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SeeLife Makes a Splash on Beach Streets

BY JAMIE ZIMCHEK, EDITOR

A small pod of colorful ‘dolphins’ has just joined an equally vibrant bale of ‘sea turtles’ to make a splash on the streets of Panama City Beach. This parade of aquatic statues is part of SeeLife, a project designed to further beautify the streets of our fair beach town, and is many months in the making. Spear-headed by the City of Panama City Beach, the non-profit Sunshine Art Center, and the Beach Art Group, this release of 11 fiberglass sea creatures ‘into the wild’ represents the first phase in what is planned to be a much larger effort to expand the arts in Panama City Beach.

Just how do these statues go from factory to Panama City Beach Public Library lawn (or any of the other 10 destinations around the city)? A request for design applications went out some time ago, and out of over 30 applications, 11 were selected to wet their brushes. The statues themselves are fiberglass, created by a family-owned company in Nebraska that specializes in



custom fiberglass fabrication. Successful applicants were sent home with their blank acrylic or latex paints were the norm, the final selection also included a sea turtle with an encrustation of real shells on its back.

Once the paint was dry, the statues were given several layers of a clear coat to be sure they’d survive salt air and sun for years to come. Panama City Toyota paid for a lo-

cal company, Chameleon Car Works, to clear coat some of the statues. “They put three coats on it, so it will withstand our sun and weather,” explains Helen Ferrell, head of the Sunshine Art Center. In addition to Panama City Toyota, other sponsors included the City of Panama City Beach, Dr. Ronald and JoAnn Dubin, the St. Joe Community Foundation and Door to Door Services.

Mayor Mark Sheldon

presided over the official unveiling on a chilly gray day last month. The sun broke through the clouds as one by one, covers came off to reveal a colorful group of sea creatures attended by their respective designers. “Our strategic planning process undertaken last summer identified there was a need to incorporate more arts projects into the

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Vets Helping Vets & First Responders

BY MARTA ROSE-THORPE

For years Jimmy Thorpe had felt the urge to give back. A veteran, Jimmy had served as a young man in the U.S. Army for eight years and had always held the highest regard for the men and women who serve our country and keep us safe. This group also includes first responders – the men and women who keep our communities safe. So how would he give back? In 2014, he created the tagline “Vets Helping Vets” – later elevated to “Vets Helping Vets & First Responders” – and decided to start giving what he had to give: HVAC units. Jimmy owns A Superior Air Conditioning Company, a local business he launched in 2003.

In the beginning, Jimmy and his team decided to give away eight units per year. Vets and first responders were encouraged to apply online at ASuperiorAC.com; the giveaway was open to all who have served in the Army, Navy, Air Force, Marines, Coast Guard, and all first responders including EMT/Medics, Police, Sheriffs and Fire Fighters. American Legion Post 392 in Panama City met

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SEELIFE

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community,” explains Mayor Sheldon. “A public arts project such as SeeLife fit the bill perfectly and we are excited to get these sea sculptures up around

the City for our locals and visitors to enjoy. We were excited that so many groups and individuals of all ages reached out to adopt one of our 11 dolphins and sea turtles.”

Helen Ferrell has been the public face of this community project. For her, SeeLife is both about making art more accessible for the community but also serves as a fundraiser for bigger things in the arts. “Beach Art Group and Sunshine Art Center promote the arts as an economic engine for the community,” she explains. Ultimately, her goal

is to have an actual arts facility that can benefit all the arts and the community. Or as Ferrell puts it, “The arts have a place on the beach and we want to give the arts a place.”

So what next? “What we’re trying to do now is get sponsors to come on board for this next round,” Ferrell explained. Each blank statue costs at least \$1,500 - \$2,000, so donors, and volunteers are crucial. A range of events to promote these newest PCB additions are in the works, but in the meantime, locals (and of course, local visitors) are en-

couraged to snap photos with the statues when they spot one, and send tagged with #PCBSeeLife to editor@mypcblife.com for a chance to have a shot included in the April Issue of this publication, or posted to PCB Life’s facebook page, www.facebook.com/MyPCBLife.

