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Panama City Symphony Closes its 30th Anniversary Season with Three Final Shows

Panama City Symphony closes its 30th Anniversary Season with three engaging events that span musical eras, genres and venues. On March 5, Renaissance to Rock-n-Roll, a dynamic, high-energy merging of musical styles through a 500-year timespan, is back for its second year. This collaboration between Panama City Symphony musicians and local rock-n-roll favorite, The Will Thompson Band, is an exhilarating journey through centuries of song, bringing diverse, enthusiastic new audiences together. General Admission includes entrance to the show, dinner catered by Paparazzi Gourmet Italian, and wine at each table with a Cash Bar. Renaissance to Rock-n-Roll takes place from 6-9 p.m. at Capt. Anderson's Event Center, 5550 North Lagoon Drive, Panama City Beach.

On March 28, Panama City Symphony features the brilliant works of three classical composers for an evening of elegance and timeless mastery. The Best of Bach, Beethoven & Mozart will be performed by a chamber orchestra and feature select orchestra musicians as soloists. The program opens with Bach's Brandenburg Concerto No. 3, a dazzling showcase of Baroque vitality. Mozart's lyrical Clarinet Concerto in A Major, featuring clarinetist John Divine, follows with its sublime beauty and expressive charm. After intermission, the orchestra brings to life Beethoven's spirited Symphony No. 1 in C Major – a bold debut that blends classical tradition with the first signs of the composer's revolutionary voice.



“This Mozart Concerto is one of the most iconic works in the clarinet repertoire, and I am so excited to get to perform it with the Panama City Symphony,” said Symphony Principal Clarinetist, John Divine. “It has charm and beauty – and truly showcases why the clarinet was one of Mozart's favorite instruments later in his life.”

The Best of Bach, Beethoven & Mozart begins at 7 p.m. at Forest Park Church, 1401 W. 23rd Street, Panama City. With Forest Park Church's stunning stained-glass windows, the show promises a visually and acoustically rich experience.

On April 11, Pictures at an Exhibition & Bruch Violin Concerto combines visual art with music, with works



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PC SYMPHONY
continued on page 2



Spring Sports Lineup



More than 46,000 athletes and spectators are projected to attend a slate of marquee sporting events in Panama City Beach this spring, generating significant economic impact for the destination. Through the strategic efforts of the Panama City Beach Tourist Development Council (TDC) and Convention & Visi-

SPRING SPORTS
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Community

PC SYMPHONY

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by Bernstein, Bruch and Mussorgsky. This extraordinary and very unique show includes a curated collection of original art inspired by the music. The celebration begins with an opening gallery reception at the Panama City Center for the Arts on Friday, March 13, from 5-7 p.m. During this event, the public is invited to view the works of the twelve selected finalists in the Main Gallery, where the first, second, and third place winners will be officially announced. The exhibition will remain open to the public at the Center for

the Arts through April 10, 2026, before being relocated to the foyer of the Barbara W. Nelson Fine Arts Center for viewing on concert night. On the evening of the performance, concertgoers will have the opportunity to participate in the arts experience by voting for a People's Choice Award. All finalist artwork will be available for purchase, with a percentage of the proceeds benefiting the artists, the Center for the Arts, and the Panama City Symphony. This initiative highlights the Symphony's commitment to fostering a vibrant local arts community.

Three dance episodes from 'On the Town' capture the spirit

of New York City, while Bruch's evocative Violin Concerto No. 1 showcases guest violinist Annika Jenkins' artistry and virtuosity. After intermission, the concert culminates with Mussorgsky's 'Pictures at an Exhibition,' a masterpiece that brings paintings to life with each note. Annika Jenkins has soloed throughout the United States and abroad and performed as concertmaster of numerous national and international orchestras. A multi-instrumentalist, she was awarded the Paderewski Gold Medal for piano performance by the American College of Musicians, and a Certificate of Music Performance in Singing from

Trinity College London-Guildhall School of Music. Pictures at an Exhibition & Bruch Violin Concerto takes place at 7 p.m. at the Barbara W. Nelson Fine Arts Center at Bay High School, 1200 Harrison Avenue, Panama City.

For all three events, tickets are available on PanamaCitySymphony.org, and tickets for Bach, Beethoven & Mozart and Pictures at an Exhibition are also available at Eventbrite.com. Details on Panama City Symphony and its 30th Anniversary Season can also be found on social media: @PanamaCitySymphony.



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SPRING SPORTS

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tors Bureau (CVB), the destination will host tournaments and championship events at Publix Sports Park, Frank Brown Park and additional venues across the community.

Last year's spring sports events generated \$34 million in total economic impact, benefiting local hotels, restaurants, attractions and small businesses



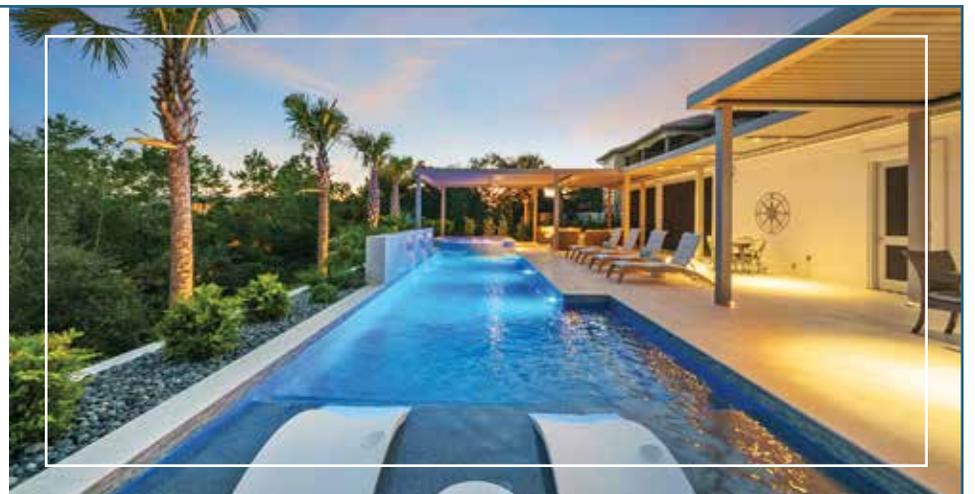
throughout Panama City Beach. From youth baseball, fastpitch softball and soccer tournaments to nationally recognized endurance races, Panama City Beach continues to make a name for itself as a premier sports tourism destination along the Gulf Coast.

For more details and the full spring event lineup, please visit <https://bit.ly/4rNiuUH>.

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UNwineD Presented by Publix and Southern Living Returns to Panama City Beach April 3-4

The Panama City Beach Convention & Visitors Bureau (CVB) is pleased to announce the return of its signature spring culinary festival, UNwineD, presented by Publix and Southern Living. Now in its 10th year, the two-day celebration on April 3-4 has proven to be a draw for visitors and locals alike—with nearly 40% of attendees traveling from outside the destination last year—driving visitation and economic impact for the region.

Designed as a weekend where guests come for the cuisine and stay for the sunsets, UNwineD brings together leading Southern chefs, global wine and spirits, craft beer, live entertainment, cooking demonstrations and more. Award-winning Top Chef Season 7 contestant Kenny Gilbert will join the festival as guest chef, showcasing his globally inspired approach to Southern cuisine. Celebrated wine and spirits writer, educator and storyteller Anthony Giglio will serve as the festival's



featured sommelier, bringing his inclusive and approachable perspective on wine and spirits to the weekend's programming.

"Over the past decade, UNwineD has grown into a festival that draws guests from across the map, creating lasting impressions for first-time visitors while continuing to be a beloved tradition for our local community," said Jayna Leach, Senior



Vice President and CMO of Visit Panama City Beach. "Beyond the experience itself, the festival delivers meaningful economic impact for our destination, and as we celebrate our 10th year, we're thrilled to mark the milestone alongside the incredible talent of Chef Kenny Gilbert and sommelier Anthony Giglio."

Friday, April 3 | Kick-off Party: UNwineD weekend begins at 6 p.m. with an exclusive kickoff party hosted by Visit Panama City Beach and Southern Living. Limited to 250

tickets, the preview party is \$195 per person and includes early entry to Saturday's event and a VIP gift bag with commemorative UNwineD tasting glasses. Guests must be 21 or older to attend.

Saturday, April 4 | Grand

Afternoon Tasting: Beginning at 1 p.m., festivalgoers can sample craft beers, wines and spirits from around the world, along with bites from leading Northwest Florida chefs. Wine seminars, cooking demonstrations, live music and Art & Vendor Row—featuring local artwork and one-of-a-kind finds from nearby shops and boutiques—will bring Aaron Bessant Park alive throughout the afternoon. The Cigar and Bourbon Lounge offers a sophisticated, breezy setting to unwind with hand-selected

bourbons and premium cigars, while the Publix tent serves bites worth seconds. General admission tickets are \$85 and include entry to the Grand Afternoon Tasting and a gift bag with commemorative UNwineD tasting glasses. Guests must be 21 or older; children younger than 12 are admitted at no cost when accompanied by an adult. Early-entry tickets are also available for \$115 and are limited to 300 guests. These tickets include admission to the Grand Afternoon Tasting one hour early and access to a "Meet with Mimosas" experience to mix and mingle with the guest chef and sommelier.

Festival seating is available, and guests are encouraged to bring lawn chairs and blankets. A portion of all ticket sales will benefit Make-A-Wish Foundation, Heartland Animal Rescue and Beach Care Services.

To purchase tickets, visit: <https://www.visitpanamacitybeach.com/unwined>.

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Community

Emerald Coast Boat & Lifestyle Show March 6-8

“Growth!” That is how Scott Burt of the Emerald Coast Boat & Lifestyle Show described this year’s event, which returns to Panama City Beach March 6th-8th.

Boating, fishing, and outdoor enthusiasts, as well as those who love living the Coastal Lifestyle, will notice the show’s growth, with dealers expanding their footprints and showcasing new brands and models. The Grand Lawn portion of the show will feature 50% more boats this year than in previous years, as Ashley Marine will join longtime Grand Lawn dealers Marine-Max and Grander Marine.

Also joining the show this year is Bill Cramer Chevrolet GMC as the Official Truck of the 2026 Emerald Coast Boat and Lifestyle Show. The local dealer will be featuring Chevrolet and GMC trucks at Aaron Bessant Park for those who will need a new tow vehicle to match their new boat purchase.

Guests at the show will also notice the growth at the show’s venue, Aaron Bessant Park. The

70-acre, meticulously maintained green space has added a new 4,800-square-foot pavilion, new fencing, enhanced landscaping, and a new lighting and sound system.

“The park has never looked better,” said Burt. “The city has done a great job with all the new enhancements, and I know they will be well received by those coming to the show.”

Again this year, the top dealers in the Southeast will display more than 400 boats, which is more than 40 million dollars’ worth of bay boats, pontoons, cruisers, personal watercraft, and center consoles, from 17’ to those well over 40 feet, along with the latest marine electronics and innovations.

This on-site collection of dealers and manufacturers allows buyers to compare boats side by side while taking advantage of the best discounts and incentives available exclusively at the show.

In addition to boats, a curated lineup of Coastal Lifestyle exhibitors and vendors



will showcase the best of Gulf Coast living. Boating accessories, fishing, paddle boarding, kayaking, biking, electric carts, product demonstrations, seminars, beach furniture, coastal artists, condo and beach house furnishing, kids’ activities, live music, food trucks, craft beer, and cocktails are all part of the show.

Parking for the show is always free at the adjacent Pier Park. The show will once again honor military members and first responders on Sunday. For

the most up-to-date information on the show, including dealers, brands, exhibitors, and vendors, or to purchase tickets in advance to ‘skip the line,’ visit Emerald-CoastBoatShow.com.

