gold Standard

Minoxidil (brand name Rogaine) is one of the most well-known and widely used topical treatments for hair thinning and hair loss. It is available over the counter in 2% and 5% concentrations. This medication can also be prescribed orally by your physician. Oral works faster than topical, but there are a few potential side effects to discuss with your doctor.

How It Works: Minoxidil is thought to stimulate hair follicles by increasing blood flow to the scalp, thereby encouraging hair growth. Minoxidil prolongs the anagen (growth) phase of the hair cycle.

Effectiveness: Clinical studies have shown that Minoxidil can slow down hair loss and promote regrowth, particularly in the crown area of the scalp. However, it works best in the early stages of hair thinning and may not be effective for individuals with advanced baldness.

Side Effects: Some users may experience scalp irritation, itching, or redness. In rare cases, unwanted facial hair growth can occur, especially if the product spreads to areas of the face. Pet owners need to be cautious, as it can be dangerous to animals.



Other Topical Options Ketoconazole Shampoo:

Often used for its anti-inflammatory properties, ketoconazole is a topical that may help address scalp inflammation, a potential contributor to hair thinning. It is available in prescription and over-the-counter strengths.

Corticosteroids: Topical steroids are only appropriate for autoimmune forms of hair loss and are sometimes prescribed for people with alopecia areata, an autoimmune condition that causes hair loss in small, round patches or lichen planopilaris that can cause severe permanent loss if not caught early. Topical steroids can reduce inflammation and encourage hair regrowth in these cases.

Compounded prescrip-

tions: Today, several compounding pharmacies have expanded our options and combine prescriptions like minoxidil, finasteride, and spironolactone topically plus or minus other nutrients that have been proven to support hair growth.

Exosomes: The new kid on the block. The science here is pretty exciting!! Topical serums

that contain exosomes, which are cellular messengers to tell your hair growth to "Turn on!!" As of summer of 2025, this will be the new wave of products that produce stellar results. They are pricey, but the results are undeniable. There are a few reputable brands, the most popular right now is Plated, and they are going to start to be employed by themselves but even better in combination with oral and laser therapies. Early studies show 100% of participants are happy with results when adding exosomes to their hair loss regimens. At Beach Dermatology Skin Wellness Clinic, we are so excited about this science that we just placed our first order, as this may replace some of our older treatment options soon!

2. Oral Medications

Finasteride: A Proven Option for Patients

Finasteride (brand name Propecia) is an oral medication that has been shown to be effective in treating male and female pat-

Continued on page 23



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Look for Good Intentions: A Simple Love Hack Promotes Happiness and Relationship Wellbeing



By Jamie C. Williamson, PhD

Happy couples know a love hack that you can learn: They notice each other's good intentions and give credit where credit

This simple love hack increases happiness and produces higher levels of relationship wellbe-

Interestingly, the impact of your partner's good deeds depends largely on why you think they tried to do something good for you. We call this an "attribution" of cause.

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

The good news is that you can train yourself to pause, look for the good in your partner, and

appreciate their contribution to your relationship wellbeing.

How Giving Due Credit Works

Let's say your partner made the bed while you were in the shower. There are four basic casual attributions you could make for this small kindness, and they result from Internal vs External causes and from Stable versus Temporary causes.

My Partner made the bed for me because:

...he is kind and routinely finds ways to make my life easier (Internal, Stable attribution)

...he is feeling guilty about coming home late last night (Internal, Temporary attribution)

...his sister always tells him he should help more with housework (External, Stable attribu-

...his first appointment was a Zoom from home, so he just had extra time. (External, Temporary attribution)

People in healthy, satisfying relationships routinely make Internal, Stable attributions (#1 – an admirable character trait) for their partner's positive acts. These attributions increase happiness about the behavior



and promote the relationship's well-being over time.

People in distressed relationships often make External, Temporary attributions (#4 a self-serving opportunity) for their partner's kindness. These attributions diminish happiness about the behavior and erode relationship satisfaction over time.

Pause, Think and Stay Happy

Let's consider a grand gesture:

Look Healthy,

Feel Alive!

biote (

Peter got a work promotion to a larger, new sales territory. He planned a meet-and-greet trip to Orlando during his first week in the new job, which happened to include his wife Lauren's July birthday. With his boss's permission, he invited Lauren to join him for his stay in Orlando at a luxury hotel, as a surprise birthday gift. He told Lauren that, although he would be working several hours each day, they could sleep late, have every evening meal together, and Lauren could enjoy well-deserved R&R as a special birthday treat. He knew that Lauren, a middle school teacher, had the summer off.

