



DECEMBER 2020
VOL. 1, NO. 4

PCB Life

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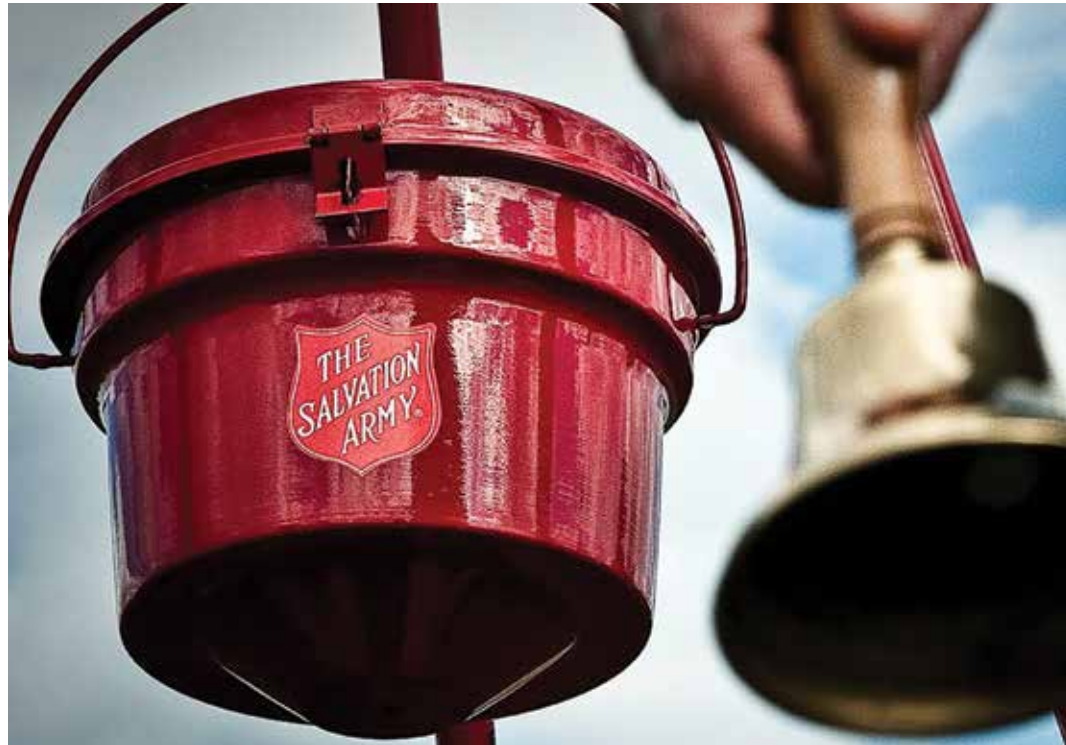
Postal Customer Local

The Sound and Spirit of Christmas

BY AETHER VAN DYKE

What comes to mind when you think of The Salvation Army? Do memories flash through your mind of bell ringers standing outside major department stores and malls during the holiday season? Perhaps you think of a charity, a thrift store or a food pantry. In fact, The Salvation Army does all of this and so much more. Indeed, the global organization goes above and beyond for their communities, and it is most evident during the holiday season, which sadly for so many is not, the ‘happiest time of the year.’

The Salvation Army’s mission is a year-round, 24/7 commitment, dedicated to meeting the needs of those in their community who are disadvantaged and struggling, often due to no fault of their own. The Salvation Army provides, among other things, grocery and rent assistance, access to warm, clean clothes, toiletries and hot meals to many who would otherwise go weeks without. These initiatives are funded in great



part by the organization’s holiday Red Kettle campaign, which typically starts the Friday before Thanksgiving and runs all the way to Christmas Eve.

The local branch, currently under the command of Major Ed Binnix, is responsible for the needs of those in a total of eight surround-

ing counties, extending as far west as Walton County, east to Franklin County and north to the Alabama line. It is a huge undertaking and the need has only grown exponentially since Hurricane Michael.

Every year is a challenge, but perhaps none greater than this year. With in-store shopping down across the

country, less money in circulation due to layoffs, and a shortage of volunteers and paid workers, Major Binnix and his team are faced with an unprecedented predicament. “This year the national office predicts giving will be

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Healthy Start Launches Safe Sleep Campaign

Following a dangerous uptick in the number of unsafe sleep deaths in Bay County, the Healthy Start Program and Children’s Advocacy Center have partnered with Gulf Coast Regional Medical Center to launch ‘This Side Up,’ a Safe Sleep Baby campaign. Over the coming months the Advocacy Center and Healthy Start will be training first responders, police and firemen on safe sleep practices and providing them with ‘This Side Up’ safe sleep packets, that will include a Safe Sleep shirt, pacifiers and educational materials for mothers and other guardians.

To help kick off the campaign, the Panama City Beach Chamber rallied its membership and late last month, organized a special ‘Safe Sleep bag stuffing’ event. Commenting on the event, Chamber President & CEO Kristopher McLean noted,

SAFE SLEEP
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Published Monthly
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Circulation: 12,000 Households

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Merry Christmas
& Happy New Year
from PCB Life!

CHRISTMAS

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down as much as 50% over last year. Although it is anticipated that we will exceed national projections, there will likely be a significant shortfall," Major Binnix added.

There are a total of 25 Red Kettle locations in our eight-county area, 18 of which are in Bay County, and currently only nine are being reg-

ularly manned. Operating at full capacity, the Red Kettles are manned each day, six days a week from 10 a.m. to 7 p.m. Major Binnix explained further, "Ideally, we ask volunteers and paid staff to commit to a two to eight-hour shift, but two-hour shifts are available first thing in the morning and last thing in the evening. The evenings are our busiest time, due to higher foot traffic through the stores later in the day. Traditionally

we have also relied on the kindness of vacationing Snow Birds to help fill in any scheduling gaps we may have, but again, there are less seasonal residents here this year."

The math is simple enough to understand, great need minus less resources equals less programs, which equates to even greater need in the coming year. So, what can we do to help? First and foremost, give! Give, whatever you can afford

whether it is your time to "ring the bell," or put money in the kettle. The Salvation Army makes it easy to do both, with two simple websites: register-toring.com and give.salvation-armyusa.org. Either way, if you do register online, be sure to enter your panhandle zip code to ensure your gift of time and money stay in Bay County. Be bold this holiday season and give the gift of hope and love to your community.

SAFE SLEEP

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"The Beach Chamber is always grateful to give back to our community. The partnership with the Gulf Coast Children's Advocacy Center and our Idea-Camp Committee allowed us to volunteer our time for the Sleep Safe campaign. Our members came together that day to create 2,500 awareness bags. This was a pure act of compassion knowing we helped educate parents about protecting their child. We have the most generous membership!"

The campaign seeks to educate parents and other guard-

ians and caretakers about the importance of safe baby sleeping practices, relying on community advocates, such as law enforcement and first responders, to get the word out in their communities.

In launching the campaign, Executive Director, Healthy Start Coalition, Sharon Trainor noted, "It is estimated that four to six otherwise healthy babies will die every year from unsafe sleep practices in Bay County alone, so it is extraordinarily important that the public be aware of the dangers and understand safe sleep practices."

Knowing the facts and simple tips will save lives:



Almost twice as many babies die in adult beds than anywhere else. **TIP:** share a room not a bed. Bring the crib into your room, this will keep your baby close and safe. Never put a baby to sleep on a soft surface, such as a couch or chair.

What may seem like 'comfy' to adults can be deadly for babies. **TIP:** remove all items from the crib, such as blankets, pillows, stuffed animals, even bumper pads. Use tight fitting sheets, one-piece sleepers and if the room is not warm enough, a sleep sack.

The safest way for a baby to sleep in on their back. **TIP:** always put babies to sleep alone, on their back in an empty crib, bassinet or pack 'n play.

To find out more or to find out how you can participate in the campaign please contact Sharon Trainor at sharon@healthystartbfg.org.

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 Community

Faces of PCB: A Cold Brew Like No Other

Daniel Pratt, founder and owner of Panama City Coffee Company, insists that what he is doing as he pedals his custom-made barista bike through the streets of Panama City Beach is not about the money. He is trying to create an experience. Not for himself, but for the curious customers he takes by surprise.

“I am first and foremost a musician. Creating an experience correlates with the creative part of me. I started a band when I was thirteen. These coffee shops had open mic nights, poetry nights, all centered around coffee. I sort of identified with that whole vibe.”

What Pratt is peddling as he pedals is not iced coffee, which is simply hot brewed coffee on ice. This is nitro cold brew, a coffee that develops its flavors and aromas from ground beans steeped in cold water for hours or even days. It is dispensed from a keg, like beer. The nitrogen charge produces a pour with a creamy head, very much like Guinness stout, but with caffeine instead of alcohol.



About this time last year Pratt was living a normal pre-pandemic life, like the rest of us. He was recording his second EP (just released), playing gigs, and working as a worship leader for his church.

When the economy shut down in the spring, he began delivering meals for DoorDash to help pay bills. The idea came to him in his sleep after a day in a particularly storm-blighted neighborhood in Panama City. “I woke up with the phrase ‘from Panama, for Panama’ in my head. It was a real God thing.”

Pratt grew up in the Wash-

ington, D.C. area, the oldest boy in a family of twelve siblings. His father’s family was originally from Panama, so he was familiar with the Central American country long before his epiphany in Florida’s namesake town.

His idea was simple. Build a successful local business to create opportunities for those still suffering from the effects Hurricane Michael. Purchase the raw ingredients for the business directly from farmers in Panama, thus dispensing with the costs of the middlemen, and help alleviate poverty in his paternal homeland.

He worked remarkably fast, given the limitations of the pandemic economy. He ordered his custom-made barista bike from a specialty craftsman in the Pacific Northwest. He received his first shipment of beans from the Boquete District, in the cool highlands of Panama near the Costa Rican border. He hit up friends to help him design a logo, set up a website, and research licensing and trade rules. He talked to other baristas and coffee shop owners. “If you want to make any money,” they warned him, “don’t start a coffee business.”

All he needed now was a roaster. It was very important that the beans be roasted locally. The idea was to create jobs and opportunities in our area. And freshness is the key to good coffee. “Most people don’t realize what a short shelf life roasted beans have. By the time you open a bag you get in the grocery store the coffee is either stale or burnt. Stale coffee has no flavor. The big producers intentionally burn their beans to at least give the stale coffee a distinctive flavor.”

The whole thing finally came together when he met Joe Thomas of Water’s Edge Coffee, a local roastmaster who had been perfecting his craft for years. Pratt briefly explained his vision to Thomas. “I have been waiting to meet someone like you,” Thomas reportedly said.

Pratt says that as soon as travel restrictions to Panama are lifted, he and Joe Thomas are heading due south to visit farmers and taste coffees. He plans to introduce new roasts and hopes to start hiring additional bicycling baristas to spread the experience up and down the Emerald Coast.

To see where his cold brew bike will appear next, search Facebook or Instagram for Panama City Coffee Company. To order bags of beans to brew yourself, visit the company’s website, panamacitycoffee.com.

If you would like to nominate someone for Faces of PCB, please contact Tracy Steely, tracysteely@gmail.com, www.steelygroup.com or call 850 803 9822.



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Charity Chatter

Volunteer Line Dancing Instructor Wanted

The PCB Senior Center on Lindell Drive is looking for a volunteer line dance instructor to complement their already very active class schedule. The Center currently offers yoga, medication, wood carving, wood burning, card stitching and chair exercise classes. And in mid-December, they plan to introduce 'Let's Make a Deal' Bingo to their roster activities. Seniors are encouraged to sign up today for any one or all of their classes. The Center is open

daily Monday through Friday 9 a.m. to 3 p.m.

New Year's Day Beach Clean Up

Get the new year off to a great start by joining the Keep PCB Beautiful committee for a beach cleanup starting at Russell Fields Pier at 11 a.m., Friday, January 1st.

Later in January, Keep PCB Beautiful will join with Gulf World Marine Institute and the PCB Turtle Watch to launch two documentaries; 'Straws & Saving the Sea,' and 'Sea Tur-

bles.' Dates and times to be announced.

Big Brothers Big Sisters to Host Virtual Gala

Mark your calendars for Friday, January 15, 2021 for The Big Gala 2021 - 'Bigger Together.' The Big Gala is normally the charity's biggest black-tie event of the year, but due to the COVID-19 pandemic, Big Brothers and Big Sisters of Northwest Florida, will be hosting their first-ever Virtual Big Gala. The night may look different than years past, but the



Committee assures us it will still be filled with many of their fun signature elements! Sponsorship opportunities are available now. To learn more, visit www.bbbsn-wfl.org/events/big-gala.

Dementia Wellness Expo January 21st

Registration is now open for the 2nd annual Dementia Wellness Expo to be held virtually, Thursday, January 21st. The event offers free CEUs for nurses, CNAs, Social Workers, OTs, PTs, SLPs. The Expo opens at 8 a.m. with 'Morning with Teepa and Senior Helpers,' to be followed in the afternoon by the main Expo 'Stronger Together.'