For more information, photos, and a list of participants and statue locations, follow Panama City Beach on Facebook at www.facebook.com/cityofpanamacitybeach, or visit their website, www.pcbfl.gov, and scroll down to News. Addi-



tional information is available at www.sunshineartcenter.com, or reach Helen Ferrell at beachartgroup@att.net, (850) 541-3867.

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VETS

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and voted on all submissions each quarter, selecting one veteran in need and one first responder in need to be awarded the units.

In 2015 the giveaway began taking the form of a quarterly appreciation lunch at Harley-Davidson of Panama City Beach. Local musician Neal James opened the lunches with the National Anthem and play background music while Texas Roadhouse catered. The first



Mr. and Mrs. Lundeen with Jimy Thorpe

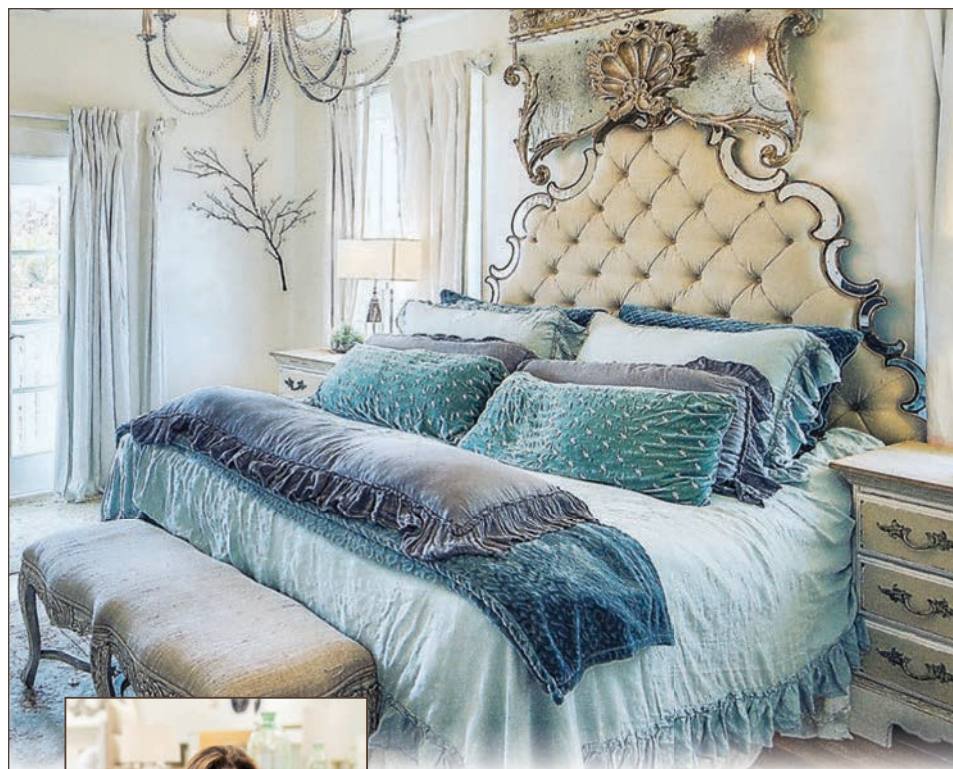
event hosted around 40 guests and several local businesses co-sponsored. The next lunch

brought in a few more guests and sponsors, and the Vet Center and other veteran-related organizations joined in. As the word-of-mouth continued, the guest list grew. By Fall 2017 the event moved to Texas Roadhouse; today this appreciation lunch still takes place, now maxing out the restaurant at 380+ guests.