Fortunately, Lauren, who looks forward to celebrating her birthday with family and friends every year, paused to consider alternative reasons why Peter combined a work trip with her birthday celebration.

...he is a hard-working man who is motivated to make her happy (an Internal, Stable Attribution)

...he planned the trip before he realized it interfered with her birthday, so he just did the best he could to make up for it. (an Internal, Temporary Attribu-

...his clever assistant suggested it was the way to keep both his boss and his wife happy. (an External, Stable Attribution)

...his boss gave permission, so he could pay for her birthday trip with his expense money. (an External, Temporary Attribution)

If Lauren believes that Peter combined his work trip with her birthday gift to save money and reacts through that lens, she will be unhappy with his effort, and they will experience relationship distress. Lauren won't hear Peter's alternative explanations because, in her view, the gift is a convenience to him, not a gift to her at all.

If Lauren believes that Peter combined his work trip with her birthday gift with good intentions, inspired by his work ethic and his dedication to her, she will be happy with his effort to please her, and their relationship will be enhanced. Lauren won't see an alternative explanation because she only sees a good deed and gives Peter credit for it.

The Love Hack Learned

Notice when your partner does something good for you and remember that what you see depends on what you look for.

If you look for Internal, Stable causes for your partner's good deeds, then you will easily see your partner's admirable character and positive intentions. This will enhance your positive regard for your partner and improve your relationship quality over time.

If you look for External, Temporary causes for your partner's good deeds, you will see self-serving motives and make critical interpretations. This will have a negative impact on your happiness and degrade your relationship over time.

I recommend you pause and try this simple, positive Love Hack instead.

Let me know if I can help.

Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and Member of the Gottman Referral Network, with a Certificate in the Science of Wellbeing and Happiness from the Harvard School of Medicine. She is an owner and partner at Amity Mediation Workshop, a mediation practice specializing in "friendly divorce" mediation and psycho-educational couples counseling. Dr. Jamie speaks frequently on relationship topics and authors the blog "Work it Out." You can find her online at amitymediationworkshop.com.



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Book Review: Letters to a Young Therapist

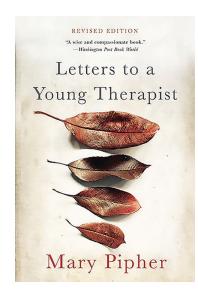


REVIEWED BY MICHAEL McManus, LCSW

"Letters to a Young Therapist" by Mary Pipher is an insightful exploration of the

complexities of the therapeutic profession. Although this book was published years ago, it still has a wonderful message. In this collection of letters, Pipher, a seasoned psychologist, shares her wisdom and experiences with a younger colleague, offering guidance that transcends the clinical aspects of therapy.

The book is structured as a series of heartfelt letters, each addressing different challenges and realities faced by therapists. Pipher's writing is both compassionate and candid, making it accessible to both seasoned professionals and those new to the field. She delves into topics such as the importance of self-care, the emotional toll of the profession, and the profound impact of the therapist-client



relationship.

One of the standout features of Pipher's writing is her ability to weave personal anecdotes in with professional insights. She reflects on her own journey, revealing vulnerabilities that resonate with anyone navigating the intricacies of human emotions. This personal touch not only humanizes the profession but also serves as a reminder that therapists are, first and foremost, individuals grappling with their own lives.

Pipher's style is engaging, and her use of language is both poetic and clear, making complex ideas easy to digest. The book is filled with practical advice, encouraging therapists to embrace their authenticity and remain attuned to their own emotional landscapes while helping others.

Overall, "Letters to a Young Therapist" is more than just a guide for aspiring therapists; it is a meditation on the art of empathy, the necessity of connection, and the transformative power of understanding. Pipher's reflections serve as a beacon for anyone committed to the healing arts, reminding us that the path of a therapist is as much about personal growth as it is about aiding others. This book is a must-read for anyone in the field of mental health, as well as those interested in the profound dynamics of human relationships.

Michael McManus LCSW is a psychotherapist in private practice in Santa Rosa Beach, Florida. He and his wife, Angela raised four children and enjoy hiking, reading, yoga, biking and cooking Michael can be reached by text or phone at (850) 837-0123 or at psychotherapy30A.com.

THINNING HAIR

continued from page 21

tern baldness.

How It Works: Finasteride works by inhibiting the enzyme 5-alpha reductase, which converts testosterone to dihydrotestosterone (DHT), a hormone linked to hair follicle shrinkage in genetically predisposed individuals. By reducing DHT levels, finasteride can help slow hair loss and promote regrowth.