To register and to learn more about their lineup for both events visit dementiafamilypaths-ways.com.

The Honey Hole



BY TIM BRADDOCK, BAY BREEZE BAIT & TACKLE

As sure as the transition of the first few cold fronts bringing the potential first frost begins to move through the Emerald Coast, we will experience a similar transition in our fishing as well. It's a great time to be looking for additional ways to improve your fishing knowledge. Many local shops will host fishing seminars. Sessions will focus on specific types of fishing and the methods used for that type of fishing.

Seminars are hosted covering a range of topics from boat care to inshore fishing, to how to tie flies. Each of these sessions are conducted by qualified fishermen who will help improve your skills. These seminars are also a good way to be introduced to a different type of fishing that you have never experienced before. For example, fly-fishing is a growing technique in the Emerald Coast. Locally, fly-fishing techniques can be used to catch bream in the Choctawhatchee River or Tarpon in the Gulf of Mexico. The fishing possibilities are as diverse as beach store op-

tions on the Emerald Coast.

Bay Breeze Bait & Tackle will host several fly-fishing seminars throughout the winter months of December, January, and February. These seminars are presented by fly fishing pros and will cover topics such as fly casting, fly tying and fly gear review. The schedule of the seminars can be found through the shop's Facebook page.

reel service department. If you do not want the hassle of taking the reel apart, doing the inspection of each piece, applying oil + grease and putting it back together, take it to your local shop and have them maintain it for you.

In these winter months, surf fishing will still be fairly active. As the fall flounder and pompano run comes to an end, we will

weather and waterproof gear that will make your fishing experience enjoyable, even in unfavorable conditions. Be sure to take someone with you. Most of what we all have learned is because someone took the time to invest their knowledge into us. Be intentional about investing your time and take someone with you.

May all the fishers end up on Santa's nice list this year. May your stockings be filled with your favorite Florida panhandle fishing products such as FishGum, SnJ Pompano Rigs, and SORD Fillet Knives. Merry Christmas to all and to all may you catch many fish.



As we transition into these winter months, not only is it a good time to work on knowledge, it also provides a good time to do a personal inventory of your fishing gear. Take care of your gear and your gear will take care of you. The physical gears in your reels are the workhorse for reeling in your fish. Be sure to run a maintenance check on them to ensure all of the teeth on the gears are in good shape. Also, make sure the reel has been properly greased and oil has been applied. Several of the local shops have a great

begin to see more blue fish and large black drum being caught in the surf. Any cut bait such as whiting, mullet or cigar minnows will produce good results.

Offshore fishing still offers great opportunities in the winter months. Bottom fishing will also continue to be a solid choice, producing a good amount of fish and a chance to have some fun. Squid and cigar minnows appropriated on a chicken rig will provide a great indicator to the types of fish on the reef.

You have to get out and fish! There are great options for cold

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 Community


Let's Get Growing with Julie Palm Pruning Problems

Every frond generates from this bud over a period of about 4-6 months. As new fronds emerge, older fronds are pushed lower creating a naturally full, rounded canopy.

Palm Nutrition

It's a common misconception that yellowing lower fronds is a sign that the older leaf is ready to drop. However, gradual discoloration is usually an indication of a nutrient deficiency, not senescence. Our soils are often deficient in specific nutrients that the bud needs to create new leaves. Yellowish orange speckles or brown edges on lower fronds is a sign that the bud is pulling mobile nutrients (usually Potassium and Magnesium) from older leaves to make healthy new ones. So, if you cut those fronds off while there is still green tissue, you made a nutrient deficiency worse!

Plants make their own food through photosynthesis. You can get really complicated with this process, but the basic role of



This Canary Island Date Palm is showing common symptoms of magnesium and potassium deficiency. Removing these yellowing fronds will intensify the problem.
PHOTO COURTESY OF UF/IFAS

leaves involve chlorophyll (the green in those leaves!) trapping sunlight followed by a chemical reaction that creates glucose (energy for plant) and oxygen. When you remove green leaves, you reduce the palm's ability to create food for itself in addition to potentially intensifying a nutrient deficiency.

Disease Transmission

Unsanitary pruning equipment can transmit plant pathogens. One devastating disease transmitted through contaminated pruning equipment is Fusarium Wilt of Canary Island Date Palm. This fungus affects the vascular system resulting in wilted fronds and eventual death of the palm. Pruning an infected palm then moving to a healthy one without proper sterilization can transmit the



Canary Island Date Palm with typical Fusarium Wilt symptoms.
PHOTO COURTESY OF S. DUNNING, UF/IFAS

fungus. The pathogen can be spread before symptoms appear in the infected palm, so preventing spread can be tricky. There is no cure for this disease and because fungal spores can remain viable in the soil or root fragments left behind it is not recommended to replace infected palms with the same species.

Attracting Insects

When a plant is injured it produces volatile compounds that can be detected by insects. An injured plant is under stress and this can be a beneficial time for an insect to attack since the plant may have a reduced capacity to protect itself. An example of this type of plant-pest relationship is the Palmetto Weevil. Originally considered a minor pest of the native cabbage palm and saw palmetto, it has expanded its host base to include Canary Island Date, Washingtonia, Royal, Coco-

nut, Bismark, and Latan palms which are less tolerant of weevil damage. A wounded palm emits an odor that is detected by an adult male palmetto weevil. The male finds the palm and begins to feed then releases an aggregation pheromone. This chemical brings in more adults which feed on the palm, mate, and lay eggs in wounds or leaf bases. The larvae that hatch are grubs that feed on the soft tissue surrounding the apical meristem (bud) which can cause rot in the canopy leading to bud death or canopy collapse. Larvae form cocoons out of palm fibers and pupate in the periphery of stems or petioles. By the time symptoms of infestation are obvious treatment is ineffective and the recommendation is to remove and destroy the palm.

If you'd like to learn more about palm care visit https://edis.ifas.ufl.edu/topic_palm_care for a variety of topics including pruning, fertilization and nutrition, diseases and pests of palms.

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Local Rotary Club Twins with Rotary in Peru

On December 2, 2020 the Rotary Club of the Emerald Coast took another step in its commitment to international fellowship by formally becoming a 'Twin Club' with the Rotary Club of Casma, Peru. The two clubs connected via video conferencing for a celebration that included video presentations describing the past, the present and the future of each club. Rotary dignitaries from both Casma and Northwest Florida participated in the festivities, culminating in each club president signing the certificates of friendship in both English and Spanish. Those documents will now serve to make official a relationship that is already real.

Emerald Coast President, Mary Pat Zebroski, reflected on this new partnership noting, "We are a small club, but we have always had our eyes on the world. Three of our members were born in South America and two have come to us from Serbia. We have hosted nine international high school exchange students and two years ago sponsored a local student on exchange to Brazil. Our members have visited Rotary Clubs and projects in European cities, India and El Salvador. Becoming a twin club with our new friends in Casma is just another way of demonstrating that Rotary International is not just a name, it is a commitment."

Emerald Coast Rotary meets online on the first and third Monday of the month at 6 p.m. They also sponsor Special Ops, a program that provides the opportunity for adults with disabilities to be part of the Rotary experience through friendship and community service. For more information, contact Mary Pat Zebroski at mpzebro@gmail.com or visit our website at www.emeraldcoastro.org.

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Expanding Education Encore: We've Got You Covered!

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For over three decades, Gulf Coast State College's Continuing Education department has offered the Education Encore program which provides non-credit enrichment classes on a variety of topics for active and senior adults. The learning environment has always been fun and stress-free while offering diversity, insight, and wisdom. But now Education Encore is offering several options for students to participate in the program no matter your location.

"We are so excited to host our spring Education Encore courses for both our local and winter residents. The social aspect is a huge element of the program. We are carefully following all COVID-19 guidelines set by GCSC and the CDC to ensure the health and safety of our participants. Also, we have added some online classes for participants who are unable to attend classes on campus," says Lara Herter, Education Encore Program Coordinator.

After the success of the Fall hybrid courses, GCSC will continue to offer both in-person and online courses for the Education Encore program. To ensure students are comfortable taking online classes, the program is offering free classes on using Zoom throughout December and January. "We feel this will allow our returning students to participate in a manner they are comfortable with and open the program up to members of our community who have not been able to participate in the past due to mobility or transportation issues. Offering free Zoom classes is an important part of our students feeling at ease with the new online options," says Ms. Herter. The Zoom How-To training sessions will cover the benefits of using Zoom, how to join a meeting, audio and visual settings, best practices, and much more!

Long-term Education Encore Participant, Bruce Buhrow, DMD, says, "I've enjoyed every



Education Encore class I've taken for over ten years. The twice a year program has always offered choices of stimulating subjects presented by smart, well-qualified, engaging teachers. But Education Encore has evolved! Now, with live, online class opportunities, there are no limitations on class size. And there is a new option to pay per class instead of paying for all four classes. For those (like my wife) who are uncomfortable using a computer to connect to GCSC, plenty of guiding help is available. Encore has always been good – now it's great!"

Several course highlights include Drawing with Charcoal, Lost & Found: Genealogy for

Beginners, Yoga, Current Foreign Policy, and The Art of Writing. There is a dynamic course offering for every type and interest of life-long learners. GCSC instructors are thoroughly equipped with years of experience in each subject, and they value building relationships with the students. Some new course highlights include Women of Influence in Flori-

da, Archaeology and the Bible, Herstory, and many more! A complete list of classes can be found at gulfcoast.edu/Encore. The courses are held for six consecutive Fridays, January 22 – February 26, 2021. The fee for the program is \$25 per 6-week course. Enjoy your holidays and join us for our Spring Education Encore! No tests! No grades! No STRESS! Just FUN!



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 Education

A. Gary Walsingham Academy on Track to Open in 2021

By BILL HUSFELT, SUPERINTENDENT, BAY DISTRICT SCHOOLS

By now I think everyone knows we're building a new school at the beach and that we plan to welcome students in kindergarten through second grade, to the A. Gary Walsingham Academy in August of 2021.

What you may not be as familiar with, however, is why this school is necessary and where those students will be coming from.

First, you should know that this school was planned well before the hurricane struck in 2018. We've been watching the growth at the beach for quite some time and realized quickly that our schools were approaching capacity. Following the storm, however, we put our new school plans on hold so we could focus on repairing damaged schools throughout the district.

The School Board approved the resurrection of those plans last year and we broke ground this summer on the new school which will be known as A. Gary Walsingham Academy thanks to a very generous donation from

Mr. Walsingham and his family. The Walsingham's donation will be used to bring state-of-the-art technology to the school (not typically funded in a general construction loan) and will assist the school's leaders in focusing on conservation and environmentalism with their students. We hope to take full advantage of the school's amazing location on Chip Seal Parkway and use the natural surroundings for immersive learning opportunities for our students.

While the school will open just as a K-2, we plan to add a grade a year until it reaches K-5 status. Going forward, it's possible that the School Board may decide to add additional buildings to expand the school into the K-8 model that we know our parents love. We're building the school's basic infrastructure with that in mind since planning for the future is always our goal.

Since the beginning of this



project, we've had lots of meetings with officials from the St. Joe Company (who donated the land), the county and the city of Panama City Beach. While the school is not technically in the city limits of PCB, we know that the educational opportunities on the west side of the Hathaway Bridge are very important to city leaders and residents.

Jorge Gonzales, President and CEO of the St. Joe Company, is just as excited about this project as we are. "The construction of the A. Gary Walsingham Academy is a great milestone for Bay County and Panama City Beach. As our communities continue to grow, this brand new school that

can serve as many as 800 students will enhance the quality of life for local residents for decades to come. It is truly a project worth celebrating," he said.

While building a new school is exciting, it also makes people nervous because new schools

mean rezoning. In this case, we believe some of the students for the new school will come from the surrounding neighborhoods that are currently zoned for Breakfast Point and Patronis. There's so much building going on between the new school and BPA that we have no doubt the new construction will house more than enough students for a new school.

In fact, according to a News Herald article from last year, the beach is experiencing exponential growth with a list of committed projects that include 2,678 apartment units, 989 condominium/townhomes, 408 subdivision lots, and

51 commercial developments (<https://www.newsherald.com/news/20190803/pcb-island-seeing-unprecedented-real-estate-growth>). In fact, the level of construction activity on the beach right now leads city officials to predict, in the same article, the "development of 12,000 additional homes by 2029."

Please rest assured that the entire rezoning process is all done in the 'sunshine' (which means at advertised School Board meetings that the public can attend) and members of the public are invited to attend every workshop and public hearing. At those meetings, we will also discuss opportunities for current BPA or Patronis students to be 'grandfathered in' to their current schools as we have always done in the past. We plan to get the rezoning process started after the holidays and we will post meeting and speaking opportunities on our website and social media pages.

We look forward to welcoming the Walsingham Wahoos to our Bay District Schools family!