But Jimy still wanted to reach

and help more veterans and first responders. In November 2019 Pastor Dave of Faith Assembly Church in Miramar Beach (affectionately known as “The Rock & Roll Church”) invited Jimy to launch a quarterly appreciation lunch there, thus reaching vets and first responders in the Walton/Okaloosa area. The appreciation lunch has taken place there ever since, slowly growing in attendance and giving away one HVAC unit per quarter, for a total of

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Not Too Shabby
by Marisol Gullo

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 Community

Kayak Rentals at Camp Helen State Park

Camp Helen State Park offers kayak rentals, adding to the already wide range of park activities. Sponsored by the Friends of Camp Helen, kayak rentals on Lake Powell will begin full time this Spring, seven days a week from 9 a.m. to 5 p.m.

Single Kayaks are \$15 per hour and tandem kayaks and SUPs are \$20 per hour. Half-day rentals are available from 9 a.m. to 1 p.m. and 1 p.m. to 4 p.m. and are \$45 for single kayaks, \$60 for tandems and SUPs.

Reservations will be available online at www.friendsofcamp-helen.org or by calling (850) 890-6981.

In addition to kayak rentals and SUP rentals, the Friends of Camp Helen will have items such as shirts, water bottles, dry bags, etc. for sale in the tiki hut by the lake.

The Friends of Camp Helen State Park is a not-for-profit

Citizens Support Organization dedicated to preserving, maintaining, and improving the park through volunteer projects, community events and fundraising. Their upcoming events include Movies and More this summer and a pumpkin patch this Fall.

Camp Helen and nearby Lake Powell, the largest coastal dune lake in Florida, provides hiking, swimming, beachcombing, nature study, and fishing.

The 180-acre park is for day use only and is located west of Panama City Beach on U.S. 98 at the west end of the Phillips Inlet Bridge, just inside Bay County.

More information is available at facebook.com/FriendsOfCampHelenStatePark, by calling (850) 890-6981 or by emailing CampHelenFriends@gmail.com.

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12 HVAC units given away per year.

"I feel that giving back to veterans and first responders is like taking the time to help my father," says Jimmy, whose father served in the U.S. Marines. "It's something that comes second nature; it's instinctive and something that's driven in me."

The Winners' Stories

Kelly D., a 911 Dispatcher, lives in her brother's home in Fountain, Florida. Like so many, the home, which was built in the early 90s, sustained damages in Hurricane Michael and the old AC system hadn't been reconnected to the house ever since the storm. In January 2021 Kelly received an email from work, telling her about the A Superior HVAC Giveaway. She applied online, writing, "It's not really me that deserves to win, it's my brother. He is in the Coast Guard and is extremely selfless. He provided me with a place to stay when



Pat Carraway (left, with A Superior) and Jimmy Dallas (right, with A Superior)

Covid changed our lives. He is currently remodeling the place to give me a nice place to live. He has a servant's heart." On February 23, 2021 the A Superior team installed a new unit at Kelly's brother's home. She was extremely thankful.

Jerry Lee served four years in the U.S. Navy as an E3 fireman and retired in 2008; his wife was working in the nursing field when their life took an unexpected turn. "My daughter passed away, and we adopted my two grandchildren – one was only five months and the other one was just over a year

old," he said. "Even though we wouldn't change our situation for anything," Jerry continued, "we have traded in our golden years to raise two more children."

Due to the new circumstances, his wife had to quit her job to help raise the girls who are now 12 and 13 years old. "I have now buried two of my own children and my wife lost her son almost two years ago, and that pretty much depleted any savings we had." With an HVAC unit approximately 10 years old, they had been paying up to \$500 every year for repairs and freon. "I bet I have asked ten different AC companies why my old unit would only work on emergency heat," said Sherri, "and it took a young man just recently out of school, Nate, to finally give us the answer. Nate, Shannon, and Thomas were very helpful, and we just can't thank y'all enough!" When the A Superior team told Sherri that she could apply online for the HVAC Giveaway, she did, and she and Jerry were announced as winners at the February 9 appreciation lunch in Miramar Beach.