Effectiveness: Research has shown that finasteride can significantly improve hair density and slow down the progression of hair thinning in men with androgenetic alopecia (male-pattern baldness). However, it's most effective when started early in the process of hair loss.

Side Effects: Some men may experience sexual side effects, such as reduced libido or erectile dysfunction. These side effects are rare and typically resolve after discontinuation of the medication.

Dutasteride: A Stronger Alternative to Finasteride

Dutasteride (brand name Avodart) is a medication similar to finasteride but works by inhibiting both types of 5-alpha reductase. This makes it more potent in reducing DHT levels.

Effectiveness: Dutasteride may offer a greater benefit for men with severe androgenetic alopecia who do not respond well to finasteride. This medication is first line for lichen plano-

pilaris and frontal fibrosing alopecia, both much more serious forms of hair loss.

Side Effects: Similar to finasteride, dutasteride may cause sexual side effects, though these are rare and reversible.

Spironolactone: An Option for Women

Spironolactone (brand name Aldactone) is an oral medication that can be effective in treating female-pattern hair loss (androgenetic alopecia) in women. It works by blocking androgen receptors, reducing the effect of male hormones (androgens) on hair follicles.

Effectiveness: Spironolactone is particularly useful for women who experience hair thinning due to hormonal imbalances, such as those related to polycystic ovary syndrome (PCOS). It may take several months to see noticeable results.

Side Effects: Spironolactone can cause hormonal side effects, including menstrual irregularities and breast tenderness. It's not recommended for pregnant women due to the risk of birth defects.

Oral vitamins like Nutrafol and Viviscal: The jury is still out. These products seem to help minimally over time but are very expensive. Most patients do not see results from "hair vitamins" but small studies show some evidence that they can help when used in addition to other treatments. Most dermatologists feel that the prescriptions above are much more effective and significantly less costly over time. Insurance will often cover the prescription options whereas vitamins are out

3. The Cynosure UltraLaserMD: A Revolutionary Approach

For individuals seeking non-invasive treatments, Cynosure UltraLaserMD offers a promising option in the fight against thinning hair. This advanced technology utilizes advanced laser technology as a clinically proven method to stimulate hair growth.

How It Works: The Cynosure UltraLaserMD uses light at specific wavelengths to pene-

trate the scalp and stimulate the hair follicles. This process enhances cellular metabolism and blood flow to the hair follicles, promoting hair regrowth.

Effectiveness: Clinical studies suggest that laser treatment can increase hair density and the thickness of individual hair strands. It's most effective for individuals with early to moderate stages of hair thinning. Results typically begin to appear after several weeks of treatment, with continued improvement over time.

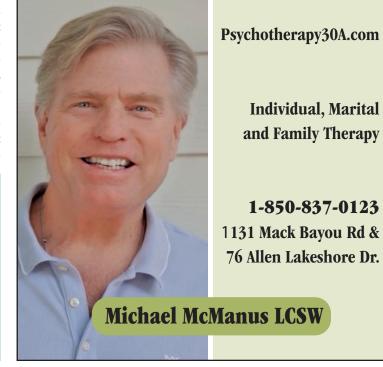
Advantages: One of the key benefits of the Cynosure UltraLaserMD is its non-invasive nature. There is no downtime, making it an ideal option for

those who prefer to avoid side effects or invasive procedures. It is also painless and the appointment takes less than 30 minutes.

Side Effects: The risks associated with laser treatment are minimal. Some individuals may experience mild scalp irritation or a slight tingling sensation during treatment, but these side effects usually resolve quickly.

Who Should Consider It: Cynosure UltraLaserMD is particularly effective for individuals with androgenetic alopecia or telogen effluvium (temporary hair shedding) and can be used as a standalone treatment or in conjunction with other thera-

Continued on page 30







Common Fungal and Yeast Infections Seen in the Summertime: What to Know and How to Treat Them



By Bridget Sullivan, PA-C, Coastal Skin Surgery and Dermatology, PCB

Fungal and Yeast Infections

Fungal and yeast infections become more common in the summertime due to heat, humidity, and increased sweating. Warm, moist environments allow fungi and yeast to grow quickly on the skin, leading to a variety of infections that often cause irritation, discoloration, and itching. These infections can be uncomfortable, contagious, and affect how your skin looks, so it is important to treat them early.

Examples of these infections:

• Tinea Corporis, also

known as ringworm, is caused by dermatophyte fungi. Tinea corporis is contagious and can spread through skin-to-skin contact or shared items like towels and clothing.