Show Dates & Time:

Friday March 6
“Red Carpet Opening Day”
10 a.m. to Sunset

Saturday, March 7
“Locals Day” 10 a.m. to Sunset

Sunday, March 8
“Military Appreciation Day”
10 a.m. to 4 p.m.*

* Active and Retired service members enter free with Valid ID (Sunday Only)

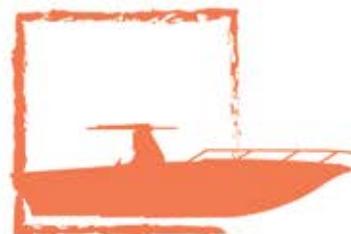
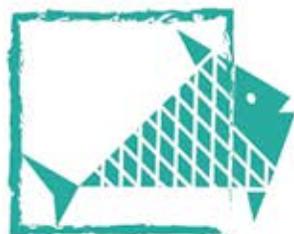
Ticket Prices:

Pre-Sale Online Only (1 Day Pass - Valid until March 5th): \$15

General Admission (1 Day Pass): \$20

Platinum Admission (3 Day Pass): \$35

Kids (12 and under): Free



TICKETS



EMERALD COAST BOAT & LIFESTYLE SHOW

MARCH 6-8

AARON BESSANT PARK



Bayview Wellness & Aesthetics: Your Destination for Health, Beauty, and Confidence

Bayview Wellness & Aesthetics is a medical wellness and aesthetic clinic in Panama City offering personalized care designed to meet each client's unique wellness and aesthetic goals. Serving Bay County and the surrounding areas, Bayview helps clients cultivate enduring health, confidence, and transformative results.

Bayview was founded by Brittany Bosler, DNP, APRN, who holds a Doctorate of Nursing Practice and brings over 12 years of experience in healthcare, including emergency medicine, oncology, surgical care, pediatrics, and advanced practice nursing. Her clinical and academic background drives Bayview's patient-centered approach, emphasizing prevention, education, and sustainable health.

Working alongside Brittany is Kelsey Bus, Licensed Esthetician, whose expertise in skincare and aesthetics plays a key role in client care. Kelsey specializes in



advanced skincare treatments, customized facials, acne management, anti-aging services, and lash and brow treatments. Together, Brittany and Kelsey provide coordinated care that blends medical precision with aesthetic expertise.

Bayview offers a focused range of medical wellness services, including medical weight loss programs with options such as Semaglutide, Tirzepatide, Phentermine, and B12 injections. Additional services include Coast Guard physicals, IV therapy, immunity and steroid shots, NAD+ injections, and acute sick visits.

Aesthetic services include Botox injections, dermal



fillers, microneedling, chemical peels, customized facials, dermaplaning, lash and brow services, waxing, and private Botox parties. Bayview also offers advanced skin technology with the addition of ULTRA and XERF. ULTRA is a laser treatment that targets pigmentation, fine lines, wrinkles, and skin texture. XERF is a radiofrequency treatment that tightens and lifts the skin while stimulating long-



term collagen remodeling, all with minimal downtime and no needles or numbing required.

Clients also have access to personalized health coaching, including nutrition counseling, macro calculations, fitness planning, and custom meal plans, to support lasting results.

Bayview Wellness & Aesthetics is located in Panama City, Florida, and welcomes new clients by appointment. To sched-

ule a consultation or learn more, visit www.bayviewwellnessfl.com, call (850) 874-3033, or follow @bayviewwellnessfl on social media.

At Bayview, the team is proud to support the Panama City community by offering personalized care that nurtures confidence, wellness, and lasting results.

SPRING SPORTS

continued from page 2

Marquee Events Highlights:

- **Swing into Spring Baseball & Softball Week 2, 3 and 4** | March 1-21 | Publix Sports Park

Welcoming 882 players and 1,411 total attendees

- **Arnold High FL vs. USA Softball** | March 6-7 | Frank Brown Park

Welcoming 30 high school fast-pitch softball teams from Florida and across the country

- **Spring Fling Women's Lacrosse** | March 15-20 | Publix Sports Park

Bringing together 14 premier DIII collegiate-level women's lacrosse teams

- **BLU_CHPs National Combine** | March 21-22 | Publix Sports Park

Bringing together more than 100 elite football athletes ranging from grades 1-8

- **USSSA Easton Hype Tour NIT Battle 4 The Belts** | April 11-12 | Publix Sports Park and Frank Brown Park

Welcoming 140 6U-14U youth baseball teams



- **Spiderz Spring Break Mega Draft** | April 23-26 | Publix Sports Park and Frank Brown Park

Projected to welcome more than 2,500 attendees this year, bringing together 96 drafted slow-pitch softball teams

- **SNAP Soccer Trident Cup** | May 2-3 | Publix Sports Park and Frank Brown Park

Welcoming more than 125 teams and more than 5,000 attendees

- **Visit Panama City Beach IRONMAN 70.3 Gulf Coast** | May 9 | Edgewater Beach & Golf Resort (start to finish)

Last year's event welcomed 2,000 athletes and generated

more than \$6 million in total economic impact

- **Travel Ball USA Mother's Day Splash** | May 9-10 | Publix Sports Park

Youth baseball tournament projected to welcome 70 teams and more than 2,500 attendees

- **Dave & Buster's PCB Spring Championship** | May 15-17 | Publix Sports Park

This new tournament expands high-level youth baseball and softball opportunities

- **Travel Ball USA World Series Season 1** | May 23-24 | Publix Sports Park

Youth baseball 7U-15U teams, projected to welcome 55 teams and more than 2,000 attendees



Whiskey's Saloon Turns 80 Years Old!

Whiskey's Saloon is more than just a longtime favorite stomping ground on the West End of Panama City Beach. Established in 1946, it houses eight decades of stories, music, nightlife, and local history. Under new ownership as of spring 2025, Whiskey's enters its 80th year with big plans for the future while honoring and embodying

its colorful and meaningful past. Over the years, Whiskey's has carried a few different names, weathered its share of storms, and welcomed generations of loyal locals and visitors. To this day, longtime patrons still fondly refer to it as The Y Bar, a nickname inspired by its location at the intersection of Highway 79 and Front Beach Road. For

a short time, it was also known as The Y Not Bar — a playful twist many would say still fits its personality.

Everyone who walks through the doors has a story to tell, a victory to celebrate, or a struggle to share within this inclusive and unpretentious community built over decades. More often than not, you leave feeling like you've made a new friend each time you step into this historic Panama City Beach bar.

Music has been at the heart of Whiskey's since its earliest days, shaping its identity through honky-tonk and traditional country roots. From the intimate indoor stage to the expansive outdoor stage, Whiskey's has hosted country legends, local musicians, surprise celebrity drop-ins, and even a notable performance by David Allan Coe. A longtime favorite tradition is the Sunday Jam Band, which embodies the welcoming spirit of the saloon by inviting anyone to join in with their voice or instrument.

Whiskey's past is remarkable, and its future is just as exciting. In just ten months under its new ownership, renewed energy has been woven into the fabric of the bar's legacy. Care and hard work have gone into improvements while preserving the spirit



look forward to tribute dinners and shows, comedy shows, car shows, regular charity events, Bike Week events and the highly anticipated 80th Birthday Bash.

As always, a full lineup of regular indoor music events, Sunday afternoon open jams, occasional pop-up potlucks, pool league nights and tournaments, karaoke, DJ's, industry nights, line dancing, darts, trivia, porch drinking, high-end whiskey additions, and a new food menu — coming soon — offer something to enjoy every day at one of the oldest bars on the beach.

Whiskey's Saloon can't wait to welcome you. Whiskey's Saloon. Find them at 17190 Front Beach Road in Panama City Beach.

of an old-fashioned saloon. Enhancements to both the indoor and outdoor stages, updated lighting and murals, an expanded drink selection — including military and locals discounts — larger TVs for football fans, and major events such as Bike Week and the inaugural Salute to Freedom Veterans Charity Fundraiser & Music Festival have all contributed to the momentum.

In the months ahead, the Panama City Beach and greater Bay County community can

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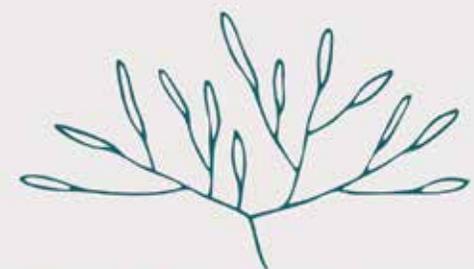
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Top 5 Supplements to Spring into Health



BY DR. KAREN DEVORE,
TORTOISE CLINIC

Here along the Gulf Coast, the arrival of spring means longer days and a return to the outdoor living that defines our beach communities. For many, it feels like a natural inflection point of renewed momentum and a reminder to re-prioritize energy, strength, and overall well-being. It's often during this season that people begin reaching for supplements and vita-

evaluate this time of year, and how I think about applying them.

Vitamin D - A Hormone with Broad Impact

Despite its name, Vitamin D functions as a hormone in the body. It plays a role in immune balance, bone strength, muscle function, and mood regulation. Vitamin D receptors are found throughout the body, which helps explain its wide-reaching influence.

Deficiency remains common, even living in Florida. Indoor work, sunscreen use, skin tone variability, and seasonal shifts all contribute. When levels are sub-optimal, people may notice fatigue, slower recovery, decreased muscle strength, or a subtle dip in mood.

Two forms I often consider:

Magnesium Glycinate: Supports relaxation and restorative sleep.

Magnesium Threonate: May support focus, cognitive clarity, and emotional steadiness.

When I look closer: mus-

cle tension, poor sleep, stress reactivity, headaches, and difficulty focusing

Practical Tip: Magnesium glycinate is often best tolerated in the evening. Magnesium threonate can be used in the morning when focus support is desired. Some individuals divide doses based on response.

Because magnesium influences muscle relaxation, higher amounts may also influence digestive rhythm. Gradual adjustments help the body adapt comfortably.

Continued on page 14



mins in hopes of supporting this shift.

At the Tortoise Clinic, I remind people that supplements are never a substitute for the fundamentals including balanced, protein-forward meals made from real food, restorative sleep, building and maintaining muscle mass, hydration, and thoughtful stress management. Supplementation and targeted nutrient support are tools within a larger health strategy, most effective when guided by informed science and thoughtful clinical oversight.

Not every supplement is appropriate for every person. When selected strategically, with attention to quality, bioavailability, and individual physiology, they can support the systems that drive sustainable energy and resilience.

Here are five I commonly

When I look closer: recurrent illness, low energy that doesn't improve with rest, mood changes, bone or muscle concerns, and limited sun exposure

Practical Tip: Vitamin D absorbs best when taken with food that contains healthy fats. Testing provides clarity — optimal levels are individualized, not guessed.

Magnesium - Calm Energy & Recovery

Magnesium supports muscle relaxation, sleep quality, blood sugar balance, and healthy stress response. It participates in hundreds of biochemical processes and is one of the most common nutrients I see run low.

Despite the beauty of coastal living, daily demands such as work, activity, travel, and stress still accumulate, and magnesium depletion is common.



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Community

Fishing Season is Here!

BY PAM ANDERSON

Whether you are living in Bay County in 1909 or 2026, March is the time to go fishing! Headboats, charter boats and guide boats are beginning their seasons March 1 and private boat anglers are getting that fishing itch. So, gather up your friends and family for a great adventure on the Gulf or inland on beautiful St. Andrews Bay this spring!

The Head boats and Charter boats will be catching Triggerfish, Vermilion and Black or Mangrove Snapper, Red Grouper, Spanish & King Mackerel, and a variety of jacks-always fun to catch! In addition, Cobia will be coming in soon! The Guide boats will be focusing on Red Drum (or Redfish) and Sheepshead, as well as Spotted Sea Trout from the local Bay waters.