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Fighting Child Hunger, One Meal at a Time

BY ANNA MCKAY

When was the last time you wondered when or where your next meal would come from? For many children in Bay County, hunger is more than a temporary discomfort — it dominates their lives. In the aftermath of Hurricane Michael and with working hours lost to the pandemic, it's likely that numbers are higher than the 22.3% food insecurity rate for children reported by Feeding America for Bay County in 2018. Food insecurity can show up in a number of ways in everyday routines. For example, children may struggle to pay attention in school and develop neurological deficits which can lead to a lower IQ, and not retain information learned in classrooms. Aside from educational hindrances, malnourishment can also stunt physical growth, cause behavioral issues, and lead to life-threatening illnesses.

FOOD4KIDZ



Food4Kidz is a local 501 (c) organization whose mission is to help struggling families by utilizing food agency partnerships to stock a full-service food bank with everyday groceries free of charge. They deliver food to families in the area via private appointments for families that may have a transportation challenge and are unable to shop in their neighborhood. Everything is done in a confidential manner to protect the dignity of the parents and children. They also have centralized, mobile food

pantries at churches and schools around town. Groceries include meats, fresh produce, dairy items, baby food, and canned goods to fully equip families to prepare a well-balanced meal. Local businesses including, but not limited to St. Joe Community Foundation, Mike's Diner, J Michael's, Daystar Cleaning, Greg's Roofing, Bill Cramer Chevrolet, The Sleep Center, Gulfview United Methodist Church and Tricked Out Car Club all help host or finance community efforts that Food4Kidz needs to survive as a non-profit.

The bottom line is that children who don't have a choice, don't have a voice. Whether or not their adult caretakers are "sincerely needy" or not is an entirely separate issue for the children that are considered food-insecure in the Panama City area. With just a \$10 dona-

tion, you can provide 10 meals for a child through their program. \$100 can feed an entire family for a month. Food4Kidz believes that nutrition fuels happy and healthy hearts. As a registered non-profit charity in the state of Florida, your contributions are fully tax-deductible. While financial assistance is what funds the organization's operations, product or services donations are humbly accepted as well. Donations will go towards food costs, building rentals and utility bills, transportation costs, and equipment rentals. Food4Kidz also frequently allows volunteers to host events or opportunities

for civic engagement groups at churches, schools, businesses, and any individuals that would like to make a real difference in the lives of children. Featured needs are frequently updated on their website for anyone that would like to consider donating grocery items that are needed the most. This is also where you can find local business drop-off sites to volunteer your time in a COVID-safe way.

Community support is the only thing that can help solve this crisis. To find out more information on how to get involved and where your dollar can make the most impact, visit: www.Food4Kidz.org.

Ready for Warmer Days



BY MAYOR MARK SHELDON

Having just had several consecutive days of 70-plus degree temperatures, we are excited for the busy spring and summer seasons!

You can't live in this part of the country and not look forward to consistently warmer temperatures, outdoor activities like bike riding and kayaking, pulling our flip-flops and shorts out, the return of our special events, and going to the world's most beautiful beaches!

Especially after a harsh winter by Panhandle standards, and the slow-down of our economy and the loss of some of our personal freedoms due to the lingering pandemic, we so look forward to being out and about and enjoying our beautiful environment.

This time of year we really start to see our natural environment come alive, with the grass greening up, and flowers and trees starting to bud. We also see more people moving about, as locals, visitors and vacation homeowners weary of winter back in their hometowns, come out or come down to enjoy Panama City Beach.

The beach continues to focus on being a family-friendly destination. Safety is and will remain a top concern for our 14,000 residents, 4.5 million annual visitors and our thousands of

daily commuters who live elsewhere but work on this side of the bridge.

As our busy season approaches, we recognize that people of all ages, including college-age students, will be on Panama City Beach. As such, we would like to remind everyone of our rules.