Appearance: It appears as circular, red, scaly patches with clearer centers and raised borders, often on the arms, legs, or trunk

- Athlete's Foot (Tinea Pedis)
- Jock Itch (Tinea Cruris)
- Yeast infections caused by Candida species.

Appearance: The above three conditions often occur in skin folds or damp areas of the body and appear as red, itchy, and sometimes cracked skin.

• **Tinea Versicolor,** caused by the yeast Malassezia, typically affects the chest, back, and shoulders. This condition is not contagious but can occur, especially in hot, humid climates.

Appearance: It appears as small, discolored patches, either lighter or darker than the surrounding skin that may be dry or slightly scaly.

Treatment

Treatment for fungal and yeast infections typically involves topical prescription strength antifungal creams. In more widespread or stubborn cases, oral antifungal medications may be prescribed.







Tips for Prevention

- Keep the skin dry and clean
- Stay cool; avoid getting overheated
- Wear shoes in public places; shoes/flipflops at the pool, sauna, spa and gym
- Wear breathable fabrics; avoid tight clothing

Early recognition and proper treatment help reduce discom-





fort, can clear up the infection, and prevent the infection from spreading or recurring. If you notice a rash that does not go away or keeps coming back, talk to your healthcare provider.

During these long hot days of summer, don't let the heat and skin rashes get you down!



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Menopause Doesn't Have to Be Miserable

By Dr. Karen DeVore

Let's start with something every woman de-

serves to hear: Menopause is not the end of your vitality.

It's a transition—a powerful, sometimes challenging, often misunderstood chapter in your life. And at the Tortoise Clinic, we believe it can also be one of your most empowered.

A New Conversation Around Women's Health

Too many women come to me saying the same things:

"My doctor told me everything's normal, but I still feel off."

"I was offered antidepressants but never asked about my hormones."

"I'm gaining weight, can't sleep, and I don't feel like myself anymore." Sound familiar?

Menopause and the years leading up to it (peri-menopause) can cause a wide range of symptoms—hot flashes, mood swings, insomnia, brain fog, low libido, fatigue, and weight changes. But instead of support, many women are dismissed or handed a pill without a deeper conversation.

That's where integrative care changes the game.

What Is Integrative Menopause Care?

Integrative medicine blends the best of both Eastern and Western healing traditions. It means we don't just look at your labs—we look at your life. We consider your diet, stress levels, sleep, relationships, work, and everything else that impacts your well-being.

At the Tortoise Clinic, menopause care is never one-size-fits-all. It's personal, proactive, and designed around you.

Your Hormones Aren't the Whole Story-But They Matter

As your estrogen, progesterone, and testosterone shift, it can affect nearly every system in your body—from mood to metabolism to memory. We use advanced hormone testing (including DUTCH and blood panels) to uncover where imbalances are hiding.

But we also look beyond hormones.

- Is stress overloading your adrenals?
- Is poor sleep undermining your immune system?
- Is your gut health affecting your mood or inflammation?

All of these matter. And all of these can be addressed—often without relying solely on medication.

Our Holistic, Patient- Centered Approach

Every woman's body is different. That's why we offer personalized wellness plans that meet you where you are. Here's what menopause support can look like at the Tortoise Clinic:

Functional Lab Testing: We go beyond standard bloodwork to assess hormone patterns (including DUTCH testing), thyroid function, nutrient status, and inflammatory markers. "Normal" isn't always optimal—we help you find what's right for you.

Herbal Medicine & Supplements: We craft custom herbal formulas and use medical-grade supplements to support sleep, reduce hot flashes, regulate cycles, and improve energy and focus.

Acupuncture: These therapies help calm the nervous system, improve circulation, balance hormones, and reduce the intensity of menopausal symptoms naturally.

Nutrition & Lifestyle Coaching: We guide you in making smart, sustainable changes that support hormone health, blood sugar stability, and overall vitality. No fads. No deprivation.

Real Conversations: We take the time to listen to your story, your goals, and your challenges. You won't be rushed or brushed off. You'll be heard.

Why This Matters

Menopause doesn't mean you have to slow down, suffer through, or give up on feeling great. It's a biological transformation, and it deserves thoughtful care. When supported correctly, women often feel more grounded, intuitive, and powerful than ever.

And the results speak for themselves: Women at the Tortoise Clinic tell us they're sleeping better, thinking clearer, reconnecting with their energyand feeling more like themselves again.