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Surfside Middle School: Novum Limes

BY WENDY CHRISTIAN, TEACHER & MATT PITTS, PRINCIPAL

Mark Twain once said, "Twenty years from now, you will be more disappointed by the things you didn't do than those you did. So, throw off the bowlines. Sail away from safe harbor. Catch the winds in your sails. Explore. Dream. Discover." Twain might very well have been talking about Surfside Middle School. From its first day of school more than thirty years ago, Surfside has been the vessel for countless students seeking 'New Frontiers.' And with the guidance of a genuinely dedicated faculty, staff, and administration, the students of Surfside continue to expand their educational horizons, enthusiastically following the countless imaginative and creative currents that ripple outward in all directions.

Over the past 31 years, the school has found its direction under the supervision of great leaders like Joel Creel, Judy Vandergrift, and Dr. Sue Harrell, who served as Principal for 17 years. During this time Surfside garnished several 'A' school awards from the state and in 2019 was awarded the School of Excellence award from the Florida Department of Education. Surfside is the only secondary school in Bay County to earn this distinction.

Surfside Middle School stands out because of a tradition of excellence, established by the staff and students that



have gone before us, creating an educational experience like no other. Here are a few examples of what set us apart:

'Wet Week' and 'Bay Day' give our students the opportunity to go out and explore the beautiful beaches and bays

that surround us, with the eyes of young scientists. This truly allows the science in the classroom to come to life in the world around us.

'Frontier Days' take students back to the 1800's, to have a first-hand look at how the American settlers lived, played, and survived.

Then there are the arts. We have had many accomplished music instructors over the years, but no more than the two we have right now in Jim Colvin and Fred Mullen. Under their supervision, Surfside has been awarded the Secondary Music Enrollment Award from the Florida Band Masters Association for having a least 50% of the student body enrolled in the music program. From show choir, to musical theater, band, and jazz band, we have something for everyone's musical dreams.

If STEM is your thing, we have that also. Under the guidance of Kathy Jones, we started our STEM/Pre-engineering program in 2008. The program soon garnished the distinction of being called a 'Model STEM Program' by the United States Department of Education. Recently, Surfside had a team of female students compete at the international STEM competition in Boston.

Our Pre-engineering program offers students the opportunity to think in Rube Goldberg design, create water bottle

rockets, drones, and use Auto-Cad and Autodesk Inventor for 3D printing. Last year, for the first time, we were able to offer Invention Convention. One of our young inventors, Alex Robb, placed 2nd at the International Invention Convention competition for his 'Goofy Golf Grabber.'

In addition to our academic programs, Surfside has several championship quality sport teams for students to choose from. Whether it's playing football, soccer, or track, on the Tommy Clemmons sports field; playing basketball in the Joel Creel Shark Tank; our County Champion volleyball team, or our award-winning cheer team, we have a way for athletes to make their mark on our tradition of athletic excellence.

Last but certainly not least, a school is an essential part of any community and Surfside takes this role very seriously. It is a genuine honor to work hand in hand with the Panama City Beach community. Community outreach and service is just as important to us as academics and Surfside has shown this during our time in the community.

For the faculty, staff, and administration of Surfside Middle School, there is no greater privilege and responsibility than providing each student with a well-rounded academic grounding that will set them on a course to any sea of their choosing.

Education Encore Announces Free Zoom Classes

Gulf Coast State College's Education Encore program is offering free Zoom classes for the community. For the first time, Education Encore is offering online options for their students. To ensure students are comfortable taking online classes, the program is offering free classes on using Zoom.

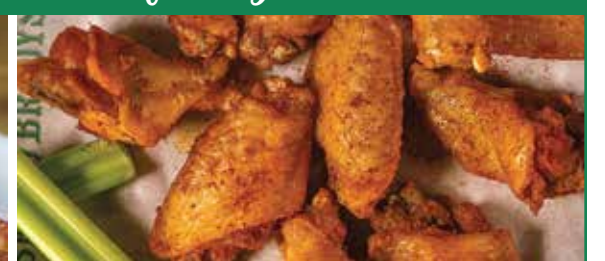
"We are so excited to be able to offer online options for our Encore community. We feel this will allow our returning students to participate in a manner they are comfortable with and open the program up to members of our community who have not been able to participate in the past due to mobility or transportation issues. Offering free Zoom classes is an important part of our students feeling comfortable with the new online options," says Lara Herter, Education Encore Program Coordinator.

The Zoom How-To training sessions will cover the benefits of using Zoom, how to join a meeting, audio & visual settings, best practices, and much more!

For more information and to register, visit gulfoast.edu/Encore or call 850-873-3583.



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Education

An Interview with Irene Field, Co-Founder of Club 360

By MARTA ROSE-THORPE

Tell us about Club 360: Women Helping Women Full Circle.

Club 360 was founded in October of 2019 with the purpose to provide the opportunity for women leaders in our community to give back full circle. This includes engaging girls at a young age to learn about future career choices and opportunities prior to graduating high school and providing opportunities for vocational and college degrees. There are so many students today who need our help in understanding what careers are available, and that the possibilities are endless. Club 360 wants to help our youth achieve success and assist with alleviating costly expenses due to multiple career changes during college.

Club 360 has Four Pillars, please explain how that works.

1. Educating our Youth of Career Choices

Club 360 provides students

an opportunity to better understand their passion early on in school and identify their passion through the partnership of local women and business leaders. Career Week begins with classroom instruction, student surveys, videos of various career choices and ends with an assembly and question and answer format with Club 360 Members.

2. Scholarships

Student loans are expensive and make it difficult to achieve success early in life. Club 360 provides scholarships to high school seniors for vocational and college degrees. In addition, we provide a scholarship for continuing education adults as it is equally important to maintain success and growth.

3. Fundraising

Club 360 members each pay an annual membership and invests personally in our youth. In addition, grants are written to help provide monies for Career Week and Scholarships.



Author Marta Rose-Thrope chats with Co-founders Irene Fields (left) and Victoria Williams

4. Network of Like-Minded Women

Club 360 hosts four socials and eight membership meetings per year to accomplish the mission of giving back full circle and provides an outlet for like-minded women to gather, share ideas, and encourage one another.

What's next for Club 360?

Currently Club 360 is producing professional videos that will be utilized in some of the local schools during the State-wide Career Week, which is set for January 11 – 15th of 2021. These videos are of our members introducing various career

choices to students, highlighting the education required and what a day in the life of a specific career is like.

Our website is Club360bay.org where information about members, meetings and more details about Club 360 can be found.

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Senior Helpers Offers Families Invaluable Support

By AETHER VAN DYKE

Senior Helpers is Bay County's premier in-home senior care provider. Offering full range of tailored home care solutions, from general services for those requiring minimal support, to in-depth specialized care for those with Alzheimer's, Dementia, Parkinson's and other chronic diseases. Senior Helpers has made it their mission to provide superior in-home care solutions to meet every need.

In-home care is a safe, affordable option for families that provides them with the support they need while allowing their loved ones to say in the com-

fort of their own homes and communities, preserving their dignity and maintaining a good quality of life.

What makes Senior Helpers truly stand apart from other agencies, is its superior training regime. Senior Helpers' national training program, 'Senior Gems' provides every caretaker with specialized instruction concerning Alzheimer's and Dementia, two of the most common illnesses facing our elderly today. A lack of knowledge and proper training in these areas can be extremely detrimental so preparation is the key. Regardless of whether or not a caregiv-

er expects to be providing care to a client with Alzheimer's or Dementia, all are trained to the same exacting standards.

One aspect of home care that is often overlooked is the value of simple companionship. Research has shown that isolation and loneliness are a major problem among aging Americans. In-home caregivers often become trusted friends accompanying their clients on walks and other social activities, they read to them, play cards and games, watch movies and help prepare emails.

"I think caregivers enjoy the one-on-one care they are able

to offer our clients," says Senior Marketing Director, Tracie Johnson. "They're the one person that their seniors can always depend on. We want to keep them doing things they want to do, helping them stay happy and independent."

In addition to companion care, Senior Helpers provides personal care services, nutrition and meal planning, medication reminders, transportation assistance, and RESPIT care (relieving a regularly scheduled caregiver). They also offer around-the clock care as needed and are available at short notice.

It is estimated that over 65

million families in the US are currently juggling the daily demands of their own lives - work, home, children - with the needs of an aging relative. Despite the very best of intentions, there are times when families simply cannot cope on their own. Enter Senior Helpers, ready and able to assist the ones we love the most, live longer, better, and happier lives. For further information on their full range of services, please call (850) 215-1793 or visit their website at seniorhelpers.com.



Sorting Through the Noise of Medicare Enrollment



By MICHAEL ROTH

For those folks new to the Medicare Annual Enrollment Period (AEP), the overwhelming volume of mailing pieces, emails and phone calls are dizzying. For those folks more experienced in this time, the sigh of despair and calls of "Oh no, not again!" can be heard from every balcony and rooftop.

Keep in mind, the closer we get to December 7th (the official end of the AEP), the more intense it will get if you let them. Regardless of your experience level, there are some things you can do to quell the noise and help you make the best decision possible for you.

First, make sure you pay attention to the mail and phone calls you receive from your existing insurance company. These communications will be very valuable to you as they likely will be about the changes to your current plan in the new year. Too often, because of the volume of clutter mail, folks tend to throw these out along with everything else just to try and keep the kitchen counter clear. As the saying goes, don't throw the baby out with the bath water!

Next, try to make a real effort to understand everything you can about your current plan. Know the exact name and type of plan as well as how much you are paying in premiums. Is it a Supplement Plan? If so, which one; M, N, G, F, etc.? Know which type of Part D or, Stand-Alone Prescription plan (if any) you have, to go along with this Supplement Plan. Know your deductible and copays. Know if you are able to use your pharmacy of choice. Know how the coverage Gap (commonly known as the 'Donut Hole') works in your plan.

Perhaps you have an Advantage Plan instead. Again, know the exact name and type of plan as well as how much you are paying in premiums. Being that Advantage plans have the Prescription coverage built in; you will not have a separate pre-

mium for Part D. However, you will need to know the deductibles for the entire plan. Oftentimes, there will be a separate deductible for the Advantage Plan and the Prescription coverage within the plan. Also, know your copays and whatever Extra

Coverages your plan offers such as Rewards Programs, Silver Sneakers, etc.

The two last, most important pieces of information you will need to know about your current plan is, what your premium

Continued on next page



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

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

Our initial in-home care assessment...

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



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Michael Roth

 Wellness


BY DR. RICHARD CHERN, MD

I used to get stressed over small stuff. A lack of plans or a last-minute change would make my head spin. Events I had no control over could keep me from sleeping and I struggled to get active. I felt exhausted by the end of each day and woke up each morning to repeat this endless cycle of fatigue and ir-

ritability. I would tell myself to start eating right and get into shape, but it would just never happen. I felt like I couldn't engage in life or conquer the day. I would have been happy to just accomplish one item on my list, but it seemed like it just never happened. Finally one day, everything changed.

As a traditionally trained physician, I looked at anti-aging, hormone optimization, supplements, etc., as a scam or just not good medicine. So, when I was approached to get bio-identical hormone treatment, I was highly suspicious and even antagonistic about the idea. I had my labs drawn so many times looking for a problem, but they

were always "normal." What I didn't realize was that "normal" and "optimal" are two very different things. My life changed drastically when the hormones kicked in four weeks after my treatment started.

All of a sudden, the everyday stresses lightened and my outlook improved. I was sleeping better at night and more awake during the day. My energy level increased and I just started going outside more. As weight started coming off, it encouraged me to eat better.

Over the last nearly 10 years of being treated, I have been more active than I have ever been in my life. I feel better than I ever have and I tell people

I feel like I'm aging backwards. Everyday life challenges are still there, but they just don't seem as big and it's getting difficult to even remember the little things that used to bother me.

I understood this was something spectacular. So, I stopped everything else and opened a clinic to provide the same hormone services to my patients. I've now been providing BioTE hormone therapy longer than any other physician in the region and currently help train other physicians how to do hormone therapy properly. We have patients who fly in from Europe, Asia and all over the U.S. to get treated at our clinic. We are the largest BioTE provider and the

only Platinum BioTE provider in the region. To top it off, I believe I have the best staff I could ever ask for. They are knowledgeable, hard-working and keep me on my toes. I'm so thankful to have them.

Hormones, thyroid and vitamin deficiencies have so much more impact on our lives than we think, and the difference between a "normal" level and an "optimal" level can be life changing.

Dr. Richard Chern, MD is currently accepting new patients, so if you are wondering if you might benefit then give us a call and don't forget to vote for us for Best in Destin. 850-837-1271.

Tips for a Safe and Healthy Holiday Season

As Floridians prepare to celebrate the holidays with family and friends, it's important to take precautions to keep everyone safe. The Florida Department of Health offers these health and safety recommendations:

Flu Vaccination: The Centers for Disease Control and Prevention recommend that everyone six months and older get a flu vaccine every year.

People should be vaccinated

at least two weeks before traveling because it can take a few weeks for vaccine immunity to develop.

Holiday Travel: People who are sick should not travel, even if symptoms are mild, as infection can spread quickly to others.