- No alcohol is allowed on the sandy portion of the beach during the month of March.
- Alcohol sales end at 2 a.m. during the month of March.
- Overnight scooter rental is not permitted.
- Climbing, jumping, or throwing items from balconies is not allowed.
- Parking in closed businesses' parking lots is prohibited.
- Parking is prohibited in unmarked or unpaved portions of the roadway after dark.

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Community

Fishing Time is Here!

BY PAM ANDERSON

How exciting! Fishing season begins March 1 for all the local headboats and charter boats! And, guess what's on the menu? One of the sweetest tasting fish of all, one that many have thought were trash fish until recent years-Triggerfish! Yes! they are ugly, but it's what's on the inside that counts-you do remember your Momma telling you that, right?

Triggerfish season will run March 1 through April 30 this year and the boats are all gearing up to take you on a great ride into the Gulf of Mexico to catch them. Anglers will also be catching some Red Grouper, Vermillion Snapper, Spanish



Mackerel, Bluefish and several other species. It won't be long before we hear that the Cobia are running.

Whether you just love being out on the Gulf in the fresh air, or sunning yourself on one of the upper decks, boating out of Grand Lagoon is the place to be. It is the most healthy way

you can spend your days.... sunshine and fresh air.

In the Grand Lagoon, you can find 24-foot bay fishing charter boats to 60-foot Gulf fishing charter boats that carry 2 to 20 passengers and, also, up to 92-foot head-boats that carry as many as 80 passengers. All of these boats have the permits and proper licensing necessary for fishing. In addition, you can fish from shore and some piers with your own license you can purchase locally. But it's always more fun on a boat!

At Capt. Anderson's Marina we have several bay fishing charters available as well as 35 Gulf fishing charter boats and 3 head-boats that offer a variety

of fishing options. Go for a few hours or go all day. Head-boats offer 5 hour, 6 hour and 10 hour trips in March. Charter boats cater to your schedule and run 4 hour to 12 hour trips, with some offering private overnight trips. Remember, the longer the trip, the deeper the water, and usually, the larger the fish. Whatever you choose, it will be great fun for you and your friends and family... and don't forget healthy!

Our Capt. Anderson's Marina has a fish market that will clean your fish when you return from your trip. You can even have the option of taking your catch to several local restaurants for what we call 'hook 'n cook'-

you catch and have fish cleaned and the restaurants will cook them and provide the 'sides' for a reasonable fee. (Moms love it! No messin' up her kitchen.)

We also offer private charters on the head-boats. You can book a large group, 30-80, if your church, club, business, or Scout troop would like to have the boat all to themselves. Pricing will vary according to seasons, but always reasonable.

The Capt. Anderson family has been taking families and friends fishing since 1935 and plan to keep going for generations to come. Capt. Anderson's Marina, Where the fish are always biting and the kids are always smiling!

READY

continued from previous page

- Metal shovels are not permitted on the beach, and any holes dug in the sand should not be deeper than two feet.
- Dogs are not allowed on the beach, except at the Dog Beach, which is marked with signage and is located to the west of the

Russell-Fields City Pier at Pier Park. Dog owners are required to pick up after their dogs and there is a limit of three dogs per person.

• When double red flags are flying, you must not get into the Gulf. The water is closed to swimmers during double red but can be utilized by surfers

tethered to boards.

- No fires are allowed on the beach except through beach bonfire vendors.
- Gatherings on the sandy beach may require a special event permit. Check with the Building & Planning Department with the City to see if you need a permit.

- Do not block beach accesses which are used by emergency vehicles.
- No vehicles are allowed on the sandy beach.
- Low-speed vehicles are prohibited on roads with speeds of 36 mph or more. This includes Panama City Beach Parkway and Hutchison Boulevard.

- Leave no trace on our beaches. Remove all tents, chairs, umbrellas, and trash nightly.
- We want everyone to enjoy the warmer days and our beautiful sandy beaches. But we also want everyone to be safe. If there is anything I can do for you, please don't hesitate to reach out to me at City Hall.

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Let's Get Growing with Julie: Bugs, Berries and Blooms are for the Birds!