Your Next Step Toward Vibrant Health

If you're in perimenopause, menopause, or even postmenopausal and struggling with energy, mood, sleep, or weight—don't wait for it to get worse.

Let's get to the root of it, together.

We're proud to be voted Best in Destin for Women's Wellness—and we'd be honored to support you on your wellness journey. Give us a call at 850.267.5611 or visit Tortoise-Clinic.com to schedule your consultation and mention this article to receive \$30 off your first service as a new patient.

Menopause isn't the end of anything. It's the beginning of living in deeper alignment with your body—strong, aware, and empowered. Let's walk that path—slow and steady—togeth-

WOMEN'S WELLNESS REIMAGINED

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

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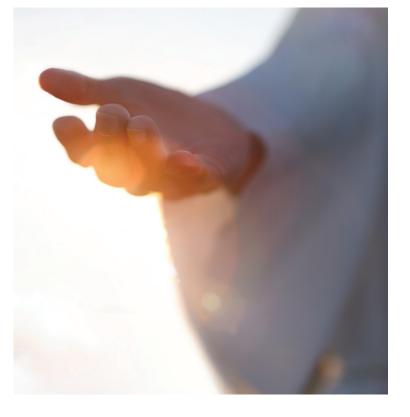
A Minister's Message: Heaven Is Real

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

"Let not your heart be troubled; you believe in God, believe also in Me. In my Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I

go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also." (John 14:1-3)

We all seek to look beyond this veil of tears. Is there something better awaiting us? This question is especially pertinent for those who have gone through



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.

August 10: Why I Believe in Heaven
August 17: How to Build a Stronger Faith
August 24: He Has Prepared a City for People of Faith
August 31: Why I Believe in the 2nd 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 an enormous amount of physical or emotional pain.

On a lighter note, I'll never forget how my wife and I felt after a long stay in the Middle East. It was a wonderful tour, but after sixteen days of rushing from place to place, the heat and exhaustion took its toll. As we boarded our final flight back to the States (a 10-hour flight), we didn't even mind the long flight. WE WERE GOING HOME!

The Bible depicts "heaven" as "going home." I have stood by the bedside of many church members who were dying. They would often say, "I'm going home." I knew they weren't talking about being released from the hospital. It was a much bigger picture than just returning to their earthly home; it was the expectation of going to their heavenly home. Oftentimes, they seemed to have a sense of acceptance, even actual joy. It was the soul's gladness that God was welcoming them home.

Love seemed to be the prevailing emotion. In 1 John 4:18, the writer said, "There is no fear in love, but perfect love casts out fear."

Heaven is a prepared place for those who love and obey His Will. John again writes, "If you love me you will keep my commandments" (John 14:15). Jesus, in His final words to His apostles said, "He that believes and is baptized shall be saved" (Mark 16:16). Throughout the Bible, the words "walking with God" appears to be the defending step that announces that we have chosen to remain close to our Lord in this lifetime. Thus we attend services of the Lord's church regularly, we study our bible to learn more of Him and His Will, and we pray to God always, recognizing that "heaven" is our real Home.

Emerald Beach Church of Christ is located at 301 Alf Coleman Road.

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Sean of the South: Homegrown Tomatoes



By Sean Dietrich

Homegrown tomatoes. I love them. All kinds. Heirlooms, beefsteaks, superstars, Better Boys, Burmese sours, Cherokee purples, double-Ds, you name it.

A tomato is a magical thing. A love story in nutritional form. A tomato connects you with real life in a way nothing else can.

I want them room temperature. Sliced thick. Salted and peppered. Or placed onto a slab of soft white Bunny Bread, coated with enough Duke's mayonnaise to suffocate a small woodland creature. Eaten as a sandwich.

Also, chocolate. Love it. We went to Spain recently, and there is chocolate everywhere. They sell it at every tienda, mercado, and café. I even bought chocolate once at the police station.

Since being home, I've developed a crippling addiction to cocoa. I'm plowing through a bar of chocolate every day or so. My wife sincerely believes that I would be easy to kidnap because I take chocolate from strangers.

Likewise, I love my dogs. I have three. Thelma Lou (bloodhound), Otis Campbell (alleged Labrador), and Marigold (American coonhound). They are not well-behaved dogs, mind you.

Whenever company comes over to our house, for example, within seconds our dogs have coerced them into throwing balls and playing tug-of-war with various chew toys that resemble deceased hamsters. After only minutes in our home, many of our visitors suddenly remember urgent dental appointments.

And I love water. Big bodies of water. I love the lake, the Gulf, the rivers, whatever. I need water in my life.