If you are traveling on a commercial flight, wear a mask and social distance as much as possible. If you feel ill upon re-

turn, get tested for COVID-19 as soon as possible.

COVID-19 restrictions vary by State, check on your destination before departure.

Food Safety: Frozen turkeys can defrost at a safe temperature using one of these methods: in a leak-proof container in the refrigerator; in a leak-proof plastic bag in a sink of cold water (water should be changed every 30 minutes), or in the microwave,

following the microwave manufacturer's instructions. Never defrost meat at room temperature.

Cross contamination of foods causes illness. Separate utensils, cutting boards and plates used for raw meats from other foods.

Food thermometers are the best way to confirm that a food is cooked to a safe temperature.

Leftovers should be refrigerated within two hours of eating.

Fire Prevention: Fireplaces, space heaters, candles and food cooking on stoves or in ovens should not be left unattended.

Keep a three foot clearance around all heat sources — fireplaces, air vents, space heaters.

Follow manufacturers' instructions for connecting Christmas lights.

Christmas trees should be watered daily. Dry pine needles are fire hazards.

MEDICARE

continued from previous page

will be and are your doctors/medications going to be on the plan in 2021. Some plans get better, some plans not so much. Some get more expensive and some reduce to as low as \$0 per month. Some doctors stay and some doctors go. Some medications get more expensive, less expensive or simply are not covered. It all depends on where you live and the plan you have.

Now, FINALLY, you are armed and ready to attack that onslaught of external information. Be careful of where you look! Many of those ads you see on TV with famous sports figures/actors are nothing more than marketing companies looking to get your information to SELL to anyone willing to pay for it. If you respond to those ads, you will only make the onslaught of mail, emails,

texts and calls that much bigger.

Work with people you know and/or reputable insurance companies you know and recognize. Deal directly and don't be afraid to let someone know you would prefer they not contact you again if you have settled on what you want to do.

That is the final important point. Now that you are well informed and have made a well-informed decision, you will feel much better about changing the channel when the next Medicare ad shows up on TV. You can sort your mail over the trash barrel. Talk about stress free living!

Michael Roth is a qualified, licensed agent with Florida Health Connector providing Florida Blue Medicare throughout the State and is based in the Walton/Okaloosa County area. He has been in the insurance industry since 1984 and can be reached at (850) 899-7003.

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Hearing Loss is Now Linked to Alzheimer's Disease and Dementia

By JOHNS HOPKINS MEDICINE

According to several major studies, older adults with hearing loss are more likely to develop Alzheimer's disease and dementia, compared to those with normal hearing. Further, the risk escalates as a person's hearing loss grows worse. Those with mild hearing impairment are nearly twice as likely to develop dementia compared to those with normal hearing. The risk increases three-fold for those with moderate hearing loss, and five-fold for those with severe impairment.

Specifically, the risk of dementia increases among those with a hearing loss greater than 25 decibels. For study participants over the age of 60, 36 percent of the risk for dementia was associated with hearing loss.



How are the conditions connected? Although the reason for the link between hearing loss and dementia is not conclusive, study investigators suggest that a common pathology may underlie both, or that the strain of decoding sounds over time may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate that hearing loss could lead to dementia by making individuals more socially isolated—a known risk factor for dementia and other cognitive disorders.

In addition to being an important risk factor for Alzheimer's and dementia, multiple studies have shown that hearing loss worsens the symptoms of these diseases when they are already present. These symptoms include impaired memory, the inability to learn new tasks, reduced alertness, compromised personal safety, irritability, anger, fatigue, stress, depression, and diminished overall health.

Can hearing aids help? In response to these findings, further studies are underway to determine if hearing aids can delay,



or even prevent, dementia and Alzheimer's by improving patients' hearing.

The bottom line, generally speaking, hearing loss develops slowly. Our brain's own ability to compensate and adjust to gradual hearing changes makes hearing loss difficult to recognize. That's why it's extremely important to have annual hearing evaluations. Experts encourage people as young as 45 to

have a baseline hearing screening. Catching and treating hearing loss early can slow, or stop, its progression.

Taking time to monitor your hearing may save many problems as you get older, you'll preserve more good hearing for life!

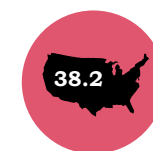
For more information, please contact All Clear Hearing Centers, 3133 Thomas Drive, 850 238 8805.

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Finding and deciding who to trust with your healthcare can be challenging, and hearing healthcare is no exception.

At **All Clear Hearing Centers**, we test your hearing, select, and dispense the hearing instrument best suited to your needs in addition to providing support, counseling, and service of the hearing system.



Hearing Loss is more widespread than you think.
Approximately 38.2 million Americans (14.3 percent) report some degree of hearing loss.



Our Hearing health is connected to our Overall Wellness

Did You Know? Hearing loss may signal other important health related issues?



DEMENTIA

Seniors with hearing loss are significantly more likely to develop dementia than those who retain their hearing.

CARDIOVASCULAR DISEASE

People with low-frequency hearing loss are considered at risk for cardiovascular events.

DIABETES

Hearing loss is 2x more likely for those with Diabetes.

HYPERTENSION

High blood pressure can be an accelerating factor of hearing loss in adults.



It's important to take an empowered, proactive approach to health during every stage of your life – let it begin with your hearing health.



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 Dining

Time with Wine: **Small Wines with Big Flavor**

At Kwiker Liquor, we know that the key to having a great selection of fine wines is knowing a great selection of Vintners and Winemakers. And we take pride in cultivating these relations to bring the very best to our customers in the Panhandle. This month we called on our friend

Hunter Boon to share his story with us:

So, I am pretty sure I am the only 'winemaker' in Napa Valley with a 30A sticker on their car!!

I started going to 'the beach' with my grandparents when I was 4, way back in 1970, we had

a front lot in Seagrove that now has a few really big houses on it.

30A is one of my favorite places on Earth. I am so happy to be able to sell my wines at Kwiker Liquor, not far from where I ran on the beach and caught blue crabs with my mom and little brother at sunset.



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Well, I have lived in Napa Valley for the past 25 years and have been in the wine/restaurant business for four decades. I love the people, the creativity and the food and wine.

I have sold a lot of wine for other great producers, and a few years back I decided to make some of my own wine. We made 250 cases of a wine called Warrior Angel. It is an amazing wine made from grapes in Oakville, right in the middle of Napa Valley, near Robert Mondavi and Opus and Silver Oak. Warrior Angel is a blend while Cufflinks is 100% Cabernet.

We are a negociant which means we buy barrels and blend and come up with our private blend. We have some amazing winemaker friends who have helped us get great wine to go to market at "better price." Since we don't have all the costs of a big winery, we are able to offer our wines at a 30% discount to what they might have cost. Our goal is to over deliver with all of our wines.

As mentioned, Cufflinks is 100% Cabernet and we are very excited about the 2016 vintage. We only made 9 barrels - 225 cases. One thing to note is that we only sell our wine in California, Missouri and Florida. I have a lot of chef friends in Missouri and went to high school there, and I really like to fish and visit Florida, so that's where we sell our wine. These grapes are grown near Opus and Silver

Oak. It is a pretty good place to grow Cabernet.

We sent half of our Cufflinks production to Florida - 112 cases for the whole state. It is really not a lot of wine in relation to the big wineries who will make 100,000 cases or more in some cases. Our goal is to create amazing small wines and over deliver. We really hope you like this wine. Our goal is also to produce an outstanding wine under \$50, which we have been able to do.

The fruit for the Cufflinks is 50% from Oakville and 50% from Atlas Peak, two great regions in the Napa Valley for Cabernet. Oakville is really one of the greatest places on the planet to grow Cabernet. It is a very small region and is truly heralded for making many of the best wines to ever come out of Napa. We blend the Oakville wine with wine from Atlas Peak, which adds some acidity and nuances from the mountain fruit and we like how the two wines come together.

So, we say thank you for supporting our little Napa wine company. We are so excited to be sold on 30A and 98 and at Kwiker Liquor. We will continue to make great small wines and send them your way and who knows you may see me signing bottles at Kwiker or on a fishing dock near you one day soon. Happy Holidays!



PCB Flavor

THE BEST OF LOCAL DINING

IN THIS ISSUE

ISO: PCB's Best Seafood

Tastebudz

Event Highlights

ISO: PCB's Best Seafood

By JACK SMITH

Trying to find the best seafood in Panama City Beach, is like trying to find the best chocolate in Hershey, Pennsylvania, or a great peach in Georgia. Well, you get the idea. Known as the Seafood Capital of the South for a reason, Panama City Beach offers great dining with the laid-back vibe you seek in a beach side community. From Front Beach Road to Pier Park, Thomas Drive to 98 Parkway and all points in between, the beach abounds with seafood to delight every pallet. And with the fishing fleets going out daily, you are assured that whatever you choose, it's going to be fresh and delicious!

For this edition we have gone in search of some of the best the beach has to offer. From scrumptious Gulf shrimp, cooked to perfection every which way, to grouper and oysters, it's hard to make a wrong decision.

Living in Panama City Beach makes ordering a steak feel like blasphemy and eating a pork chop a mortal sin. Have a great holiday season and remember nothing says "Merry Christmas" in the South like a bowl of shrimp and grits.

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thewickedwheel.com

Come to The Wicked Wheel and get transported straight to New Orleans with their famous Backfire Bay Shrimp™. Seasoned to perfection with our famous cajun flavor, this half pound of fresh Gulf shrimp is sautéed in a spicy herb seasoning and butter and served with hot French rolls for dipping.

The Shrimp Boat Restaurant

1201 Beck Avenue, Panama City | (850) 785-8706

www.shrimpboatpc.com

Offering a wide selection of high-quality seafood including Tuna Tataki and the popular Grouper Imperial. Pair a white wine with a bowl of Pasta Fruitti di Mare, which features shrimp, scallops and mussels with traditional fresh arrabbiata sauce over linguine. Daily specials include the Prime Rib Happy Hour of prime rib and a side for \$20, and their Sunset Special of BOGO Signature Drinks. Both specials run 4-7 PM.



Paparazzi Gourmet Deli

2810 Thomas Drive, PCB | (850) 588-8244

Paparazzideli.com

The perfect beach combo - delicious, silky seafood on a pizza! Our decadent Grand Lagoon features shrimp and clams, with basil, garlic and olive oil. Our Pink Shrimp celebrates all things shrimp, cooked to perfection, covered in ooey goeey mozzarella and lying on a billowy bed of our famous pink sauce. Like all our pizzas, they are fresh, stone baked and made to order using recipes passed down through the generations.

Capt. Anderson's Restaurant

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

www.captandersons.com

A Florida landmark, Capt. Anderson's has earned the loyalty of hundreds of thousands of seafood lovers. On Panama City Beach, it has become a time honored tradition to "Dine Early and Watch the Fleet Unload." Capt. Anderson's has been voted #1 Seafood Restaurant by Southern Living readers, ranked among America's Top 50 restaurants by Restaurants & Institutions and is in Florida Trend's Restaurant Hall of Fame.





Schooners

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www.schooners.com

It's amazing what comes out of the tiny kitchen at Schooners. But, when you have some of the most talented chefs, you have some of the best fresh local seafood! Schooners does not have the biggest menu, but it's a smart menu with a focus on local fresh seafood. Grab an open-air table with a view, and chow down on great local shrimp, oysters, scamp, grouper or snapper... if it's fresh and local... it's the best!

Cooking for Two Can Be Fun

BY JOHN TRUBIA,
EXECUTIVE CHEF, PAPA RAZZI
GOURMET DELI AND CATERING

Like so many here in town, my wife Kitty and I are empty nesters. Our boys are grown and forging new lives and starting families of their own. The strangest thing about our new life is that there is hardly anyone to cook for anymore.

Food and cooking are literally part of my DNA, and not just because I am Italian. My grandparents owned a vegetable market in New York City, which they later converted into a small restaurant and my mother was a professional caterer, so our love of food runs deep. And although I like to say my wife is 'anything but Italian,' she too enjoys cooking for a crowd, especially desserts. So, what are we supposed to do now?

The obvious solution is to give in to eating out, and we do. But that can be as hard on your waistline as it is on your wallet. Even when choosing wisely from the menu and taking advantage of early bird specials, eating out can become challenging, especially if you have dietary restrictions.

The better solution is to cook like a caterer! Cook up a storm, make everything you like...then freeze it.

Last month I talked about make-ahead holiday meals. The same premise applies to everyday cooking. Put the time, energy and the love, into making all your favorite dishes when



you are in the mood, then portion everything out to meet your individual needs and freeze it. Prego! You have delicious, homemade meals that you can enjoy in no time at all, any day of the week.

Healthier and considerably less expensive than buying frozen meals from the grocery store, homemade cook-ahead meals are ideal for empty nesters.

Here Are a Few Tips to Guarantee Success:

- Plan ahead, think of a number of different dishes you can make in a single day.
- Consider what dishes will freeze best, soups and casseroles are always solid choices; most meats, and roasted vegetables also work well. Fish and boiled vegetables are not recommended.
- And don't just think about dinner. How about a batch of pancakes, egg muffins or waffles, for pull-out-anytime breakfast treats?

at your grocery store, and select recipes accordingly. Then shop for all the ingredients at once.