By JULIE MCCONNELL, UF/
IFAS EXTENSION BAY COUNTY

Living in Northwest Florida, we get to enjoy birds all year long and by creating appropriate habitats in our landscapes we can attract a wide spectrum of species. This month we will cover Florida Friendly Landscaping™ Principle, Gardening for Wildlife, specifically attracting birds.

What makes a landscape attractive to birds?

There are several things that will increase the likelihood of making your yard a favorite

stop for birds. Food, shelter, and water are the top three things to provide for birds.

Shrubs and trees that produce berries and fruit can be beautiful additions to the landscape while also providing a food source for wildlife. Some fruiting plants that perform well in our area include American beautyberry, hollies, viburnum, persimmon, blueberries, wax myrtle, serviceberry, and saw palmetto. Another common food source for birds are seeds. It is common knowledge that you can buy a bag of birdseed for your feeders at the store, but many plants we use also produce seed if we leave the flowers intact after blooming. A few examples of landscape plants that produce seed for birds are sunflower, tickseed, zinnias, black-eyed Susan, coneflower, and goldenrod.

Many birds eat berries and seed, but did you know that insects make up a large part of many birds' diets? Insects



contain protein and other nutrients ideal for birds, especially juveniles. Even hummingbirds which are known for nectar feeding are raised on insects! Growing a diverse plant palette and minimizing pesticide

use can help support a healthy insect population. Don't worry about the insects eating your plants. That will occur to some degree, but when you have a balanced population of spiders and insects it will help keep the plant pest population in check.

Shelter is also important to birds visiting landscapes. Providing a place and material to nest is part of this, but birds also need safe places to hide from predators. By creating a layered effect in your landscape by using plants of different heights, widths, and foliage textures you create an inviting habitat for birds.

Another often overlooked shelter source are dead trees (snags) and brush piles. Snags and brush are ideal homes for cavity dwelling birds such as woodpeckers and nuthatches. Brush piles and decomposing trees are full of insects that many birds can use as a food source. Leaving dead trees that are not a risk to people or prop-

erty is something to consider in your overall maintenance plan.

Providing a source of water is also a good way to encourage birds to your yard. Bird baths can be incorporated into most landscapes. Be sure to situate them away from shrubs where predators can hide and dump the water every 2-3 days to prevent mosquito breeding.

If you are interested in learning more about birds that visit our area, consider joining the Bay County Audubon Society www.baycountyaudubon.org/

Julie McConnell can be reached at juliebmcconnell@ufl.edu. An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Nick T. Place, dean for UF/IFAS Extension. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices.



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 Community


BY MARTA ROSE-THORPE

The Bay EDA's (Economic Development Alliance) mission is to work with local companies to help them grow and expand, as well as work to recruit new companies to come into our area. I recently had the opportunity to sit down with Becca Hardin, President of the Bay EDA, and get updated on good things coming our way. Becca shared with me that she loves her job. "It's different every day," she explains. "We get to travel around the world and showcase this beautiful community. We get to meet with different people. It's knowing we are in a position to help companies grow, bring companies here, and help create jobs for people." It's a tough job, she says, but

rewarding. You lose more than you win. But when you do get a win, it's worth it.

Workforce is the number one thing when recruiting companies. The EDA shares a building with Career Source Gulf Coast, and every project they do is hand in hand with their workforce partners. "Gulf Coast State College is extremely instrumental in our recruitment efforts, as well as FSU-PC," Becca explains. "If we can't pull our workforce team together and convince the company that we can meet their workforce needs, we can never get to the table to discuss the site, the incentive package – or anything."

The first thing the EDA does is pull together how many jobs they'll need to fill. What are the titles? The skill sets? The pay ranges? "We assemble our team to be able to answer these questions," she says. "Career Source is a one-stop shop. They develop a recruitment plan, a hiring plan, a training plan." Another resource is the newly developed Gulf Coast FAME chapter (Federation for Advanced Manufacturing Education), a national work-study program adopted by

the Bay EDA, GCSC and local manufacturers. This initiative helps develop global entry-level, multi-craft maintenance technicians.