American music. The old stuff. Fiddle tunes. Folk ballads. Old school R&B, when bands

still had horn sections. And classic country before grown men wore glitter jeans. Old hymns.

I'm crazy about hymns. They hold a power over me I cannot shake. Why don't we write spiritual songs like this anymore?

Many of the historic spirituals are pure poetry. Whereas today's church music contains four lyrics, a lead guitar hook, and a dance break.

Even so, when you read the text of the old hymns, it's like reading Robert Burns:

"Here I raise my Ebenezer;

"Hither by thy help I'm come;

"And I hope, by thy good pleasure,

"Safely to arrive at home..."

Also. I love my wife. Nobody has ever believed in me the way she has. Nobody ever had reason to. Nobody expected much out of me in this life, and for the most part, they have not been disappointed.

But somehow, Jamie Richburg Martin could see through me. She understood me. We've been married 22 years, and I still can't believe it's been so long.

It feels like only yesterday that I stood at the altar, wearing a rented tux that smelled like someone else's b.o fumes, and trousers that ended up giving me a groinal rash.

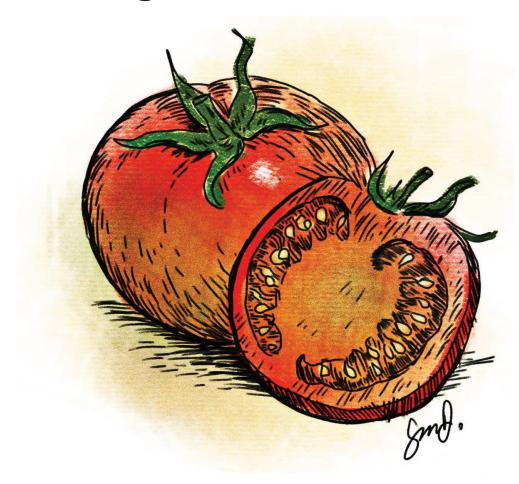
While standing at that altar with her, I knew that this was the beginning of the rest of my life. The beginning of my spiritual development. The beginning of a decades-long crisis of perpetually trying to figure out what the hell is for dinner.

So anyway, I bring all this up because this morning when I woke, all I saw were horrible things. The news networks featured journalists all chewing the same depressing cud. My social media feed was chock-full of hateful political rants from whack-jobs I don't even know.

Every headline features global tragedy. Every internet video is clickbait. Everyone wants your money. Everyone wants to scare you. Fear, fear, fear. Buy, buy, buy.

But you know what you'll never read on social media? You know what you'll never see on your newsfeed? Real life.

No, to experience this mysterious and wonderful gift of reality, you must power down your phone, shut off the 24-



hour talking heads, quit reading internet articles written by vary pore riters like this one, and breathe. Maybe make a list of things you love, count them one by one, immerse yourself in these things, and never let them go. And then, when you are finally ready to experience the fullness of joy...

Eat a homegrown tomato.



Back-to-School, Back-to-Style: **Refreshing Your Floors Before the Holidays Hit**

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

As summer in Panama City Beach begins to fade and the school year kicks off, there's a familiar shift that happens inside our homes. Beach bags get tucked away, school schedules replace beach days, and families settle back into routines that revolve more around the indoors. With more time spent at home—especially after a summer of sandy feet, sunscreen spills, and barefoot chaos—August is the ideal time to refresh your space, starting from the ground up.

At Flooring Depot of Panama City, late summer is when many families realize their floors have taken a hit. Whether it's scratches from dragging coolers across the living room or just a desire for a new look before the holidays, August is a smart time to invest in new flooring.

Why August?

There's something about the start of school that feels like a

second New Year. It's a chance to reset, reorganize, and renew your home. Routines become more predictable, and it's the calm before the holiday storm.

"People don't always think of August as a time for home improvement, but it's actually one of the best," says Kristen Carter, sales manager at Flooring Depot. "You're not dealing with holiday stress yet, and schedules are more open."

By refreshing your floors now, you'll enjoy them through the coziest seasons—fall and winter—when you're indoors more, hosting guests, and making memories with family and friends.

Style That Holds Up

Living in Panama City Beach is a dream—but the humidity, sand, and constant activity can take a toll. That's why choosing the right flooring is key. Flooring Depot offers a wide range of stylish, durable options:

One of the most popular choices is Luxury Vinyl Plank

(LVP). Known for its waterproof and scratch-resistant qualities, LVP gives you the high-end look of hardwood without the worry. It's perfect for homes with pets, kids, and sandy feet—and it holds up beautifully in high-traffic areas.