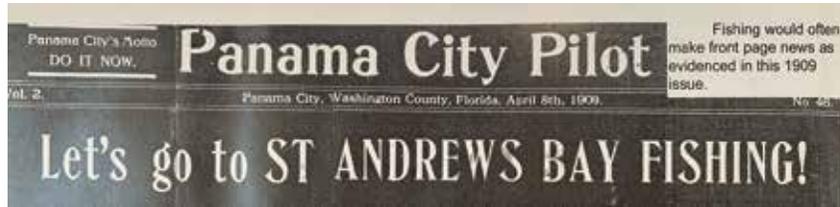
For the traditional Shell Island and Dolphin Cruises (since the mid-'50s), Capt. Anderson III will start its spring schedule on March 1, at 1 p.m. daily except Sunday. It is always fun to watch the dolphins play and

sometimes they'll even let you get a glimpse of the new young members of their families. Capt. John and the crew are anxious to share about all the great sea life we have in our area, as well as some intriguing historical facts.

Capt. Max's Upper Deck Bar & Grill overlooking the boats and Grand Lagoon is open every day for lunch and dinner with evening live entertainment. Be sure to check out the plans for St. Patrick's Day on their Facebook page at <https://www.facebook.com/CaptMaxsBar-Grill>.

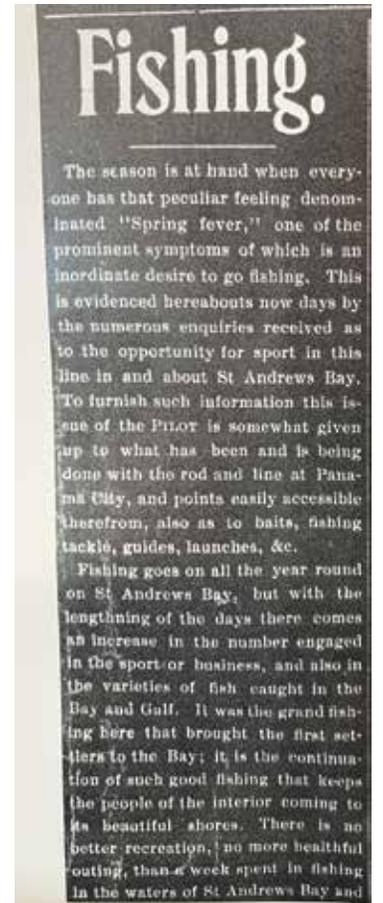
Todd Herenden's Shows at The Event Center are still booking for March 7 and 14, and April 21. Weddings, seminars, corporate and fundraising events, as well as church and school events, are booking daily. Make plans today for a special tour of The Event

Center at the marina, overlooking beautiful Grand Lagoon, or call for an event package. You can easily plan your special event with our staff event coordinators and wedding planners. Call Chelsea today at (850) 691-



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

Historical clippings from "Full Box" by Winston Chester, page 284.



5653 and check out the virtual tour at <https://captainandersonseventcenter.com>.

That Ship's Store opens March 1 as well, with an amazing array of nautical gifts, T-shirts, hats and more. Great prices and a great selection to choose from!

When planning your fishing trip, remember Capt. Anderson's Marina... home of 3 large Head-boats, 35 private Charter Boats, 5 Guide Boats and 4

Dive Boats... and Shell Island/Dolphin Cruises and the Sea Patriot!

Capt. Anderson's MARINA & EVENT CENTER

Hershey's SUGAR SHACK

Ship Store GIFT SHOP

Capt. Max's BAR & GRILL

5550 N. Lagoon Dr. PCB, FL. 32408

A More Flexible 30A Retirement

Watersound Fountains is the kind of place best experienced firsthand.

That's why short-term stays are part of the story here.

A short-term stay offers the chance to experience retirement living near 30A as it actually unfolds — not during a quick tour, but in real time. A morning routine. A few shared meals. A stretch of days where life moves at an easier pace, without the usual responsibilities.

Whether for a few days, a few weeks, or an entire season, a short-term stay allows guests to step into the rhythm of the community without pressure or long-term commitment. It's an opportunity to live here — not imagine it.

Mornings begin quietly. Sunlight filters through the windows. Coffee is unhurried. Some guests head to the fitness center or pool. Others ease into the day with a walk, breakfast with neighbors, or time outdoors near the surrounding protected forest.

"I happened to be here spending the weekend," one



member laughs. "And I haven't left. I just stayed."

That moment, when a stay starts to feel like everyday life, often comes as a surprise.

During a short-term stay, guests enjoy full access to the community. Chef-prepared meals. Wellness classes. Fitness studios. Social spaces designed for conversation and connection. Maintenance and daily details are handled, freeing up



both time and mental space.

By mid-morning, the community hums gently with activity. A balance class here. Coffee with new friends there. Someone deciding, on a whim, to try the golf simulator or join a book discussion. There's always something happening, but nothing is required.

That flexibility is intentional. "I like that I don't have to commit to anything," a member shares. "Some days I'm busy. Some days I'm not. Either way feels right."

Afternoons stretch into easy hours. Guests gather in the W

Lounge, spend time poolside, or explore nearby favorites along 30A. On Fridays, many discover one of the community's most loved traditions: dinner at The Mark, where reservations, conversation, and chef-prepared meals turn an ordinary evening into something to look forward to.

For some, a short-term stay is about proximity — spending more time near children or grandchildren and being close enough for everyday moments, not just holidays. For others, it's about location: enjoying coastal living, escaping colder climates,

or simply experiencing a different pace of life for a while.

What short-term guests often mention isn't just the amenities or the setting. It's how effortless daily life becomes.

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"It's life, just with fewer things to manage," one member explains. "There's more time to enjoy the day."

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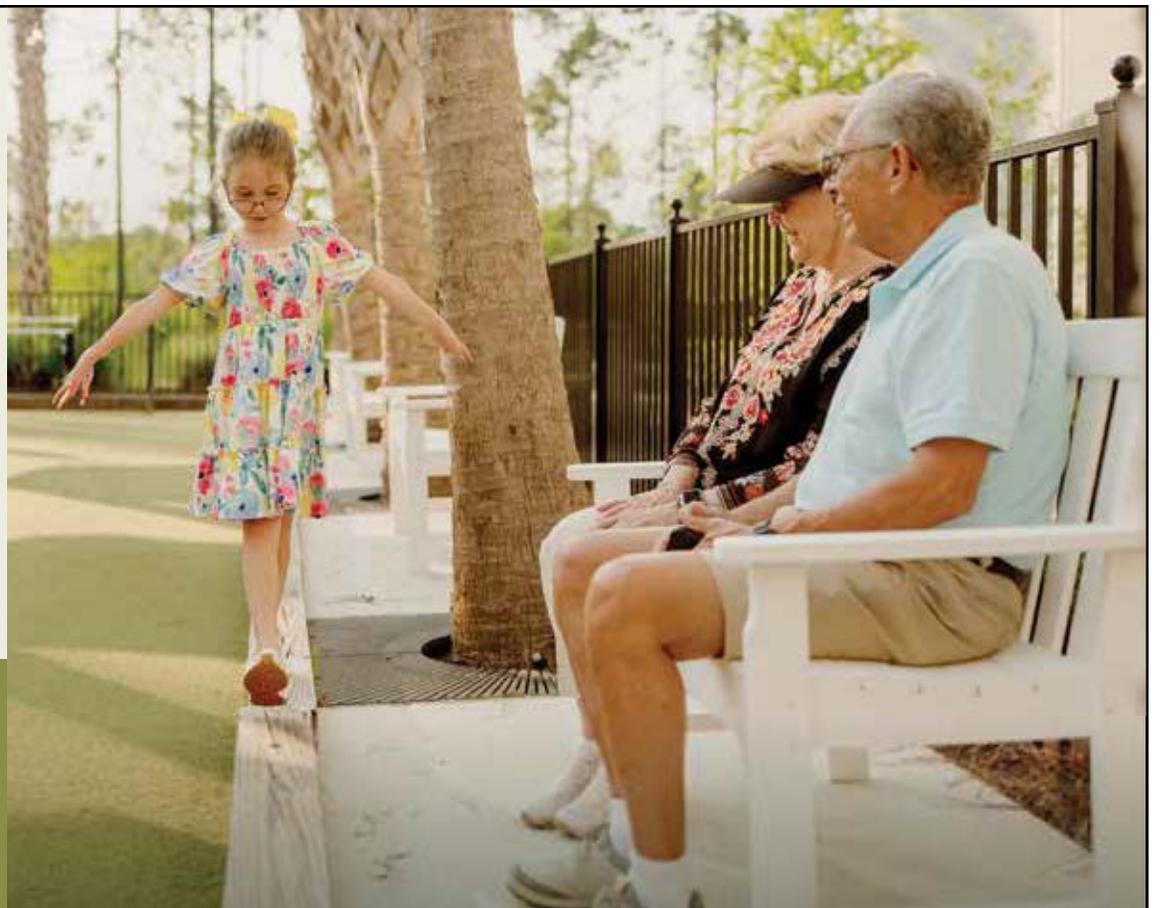
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Community

The Importance of Beach Mosquito Control District Protecting Our Community as Temperatures Rise

By JAMES F. CLAUSON,
DIRECTOR

As spring arrives and warmer weather beckons us outdoors, the role of the Beach Mosquito Control District becomes more vital than ever. Increased rainfall and rising temperatures create ideal breeding conditions for mosquitoes, making proactive control measures essential for public health and comfort.

The Beach Mosquito Control District works tirelessly to monitor mosquito populations, implement environmentally responsible control strategies, and educate residents about prevention. Their efforts help reduce the risk of mosquito-borne illnesses and ensure our beaches and neighborhoods remain enjoyable for everyone.

This spring, remember to support the District's initiatives by eliminating standing water around your home and reporting any mosquito concerns. Together, we can help keep our community safe and thriving



throughout the season.

As the Director of the District for the past 16 years and with 36 years of experience in mosquito

control, I will retire in April of this year with mixed emotions. We have worked tirelessly together as a forward-thinking and



proactive District to provide the best possible mosquito control measures available. From the Office Manager to the Lab Director and Lab Technicians to the Field Technicians to the Operations Manager to the Public Relations/PIO to the Mechanic and to the Pilot, we have made a great team, and I am sure the District will continue to provide the best service possible.

Please remember, we are here to provide a service to the

taxpayers and visitors of the Panama City Beach area, and I encourage anyone to contact the District if mosquitoes are a problem. Our phone number is (850) 233-5030. Our website is www.pcbeachmosquito.org.

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Community

Know Your Neighbor: Doc Vadell

BY MICHELE HARDMAN

After talking with Doc Vadell for only a few minutes, you immediately see his passion and love for people. ‘Doc’ was his call sign when he was in the Air Force for 12 years and the name just stuck. He grew up in Miami and entertained the idea of going to medical school, but after taking a particular class in his master’s program, he fell in love with ‘people’ and changed his focus towards the psychology side of things. Once out of active duty with the military, he worked as a consultant with a Business Development Company and really enjoyed helping people find solutions to their career and business roadblocks. He’d hear countless circumstances that were holding folks back from pursuing their dreams of opening a business. Some needed office space. Or a computer. Others simply needed internet access. Doc decided to open his own business so he wouldn’t have any limitations on who or how he could help others. This led to the opening of Paradigm, where small

businesses can share space and resources to keep overhead to a minimum, which allows them to focus more on getting their dream up and running.

Doc also teaches in the Entrepreneur Program at Florida State University. A few years back, he felt like the students in his technology class just weren’t engaged enough. He wanted to give them more hands-on experience and bring all the book instruction into the real world. He gave his students the option of either doing a traditional final assignment or creating a plan to open a coffee shop. The entire class jumped on board with the shop project. Their guidelines were that it had to be tech-driven, they had to come up with a name, color theme and logo, and have high-quality products as well as stellar customer service. Their initial plan called for an estimated cost of \$180,000. Then Doc decided to take this a step further and ACTUALLY open the coffee shop. Two of the students who were involved in the class plans stayed on board and worked with him



of his kids have played an integral part in the shop, and Doc is quick to give credit to all the people who have helped make all this work.