One main objective of the EDA is to help diversify Bay County's economy. "Tourism is always going to be important to our economy," says Becca. "It's our number one economic driver. But after the oil spill, this community leadership made a conscious decision that we needed to diversify our economy and not have all our eggs in the tourism basket." And thus, they began recruiting businesses such as manufacturing, advanced manufacturing, distribution, logistics, technology-related companies, and aviation-related projects around the airport. "Most of the growth that we see, from an economic standpoint, is going north toward the airport," she explains. "That's where we have certified sites and the most available property that's ready to go. We've got the newest airport that's been built in the U.S. and we have 3,000 acres around the airport, so that is a big part of our future."

Focused on maintenance re-

pair and overhaul projects at the airport, the EDA currently has three active projects, all shovel-ready sites. "The Airport Authority has spent more than \$5 million to pour concrete in order to get the jets from the runway to the sites," she explains. "They're being very aggressive about getting infrastructure ready so we can put more projects out there." In April, Becca is hoping the EDA can make the announcement of "Project Gator," another project that's been in the works for more than a year. This company will be building a hangar adjacent to the Airport runway.

Another site the EDA has in its arsenal is 200 acres at Venture Crossings, which is owned by the St. Joe Company. The new Hilton Garden Inn, opening in early Summer 2021, is being built on the site by the main entrance of the airport. This full-service hotel will have a restaurant and bar. The EDA looks forward to utilizing this new venue for putting up customers that come into town.

The Duplin Winery has decided to mirror their operation in South Carolina and open a winery in Panama City Beach. Coming to the former Hombre Golf Clubhouse site, their mini vineyard and retail will go on 20 acres behind the clubhouse area. Guests will engage in wine tasting, strolling through the vineyards, and learning how the Muscadine wine is made. This \$15 million capital investment will employ 50 people; a ribbon cutting is planned for 2022.

In an effort to support Bay County's state-of-the-art outdoor shooting range and the new indoor shooting range (The Powder Room) built by the St. Joe company, the Bay EDA is targeting the recruitment of companies in the gun manufacturing sector. "There are some states and communities

that don't look favorably on gun manufacturing; Bay County is a Second Amendment county that supports the right to bear arms," says Becca. "We're looking in the northeastern part of the U.S. to target gun manufacturing companies that may want to be down here in paradise."

The Latitude Margaritaville Watersound project will be "transformational for this part of Florida," states Becca. "It's going to spur so much growth." This 50-year planned community will have the road complete in the next two years. "Highway 388 is being realigned to come north and will dead-end into the entrance of Latitude," she says. Phase 1 will have 2,500 homes. Like the Villages in Central Florida, Latitude will be like a city within itself, with medical services, golf amenities, restaurants, grocery stores, everything that a city would have. "People in a 55+ Active Community like to do two things," she states, "they like to play golf, and there will be a lot of golf courses there, and they like to travel... this will be a direct shot to the airport. I've heard they already have a long waiting list on the first phase."

We discussed several other projects: TechFarms, situated in the industrial park in the Grand Lagoon, is building a second building. "Tech is a leg of our stool," says Becca. "I think there are a lot of opportunities in that. I am very thankful for Steve Millaway." She mentioned that the Viking Cruise Line is coming, beginning Summer 2021, and will be docking at Shell Island and shuttling people back and forth to the mainland. Suzuki Motor Marine recently purchased 20 acres at the end of Frankfort Ave. in Panama City for \$12.5 million to place their research and development integration system.

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Meet Your Neighbor: Nicole Paloma Brings it Back to the Beach

By JAMIE ZIMCHEK, EDITOR

Defly directing an armful of rich shantung silk under the needle, designer Nicole Paloma finishes the seam, stands up, and shakes out a fully formed Seville skirt. For those of us who reached our sewing apogee making three-pleat masks, this is something akin to magic. For Paloma, this is just another day, and another skirt, one of many that define her decade-plus as a boundary-pushing designer. And after some forays into other out-of-state markets, she's bringing her skills back home to the Emerald Coast late February.