- Prep efficiently (i.e. dice all the onion and mince all the garlic you'll need for every recipe before you start) but avoid trying to do everything at once.

I have mentioned it before, but it bears repeating, if you plan to cook like a caterer, invest in a vacuum sealer. They are not expensive and could save you money in lost freezer burnt food.

If you do not want another kitchen gadget, then at the very least choose sturdy, freezer-quality bags. Plastic containers are

OK for short term freezing but not recommended for long-term storage.

Regardless what method you choose, it is essential to always take extra care to ensure you get as much air as possible out of your bags or containers before putting your food in the freezer.

Liquids, such as soups and gravies, are best frozen flat for easy post-freezing storage.

And don't forget to clearly mark and date everything. I promise you will be glad you did.

A full house, or dinner for one or two, cooking should always be fun!



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Tastebudz: Off the Hook Bar & Grill

BY THE CURIOUS EPICUREAN

Seasoned travelers worldwide all tend to ask the same question when visiting a new location...“Where do the locals eat?”

I am sure there are a number of answers to that question here in town, but my go to answer is always Off The Hook Bar & Grill, because it ticks all the boxes. It is definitely popular with the local crowd, the food is great and it’s got a natural beach vibe, even though it’s not technically on the beach.

I first visited Off The Hook when vacationing here a few years back. It was Christmas Day, the sun was shining, we were all in shorts and flip flops and no one was in the mood for turkey. So, we stopped for a Bloody Mary and some Boom, Boom Shrimp. The water glistened on the lagoon as the pontoon boats bobbed in the water. And Christmas carols with a district Caribbean rhythm played melodiously in the background



– “Ah, so this is what it’s like to live here!”

Indeed it is, and now I do. And whenever I get the chance, which isn’t often enough, I stop by to soak up the vibe and remember why we moved to town.

It’s an all outdoor dining experience, casual and fun. The staff are the best, always friendly and upbeat (even in the summer heat!). And while there are tv monitors discreetly positioned around the bar for die hard sports fans and news junkies, when it’s not Christmas, soft rock classics fill the air, setting just the right mood, gently soothing all your troubles away.

Their kitchen is a lean, mean machine that only turns out, fresh, made-to-order dishes. So kick back, relax and enjoy an ice cold beer or one of Lisa’s specialty cocktails while the chefs work their magic.

Come for the seafood, the wings or the burgers, they’ve got it all.

Their shrimp and local grouper are served blackened, fried or grilled, any way you like it, including in tacos and po’ boys, or as most locals like it, with an extra side of signature Boom Boom sauce. Trust me, it’s the bomb (ok, now you know how old I am).

Wings are another specialty, get as few as 5 or as many as 100, served with your choice of BBQ, Teriyaki, Garlic Parmesan, Medium, Anaconda, Mojo, Hot, Honey Sriracha, Habanero or Flamingo dipping sauce.

Their build your own burger bar puts every craving to rest, with nine different toppings to choose from. But for me it is all about the Philly Cheese Steak, definitely the best I have ever eaten (and I have been to Philly).

They will be open Christmas Day and I will be there, so maybe I will see you there.

Christmas in PCB: Holiday Event Highlights

9th Annual Bethlehem Christmas Village

Join us at Capt. Anderson’s Marina, December 10-12 from 5:30 - 7:30 p.m., as we walk through ancient Bethlehem..... being present as Isaiah, Mary and Joseph learn and tell others of the coming of the Christ child. Follow the path they did as they strolled through town looking for a place to sleep. Celebrate the birth of Jesus, the Son of God.



Strolling Dickens Carolers at Pier Park North

Dressed as though they stepped straight out of “A Christmas Carol,” a quartet of Strolling Dickens Carolers perform beloved holiday classics to delight young and old alike. Fridays and Saturdays through December 19 from 6 to 9 p.m.

Christmas at Harbor Nights

You’re invited to join Capt. Anderson’s Event Center and the Will Thompson Band for the 1st Annual Christmas at Harbor Nights. This waterfront event

is one you won’t want to miss. Taking place December 18 & 19 from 6-9:30 p.m. Performances begin at 7 p.m, showcasing three great musicians, Will Thompson, Lindsey Thompson and Anthony Peebles.



New Year's Eve Fireworks

Ring in the New Year in Panama City Beach with the first “Visit Panama City Beach New Year’s Eve Fireworks” celebration on December 31, 2020.

This breathtaking fireworks display will feature not one, but three different fireworks shows and can be viewed in-person on PCB’s 27 miles of beaches. The fireworks will begin simultaneously at midnight, and will be set off from Schooner’s, the Russell-Fields City Pier, and the M.B. Miller County Pier.

Christon Anderson: A Conversation in Art

BY JAMIE ZIMCHEK

“Art is conversation,” says local artist Christon Anderson. You only need a minute with his works to see what he means. In one, a baseball player straddles the painting’s focal point, offset by a torn picture of Bert from Sesame Street, a news clipping, and a ripped snippet listing a noun’s uses. In another, the word “bacon” sprawls across the work, capped by a scrawl of black and punctuated by bits of comic strip, as well as the front of a National Geographic star map. These pieces might be cerebral and complex upon close inspection, a kind of conversation, but at first glance, they’re easily appreciated, colorful, and incredibly engaging- they speak.



Born and raised in Panama City, Anderson considers himself a contemporary artist, describing his work as abstracts with a “collage aspect”. “I play with traditional stuff, I play with abstract, I just play,” he says. Anderson got his start at the kitchen table as a child, with pencil and paper. This connection to drawing, and by extension, realism, you can see in many of his works. Though he frequently incorporates pencil drawings, there are also printed papers, vintage fabrics, and oil stick marks mixed in with the spray paint and house paint he likes to use. Anyone familiar with Jean-Michel Basquiat will note hints of his oeuvre in Anderson’s, but the artist also

cites other early influences, like Andy Warhol, and the painter Dean Mitchell, who was raised in nearby Quincy. While some in this coastal region might turn to the sea for ideas, Anderson’s work is less focused on location, though there’s the occasional link to local scenery in his unique interpretations of sand and sea. More often though, you’ll spot pop culture figures, like Twiggy, or the muscular frame of a pugilist, skillfully rendered against a visual sea of color or artfully composed collages.

“Art is beauty,” Anderson says. “It beautifies the world.” Despite the impact of first Hurricane Michael, and then the pandemic, he finds inspiration all around. “If you’re an artist,

you see art - you visualize art - everywhere,” he explains. Suddenly, you realize that a chair can be more than just a chair, that it too can be something of beauty and voila, art has just become the conversation, or as Anderson puts it: art is all about “...the conversation you have with yourself while you create works of art. The conversation between your work and the audience,” but importantly: “the conversation your work provokes.”

To view more of Anderson’s work, or contact him with questions about commissions, find him on facebook @christonandersonart or on instagram @christonanderson.

Grand Lagoon Life: Celebrating Art

BY MARTA ROSE-THORPE

I want to talk about Art! Recently I had the opportunity to interview Dr. Marlene East, a resident of the Grand Lagoon in Panama City Beach and founder of Marlene East Glass Art (www.marleneeastglassart.com). As oftentimes happens, one interesting person leads you to another. My friend and photographer of Grand Lagoon Life magazine, Steve Wiggins knows Marlene and introduced us. Steve knows I have an interest in the arts and a passion for attracting and developing art and culture to our area, so interviewing a local artist for my web-based show, Grand Lagoon Life, The Show, was in order!

Marlene’s fused glass art is a reflection of her life in Panama City Beach and in the Grand Lagoon. She creates functional glass pieces featuring sea turtles, starfish, marlins, mahi mahi, mermaids, herons, and many other creatures we enjoy on our shores. Turquoise, vanilla, emerald, silver, and shades of blue are her most popular colors in items ranging from sinks, bowls and vessels to wall art and jewelry. “I think art bursts out from our souls and experiences,” she shares. “I am a Florida native with cherished memories involving coastal living. I’m sure if I had lived in other places, my art would reflect colors and themes from those locations.”

Marlene also shared that

she’d like to see a more concentrated effort to involve students in the arts. From her background as a mental health counselor with a doctorate degree, she feels the arts are critical and necessary to raising responsible, well-rounded, and happy people who thrive in society. She is a fan of STEAM (Science Technology Engineering Arts and Math) as opposed to only STEM education and would like to see Grand Lagoon residents helping support the arts in a much more focused manner.

There are a few art galleries in Panama City, and I’d love to see a public, as well as more private art galleries on the beach. However, Bay County does have a fairly established art scene with all kinds of mixed media artists, textile artists, potters, painters, glass artists, musicians, and dancers. Another truism: Art Places Draw Artists. Several local outlets assist in promoting the Arts and Arts Education in our area: The Center for the Arts in downtown Panama City, Bay Arts Alliance, and Floriopolis in St. Andrews are doing a great job. Heather Parker’s Floriopolis (FB @floriopolis) on Beck Ave. is a ‘community arts metropolis’ that promotes and produces art exhibits, classes,



workshops, and art events for all ages. The Sheraton PCB Resort hosts ongoing two-month

art exhibitions in the corridor off their main lobby, highlighting the works of local artists. Max Miller founded the Cultural Hub of NW Florida (www.culturalhubnwfl.org / FB @culturalhubofnwflorida), a 501(3)c that provides a centralized format to inform the general public of local cultural events. Helen Ballance, creator of Beach Art Group and Sunshine Arts Center, hosts art exhibitions, painting classes, and plein

air events working in tandem with the Mayor and City Manager to produce art events for the community.

My interview with Marlene, ‘Functional Art-Talk with Grand Lagoon Resident, Marlene East’ is available to view at YouTube @Grand Lagoon Life. Our full conversation will be available via podcast, out soon, and our written interview with Steve Wiggins’ beautiful photos will be featured in the February 2021 issue of Grand Lagoon Life magazine. #lifeisgrandon-thelagoon

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Experience Joy and Moments of Hope!

BY HEATHER BENNETT

Covid-19 has kept us on our toes this year as we navigate and operate under unpredictable circumstances. This means we have to come up with new ways of doing old things, and organizations are getting creative. Instead of having a large gathering with dinner and music for its "Moments of Hope" fundraiser, Hope for the World Foundation hosted a telethon-style online streaming event. "We called it a stream-a-thon," said Buddy Mullins, Hope for the World Foundation C.E.O.

For three years now, Hope for the World Foundation has hosted its Christmas fundraiser in Santa Rosa Beach to raise awareness about its work in Albania. But on Dec. 3, viewers were able to stream Moments of Hope online through YouTube, Facebook or their Hope for the World Foundation Website, watching and listening to music from the Gaither Vocal Band, videos, and stories about the foundation, testimony from organization members as well as people whose lives they've touched. There were hosts available throughout the 90-minute program to accept donations.

If you missed out on the live Dec. 3 event, you can still experience it on Dec. 23rd at 7



p.m. It will be streamed again on Facebook: @hopefortheworldfdn or @BuddyMullins/Hopefortheworld; on YouTube: @hope for the world foundation; Instagram: @hftwfoundation and by visiting: HFTW.org. Live hosts will be available to answer questions and viewers can visit HFTW.org/give to donate.

Hope for the World Foundation is a nonprofit organization that has brought Christianity to Albania along with helping orphans, repairing buildings, and giving food to those in need. Buddy and Kerri Mullins, Santa Rosa Beach locals, have worked in the organization full time for five years. Buddy's parents, Roger and Cherie, have worked in the organization full time since 1994, and helped make the ministry what it is today.

Albania was once the world's only self-proclaimed atheist country. After World War II, Albania became a communist country, which lasted for 50 years. Under Enver Hoxha's rule, the practice of any religion was forbidden. Churches, mosques and other religious institutions were closed and converted and the properties were nationalized. Many religious members and leaders were expelled, arrested, tortured or killed. After the fall of communism in 1991, Albania faced the issue of learning to be its own independent country. Another problem it faced was thousands of orphans, children whose parents had been arrested, sent to labor camps or executed under the communist regime.

Jimmy Franks, who had just started Hope for the World, felt driven to help bring the ministry of Christianity to Albania and brought in Roger and Cherie Mullins to help. They were ready to step in with food and clothes wherever they were needed. Hope for the World met with leaders of the new government and were asked to step in



and take care of the orphanages, which at the time were basic collecting houses where children in rags were being kept in dilapidated buildings, had little interaction with the overwhelmed caretakers and received no education.

Since its conception in 1992, Hope for the World has helped more than 10,000 orphans in four cities throughout Albania. Over the last 25 years, they have led people to Christ, fixed buildings, fed, clothed and educated the orphans. They started their own teen center to house those teens that transition out of orphanages around ages 14-16. The teen center provides them with shelter, a Christian foundation, and opportunity to learn a vocation and to study for university. Hope for the World Foundation also works with special needs orphans, has a ministry in the south for elderly and widows, and a ministry for Gypsies in the north. "It's a real success story in Albania," said Buddy. "We're so grateful."