In Doc’s spare time, he enjoys traveling with his parents, has written a book titled “Trust In Leadership”, and covers the lower 48 states

to make it happen. Doc wanted his students to be involved with all the required permits, designs, construction, and of course... making coffee. The students wanted this coffee shop to be Fair Trade-focused, earthy, a safe place to come and study late at night, go on a first date, or just a relaxed place to read a book and chill. Being community-focused was also high on the list.

Under Doc’s guidance, the students learned how to drastically reduce business expenses, and after about a year, Techs-

presso PCB opened its doors for a fraction of the original estimated cost. The real-life lessons that were learned were immeasurable. Doc says, “It’s been such an amazing journey going from an idea in a classroom to ‘let’s put it into practice’”. He now employs 14 people, offers scholarships, and an intern program. The shop offers a separate Study Room with a whiteboard and TV that can be used for meetings, and an additional Chill Room with no electronics to encourage time to unplug and just be. His wife and both

doing Search and Rescue with the Special Forces Industry. After his son bought him a Lego set a few years ago, he now finds them very therapeutic. And with his entrepreneurial spirit, he’s always looking for that next challenge.

Stop by any of the three current Techspresso locations to experience it for yourself, and find out more on their website at techspresso.life, or stop in for a coffee in their Panama City Beach location at 7948 Front Beach Road.



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A Brief Introduction to Florida's Homestead Protections



By JON CARROLL

When one thinks about the benefits of a Florida Homestead, the first thing to come to mind is likely the tax relief associated with homestead property. But Florida's homestead protections extend beyond this particular benefit. Florida's homestead protections are among the strongest in the country and play a central role in creditor protection and estate planning for spouses and minor children.

Florida's modern homestead protections come from both the Florida Constitution and the Florida Statutes. The constitu-

tional provisions are found primarily in Article X, Section 4, which addresses protection from forced sale and restrictions on how homestead property may be devised at death. The probate statutes, found in Chapter 732, expand on how a homestead passes at death and the options a surviving spouse may have.

To qualify as homestead, a property must generally be owned by a natural person and used as the owner's primary, permanent residence. The protection is not limited by dollar value, but it is restricted by size: up to one-half acre within a municipality, and up to 160 acres outside a municipality. Only one property may qualify as a person's homestead.

Homestead provides three broad categories of protection. First, qualifying homestead property is generally exempt from forced sale by most unsecured creditors of the owner. With limited exceptions for matters such as mortgages, property



taxes, and certain construction liens, a judgment creditor cannot force a sale of the homestead to satisfy a debt. This gives Florida homeowners a powerful shield when they experience financial hardship or unexpected liability.

Second, Florida offers property tax benefits for homestead property. A homeowner can claim a homestead tax exemption that reduces the assessed value of the primary residence for purposes of ad valorem taxes. In addition, the Save Our Homes cap limits annual increases in the assessed value of homestead property. The Save Our Homes cap is designed to help long-time residents keep property taxes more predict-

able, even when market values rise.

The third major feature of homestead law is its impact on how the home passes at death. Florida imposes limits on how homestead property may be devised when the owner is survived by a spouse or minor children. If the owner dies with a surviving spouse or minor child, the homestead generally cannot be left by will or trust to someone else, even if the estate planning documents attempt to do so. Instead, the law provides a default scheme of descent designed to protect the surviving family.

In many cases, when a homeowner dies leaving a surviving spouse and descendants, the surviving spouse will receive

either a life estate in the homestead, with the remainder passing to the decedent's descendants, or the option to take an undivided one-half interest in the property as a tenant in common with the descendants. If there is a surviving spouse but no minor child, the homestead can usually be left outright to the surviving spouse, but not to a third party unless the spouse has properly waived homestead rights in a written agreement or deed. The underlying purpose of these restrictions is to protect surviving spouses and minor children from being disinherited or displaced from the family home.

Because of these nuances, your homestead property should be considered in every Florida estate plan to ensure your wishes are met.

Jon Carroll is a licensed attorney. The information in this column is provided for educational and informational purposes only, and does not constitute legal advice, nor establish an attorney client relationship. Consult a qualified attorney in your jurisdiction for legal advice specific to your situation.

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 Community

Northwest Florida Beaches International Airport Continues Record-Breaking Growth Trajectory

Northwest Florida Beaches International Airport (ECP) has once again surpassed its previous record-breaking passenger numbers in 2025 by serving over 1,937,000 passengers.

In 2025, the Airport served 1,937,224 passengers, a 3.10% increase over its 2024 total of 1,878,945.

Since opening in 2010, ECP has consistently increased year-over-year passenger volume, with daily nonstop and seasonal flights to destinations served by



American, Delta, Southwest, and United Airlines.

“Our Airport was built as an economic driver for the Region. We’re 15 years young, with 4,000 developable acres, a global air traffic network, and developable sites near a 10,000-foot runway. As business grows at the Airport and throughout the region, we’re seeing travel well beyond tourism, and it’s reflected in the numbers,” stated Airport Board Chair Mark Sheldon.

On January 9, Airport offi-

cial announced their Terminal Expansion project during a ground-breaking ceremony. Sheldon believes the expansion will only broaden ECP’s horizons. “The expansion will enhance the passenger experience from check-in, the passenger holding areas, an expanded baggage claim, and three additional gates to accommodate more airline partners. We’re preparing for our continued and future success.”

TOP 5

continued from page 7

Omega-3 Fatty Acids - Inflammation & Heart Support

Omega-3 fats help regulate inflammation and support heart health, joint comfort, brain function, and mood stability. Even with access to fresh seafood, consistent intake of meaningful amounts of omega-3s

is less common than many assume. Modern dietary patterns tend to favor inflammatory fats over anti-inflammatory ones. As activity increases and seasonal allergens rise, balanced inflammatory support becomes increasingly important.

When I look closer: joint stiffness, cardiovascular risk factors, brain fog, mood variability, and seasonal inflammatory symptoms

Practical Tip: If fish oil results in occasional upper digestive discomfort or burping freezing capsules may help. Those taking blood thinners should consult their provider. Wild-caught fatty fish remains an excellent whole-food option.

Probiotics + Prebiotic Fiber - Digestive Precision

The gut influences immune function, hormone balance, inflammation, and mood. Probiotics introduce beneficial bacteria, the “seeds,” while prebiotic fibers provide the nourishment that allows them to flourish. Together, they help shape digestive terrain.

Not all probiotics are the same. Strains and potencies vary, and prebiotic fibers can aggravate some digestive systems if introduced too quickly. Because not every gut responds the same way, they should be introduced thoughtfully and increased gradually.

It’s also important to recognize that not every digestive system benefits from supplemental

probiotics or prebiotic fibers. Certain digestive patterns or underlying gut conditions may require a more targeted approach rather than broad supplementation.

When I look closer: bloating or irregular digestion, recent antibiotic use, immune imbalance, and skin or hormone concerns

Practical Tip: Start low. Increase gradually. Monitor response carefully. Individuals using GLP-1 medications may benefit from additional digestive support due to slowed gastric emptying, but adjustments should always be gradual and individualized.

B-Complex Vitamins - Cellular Energy & Stress Support

B vitamins are essential for energy production, nervous system signaling, red blood cell formation, and stress adaptation. They are not stimulants. They support the body’s ability to generate steady, efficient ener-

gy. Stress, hormonal transitions, digestive variability, dietary restriction, or genetic factors can increase demand.

When I look closer: persistent fatigue, brain fog, elevated stress, hormonal shifts, and limited dietary variety

Practical Tip: Form matters. If B12 has not been helpful in the past, the issue may be the form rather than the dose.

Supplements are tools, not shortcuts. Quality matters. Formulation matters. Dosage matters. Context matters most. The goal is not to take more. The goal is to take what is appropriate for your body, your current demands, and your season of life.

Spring is about renewal, not rushing. Sustainable health is built through steady habits, thoughtful evaluation, and informed decisions, not trends or impulse purchases. When the foundation is strong and support is chosen strategically, small adjustments create meaningful momentum.



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Pine Pollen and Smilax: Ready for Spring?

BY HELEN PETRE

Yes, we are! Winter has been cold and dreary, even though there was no snow this year. While wishing for warm weather, I read a book about Theodore Roosevelt and J.P. Morgan and their solution to the coal strike. I empathize with the cold, wet, mine workers. I am grateful that I am not a coal miner and I do not live in 1902.

In 1902, in the middle of the coal strike, Roosevelt had a state dinner for the King of Prussia to celebrate his new yacht. None of them had any idea things were not going to end well for Prussia or Germany, so they all had a great time being rich and spending money. World War I dissolved Prussia and the poor king was not a king anymore, however the state dinner was a fabulous success. They ate terrapin and ice cream, and Edith Roosevelt decorated the dining room with Smilax species vines (those briar kind of vines that grow up trees and everywhere). Smilax is the reason they make those jeans with the extra layer



Smilax species. Edith's decorative display for the state dinner.



The Roosevelt dining room is minus Edith's Smilax but complete with Theodore's moose and elk. Library of Congress. <https://www.whitehousehistory.org/whitehouse-tour/state-dining-room>.

of jean on the front legs so foresters, and other people who crash through the brambles, don't tear their jeans to shreds. Edith strung the vines from the chan-



Wax myrtle (*Myrica cerifera*). Wikipedia.

deliers and light fixtures, and everywhere she could around her husband's stuffed bears, elk, bison, and moose heads.

The state dinner was in February, so there was probably nothing else green in DC, however I think Edith is quite the genius, encouraging native plants in an environment of yachts and expensive cigars.

What's Blooming?

Southern wax myrtle is just starting to produce flowering parts. This evergreen shrub smells like bayberry. It is dioecious, with separate male and female plants. Fruit forms on female plants and is food for turkeys and other birds. Wax myrtle fixes nitrogen more efficiently than legumes.

Another dioecious, evergreen shrub that grows well in our

sandy forests, **American olive** is just about ready to produce white, fragrant flowers, which will mature into blue black fruit in the fall.

It is the time of yellow pine pollen from all our pine trees, but especially from our native **Choctawhatchee sand pine**, which grows on marine, acid, sandy Entisol soils deposited during the Pleistocene.

Choctawhatchee sand pines grow only on the Panhandle between Pensacola and Panama City and nowhere else. All Choctawhatchee sand pines grow within one degree of latitude, on about 100,000 acres.

As with all pine trees, pollen forms on the male structures, which grow on the bottom half of the tree. Pollen is wind-blown up to the female pinecones at the top of the tree. Each scale

of the female cone contains a winged seed. The female cones open when mature, without fire, but stay on the tree for what seems like forever.

Sand pines provide food and cover for birds and small mammals and make great Christmas trees.

Pine pollen, like goldenrod pollen, is way too big and heavy to cause allergies. It is advertised on Amazon for men, and you are welcome to buy it, but I am quite sure it does nothing.

Embrace our Natives!

There are many other native trees, shrubs, and flowers getting ready to bloom as the weather warms. Here in the Panhandle, we are blessed with native plants and pleasant weather, dune lakes, and the Gulf of America, along with Smilax vines and pine pollen. Embrace nature and the natives. If Smilax is good enough for a White House state dinner for presidents and royalty, it is certainly good enough for us. Enjoy.

If readers have questions or suggestions for articles that concern science, nature, or wild things around the Panhandle, please email petrehelen@gmail.com.

Helen Petre is a retired USDA biologist and college biology professor. She spends her time volunteering, teaching, and writing science articles to share her interests with future generations.



Last month, Florida Power & Light Company (FPL) partnered with Feeding the Gulf Coast to spread a little warmth, literally and figuratively, for seniors and families in need in Panama City.

Volunteers handed out cold-weather energy efficiency kits alongside Valentine's roses to seniors living on fixed incomes and others in need, in addition to Feeding the Gulf Coast's regular food distributions. The kits are designed to help residents stay warm while keeping energy bills as low as possible throughout the season.