Another excellent option is porcelain or ceramic tile, which remains a staple in Florida homes. Tile is naturally cool underfoot, easy to clean, and highly resistant to moisture, making it ideal for kitchens, bathrooms, and entryways. Plus, it comes in endless styles—from sleek and modern to warm and rustic—so you can customize your look.

For those who love the timeless charm of wood but want something more practical for our humid climate, engineered hardwood is a smart choice. It offers the beauty and warmth of traditional hardwood with added structural stability that helps prevent warping or buckling.

Not sure what is right for you? The Flooring Depot team can help you choose the perfect

fit for your space, lifestyle, and long-term needs.

Beat the Holiday Rush

Another reason to update your floors now: timing. Many of Flooring Depot's best-selling options are in stock, which means shorter wait times and faster installation. You can complete your flooring project with time to spare before fall decorations go up.

"We pride ourselves on having a wide in-stock selection," says Carter. "If you're hosting Thanksgiving or Christmas, don't wait until October. August gives you time to plan and install without the last-minute rush."

Small Changes, Big Impact

You don't have to redo your whole house. Upgrading just one room can breathe new life into your home:

- Replace worn carpet in a guest room before visitors arrive
- Update a high-traffic hallvay
- Give your living room a

modern upgrade with wideplank vinyl

• Swap outdated bathroom tile for something sleek and spa-inspired

These smaller projects are often quick and budget-friendly—with results you'll appreciate every day.

Start from the Ground Up

If you're considering a home update before the holidays, your floors are the best place to start. They set the tone for your entire space and take on daily wear and tear that adds up over time.

Visit Flooring Depot of Panama City to explore your options, get expert advice, and schedule your install before the season kicks into high gear. With in-stock products, experienced installers, and a team that truly cares about your vision, your dream home makeover starts here—just in time for fall.







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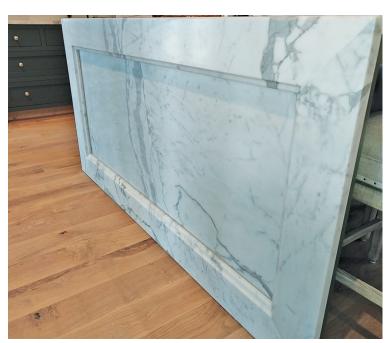
Lifestyle

Design and Culture: What's New in Countertops





Cristallo Maestro Quartzite



Waterfall edge with detail by Granite Plus

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

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

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

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

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

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

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





New Vehicle Registration Kiosk Inside Publix

Renew Your Vehicle Registration While You Grocery Shop

You no longer need to visit the Tax Collector's Office to renew your vehicle registration. Thanks to a new partnership between the Bay County Tax Collector's Office and vendor Florida MV Express, you now have another convenient option.

A new self-service vehicle registration kiosk is now available at the Breakfast Point Publix, located near the front of the store by the cash registers. Installed in mid-July, the kiosk allows you to renew your registration while doing your grocery shopping.

Using the kiosk is quick and easy. Just follow the on-screen prompts. To complete the renewal, you'll need either:

- Your renewal notices PIN, or
- Your license plate number and the date of birth of the first registered owner.
- Credit/debit card for payment

Once the renewal is complete, the kiosk will print your registration and license plate decal on the spot, so you can walk away with everything you need.

The kiosk cannot renew vehicle registrations requiring a new license plate to be issued or those with insurance, driver license, or toll suspensions.

The Bay County Tax Collector's Office is an agent of the Florida Department of Highway Safety and Motor Vehicles as well as the Florida Fish and Wildlife Conservation Commission. To learn more about the Tax Collector's Office, visit BayTaxCollector. com.







THINNING HAIR

continued from page 23

pies such as minoxidil or finasteride. It's also an excellent option for patients who prefer a non-chemical solution.