Buddy and Kerri work on promoting Hope for the World Foundation by traveling across the country using music, videos and testimonies to show churches, organizations and individuals what the organization is doing in Albania. "We encourage people to continue to bring hope to people that are in need," said Buddy. They also provide tours

of their work across the country of Albania, called Vision Trips. "We take leaders, or those who want to get involved, on a trip through our works that span the entire country, on a 10-day vision trip, and let them see what Hope for the World is doing and let God speak to their hearts about if and where they are supposed to get involved. One thing I love is that Hope for the World has not been about trying to Americanize the country. We've been more about discipling the nationals of the country," he continued. "The nationals there have done a tremendous job."

With Covid-19, all the traveling has halted temporarily, and they are working on more creative ways to spread their testimony. Buddy and Kerri are trying to use social media and technology to increase exposure here, about the work Hope for the World Foundation is accomplishing in Albania. Streaming Moments of Hope is one of their first projects. "We were a little anxious. We've never done this online," said Buddy. "Maybe once we get back to some normalcy in the U.S., we can do both. We'll still do our Christmas event here and online as well."

To learn more about HFTW, visit www.hftw.org or BuddyMullins.com. Subscribe to the Hope for the World Foundation channel on YouTube, or find the organization on Facebook at [Facebook.com/HopefortheWorldfdn](https://www.facebook.com/HopefortheWorldfdn) or www.facebook.com/BuddyMullinsHFTW.

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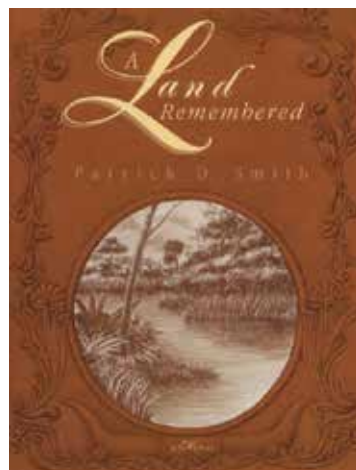
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REVIEW BY JACK SMITH

When my wife and I moved to Florida two years ago, we knew extraordinarily little of

Book Review: A Land Remembered

the state. So my brother-in-law did some research on our behalf and sent us the perfect historical novel, *A Land Remembered* by Patrick D. Smith. The book looks at Florida's history, from the Civil War through to the modern era, in an entertaining and captivating way.

The novel tells the story of the MacIvey family, who leave the hard-red clay of Georgia to find a better life in the untamed bush of Florida. They arrived,

Father Tobias, wife and young son, in a covered wagon with a frying pan and little else. Their salvation came when they befriended a family of desperate Seminole Indians who were being pursued by a band of Crackers (named for the bull whips they carried). Their encounter sets the stage for a lifetime friendship between the two families and two cultures.

The Seminoles provide the
Continued on next page



BY SEAN DIETRICH

My wife is putting up the Christmas tree and we haven't even rounded the corner toward Thanksgiving yet. But then, this holiday season can't arrive quickly enough for us.

My wife is ready to get this show on the road. After a long year of sheltering in place, social distancing, sterilizing hands, and making curbside grocery pickups in hazmat suits, I'm surprised she didn't put the tree up in July.

Not only is she erecting our tiny plastic tree, she is cooking butterscotch cookies, lighting scented candles, and diffusing festive 50-dollar essential oils into the air. Our house smells like a Yankee Candle suffering from an identity crisis.

Our corny Christmas decorations are making an annual appearance, too. We have porcelain figurines strewn on every surface, little glass people skating on mirrors, decorative salt shakers, a Norman Rockwell advent calendar, and of course, Christmas scarves for our dogs.

Yes. Scarves.

And music. You cannot put up a tree without music, it would be wrong. We play only the classics in this house. Because when-

ever Christmastime rolls around I prefer to travel back to a time when singers wore tuxedos, drank martinis on national television, and slurred their words in the company Foster Brooks.

The old melodies are drifting through our home like ghosts of Christmas Past. Nat sings about Chestnuts. Der Bingle is singing in Deutsch. The Vienna Boys' Choir sings in Latin. Willie sings in Texan.

And I am lost in a fog of peppermint and plasticized Christmas paraphernalia. I have already traveled backward in time, deep into my childhood.

When I was a kid, my parents did not give many Christmas presents. Oh, we decorated and did trees, but our evergreens were fake, and our decorations were cheap.

On Christmas morning I would receive three or four sensible gifts and that was about all. Because we were fundamentalists. My mother didn't believe in elaborate gifts. So I never even knew what I was missing out on.

I thought every kid received khakis, Fruit of the Looms, a Sandi Patty record, and a 1611 King James Bible for Christmas.

Until one year when I visited my friend's house on Christmas Eve night.

The party was un-dang-be-lievable.

I felt like I was walking into a Yuletide explosion. They were smoking cigarettes, sipping spiked eggnog, and shouting. They all gathered around a tree that was the size of a municipal

landfill. Under the branches were 1,498,283 wrapped presents. Everyone was howling along to the "Twelve Days of Christmas," refilling highballs, and wearing colorful garb.

My friend's mother was dressed in a red gown with white pearls and a holly brooch. His father wore a Santa hat and smoked a stogie the size of a two-by-four. There was mistletoe hanging from the door jambs. I believe Foster Brooks even made a cameo.

The green-eyed monster of envy was awakened within Little Me, and I am at my worst when I'm jealous. It's my ugliest emotion. I couldn't believe I'd been so shorted for all these years.

Our Christmases had been dreadfully plain, and our suppers basic. We were pitiful. We ate canned oysters and cold cheese logs. We listened to solemn religious music. Our idea of a wild holiday night was turning up volume when Lawrence and the boys played "Lady of Spain." How could my parents do this to me?

The next Christmas, my father decided to help me see life more clearly. He let me accompany him on one of the annual holiday errands he always did for our church.

We spent the evening going across town to deliver free balsam firs and sacks of gifts to needy families. These were sturdy trees, and the presents were mostly coats and shoes and hats.

That night we visited many different neighborhoods. I was

The Tree



introduced to various children who lived in ramshackled homes with dogs under the porches and absent parents. My father wasn't trying to give me a guilt trip, I think he was just trying to let me see the world as it was.

And I did. I met kids my age who didn't even seem to realize it was Christmas. They had no twinkling lights, no yard art, no butterscotch, no cheese logs, no nothing.

There was one kid who I went to school with. He was waiting on his porch with his little brother when we arrived. His family not only lacked a tree, they were using flashlights because their electricity was off. The church delivered their groceries weekly. And their clothes came from donations.

My father put on his biggest smile to make the delivery. We dropped off a garbage bag filled with gifts, and I was surprised to discover that these kids were actually excited about receiving so little.

When the kids threw their

arms around my father I saw peach-sized tears in their eyes. One boy shouted, "Oh thankyouthankyouthankyou!"

And I'll never forget seeing that kid look admiringly at my father, then to me, and saying with complete sincerity: "Man, you're SO lucky."

We rode home in silence. And when I arrived at our little house and saw our crooked tree, I felt differently about it all. I looked at our handmade decorations, and the popcorn garland, and the quilted advent calendar, and the candied pecans, and I felt downright silly.

Then I sat beside the glow of our lit-up tree and got lost in the sounds of music. I could not quit thinking about what I had seen.

And even though I am an adult now, and even though COVID-19 has made this year a crummy year, I still replay that boy's words in my head.

Because they remain so very true.

BOOK

continued from previous page

MacIvey family with herding dogs and teach them to chore and drive the wild 'Yellow-Hammer' cattle to market. The family goes on to frugally make a fortune herding and driving cattle near Ft. Myers. Realizing the value of land, Tobias begins purchasing land from Tallahassee to Miami, for the princely sum of 15 cents per acre. Over time the land is converted into orange groves and real estate developments, making the MacIveys one of the wealthiest families in the state.

Along the way, readers will meet a crusty cast of Crackers, Confederate deserters, mosqui-

toes, starvation and hurricanes. But the most formidable adversary turns out to be greed, including, finally, the MacIvey's own. Action, love and passion are here too; along with friendships with freed slaves, Indians and respect for the land and the animals that roam on it.

I thoroughly enjoyed this book from beginning to end. Indeed, I had a hard time putting it down and did not want it to end. I would recommend *A Land Remembered* to everyone, especially those who make Florida their home.

A Land Remembered was winner of the Florida Historical Society's Tebeau Prize for Most Outstanding Florida Historical Novel.

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A Pastor's Ponderings: Creating Christmas Memories

BY REV. GUERY H. CLENDENING

It's that time of year. Christmas is just around the corner and before we can blink an eye, it will be over. Can I make a suggestion? Take advantage of the moment to create special memories that will last a lifetime!

When my wife Linda and I lived in Macon, Georgia, during Christmas we would make an annual shopping trip to Atlanta. We would take the children out of school and hit the road early. Because I was born and raised in Atlanta, I knew my way around town. We would shop from mall to mall, hunting for the best bargains. Lunch was always a special family time and a welcome break for my weary feet. But then it was on to the next group of stores.

Personally, I am not much of a shopper but, like many, my wife loved it! So, this was the big



day for me to keep quiet, not complain or to be impatient; while we went from rack to rack, counter to counter, trying

on clothes, looking for the right gifts and toys.

If you are near my age, you probably remember when Cab-

bage Patch Dolls hit the market. I'll never forget my beloved wife, standing in a crowd of determined shoppers, ready for the clerks to open another shipment of dolls! What a sight to behold, watching a mass of humanity make their move to secure one of their prizes. Our shopping wasn't over until the last store closed around 11 o'clock. But, the best was yet to come! You see, part of the agreement to take the family shopping was for the girls to agree to eat at The Varsity with me. Linda called it "greasy memories." I loved it; two chili dogs, fried onion rings and a large frosty orange freeze. That was "icing" on top of the cake, that made it all worth it!

After the Varsity experience, we would drive downtown to

Rich's Department Store and make our way to the top of a large breezeway between Rich's two buildings. From there, we would view a huge Christmas tree. That was our tradition for years. We would then drive home to Macon, tired but joyful; because we had spent a beautiful day together. Fighting traffic, yes. Traipsing from store to store, yes; but nonetheless, together. I am thankful for the memory. So thankful God gave me my family and I those special times together!

Times have changed. My children are grown now, and my beloved wife is in Heaven; but the memories created will never be forgotten. So, as we approach Christmas, may I suggest that in this busy time of the year, that we do certain things intentionally. Don't let the Christmas rush steal from you precious moments that will last forever.

When Jesus was born, most people of the day missed His arrival. He was born in a stable, because there was no room for His family in the Inn. (Luke 2-7). But the angels didn't miss His coming. Thousands appeared in the clouds to announce to the shepherds: "For unto us is born this day in the city of David a Savior, which is Christ the Lord." (Luke 2-11). It's His birthday we are celebrating. Don't miss the moment, and what He, as the Savior, can mean in your life. Merry Christmas and happy memory making!

Christmas Eve Services at Destiny Worship Center

Join us for a candlelight service on Christmas Eve as we come together to celebrate the hope given to us through Christ's birth. Services will be held at all campuses on December 24th at 12 p.m., 1:30 p.m., 3 p.m. and 4:30 p.m. The PCB campus is located at 13300 Panama City Beach Parkway. Preschool childcare is available. We can't wait to worship with you!



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Spotlight: Marisol Gullo of Not Too Shabby in Inlet Beach and Miramar Beach

Marisol Gullo.

Is there anything this woman can not do? She is a business owner, an attorney, a mother, a wife, the artist of the year, and one of the best coastal décor designers in the area. Marisol is the brainchild behind all of the custom built furniture produced by Not Too Shabby by Marisol in both the Miramar Beach and Inlet Beach locations. Marisol has quite the South Walton story to tell, having moved here from Costa Rica in 2001, she has enjoyed the thriving and supportive artist community which attracts the creative class of “makers” to Walton County. Her colors, textures and subjects are inspired by her South Walton surroundings.

“People search us out for our one-of-a-kind pieces of furniture that reflects our almost 20 years here on 30A,” says Tony Gullo, Marisol’s husband, business partner and her biggest booster!

Tony goes on to say, “Every piece of furniture is a work of art to Marisol, that’s the biggest



difference. How could someone explain to you the beauty of our area without living here? It’s the same with designing furniture. Marisol is a student of our area’s decor, so when she designs the furniture at our stores, that experience is reflected in every piece.”

“We build and finish custom furniture for our clients, like dining room tables, coffee tables, headboards, end tables and more,” Marisol says with a smile. “So the best part of what I do is help someone put together his or her own design.” She uses only the best quality woods to produce her furniture, from Oak, to cedar, to walnut and her personal favorite is sinker cypress.

Marisol also does commissioned pieces of art custom for a client’s home. An accomplished artist and 2017 Visit South Walton’s 2017 artist of the year, she



shows her work all over the country, from New York, Miami, New Orleans and Las Vegas.