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Club Fitting is More Than Just Swing Speed

By ALAN M. WATSON,
PRESIDENT, GOLF+ PCB

Years ago in the dark ages of golf club fitting, we had tiny radar devices that would give us one number we would use to determine shaft flex. A swing speed radar. We had one solitary number, and somehow we tried to find perfect golf clubs for people using this lone device. We made it through that lonely time, but the reality is that now with modern technology and a host of better shaft options, we can now do a much more thorough job and properly fit people to their equipment.

Let me give you a recent example.

72-year-old male. Avid golfer. Driver swing speed 66 miles per hour. 20 years ago, we would have given him a “Senior” shaft, and that would have been the end of it. But now with modern technology like our Foresight Game Changer Quad camera launch monitor, we can see that this golfer has a quick tempo, causing a softer shaft to bend too much and that a stiffer, more stable shaft will hold the

club head steady, producing a better ball flight. A lighter, softer shaft causes entirely too much backspin and sidespin, thus the player is spraying the ball everywhere. Once we honed in on a lightweight but stiff profile that matched his delivery and closure rate, we found straighter shots and much more consistency. I always say that the golf ball does not know the age, sex, or skill level of the player hitting it.

Another modern advantage in club fitting is the interchangeable shafts and adaptable tip sleeves for shafts on many woods. We can quickly go through several shaft choices to find the right one for the player. In the past, we only had a few prebuilt clubs and very few shaft choices, and we couldn’t swap them around. Now, if a loft is too low we can raise it. If a shaft is too heavy, we can trade it out. We now have complete control over the clubs and components. We even change the length and swing weight often to accommodate a player’s needs. At my shop, we have 650 graphite shafts built and ready to swing



for the top manufacturers and we are building more weekly.

One recent trend in fitting is grip size. Many players are leaning towards midsize and oversized grips to have a more

comfortable experience on the course. Whether it’s a medical reason like arthritis or just not wanting to have to close their hands down so tightly, a larger grip can often be helpful. We

have had to stock many more options in larger grips in our shop than in previous seasons, as it seems that 9 out of every 10 grips we do lately are either midsized or oversized. We can measure your hand size for the correct grip; however, many golfers are choosing to go up in size without a measurement, just as an experiment or just following the trend.

If you are considering getting custom fit for your next driver, iron shafts, grips or putter, we offer those services and much more at our shop. Please feel free to book a fitting online at the link provided on www.golf-plusdothan.com. We also offer lessons, full-service club repair, and a room full of retail golf products. We are located next to Firefly in the Shoppes at Edgewater on Panama City Beach. I look forward to helping you with your equipment needs soon. For any questions about fitting, our brands and models offered, or about club repairs you may need, feel free to email me at golfpluspresident@gmail.com.



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Arts & Music

Emerald Coast Theatre Company Presents "Comedy On The Boulevard" March 12

Emerald Coast Theatre Company (ECTC) invites audiences for the year's first Comedy on the Boulevard, a one-night comedy showcase taking place at 7 p.m. on March 12 at ECTC's theatre located in Grand Boulevard. Featuring some of the Southeast's most entertaining stand-up comedians, this event promises an evening packed with big laughs, quick wit, and entertainment.

Hosting the evening is ECTC favorite Jason Hedden, fresh off his recent turn as Monsieur Bouc in *Murder on the Orient Express*. March's Comedy on the Boulevard will be headlined by Nathan Wallace, a standout comic known for his high energy and crowd-pleasing humor who traded being a plumber in for comedy. Rounding out the lineup is Holly Ballantine, whose relatable storytelling have



earned her a growing fan base across the region. Together, the trio brings a dynamic mix of comedic styles, ensuring there's something for everyone.

"Comedy on the Boulevard is all about bringing people to-

gether for a fun and relaxed night out," said Nathanael Fisher, Producing Artistic Director of ECTC. "We're excited to continue to showcase great co-

medic talent while giving our community a chance to experience something different on our stage." Comedy on the Boulevard is proudly supported by presenting sponsor, BlueWater Oral Surgery Center. ECTC's 2025-2026 season is made possible with generous support from Grand Boulevard Town Center, St. Joe Community Foundation, Visit South Walton, Howard Group, and Jerry and Alice Zich.

To make a tax-deductible donation, become a VIP or sponsor, or learn more about Emerald Coast Theatre Company, call (850) 684-0323 or visit emeraldcoasttheatre.org.

Follow ECTC on Facebook, Instagram, and YouTube for the latest updates.

About Emerald Coast Theatre Company

Emerald Coast Theatre Company is a 501(c)(3) nonprofit professional theatre founded in 2012 by Nathanael Fisher, MFA, and Anna Fisher, MA. Located in Miramar Beach, Florida, ECTC's mission is to enrich and entertain the Emerald Coast community through professional productions, engaging educational programs, and a steadfast commitment to the arts. Educational outreach includes after school and homeschool programs, touring and staged productions, summer camps, workshops, and classes that inspire creativity and connection for students of all ages.

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Why Spring at Austin Music Co. is the Ultimate Time to Pick Up an Instrument (and Maybe a Few Antihistamines)

BY MICHAEL AUSTIN

Because Nothing Screams Musical Genius Like Pollen and a Ukulele!

Let's face it: learning to play an instrument is one of those noble pursuits that promises to make you feel smarter, cooler, and possibly more mysterious—all at the same time. But did you know the secret to unlocking your inner musical superstar

can practically feel inspiration blooming alongside the azaleas.

Allergies as Inspiration

Now, some say spring is a dreaded time for allergies. But at Austin Music Co., we see allergy season as an opportunity. That sneezy, sniffly, nasally voice is the perfect starter pack for any aspiring blues singer. If Bob Dylan could make raspy cool, so can you. Plus, if you're

icas? Well, they're still harmonicas, but at least they feel fresh. Austin Music Co. takes advantage of the season by hosting jam sessions in the store, where the only thing louder than the music is the collective laughter of students remembering they're absolutely tone deaf. Don't worry, we're all in this together.

Spring Discounts and Musical Mayhem

Let's not ignore the practical perks. Austin Music Co. rolls out some of its best deals during spring—because what says “re-birth” better than a 10% discount on drum accessories? But beware: these deals also mean

you might be competing for practice space with a surge of enthusiastic newbies. There's nothing quite like hearing a cacophony of beginner flutists, all convinced they're playing “Hot Cross Buns” (the actual result: “Hot Cross Chaos”).

Social Butterflies with Guitars

Spring is also when people emerge from hibernation, turning Austin Music Co. into a bustling hub of musical camaraderie. You'll find yourself surrounded by fellow students, swapping stories, tips, and possibly hand sanitizer. Friendships forged in springtime music class are scientifically proven (by me)

to last longer than those made in winter, when people are cranky and cold, or summer, when sweat levels make handshakes awkward.

Final Notes (Pun Absolutely Intended)

So, if you're considering learning an instrument, ignore those fall flyers and summer posters. Embrace the pollen, the laughter, and the sweet sound of spring at Austin Music Co. Who knows? Maybe this season will finally transform you from “air guitar enthusiast” to “actual guitar player.” Or at least you'll have some great allergy stories to share at your next jam session. Happy spring strumming!



might just be timing? Specifically, learning at Austin Music Co. during the spring season. Yes, spring. Not summer, not winter, and definitely not fall (that season's too busy with pumpkin spice everything and existential dread). So, dust off your guitar, polish your clarinet, and let me tell you why springtime at Austin Music Co. is the absolute best—and possibly most hilarious—season for musical mastery.

Spring Fever: The Musical Kind

First, there's the undeniable energy that comes with spring. The birds are singing, the sun starts peeking out, and your neighbor finally stops wearing that oversized parka. It's like nature is cheering you on, urging you to pick up a saxophone and join the chorus. At Austin Music Co., spring means open windows, fresh air, and the faint sound of someone attempting “Smoke on the Water” for the first time (bless their soul). You

stuck indoors avoiding pollen, what better way to pass the time than learning to shred a solo on your electric guitar?

Wardrobe Freedom

Let's talk attire. Winter is all about bulky gloves and coats, which, frankly, make learning piano feel like trying to play with oven mitts. Summer is sweaty—your hands slip off the keys, and nobody wants to see that. Fall? You're too busy raking leaves and watching football. But spring? Spring is the Goldilocks of seasons: not too hot, not too cold, and absolutely perfect for finger flexibility. At Austin Music Co., you can finally sport those cool band tees without freezing or sweating buckets. Your fingers will thank you, and your sense of style will, too.

Instruments in Bloom

There's something about spring that makes even dusty instruments look lively. Guitars glisten in the sunlight, violins sound sweeter, and the harmon-

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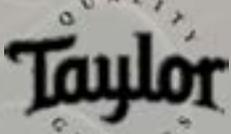
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SUPERINTENDENT MARK
MCQUEEN

March is here, and across Bay District Schools, our classrooms are in full stride. The spring semester is well underway, bringing renewed focus, energy, and opportunity for our students.

I'm grateful for the continued support of our Panama City Beach families; your partnership truly helps set the tone for success.

Spring is an especially important stretch in the school year. With Florida state assessments beginning in early April,

classrooms are focused on reviewing key skills, strengthening understanding, and building student confidence. These weeks are filled with meaningful instruction and hands-on learning experiences that make a lasting impact, and they are most powerful when students are present

and fully engaged.

Regular attendance plays a critical role in student success. When students are in school consistently, they stay connected to daily lessons, benefit from collaboration with peers, and build positive habits that carry far beyond the classroom. Even a handful of absences during this crucial period can create gaps that are difficult to close.

At Bay District Schools, "Putting the A Back in Bay"

means focusing on our core pillars, including Academic Excellence and Attendance. Showing up every day, ready to learn, is one of the most important ways students can set themselves up for success.

As we head into this important season, let's continue working hand in hand to make every minute count.

Thank you for being such valued partners in your child's educational journey!



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Living History: Second Graders Take Center Stage at Breakfast Point Academy

History came to life at Breakfast Point Academy as second-grade students transformed themselves into famous figures from the past during the school's annual Wax Museum.

For more than a decade, this signature event has challenged students to step into history by researching notable individuals, dressing the part, and presenting what they've learned. Each student selected an important historical figure, created an informational poster, and wrote a first-person speech highlighting that person's life and accomplishments. With a simple "press of a button," a sticker placed on their hand, each "statue" sprang to life, confidently sharing their story with visitors.

The project seamlessly blends academic standards with creativity and performance. From gathering credible information and organizing research to drafting, revising, and practicing public speaking, students demonstrated both courage and curiosity. Families, staff, and classmates strolled through the living museum, experiencing history in an interactive and memorable way.

"I'm so proud of all their hard work. They've learned a lot about researching and how to present this information," said Megan Hickman, a second-grade teacher at the school.

For many students, the Wax Museum is a milestone moment. Some eagerly anticipate the experience for years after watching older siblings participate.

Continued on page 25



FSU Launches Free Veteran Entrepreneurship Certificate Program in Bay County

Florida State University's Jim Moran College of Entrepreneurship, in partnership with Veterans Florida, is launching a new Veteran Entrepreneurship Certificate Program in Bay County, providing free, in-person entrepreneurship training for veterans, service members, and military-connected families in Northwest Florida.

The program will run May 9th and 16th from 9 a.m. -3:30 p.m. at the FSU Panama City campus and space is limited. Building on the Veterans Florida Getting Started model, the program emphasizes practical startup fundamentals, including business registration, marketing, financial basics, and access to capital. The program is designed to help veteran entrepreneurs quickly move from idea to execution while building strong connections to the local entrepreneurial ecosystem.

"Veterans bring discipline, leadership, and problem-solving skills that translate natural-

ly into entrepreneurship," said Eric Liguori, associate dean for research and external relations in the Jim Moran College of Entrepreneurship. "This program is about meeting veterans where they are, providing practical tools, and surrounding them with a community that helps turn ideas into viable businesses."

FSU Panama City serves one of the state's most veteran-dense regions, making Bay County a strategic location for expanding access to entrepreneurship education and small business support.

"FSU Panama City is proud to support programming that aligns education, workforce development, and entrepreneurship in service of our veteran community," said Randy Hanna, dean of Florida State University Panama City. "This program strengthens regional opportunity while honoring the experience and potential veterans bring to our local economy."