4. Combining Treatments for Optimal Results

In most cases, combining multiple treatments offers the best results. For instance, using minoxidil for topical stimulation, finasteride for internal DHT reduction, and Cynosure UltraLaserMD for enhanced follicle stimulation can work synergistically to slow hair loss and promote regrowth. Most forms of hair loss need long-term treatment. We used to have no options. Now we have many options, but most forms of hair loss need maintenance treatment for the rest of your life to maintain results. There are some patients that are very severe, or have had hair loss for many years and they may need to consider a hair transplant to get meaningful results. We now have a full hair transplant clinic across the hall at Coastal Plastic Surgery that is amazing for patients with severe loss or scarring, but even those patients need to continue maintenance treatments to protect

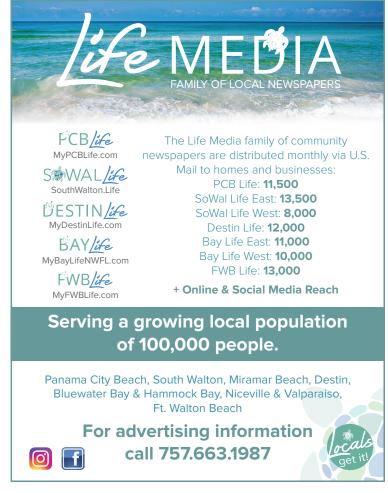
their investment and continue to keep fragile hair follicles healthy. The most important thing is to tailor the treatment plan to the individual's unique needs and consult with a board-certified dermatologist to determine the most appropriate regimen.

Thinning hair can be a distressing concern, but today's array of treatments offers hope for those looking to restore their hair's volume and thickness. Topical treatments like exosome serums and minoxidil, oral medications like finasteride and spironolactone, and innovative technologies like the Cynosure UltraLaserMD laser can all contribute to improving hair health. It's important to consult a dermatologist to determine the most suitable treatment based on the cause and severity of hair thinning.

Contact Beach Dermatology at (850) 238-8511or visit their website at www.beachskinclinic. com to learn which of these options might be best for you.

About the Author:

Dr. Jessica Clark is a board-certified dermatologist specializing in hair loss treatments, including both medical and advanced technological interventions. With over 10 years of experience, Dr. Clark is dedicated to providing personalized care to patients seeking effective solutions for thinning hair.





Update from the Office of Congressman Neal Dunn



When I was elected alongside President Trump in 2024, we made a promise to put the federal government back to work for the American people, preserve the vital programs that many Americans rely upon, and usher in a new American golden age. I'm pleased to report that Congressional Republicans are doing exactly that by passing the One Big Beautiful Bill Act, which was signed into law by President Trump on the Fourth of July.

The One Big Beautiful Bill Act delivers on many of the promises made by President Trump and myself during the last election. Among the many provisions in this bill, House Republicans and President Trump delivered historic border security measures by making the largest investment ever to secure our borders and give ICE the resources it needs to continue removing illegal immigrants from our country.

The bill allocates more than \$46 billion to construct and finish the border wall, including 701 miles of primary wall, 900 miles of river barriers, 629 miles of secondary barriers, and replaces 141 miles of vehicle and pedestrian barriers. The bill also rebuilds the Customs and Border Protection (CBP) workforce by hiring 3,000 new Border Patrol agents, 5,000 new CBP officers, 200 new Air and Marine Operations agents, and 290 support staff.

We are also investing in cutting-edge border technology, including \$6 billion in new tools to detect fentanyl, deploy border-surveillance technology, and enhance Air and Marine surveillance technology.

Crucially, the bill also stops a massive tax increase in the coming years. The American people do not deserve to foot the bill for Washington's spending addiction. That's why my colleagues and I made the tax cuts from the 2017 Tax Cuts and Jobs Act permanent! American families and small businesses cannot afford a tax increase at this pivotal time. Allowing the Trump tax cuts to expire would have raised taxes for the average American family by approximately \$1,700. By lowering tax rates and extending the Standard Deduction and Child Tax Credit, Republicans aren't just putting America first - we are putting American families first.

Finally, with all the other major victories in the One Big Beautiful Bill, you may have missed one significant achievement that is crucial for our state. Florida is a hub for American space travel and innovation, which is why, earlier this year, I introduced the U.S. Leadership in Space Act. This legislation would encourage greater investments in American spaceports by allowing space facilities to qualify for municipal revenue bonds

I am beyond proud to announce that the U.S. Leadership in Space Act was included among the numerous provisions in the One Big Beautiful Bill! Florida communities are eager to expand investments in space infrastructure to maintain America's competitive advantage. I am proud to have played a part in this massive legislative

victory and to have one of my bills signed into law.

I'd like to thank Senator Ashley Moody for her support in getting this legislation into the final bill and President Trump for his leadership in getting it across the finish line.

There is still plenty of work to

be done in Washington. However, passing the One Big Beautiful Bill Act is putting us one step closer to ushering in America's golden age and putting us back on the path to prosperity.

As we continue crafting new public policy in Washington, I hope you will add your voice to the conversation by contacting my office and sharing your thoughts. 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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