Not Too Shabby is known for their amazing “turn key” service. From furniture to lighting to window treatments, rugs and more- the store is known for

their very large and readily available inventory that can be ordered or purchased off the floor. Tony says “come in and feel the difference.” Design services are always complementary.

Not Too Shabby by Marisol Gullo, 9755 U.S. Hwy. 98 West, Miramar Beach, 850-419-3976. 12805 U.S. Hwy. 98 East, Unit P201, Inlet Beach, 850-520-2390.



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Jewelry Through the Ages

BY TRACY MILLER

Jewelry and gemstones go back in time further than we can remember. The earliest piece of jewelry ever found goes back about 25,000 years ago. A necklace made of fish bones was found in a cave in Monaco. Forty-one shell beads found in sand layers in a Blombas cave date back to 75,000 years ago and suggest that something dramatic happened, humans became interested in art, ornaments and beauty even back before a time when we would have presumed primitive humans thought only of survival.

Researchers are still trying to uncover the mystery behind the owners of the bone necklace and the Blombas cave beads. The biggest question is, did the necklace belong to a chief or a medicine doctor or someone with a title or was it simply a gift. This is something we will probably never know but many have speculated it was worn by someone important.

Going back in history the first adornments found were teeth, bones, claws and horns. Hunt-

ers believed that wearing these 'Trophies' would bring them luck in their next hunt. As with any hunter back then they wanted to show courage and gain respect from their village.

Jewelry was also worn in some societies to ward off evil spirits or worn as talismans to protect against illness or bad luck. Jewelry later came to denote human commitment. Wedding rings that symbolize the commitment two people have for one another. Slaves wore bracelets to denote their owners. Some tribes in Africa wear hug discs in their lips to make them look more fearsome. The Ndebele people in Africa wear neck rings as part of their traditional dress and as a sign of wealth and status.

Throughout the world jewelry has evolved over time. From the Egyptians Ankh that symbolizes life, to the Greeks and their belief in Gods and symbols. Each had their own beliefs and methods for making jewelry. Egyptians made multi color necklace and bracelets out of beads and were also famous for Faience, a glass like glaze on clay with glass inlays.



The Greeks were known for their use of gold and they perfected a method for making tiny gold beads called granulation. The Romans loved the cameos and cherished them for their beauty.

Diamonds didn't become popular until people learned how to cut them to show their beauty. This wasn't until the 1300's when diamonds were cut and faceted by hand. The first electric bruting machine was invented in 1891, and the first motorized diamond saw was initially a blade coated with diamond dust and oil. These had a huge impact on the accuracy of diamond cuts and enabled more creative cuts. The asscher cut and baguette cut were both introduced during this time.

The greatest movement in jewelry came from the Crusades,

where Constantinople merged the greatness and richness of Greece, Egypt, parts of Russia and North America. The use of rich colors and oriental symbolisms lasted well into the middle ages. The art of Cloisonné' enameling flourished during this period. The Crusades opened up trade between the East and West. This exposed Europeans to new ideas and trade.

From the twelfth to fifteenth century commoners didn't wear much jewelry. Sumptuary laws were enforced, as a means to regulate what pheasants were allowed to wear, so they didn't copy clothes or jewelry of the Nobility.

During this time rings that were worn had a purpose. Ecclesiastical rings were worn by clergy and as sacred or holy emblems. Creative rings, were meant to heal ailments and disease. Rings of romance or wedding rings were worn on the second finger of the left hand to be closest to the heart.

Henry VIII was one of the most lavish of the Royals. He wore extravagant clothing and flashed more than 234 rings and

324 brooches and diamond and pearl studded necklaces. Henry's daughter Elizabeth loved pearls so much she had over 2000 dresses adorned with pearls and gemstones.

During King Louis XIV reign he proclaimed he would have the most magnificent court throughout the land. From 1642-1715 there were more large diamonds imported from India than any other time in history. The Hope diamond was purchased by Jean-Baptiste Tavernier during this time. It was meant to be given by Tavernier's grandson to his wife Marie Antoinette but the diamond was stolen.

Throughout history jewelry has been adorned in so many ways. From 75,000 years ago to present times jewelry has been worn to show our loyalty, independence, to stand up for a cause or to symbolize a belief. Jewelry can capture a moment with engraving or a laser engraved picture. We wear jewelry to express how we feel. If taken good care of jewelry can last for many lifetimes as heirlooms to be shared through decades.

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Design: The Coziest Space In The Home

Are you looking to update your fireplace? Or maybe you are building a home with a fireplace? Fireplaces have become a key space in interior design as we put our televisions above the mantels and all design elements are involved to create the perfect fireplace.

Linda Mugglin, one of the top interior designers here in Panama City Beach, has designed beautiful spaces all over Bay County including some of the most beautiful fireplaces. It is always a great idea to have an interior designer to guide you through a project, especially for a remodel. Interior designers have all the resources to get you from demo to the finished product.

If your home is modern and you want a fresh and cutting edge fireplace, consider quartz. Quartz is a manmade stone and is available in a wide range of modern looks. It will give the fireplace a sleek and seamless finish. Icelake Vicostone Quartz is a top choice for this look. If you are more on the modern industrial look, go with something like Rugged Concrete quartz by Caesarstone. No mantel or a thin painted mantel will finish off your new sleek and modern fireplace.

Get a boho, beachy chic fireplace with a mosaic or porcelain tile with some color and pattern. The Kenzzi Collection from MSI surfaces or Nostalgia from Emser are two of our favorite choices for this look. For a sophisticated look for a beach home, a travertine tile is the material of choice. Travertine is a natural stone with soft neutral color tones and a lovely texture. Unlike other tiles, Travertine tiles are available with a rough edge, creating a more antiqued and charming feel to a room. A simple but timeless wood



stained mantel will top off this beach chic fireplace.

If French country beach style is your choice, consider a decorative and detailed wood fireplace surrounded with a honed or polished Carrara marble inset or a brick tile inset. We love the Marble Winter Frost tile from Emser and It is available in a variety of sizes and different mosaics to get a look that you love.

Last, but definitely not least, is the farmhouse fireplace. Brick tile is the top choice to get this look. Although a brick fireplace is considered a farmhouse look right now, I'm not sure this look has ever left the world of style. It is timeless and just keeps getting better with time. Our favorite brick tile is French Quarter.



It comes in four beautiful color combinations. Combine some French Quarter tile with some shiplap and a wood stain mantel, and you have yourself a fireplace that will stand the test of time.

your new fireplace are available locally through Granite Plus and Tassels Interiors. We wish everyone Happy Holidays, and we will see you soon for your next home project!

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Beautiful Linens Inspire Sweet Dreams

BY JOANNE MACPHEE

Your bedroom is your sanctuary, your sacred space, so it is important to ensure that it is as luxurious and personal, as any room in your home. That is why Florida Linen pays such exacting attention to their collection of fine quality linens, draperies

and accent pieces. Each is chosen with the most discerning shopper in mind.

Owner Lyn Donalson and her team at Florida Linen, know the importance in setting the right mood in every bedroom, whether it's the master suite, the children's enclave or the guest

room. Tastes vary and each room requires its own certain 'je nais se quoi.' That is why they offer an extensive collection of bed lines, from jaunty florals and playful seascapes, to more tactile designs such as their popular silver crushed velvet. Their range includes styles by popular



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international designers, such as Tommy Bahama and Laura Ashley.

No matter how beautiful the exterior, a bed is only truly comfortable when swathed in luxurious sheets, and Florida Linen's collection will not disappoint.

Window treatments are another major facet to a bedroom's décor, providing yet another way to frame the room, set the tone and add texture and color. This is where Florida Linen truly shines! Their designers take enormous pride in helping each customer with their individual window treatment needs. Their collection runs the gamut, from in-expensive ready-made drapes, ideal for rental properties, to decedent, eye-popping custom american-made draper-

ies, and everything in between, including sheers, solar panels, black out curtains and shutters. Their attention to detail is impeccable and they will happily guide you through the entire process, right down to choosing the right cord and rod.

The team at Florida Linen believes that shopping should be more than just a purchase, it should be an experience and indeed every visit to Florida Linen is memorable. They invite you to come, browse, join them for a chat, dance, laugh and celebrate life, for the joy is all in the journey!

Florida Linen is located at 12011 Panama City Beach Parkway. Telephone 850 230 4261 or visit their website www.floidalinen.com.

Know Your Pro: **LVP Superstore**

Owners Eric and Leigh Baxter knew they were on to something big when they opened LVP Superstore only sold wholesale, directly to contractors and builders, but three months ago they added retail, all while still offering the unbelievable 25% to 30% discount.

The Baxters take enormous pride in LVP Superstore, and so they should, there is not a store anywhere along the Panhandle that compares to them on price, quality or availability. LVP Superstore offers a shopping experience like no other. They stock over 300,000 square feet of inventory, (the number was so unbelievable I had to fact check it!) so even the largest order can be filled same-day. Added to which, their 3,500sq' showroom proudly displays no less than 40 different color and style options, each laid out in 40' sections, so you can easily visualize what

your choice will look like in your home.

Vinyl flooring has come a long way since its original introduction in the 1930's. There are now options that look and feel so real, many mistakenly think they are hardwood. LVP flooring is the fastest growing category in the flooring market and LVP Superstore is on the cutting edge of the revolution, offering only the highest grade, fully waterproof, EVP-standard flooring. Ideal for our Florida climate.

Engineered vinyl plank is much thicker than the typical glue down vinyl. It is constructed in layers, usually 8 mm thick, so it's similar to an engineered hardwood (or laminate flooring). The top layer is vinyl, the middle is a high-density core board, and usually there is an attached back underlayment such as cork, for more cushion-



ing. Like laminate, LVP floors are clickable so they are easy to install.

When you visit, you'll need to allow yourself extra time to take it all in. Eric jokes that he actively encourages shoppers to shop around before they buy, because he is one hundred percent con-

fidant, they will not find a better deal anywhere in Panama City or the surrounding counties.

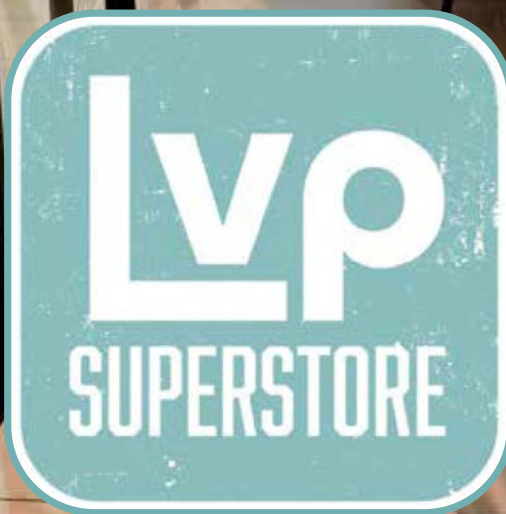
So, before you upgrade your existing property or start building, be certain to visit LVP Superstore for all your flooring needs. You won't be disappointed, because like their ads say, "At LVP

Superstore, everybody gets a deal!"

LVP Superstore is conveniently located at 19605 Panama City Parkway. To find out more about LVP Superstore and LVP flooring, give them a call at 706 252 4965.

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 Business

Tax Collector Offers Alternative Service Options



BY CHUCK PERDUE,
BAY COUNTY TAX COLLECTOR

EXPRESSLANE™ Offers Same Day Pick Up at Location of Choice

Last year the Bay County Tax Collector's Office began offering ExpressLane™ service at all four of their office locations. The service allows customers to

renew online before 3 p.m., select the pickup location of their choice and pick up their renewal same day or next day without a wait. Individuals can even designate someone else to pick up their renewal for them.

For individuals desiring to minimize their time in the lobby, ExpressLane™ is a great option.

Registrations can be renewed quickly and securely at BayTaxCollector.com. Customers renewing online can select bank account (e-check) at checkout without paying a bank card fee. If you need your registration fast, choose the ExpressLane™ option for same day or next day pick up at any Bay County Tax Collector Office.

Self-serve Renewal Kiosks Now Available in Bay Co.

The Bay County Tax Collec-



CHUCK PERDUE
TAX COLLECTOR
BAY COUNTY, FLORIDA

tor's Office recently partnered with Intellectual Technology, Inc. to bring self-service registration renewal kiosks to Bay County. The renewal kiosks are located in the 23rd Street Plaza Publix and Lynn Haven Publix and are accessible during normal store hours.

The self-service kiosks allow drivers to renew and print their registration renewal in two minutes. The kiosk is a great alternative for individuals who do not want to make a separate visit to the Tax Collector's Office or can't make it to the Tax Collector's Office during nor-

mal business hours.

While there are a few self-service kiosks in use in Central Florida, these two kiosks located in Bay County are the first for the Panhandle.

Additional service fees do apply to kiosk transactions. For more information, visit <http://flmvexpress.com>.