Program registration is now open.

Register here: https://fsu.qualtrics.com/jfe/form/SV_24cOh6P8Vpy9REq

Graduates will receive a cer-

tificate of completion from the Jim Moran College of Entrepreneurship and gain access to the Jim Moran Institute's statewide alumni network of more than 2,700 Florida business owners.

For more information on this program, including sponsorship and partnership opportunities, please contact Dr. Eric Liguori at eliguori@fsu.edu.



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GCSC Honors Students Present Research at National Journalism Symposium

Students in the Gulf Coast State College Academic Honors Program presented their research projects at the American Journalism Historians Association (AJHA) Southeast Symposium on Saturday, February 7, in Panama City. This annual conference showcases outstanding undergraduate researchers in history, journalism, and communication from across the Southeast. This year's faculty cohort included scholars from the University of Alabama, Augusta University, the University of Southern Mississippi, the University of Florida, the University of West Florida, and Samford University.

GCSC students Lauren Logue, Maximo Ramirez, Joseph Hoffman, and Casey Zeng, under the guidance of GCSC faculty member Dr. Patrick Brennan, presented projects developed through

his Independent Research Honors Symposium. Their topics reflected impressive breadth and originality, ranging from the history of running shoes to the Wainwright Shipyards, the Civil Air Patrol base located in what is now the Sweet Bay community, and emerging issues in cyber warfare.

"Research requires persistence, organization, and intellectual curiosity. Our students demonstrated excellence in all these areas and represented the college with distinction," said Dr. Patrick Brennan.

Conference Director Dr. Dianne Bragg of the University of Alabama added, "It was fantastic to have more undergrads this year—thanks for promoting it, Patrick. I think the GCSC students enjoyed the opportunity, and it was great to have them."

Taming the Green-Eyed Monster: Navigating Healthy Jealousy Together



BY JAMIE C. WILLIAMSON, PhD
Jealousy can be toxic or healthy for married couples. Toxic jealousy is a red flag. But healthy jealousy can actually

signal that you and your partner want to protect your bond. For healthy jealousy, both partners share the blame for the jealous feelings, and both have a role in determining the impact of jealousy on their marriage.

Toxic Jealousy

Toxic jealousy is rooted in low self-esteem, insecurity, and a debilitating fear of abandonment. These psychological drivers can transform a loving spouse into a “green-eyed monster” who monitors texts and emails without permission, makes accusations of lying without evidence,

engages in controlling behavior, and might even stalk their partner.

People who feel jealousy this intensely are still responsible for controlling their behavior. Acting out through anger, controlling, and spying is inappropriate, unhealthy, and damaging to the relationship. These obsessive actions lead to conflict and dissatisfaction. If unchecked, they could be considered abusive and constitute a “red flag” of concern that should be addressed professionally.

Healthy Jealousy

Healthy jealousy, by contrast, is a fleeting, manageable emotion that often acts as a protective mechanism for the relationship rather than a sign of dysfunction.

Feelings of jealousy naturally and understandably arise when a person experiences a real or perceived threat to their marital relationship. Although jealousy is more commonly experienced by people who are insecure, even the most secure people can experience a twinge of jealousy when someone flirts with their spouse and during circumstances that involve loss of time with or attention from their spouse. Add a bit of vulnerability to the mix, and jealousy escalates, but can still remain healthy.

Fortunately, normal, healthy jealousy can be managed through open communication, trust-building, and mutual reassurances of commitment.

Shared Blame and Joint Responsibility

Jealousy in marriage is rarely caused by just one person, but rather a combination of one partner’s internal fears and the other partner’s actions (or lack thereof).

Why Blame the Person Who Feels Jealous?

Rooted in Insecurity: Jealousy often stems from personal insecurities, low self-esteem, or past traumatic experiences, rather than the partner’s actual behavior.

Emotional Regulation: Individuals are responsible for managing their own emotions (fear, anger, anxiety) rather than projecting them onto their spouse.

Unrealistic Expectations: Sometimes jealousy arises from unrealistic demands on a partner’s time or social life.

Why Blame the Person Who Causes It?

Inconsiderate Behavior: Actions that trigger jealousy, such as flirting, keeping secrets, or failing to prioritize the spouse, can exacerbate insecurity.

Lack of Trust/Connection: Not providing enough reassurance, emotional closeness, or honesty can foster an environment where jealousy thrives.



Ignoring Boundaries: Continuing behaviors that a partner says makes them uncomfortable shows disrespect and erodes marital trust.

Responsibility of the Jealous Person

While feelings themselves aren’t “wrong,” the individual experiencing them is responsible for managing their internal reactions and behaviors.

Root Causes: Identify and use approaches that will reduce personal insecurities and increase self-esteem.

Accountability: Be responsible for owning your emotions and communicating them using “I” statements (e.g., “I feel insecure when...”) rather than making accusations.

Behavioral Control: Practice self-control. Feeling jealous is natural but does not excuse expressing those feelings through antisocial behaviors like controlling or spying.

Responsibility of the Person “Causing” Jealousy

People are not responsible for their spouse’s internal feelings, but they are responsible for their own actions and how those actions affect the relationship’s security.

Avoid Fuzzy Boundaries: Help create a secure environment. Don’t display secretive behavior, break commitments, or maintain inappropriate closeness with others.

Provide Reassurance: In a healthy marriage, partners act as allies. So, readily offer reassurance and adjust behaviors that may be legitimate jealousy triggers for a spouse.

Be Transparent: Being open about schedules or inter-



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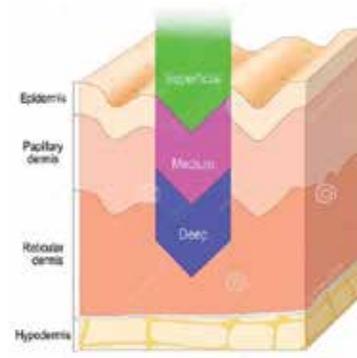
BY BRIDGET SULLIVAN, PA-C, COASTAL SKIN SURGERY & DERMATOLOGY

There are many different types of chemical peels and

many benefits from this cosmetic treatment. Chemical peels, also known as chemexfoliation, trigger the repair and regeneration process in the epidermis and the dermis, resulting in the remodeling of the skin's surface. Chemical peels differ in how deeply they penetrate the different layers of skin. The different types of peels are superficial, medium-depth and deep peels. Chemical peels can help with conditions like acne and acne scarring, melasma, hyperpigmentation, sun damage, fine lines and wrinkles, uneven skin tone, and dull skin.

Depending on the type of chemical peel you choose depends on the goal you are trying to achieve, your skin type, and your desired recovery time. The many benefits of chemical peels can include: evening out skin tone, helping with fine lines and wrinkles, decreasing pore size, improving skin texture, stimulating collagen production, brightening dull skin, decreasing sebum or oil production, decreasing sun damage, helping improve skin products to absorb more effectively, and reducing acne and acne scarring.

This treatment is typically



preferred to be done in the colder months because during the recovery process, which is about a week, you want to avoid direct sunlight and have minimal sun exposure. The recovery process

will vary greatly depending on the type of chemical peel you choose, but for a typical medium-depth peel, you will experience skin shedding for 4-7 days. A post-care packet and instructions will be provided after your procedure to ensure understanding and optimal results. Not everyone is a candidate for a chemical peel, so make sure to have a consultation with your medical provider to ensure the best fit for your skin type and desired results. Healthy skin leads to beautiful skin, and we all deserve to love the skin we are in!

Inside the Therapy Room: What Happens in a Session



BY MICHAEL MCMANUS LCSW, PSYCHOTHERAPIST

For many people, starting therapy can feel like stepping into unfamiliar territory. What does a therapist actually do? What happens in a session? And how does talking to a professional lead to lasting change?

At its core, psychotherapy—

also called counseling or talk therapy—is a process that helps people explore their emotions, thoughts, and behaviors in a safe, private, and supportive environment. Therapists are trained to help clients gain insight into their patterns, manage anxiety or depression, recover from trauma, improve relationships, and cultivate personal growth.

The First Session

The first meeting is often about building comfort and gathering background information. Your therapist may ask what brings you in, what's been troubling you, and what goals you'd like to reach. It's also a time for you to ask questions—about the therapist's style, confidentiality, or what therapy might

look like. Many clients feel relief simply from being heard without judgment.

What Therapists Actually Do

Good therapists don't just listen; they guide conversations in ways that promote awareness and change. They may highlight recurring themes, reflect emotions, or help connect past experiences with current challenges. Depending on their approach, a therapist might use specific techniques like:

- Cognitive-behavioral therapy (CBT): Challenging unhelpful thinking patterns and replacing them with realistic, balanced thoughts.
- Psychodynamic therapy: Exploring how early experiences

shape present behavior and relationships.

- Humanistic or person-centered therapy: Emphasizing self-acceptance and aligning behavior with one's true values.
- Mindfulness-based therapy: Developing awareness and presence to reduce reactivity and stress.

Most therapists blend several methods to fit each client's needs rather than adhering rigidly to one model.

Common Themes in Therapy

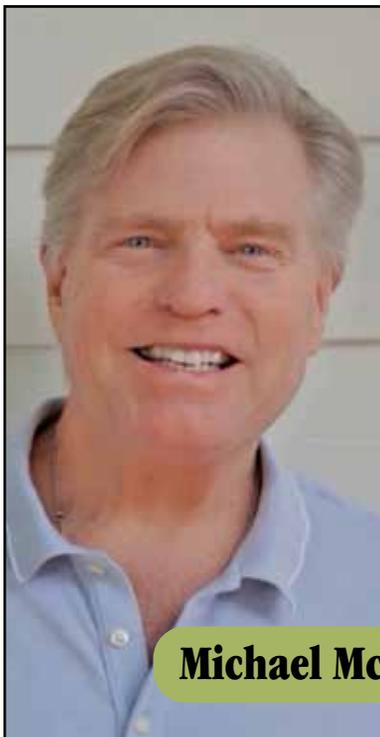
People come to therapy for countless reasons—relationship conflicts, grief, anxiety, stress, or a search for meaning. Over time, certain themes often surface: setting boundaries, improving

self-esteem, healing wounds from the past, identifying personal values, or reclaiming a sense of agency in life.

The Path Toward Growth and Healing

Therapists help clients grow by doing more than offering advice—they create conditions where insight, self-compassion, and change can occur naturally. They model empathy, curiosity, and acceptance, helping clients internalize these attitudes toward themselves. Progress often unfolds gradually as clients learn to tolerate difficult feelings, challenge limiting beliefs, and practice new ways of thinking and relating.

Continued on page 25



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Wellness

When Spring Comes Back to Life



BY DR. RICHARD CHERN, MD

We don't notice it happening at first. Winter rarely announces itself all at once—it settles in quietly. Shorter days. Colder mornings. Longer evenings spent on the couch. Same house, same routine, but something feels different. There's less energy, less motivation, less desire to care.

Where we once enjoyed moving our bodies, getting outside, and feeling strong and capable, now the alarm rings and staying

in bed feels easier. Joints ache. Muscles feel weaker. Even simple routines—exercise, cooking well, making time for ourselves—feel like work instead of something life-giving. It's easy to dismiss it as stress, age, or just “the time of year.”

As spring approaches, the light begins to change. A familiar spark returns—the desire to feel better, to take care of ourselves again, to re-engage with life. But the energy we expect doesn't



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necessarily follow the season. Motivation fades as quickly as it appeared, leaving frustration and the quiet question: Why don't I feel like I should?

At The Hormone Restoration Center, we hear this story every year.

Winter blues aren't just about the weather. They're also about hormones. As daylight decreases, hormonal signaling in the body shifts. Testosterone, estrogen, progesterone, thyroid hormones, cortisol—and even Vitamin D—all influence how we feel, how we move, how we sleep, and how we recover. What many people don't realize is Vitamin D isn't just a vitamin; it functions as a hormone, affecting mood, immune health, muscle strength, and bone density. During the winter months, when sunlight exposure drops, Vitamin D levels often fall right along with energy and motivation.

When hormones decline or fall out of balance, energy drops, mood flattens, sleep suffers, and winter feels longer and heavier than it should.

Hormones also do far more than influence mood or libido. They are foundational to the body itself. Testosterone and estrogen are essential for maintaining muscle mass in both men and women. When levels are low, the body loses lean muscle—even with consistent exercise. As muscle declines, metabolism slows, joints lose support, and fatigue becomes the norm rather than the exception.

Hormones play a critical role in bone health as well. Estrogen, testosterone, and Vitamin D

work together to protect bone density. When any of them are deficient, bone loss accelerates, increasing the risk of osteoporosis and fractures in both men and women. This loss happens quietly, often for years, before it ever makes itself known.

This is why so many people feel tired, frustrated, and fragile. Why workouts stop working. Why motivation disappears. Why winter feels like survival instead of rest—and why spring can feel like a letdown.

Hormone optimization helps.

When hormones are restored to healthy levels the body responds. Energy improves. Muscle becomes easier to build and maintain. Bones are protected. Sleep deepens. Mood stabilizes. That natural desire to care for yourself returns.

Hormone Replacement Therapy isn't about pushing the body beyond normal. It's about restoring what time, stress, and life have gradually taken away.

At The Hormone Restoration Center, we take a comprehensive, personalized approach. You're not broken, and you're not alone. You don't have to wait for another season to feel like yourself again. Just call us: (850) 837-1271. It might just change your life.





A Minister's Message: Satan's Two Favorite Lies



BY KERRY KNIGHT,
MINISTER, EMERALD BEACH
CHURCH OF CHRIST

He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him.

When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.

- John 8:44

Satan lures us every day with his cunning and craftiness. His first lie is making us believe he is on our side.

- Do it, it's no big deal.
- You deserve it.
- This is what is best for you.
- It will make you happy.

• And, God will forgive you anyway.

The second lie is reversing his strategy. His name means accuser.

- You did what? You idiot.
- How could you think you deserved anything?

• You're in big trouble now, Bub!

• Welcome to misery.

• And, He won't forgive that one.

Never think you can outwit the devil. He's been at this for a long time. Just ask Eve. The best action is to go to the book, the

Good Book. "Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand" Ephesians 6:13.

Then read the rest of the chapter. You need it!

LIVING HISTORY

continued from page 20

When their turn arrives, they embrace the opportunity to take center stage, sharing knowledge and enthusiasm with confidence beyond their years.

More than a fun tradition, the Wax Museum reflects the

school's commitment to meaningful, hands-on learning. By combining research, writing, creativity, and presentation skills, Breakfast Point Academy's second graders gain valuable tools that extend far beyond the classroom, proving that when students step into history, they also step into growth.

JEALOUSY

continued from page 22

actions builds trust and can help rebuild trust if there has been a past breach.

abilities and intentionally avoid actions that will activate their spouse's insecurities and jealousy. Together, you can tame the green-eyed monster.

Let me know if I can help.

Bottom Line: Fix the Problem, not the Blame

If you and your partner need to navigate healthy jealousy issues, start by acting like cooperative allies. Avoid the blame game. Concentrate on open communication, setting clear boundaries, and strengthening trust. Jealous partners should examine their insecurities and learn to express their feelings constructively. At the same time, the triggering partners should be mindful of their spouse's vulner-

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 like jealousy and authors the blog "Work it Out." You can find her online at amitymediationworkshop.com.

INSIDE THERAPY

continued from page 23

Beyond Symptom Relief

The ultimate goal of therapy isn't only to reduce distress but to foster self-actualization—the process of becoming one's fullest, most authentic self. Clients begin to see their challenges not just as problems to fix, but as opportunities for growth. A successful therapeutic relationship helps people rediscover their own resilience, wisdom, and capacity for joy.

In the end, therapy is less about being told what to do and more about learning how to listen deeply—to one's own mind, body, and spirit—and using that understanding to live with greater freedom and purpose.

Michael McManus LCSW is a psychotherapist in private practice in Santa Rosa Beach. He can be reached by text or phone at 1-850-837-0123 or visit psychotherapy30A.com.



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March 15: Look to Me and be saved (Isaiah 45:22)

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 Musing



By SEAN DIETRICH

My truck cab was filled with three barking dogs and one idiot. The dogs were in the backseat. The idiot was behind the wheel.

“Sit down!” the idiot kept saying.

But my dogs do not sit when I drive. They never sit. They dutifully explore their space when the vehicle is underway.

To the untrained eye my dogs appear to be acting disobedient-

ly. But that’s not it. Really, they are just looking for food.

They are always looking for food. They even look for food in places where there has never been any food, such as my bathroom. In a pinch, they will even resort to eating non-food items such as my reading glasses, my sandals, sheetrock, etc.

But they particularly go crazy when in my truck because they know the odds of finding abandoned food here are exponential. Thus, they are constantly on the lookout for expired Corn Nuts, old pistachio shells, or a petrified French fry predating the Reagan administration.

So we finally arrived at the dog park. I turned them loose. They ran. They chased squirrels. They wrestled. They hunted around for any threatening

or suspicious objects so they could sniff them, bark at them, then pee on them.

And then, basically, all the dogs in the dog park just stood around. That’s all the dogs do there. They play for short bursts, then they stand around and look at their owners.

“Why do dogs just stand around at dog parks?” one dog owner asked the group of us dog owners who were also, as it happens, just standing around.

Another dog owner said, “I drove forty-five minutes to get here, just so my dog could stand around.”

One of the other dog owners remarked, “You ever wonder what would happen if dog and human roles were reversed? What if DOGS took US to human parks? Would we go to the bathroom in front of each other?”

We all just looked at him.

And, of course, at dog parks, dogs sniff each other’s rears. I don’t know why dogs do this. This behavior has always perplexed me. They are not picky about whose butts they sniff. They’ll sniff any butt you give them.

I’ve read that rear-sniffing is a primal greeting of sorts where-

in complex pheromone scents are exchanged. But I think it’s something dogs do because they

like nasty things.

I have been owned by 13 dogs in my lifetime. And I have learned that dogs are not above wallowing in stinky objects. I have seen my dogs roll themselves in everything from cat feces to armadillo remains.

And one time when I was in a major city—this is a true story—walking my bloodhound after hours, we were near the dumpsters. It had been a long night. I had just given a speech and I was tired, so I wasn’t paying attention.

When I got back to the hotel, the clerk looked at me and said, “Sir, there’s something in your dog’s mouth.”

“Drop it, Thelma Lou!” I said.

It turned out to be—remember I am not kidding—a retired breast implant. The thing hit the floor.

The clerk and I stared at the prosthesis and, in a moment I will never forget, the clerk said flatly, “Double D.”

I’m running out of room here, but I’ll close by saying, the more I learn about people, the more I like my dogs.

Sean of the South: Dogs



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A Pastor's Ponderings: **Silver Linings**

BY RICK MOORE

Leadville, Colorado, is known for the Silver Dollar Saloon, Doc Holiday, Jessie James, and the unsinkable Molly Brown. It all began in 1860 when Abe Lee discovered gold in the Rocky Mountains. Over a thousand miners setup camp in the surrounding area, hoping to strike it rich as well. Five years later, most of the gold was depleted. The camps dwindled down to only a few hundred men. It seemed the only thing left in town was the mounds of lead ore extracted from the mines that were tossed aside and considered worthless. Then, a few years later, it became clear there was a fortune in those lead ore mounds due to

the amount of silver they contained. That "black sand" as it was called contained 40 ounces of silver per ton. In two years' time, the town became known for its silver mining, the population grew from a few hundred to 30,000, and many in the community became very wealthy. The town had no more gold, but there was definitely a "silver lining" to their story.

Just outside of Orlando, in a city named Winter Park, there is an affluent area known as The Vias. Because the area had an excellent public education system, my wife and I wanted to live there so our boys could attend school in that district. We certainly could not afford to purchase a home in The Vias being that most of them cost millions of dollars. However, one of my boys told us about a home for rent in The Vias, and we were shocked to discover it was within our budget. The house was located on a canal that was part of the chain of lakes connecting Maitland to Winter Park. When



we went to check it out, we looked at each other and asked, "Where is the house?" It appeared there was only a two-car garage on the property. Come to find out, what looked like a garage was the house. Developers were purchasing old properties in the area, tearing down the dilapidated structures and building mansions. This particular lot had yet to be cleared. We decided to rent the property and make it an adventure.

At first, I was paranoid about meeting others who lived near-

by. They lived in mansions and we lived in what looked to be a garage. The first week we moved in, my youngest son made brownies for our neighbors and insisted we introduce ourselves to them. There was no "Big I - Little U" attitude from anyone. We were welcomed into the community with open arms. The next morning, as I looked out our kitchen window toward one of the perfectly manicured estates, I pondered what it would be like to live in such an edifice. Then, I went to our sliding glass

door and looked across the canal to another incredible home and contemplated what it would be like to live in such a luxurious property as that. Suddenly, it dawned on me; I had the best view in the entire neighborhood. They had to look out of their windows and see a run-down house that looked like a garage, and I got to look out of my windows and see mansions! At that moment I truly understood what it is like to have a silver lining.

The phrase "silver lining" is from a poem by John Milton in 1634: "Was I deceived, or did a sable cloud turn forth her silver lining on the night?" This expression was used to represent hope and the hidden benefits in negative situations. There is a bible verse that is somewhat similar. Romans 8:28 says "All things work together for the good to those who love Him..." It can be hard to find the good in tough times. Just keep looking.

Rick Moore is Communication Pastor at Destiny Worship Center.

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Panama City has a new thrift store and a great reason to shop!

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Design and Culture: **The Woods**

Farmhouse, contemporary, beachy chic, urban — whichever direction you may be considering for your next project, the combination of painted and wood cabinets is here to stay for now as trends for 2024 are warm, cozy, and sophisticated. Knotty alder, cherry, rustic maple, maple, white oak, oak, and hickory are all woods available for cabinetry at Granite Plus and we have a wide range of stains available. It is always a good idea to select your countertops at the same time to ensure a stain has been selected that will translate into a lovely, refined, finished space.

The natural character and grain of wood species like knotty alder, rustic maple, and cherry make these an elegant selection for a rustic farmhouse-style kitchen. When selecting a door style for a rustic farmhouse look, you can consider a shaker door with a wider rail or one with no bevel on the inside of the frame such as the Waverly door from WF Cabinetry or the Craftsmen door from DuraSupreme Cabinetry. For a modern farmhouse look, maple or white oak are good choices as these woods will have softer graining. A beveled shaker door style is a charming selection for this look.

For a contemporary or urban look, try cherry, maple or white oak in the Camden door style, a solid wood door. Another great option is the Moda door style with an exotic veneer which gives you the choice of a vertical or horizontal grain to add a bold statement throughout your space.

Beachy chic, or what I would consider a transitional design, is usually somewhere in between traditional and modern. The newest door style, the skinny shaker, is a perfect door style for this. The Reese door by DuraSupreme is available in cherry, maple or white oak. From light to dark stains, all are fair game with this trend and will depend on the countertop selection.

If you would like to find out more, you can visit Granite Plus at 17801 Ashley Drive or call our showroom at (850) 236-6363 and a project manager will assist you. We are locally owned and operated and look forward to hearing from you!



Knotty Alder



Cherry with Heather Stain



Cashew



Kitchen Design by Granite Plus. Lower cabinets are maple with a poppyseed stain in combination with linen white and Cyberspace painted cabinetry. The upper cabinets are the Homestead door and the island and lower cabinets are the Lauren door. The countertops are Carrara Quartz from Vadara with Monte Blue granite on the island.



Kitchen Design by Granite Plus. Island is Knotty Alder with a weathered finish and the perimeter is Pearl.