Online Tax Portal Offers More Than Just Tax Payments

As the pandemic continues to impact our area, customers are encouraged to utilize online services when paying their

property taxes. Taxpayers can make payments online at BayTaxCollector.com. The online portal allows customers to view their tax payment history, print receipts, sign up for the Installment Payment Plan for 2021 and pay current year taxes.

Taxpayers can select the bank account (e-check) option during checkout to avoid paying any additional bank card fees.

Additionally, drop boxes are located at all four offices for those who wish to drop off their payments. Please do not place cash in any drop box payments.

For more information regarding services, please visit BayTaxCollector.com.



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ECP's Plans for Future Growth

On October 29, Northwest Florida Beaches International Airport (ECP) held its first public information meeting where new updates to the Airport Master Plan (MPU) were unveiled. After a two-year long process of updating the MPU, ECP revealed the plan's options to the public via a virtual meeting. This meeting was held over Zoom, and featured a presentation of study findings, plan updates, and encouraged feedback and questions from the community. An airport master plan represents the airport's planning tool for long-term development. ECP will validate

the plan technically and procedurally through investigation of concepts and alternatives on technical, economic and environmental grounds. The updated MPU will be used as a guide in developing and improving the airport to address existing and future needs of the airport and its users. ECP officials made it clear that expansion projects will only begin to occur when passenger levels warrant the need to do so, but the Airport is ready for the future.

A Priority on Parking

ECP Executive Director Parker McClellan says one of

the biggest priorities addressed by the MPU is enhancing the airport's parking facilities. ECP plans to address the space available on the current road going through the rental cars in the parking lot of the Airport. One option is to enlarge the loop road that would go around the rental car cleaning facilities. This option could provide a great deal of additional space for parking and would make accessing the Airport more efficient.

Meeting Growing Demand

As recent achievements and what the next decade could bring for ECP were shared,

the expectations for how ECP plans to expand to meet increasing demand were highlighted. In the words of McClellan, "One of the things we think is exciting about this is that as we grow the Terminal, the addition of different food concession, gift shops and things like that would be added. As we grow the passenger demand grows, and the whole airport needs to grow along with that." Other notable plans from the MPU include considering a crosswind runway and expanding baggage handling, terminal capacity and gates.

ECP is Ready

Even with the strain COVID-19 has placed on the aviation industry, ECP continues to see steady passenger travel to and from the Region. In October, ECP only saw a 17% decrease in passenger activity compared to the same time in 2019, which was a banner year for the Airport. With new COVID-19 safety guidelines at the Airport, in the Terminal, and put in place by airline partners, passengers can feel safe throughout their travel experience. To learn more about the ECP Master Plan and ECP Ready, visit ifybeaches.com.

Visit Panama City Beach Awarded Five Flagler Awards

Visit Panama City Beach recently announced that they were the recipient of five 2020 Flagler awards, including three Henry awards, which are given to the highest scoring entry in each category. At the awards ceremony, Visit Panama City Beach was awarded the Henry in the Sustainable Tourism Marketing category for the Stay it Forward voluntourism campaign, the Websites category for the new visitpanamacitybeach.com website and the Niche Marketing category for 'Chasin' The Sun.' The destination was also presented with two bronze awards in the Social Media category for its How do you PCB? campaign and the Mobile Marketing category for its Zynga campaign.

"We are honored to receive these awards, which serve as a testament to the hard work and creativity of our Visit Panama



City Beach team," says Visit Panama City Beach President and CEO Dan Rowe. "We are especially grateful to be awarded the Henry for this year's new category of Sustainable Tourism Marketing. While we are facing new challenges, we are confident that these campaigns, amongst others, will lead our destination towards a successful future."

Earlier this year, Visit Panama City Beach launched its

Stay It Forward campaign after recognizing the growing popularity in sustainable tourism. Following Hurricane Michael devastating hit to neighboring Mexico Beach in October 2018, Visit Panama City Beach was given the opportunity to provide a unique voluntourism offering, allowing visitors to travel to Mexico Beach for a day to help restore the destination's dunes by planting sea oats and rebuilding dune paths. Since launching,

more than 150 volunteers from across the country have planted over 5,000 sea oats, and the campaign has resulted in over 130 million media impressions.

The Flagler Awards program was created by VISIT FLORIDA to honor the countless individuals and organizations that

help position Florida as the No. 1 travel destination in the world. Visit Panama City Beach's President and CEO, Dan Rowe, serves as the 2020-2021 Chair of the Visit Florida board and assisted with this year's awards ceremony.



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 Business

Considerations for Investors During These Times



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

What might you want to be considering now with elections behind us, the potential of new vaccines and a new administration coming to The White House? Whether you are investing for the near, intermediate or long-term, logistics, more than a strategy, can be critical to achieving your goals. Strategy is recognized as a plan to achieve the objective. Logistics by contrast is more about the details and the implementation of the plan or the strategy. Logistics usually means consistency and discipline. A few investors this year, in the face of such uncertainty, chose to exit the market

or abandon their strategy. That is understandable as comfort level and the ability to sleep at night are so important.

Some made that decision as the market dropped rapidly back in March and others just prior to the election. Staying in, not getting out, is typically what has led to the attainment of long-term goals. What follows are some thoughts for investors to consider if they choose to remain invested.

First, consider the significant rise in the money supply. The supply of money, from the input of new dollars in the financial system (monetary stimulus from the Fed), has risen more than 25% so far this year. That, in turn, has pushed up asset prices from stocks to bonds to real estate, raw materials, building materials and so on. Also, consider the fiscal stimulus; that, too, is more money being injected into the system. Add to this the term, “velocity of money.” That is the rate at which money is exchanged from goods to goods or to service. That continues to increase.

Second, consider the consistent rise in consumer spending



and the rise in durable goods orders, and yet, overall debt is lower than before the pandemic began. Short-term variations remain as investors reacted to election and ongoing pandemic concerns. Certain sectors of the economy have done better (technology, discretionary to name a couple) and others have suffered (travel, leisure and hospitality as examples). As savings rates increase, there is a potential for even greater consumption not only now, but if and when the economy is more open. Once again, note that this is in addition to the rise in the money supply.

Third, these two together could have impact on price inflation – the cost of goods and services. An increased money supply, coupled with low and stagnant interest rates and greater velocity, could be spelling upward pressure on the costs of goods and services in the economy. In times past this might be followed by the tightening of the money supply and higher interest rates. However, take note that the Federal Reserve has indicated that its current policy is to not tighten the money supply or increase interest rates. With the flow of money and static interest rates, that could impact asset prices. Note the increases in building materials (lumber prices up 80% since April) and housing prices as two examples.

Investors may wonder what, in the interest of diversification, risk efficiency, should they consider. They might want to look into inflation hedged assets. Two examples are TIPS (Treasury Inflation Protected Securities) and precious metals. These two alone do not form a plan, but are part of the logistics for the plan. TIPS are for investors who anticipate higher prices (infla-

tion) as are investments in precious metals. TIPS are designed to appreciate with the rate of inflation. These days, there are so many choices, both more liquid and less costly, by way of Exchange Traded Funds which allow investors to buy a portfolio of TIPS or gold bullion or silver bullion. TIPS would be part of the fixed income or conservative parts of the logistics. Gold and silver bullion funds are considered alternative assets (vs. stocks, bonds, cash or real estate). Once again, these are inflation hedges and investors might want to consider learning more about these as they look at their goals and their plans. Real estate, and of course stocks, also can play a part in the logistics for investors.


So, with regards to stocks, what might investors want to investigate further? Growth-oriented stocks (technology as an example) have outperformed value oriented stocks (banks, energy, industrials as examples) for quite some time. A smaller number of growth oriented stocks make up a significant weighting of the S&P 500 as well as the NASDAQ. Many are wondering if this environment means a rotation from growth to value and that it becomes a long-term trend. There are many choices available today through mutual funds or individual stock selection for adding value-oriented securities to a portfolio. Diversification by asset class (and within an asset class) is seen as a component in the logistics for investors. Value-oriented stocks have tended to outperform growth stocks in times of higher inflation. There are even programs out there which rotate between asset classes and sub-asset classes with a disciplined and researched approach.

Finally, and as always, when you work on your logistics, it is

suggested that you collaborate with your advisors or do your own in-depth research in order to have your plan implemented and for it to evolve as needed.

Maurice Stouse is a financial advisor and the branch manager of The First Wealth Management and Raymond James. He resides in Grayton Beach and has been in financial services for over 33 years. His main office is located at First Florida Bank, a division of the First, A National Banking Association, 2000 98 Palms Blvd, Destin, FL 32541. Branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City, Pensacola, Tallahassee and Moultrie, Ga.; Phone 850.654.8124. Raymond James advisors do not offer tax advice. Please see your tax professionals. Email: Maurice.stouse@raymondjames.com. Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. Investment Advisory Services are offered through Raymond James Financial Services Advisors, Inc. The First Wealth Management First Florida Bank, and The First, A National Banking Association are not registered broker/dealers and are independent of Raymond James Financial Services. Views expressed are the current opinion of the author, not necessarily those of RJFS or Raymond James, and are subject to change without notice. Information provided is general in nature and is not a complete statement of all information necessary for making an investment decision and is not a recommendation or a solicitation to buy or sell any security. Past performance is not indicative of future results.

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Financial Advisor

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Enjoy a Serene Lifestyle at Sunrise at East Bay



BY JENNIFER LEDESMA,
MANAGING BROKER, BERKSHIRE
HATHAWAY HOME SERVICES
BEACH PROPERTIES OF FLORIDA

A peaceful oasis away from the hustle and bustle of town, Sunrise at East Bay is nestled between Panama City Beach and Apalachicola. With charming new homes and a community dock, Sunrise at East Bay is an idyllic neighborhood located just a short drive from Callaway. Discover a serene waterfront lifestyle with ample opportunities to connect with the outdoors.

Highlights of the Sunrise at East Bay community include a floating dock for Bay access and paved sidewalks for residents to enjoy walking, biking, and skating. The community dock is a

place where neighbors gather to fish, kayak, and paddle board. Cook Bayou Marina is also nearby for launching boats into East Bay for all types of adventures on the water.

New homes ranging from 1,200 to 1,700+ square feet and two to four bedrooms are now available from Bay County builder Samuel Taylor Homes. Find coveted included features such as stainless-steel appliances, vinyl plank flooring, granite countertops in the kitchen and baths, and Hardie board exterior siding. Sunrise at East Bay homes also offer energy saving windows, energy efficient LED lighting, and a programmable thermostat. Pricing for these charming new homes starts in the low \$200s.

Hurricane Michael taught locals the importance of a well-built, secure home. Samuel Taylor Homes ensures their homes are built with 130 mph rated architectural roof shingles, impact-rated windows, GFCI safety outlets in all wet areas, a carbon monoxide detector, and are backed by a 2/10 builder warranty.

This secluded haven is close to shopping, restaurants, Tyn-dall Air Force Base, and Eastern Shipbuilding Group. Located



on the Intercoastal Waterway, Sunrise at East Bay is only a 15-minute boat ride to Shell Island and the Gulf of Mexico and a 30-minute drive to Northwest Florida Beaches International Airport. Sunrise offers homeowners Old Florida

charm and a waterfront lifestyle at an affordable price point.

To learn more about life in Sunrise at East Bay, visit the professionally staged model home located at 11640 Poston Rd, Callaway, FL, along with available inventory homes on

Saturdays between 11 a.m. and 5 p.m. and Sundays 12 p.m. to 5 p.m. Email Sunrise@bpfla.com or call 850.972.9292 to be connected with a community specialist.



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 Bid-A-Wee Beach | Panama City Beach
 6 Bed | 6 Bath | 4,746 SF | Listed at \$1,400,000
 Contact Darlene Couch at 404-391-6361



6236 THOMAS DRIVE
 Panama Dunes | Panama City Beach
 4 Bed | 4 Bath | 2,367 SF | Listed at \$435,000
 Contact Craig Duran at 850-527-0221



3780 CEDAR PARK LANE
 Cedar Park | Panama City
 4 Bed | 2 Bath | 1,967 SF | Listed at \$314,000
 Contact Trudy VanHorn at 850-819-4335



14205 MILLCOLE AVENUE
 Bid-A-Wee | Panama City Beach
 3 Bed | 2/1 Bath | 2,068 SF | Listed at \$529,000
 Contact Lynne Hand at 850-532-0886



14825 FRONT BEACH ROAD - UNIT 601
 Sunrise Beach | Panama City Beach
 3 Bed | 3 Bath | 1,568 SF | Listed at \$560,000
 Contact Jennifer Ledesma at 850-319-4991



2017 WARBLER STREET
 SweetBay | Panama City
 3 Bed | 2 Bath | 1,849 SF | Listed at \$334,700
 Contact On-Site Team at 844-357-9338



11641 POSTON ROAD
 Sunrise at East Bay | Panama City
 4 Bed | 2 Bath | 1,762 SF | Listed at \$230,000
 Contact On-Site Team at 850-972-9292

15750 Panama City Beach Pkwy - Unit 140
 Panama City Beach, FL 32413
 850-252-4160 | www.YourPCBHome.com

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