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DIY vs. Pro: How to Know Which Home Projects You Should Tackle—and Which to Leave to the Experts

BY AUBRIE BAILEY, MARKETING COORDINATOR, FLOORING DEPOT OF PANAMA CITY

Sweat equity. It's a great way to add value to your home while limiting costs. It's a win-win for most homeowners. You get to bring your vision to life, pick all your products and then reap the rewards and satisfaction of a job well done, right? Well, hopefully. The big question is, how do you know when a project might be a little over your head and your YouTube knowledge?

The difference between a satisfying DIY success and a frustrating, expensive redo often comes down to one simple question: Does this project require precision, permanence, or specialized skill? At Flooring Depot of Panama City, we help homeowners make confident decisions about their upgrades every day. Some improvements are perfectly reasonable to handle on your own, especially when they involve small cosmetic updates or low-risk changes.

Others benefit greatly from professional experience—particularly when durability, moisture protection, or structural accuracy are involved.

DIY Wins: Many homeowners find success with minor repairs and cosmetic improvements. Fixing wall imperfections, painting bedrooms or interior spaces, replacing cabinet hardware, installing shelving, or updating fixtures can refresh a space without introducing significant risk. These projects typically require basic tools, careful attention, and patience more than specialized ability. They are also forgiving—if something isn't perfect, it can usually be adjusted or redone without long-term consequences.

Even certain floating floor products can also be installed by experienced—key word, experienced, DIYers. Modern click-lock systems are designed to simplify installation, but success still depends on proper measurement, subfloor preparation,

and clean finishing work. Even small miscalculations can lead to gaps, uneven wear, or long-term performance issues. For homeowners who enjoy hands-on work and have the right tools, this type of project can be achievable—but it does demand precision and planning and a certain amount of know-how.

Professional Projects: Where many projects begin to cross into professional territory is when results must be exact, permanent, or protected from moisture and wear. Tile flooring and shower installations require a high level of knowledge and technical accuracy. Proper subfloor preparation, waterproofing, spacing, and leveling are essential to prevent cracking, shifting, or water damage. Because mistakes often reveal themselves months or years later, professional installation protects both the appearance and longevity of the space.

Cabinets, countertops, and glued-down or nailed-down

flooring systems also benefit from professional installation. These installations must be level, secure, and precisely fitted to ensure long-term performance. In many cases, improper installation can void manufacturer warranties or lead to costly repairs. When structural alignment, adhesives, or moisture barriers are involved, experience matters.

Beyond workmanship, another reason homeowners choose professional installation is efficiency. What may take a homeowner several weekends or even months can often be completed by a trained team in a fraction of the time—with predictable, high-quality results. That peace of mind is a significant part of the value professionals provide. Not to mention it's a lot less frustrating than doing it yourself.

Flooring Depot of Panama City supports homeowners at every stage of the decision-making process. Our team helps you evaluate materials, understand



installation requirements, and decide whether a project is a good DIY candidate or better suited for professional service. When professional installation is the right choice, we use our experienced specialists who ensure the work is done correctly. We also offer installation warranties to give you peace of mind.

To make larger improvements more accessible, Flooring Depot of Panama City currently offers special 24-month financing for qualified customers. This flexible option allows homeowners to move forward

Continued on page 31

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 Business

Spring Maintenance Checklist: Don't Forget Your Internet Services

BY DON CARTER, SECUREVISION

Spring on the Emerald Coast is a time for fresh starts. HOAs and condo associations across Panama City Beach, Santa Rosa Beach, Miramar Beach, and Destin begin seasonal projects like landscaping, roof checks, pool prep, and cleaning common areas. These efforts help protect property values and keep residents happy. One important system often left off the list, though, is community internet service.

Reliable internet is now as essential as water, power, and

security. Residents depend on it for remote work, school, streaming, smart home devices, and staying connected. In larger communities with full-time residents, seasonal owners, and vacation guests, even small connectivity issues can lead to frustration.

Spring is the right time for boards to review internet contracts before the busy season begins. Many agreements renew automatically each year, even as the number of devices in each home continues to grow. What worked a few years ago may not

meet today's needs. A yearly review helps confirm service levels, spot gaps, and ensure providers are delivering as promised.

Equipment should also be checked. Routers, switches, and access points wear out over time. Older or basic hardware may struggle when usage rises, especially during spring break and summer when occupancy is higher. Addressing equipment now can help prevent slow speeds and outages later.

Planning ahead can reduce complaints. Waiting until residents report buffering or

dropped connections often leads to rushed decisions. Communities that plan early can make improvements in a thoughtful way. Residents notice when boards stay ahead of problems, and that builds trust.

Security and network setup matter too. Spring is a good time to make sure guest networks are separate from resident and office systems, updates are current, and best practices are in place. These steps help improve performance and reliability, especially in large communities with shared Wi-Fi.

For Emerald Coast communities, spring sets the tone for the year. Adding an internet service review to the maintenance checklist can help ensure a smoother season, fewer disruptions, and a better experience for residents and guests. Secure Vision works with HOAs and large developments across the region to review contracts, equipment, and network design, helping communities stay connected year-round.

Run the Business. Let the Pros Handle HR. Build a Stronger Exit.

BY TIPP SPRADLIN

Most small business owners didn't set out to become HR managers.

They built their companies around an idea, a skill, or a service. Then somewhere along the way, they found themselves Googling employment law at 10:47 p.m., double-checking payroll, and hoping that em-

ployee classification was done correctly.

Over time, payroll got handled. Policies were written. Benefits were chosen. Compliance became something to stay ahead of—at least most of the time. It worked. Mostly.

In many small businesses, HR lives quietly in the background, stitched together by ex-

perience, good intentions, and a bit of owner oversight. That's fine—until a buyer evaluates the business.

When a buyer or lender looks at a company, profit is only part of the equation. The deeper question is whether the business can operate cleanly and compliantly without the owner personally managing every peo-

ple-related issue. Payroll errors, inconsistent policies, unclear classifications, or outdated compliance practices introduce risk. Not dramatic risk. Subtle risk, the kind that slows deals down and lowers confidence.

This is often where a Professional Employer Organization, or PEO, becomes part of the strategy.

A PEO supports the administrative and compliance side of employment—payroll processing, tax filings, benefits administration, workers' compensation, and regulatory updates. For owners, that translates to fewer unknowns and systems that don't rely solely on memory or improvisation.

Companies with roughly 7 to 200 employees tend to benefit the most from this structure. At that size, you're large enough for HR complexity to matter—but often not large enough to justify a full in-house department. A PEO bridges that gap.

In our brokerage work, we



regularly refer business owners to trusted PEO partners years before they ever list their company for sale. Preparing a business for market isn't about last-minute polishing. It's about strengthening the foundation well in advance. Clean HR systems, documented policies, and compliant classifications signal stability. They protect valuation.

Here locally, Amy Yates and Landrum HR Solutions are a resource we confidently connect owners with when it's time to

Continued on next page

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Around the Beach

BCSO Receives Florida Corrections Accreditation



The Bay County Sheriff's Office is proud to announce that the Bay County Jail has officially achieved Florida Corrections Accreditation, a distinction that reflects the professionalism, discipline, and relentless dedication of our detention staff.

Earning accreditation in the State of Florida is no small task. Facilities must demonstrate compliance with hundreds of rigorous standards established by the Florida Corrections Accreditation Commission. These standards evaluate every aspect of jail operations, including:

- Life safety and fire inspections
- Inmate supervision and security protocols
- Medical and mental health services
- Use-of-force policies and documentation
- Staff training and certification requirements
- Facility maintenance and sanitation

- Evidence handling and property control
- Emergency preparedness and response planning
- Internal investigations and accountability measures

Accreditation is not automatic; it requires extensive policy development, documented proof of compliance, on-site assessments by independent inspectors, and a formal review process. The standards are demanding, the documentation process is exhaustive, and the expectations are uncompromising.

This achievement reflects countless hours of preparation, audits, inspections, and teamwork behind the scenes. Our jail staff work in one of the most challenging environments in public safety, and this recognition affirms their commitment to operating a safe, secure, and professionally managed facility for our community.

We commend every member of our detention team for meeting and exceeding these grueling standards. Their hard work does not go unnoticed.

Minto Communities USA Receives National Association of Homebuilders' Gold and Silver Awards for Latitude Margaritaville

Minto Communities USA was presented with the National

Association of Home Builders' (NAHB) gold and silver awards in February at the 2026 International Builders Show (IBS) that took place in Orlando, Florida.

Minto received a gold award in the Best Social Media Campaign category for Island Time, a weekly YouTube series featuring Latitude Margaritaville residents enjoying the dynamic lifestyle offered by Latitude Margaritaville communities. Latitude Margaritaville Watersound Town Square was recognized with a silver Best in 55+ Housing Award in the Best Community Amenity category.

The Island Time YouTube series is hosted by Latitude Margaritaville Lifestyle Director Ramona Ward, who interviews community residents as they experience aspects of the Latitude Margaritaville lifestyle. The show covers activities at the many community amenities, fitness, dining, arts and crafts and much more with upbeat segments about Latitude Margaritaville's daily menu of fun, food and music.

Latitude Margaritaville Watersound Town Square overlooks the Intracoastal Waterway. It features a terraced amphitheater, thatched roof bandshell, full-size concert stage for live music and a jumbo screen for live streaming and movies. There is also a specially surfaced dance floor that provides



a little give and spring for dancers. A two-story Latitude Bar & Chill restaurant with rooftop Overlook Bar provides a range of Margaritaville-inspired food and beverage concoctions, live entertainment and panoramic views of the Intracoastal Waterway.

A massive lagoon-style Paradise Pool with beach-like gradual entry and shaded Tiki Island is surrounded by an expansive sun deck. A state-of-the-art Fins Up! The Fitness Center offers an indoor lap pool and a whirlpool spa as well as a wellness program. There are tennis, pickleball and bocce ball courts and an outdoor game lawn with cornhole, billiards, table tennis, putting green and more. The

Town Square also features a Workin' N' Playin' Center that includes the Last Mango Theater, Hangar Workshop and Barkaritaville Pet Spa.

Latitude Margaritaville communities are being developed by Minto Communities under license from global lifestyle brand Margaritaville Holdings. The newest location of the enormously popular communities, Latitude Margaritaville Watersound, is being developed in partnership with The St. Joe Company.

Latitude Margaritaville communities are inspired by the lyrics and lifestyle depicted in the songs of famed singer, songwriter and best-selling author Jimmy Buffett. They have captured the imagination of today's vibrant and active 55-and-better market with a laid-back lifestyle of fun, food, music and escapism. More than 550,000 prospective home buyers are registered as Latitude Margaritaville Paradise Club members to receive ongoing information and updates.

DIY VS. PRO

continued from page 29

with professional upgrades now while spreading payments out over time.

Home improvement should be exciting, not stressful. Knowing when to take on a project yourself and when to rely on professionals helps protect your investment and ensures your home improvements deliver lasting value. When you're ready to plan your next upgrade, Flooring Depot of Panama City is here to help you choose the right path forward. Visit our showroom, speak with one of our experts, or schedule your free consultation today. Let's turn your vision into a finished space you'll love—done right from the start.

RUN THE BUSINESS

continued from page 30

add that structure. As a family-owned and privately held company with more than 55 years of experience, Landrum takes a hands-on, relationship-driven approach to supporting businesses with compliance, workforce strategy, and long-term stability. Together, they help bring clarity to operations while giving companies of all sizes confidence in compliance and access to Fortune 500-level benefits.

Businesses with professional HR systems tend to operate with more consistency and less

friction. Owners spend less time reacting and more time leading—and fewer evenings playing amateur employment attorney.

Retirement isn't just about stepping away. It's about knowing the company you built can stand on its own. Sometimes the most valuable improvements aren't flashy revenue jumps. They're the quiet upgrades that reduce risk, protect people, and preserve value.

If selling is even a distant "someday" thought, starting conversations now—years in advance—can make a measurable difference later. The strongest exits happen on purpose.

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