Paloma is more than just a designer and creator of hand-sewn clothes however, she's also a champion of women, and, as a recovering alcoholic, a great

supporter of those who are finding their way on the adventurous road of recovery. "One of the best gifts you can give to people is to inspire them to see the beauty and find gratitude for exactly who they are," she says. Her growing selection of hand-painted quote t-shirts with lines like "Gratitude changes everything" and "Be fearless in pursuit of what sets your soul on fire" have a devoted following amongst many, including the aforementioned, because they do just that.

In a region well known for its beachy aesthetic, Paloma's designs stand out. For one thing, she doesn't shy away from black, and her work often includes pieces with a real edge (in the



case of a gala gown made of metal mesh, quite literally). For another, she makes apparel with comfort in mind, often choosing

fabrics in soft knits that suit a variety of body types and a range of ages without losing their cool factor. Paloma says, "Personally I don't want to get out of my yoga pants or my sweat pants, so I try to make my clothes fit like that, but look like they're ready for a stroll down Fifth Avenue - with the right shoes of course!"

In the past, you could find her bathing-suit clad, a toddler attached at the hip, stopping in on a rare day off to custom fit a client's dress. Back again in Florida this spring, you'll still find kids in tow, slightly older now, but thoroughly part of the process. Though her couture pieces can be found at galas and other formal events, Paloma herself is decidedly down

to earth. Wandering barefoot between bolts of fabric, there's a good chance she's been hard at work since the early morning hours, and will be there still long after everyone else has called it a day, subsisting on her three c's: chocolate, cheese, and coffee.

Full disclosure: I share a collaborative line of hand-painted textiles with Paloma, and stock my jewelry in her stores, so clearly I'm biased. In other words - slip away to the new store and get a glimpse of the wizardry for yourself.

Now open at 27 Hub Lane (The Hub), Inlet Beach, Florida. Follow @nicole_paloma_hand-sewn_designs on Instagram or text (850) 585-8999 for more information.

GOOD THINGS

continued from previous page

"Other than workforce, what other assets are companies

looking for?" I ask. "Sunshine, the beach, outdoor activities... Quality of Life. Most of the companies we recruit have never been to Panama City, much

less heard of it, so a lot of what we do is educate people on the assets that we have," she says. "Many people don't realize that Bay County has an internation-

al port that has direct access to Mexico, Central and South America. From a distribution standpoint, that's excellent channels to open up the world.

We try to get their feet on the ground here. If we can get people to Bay County, Bay County sells itself."



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 Community

PCB Announces New Dates for UNwineD

Visit Panama City Beach is pleased to announce that UNwineD, the destination's premier two-day culinary festival in Aaron Bessant Park, will be held on June 4-5. The annual event will feature craft beer, wine and spirits from around the world in addition to mouth-watering creations from some of the area's leading chefs.

"We are thrilled to announce the return of our one-of-kind event, UNwineD in partnership with Southern Living," says Visit Panama City Beach President and CEO Dan Rowe. "With all new cuisine and beverages and acoustic entertainment, this

year's UNwineD festival is sure to be the must-visit, regional event of the summer season."

The weekend's festivities kick off on Friday at 6 p.m. with an elegant garden party presented by Southern Living. This exclusive, VIP event includes delicious bites from Top Chef winner and "Gulf Southerner" Kelsey Barnard Clark. Available for purchase early February, VIP tickets are \$175 per person and include entry into Saturday's event. Only 250 VIP tickets are available, and ticket holders must be 21 and over.

The Grand Afternoon Tasting takes place on Saturday



from 1-4:30 p.m., offering guests the opportunity to savor craft beer, spirits and wine along with food pairings from favorite local eateries. Visitors are encour-



aged to bring their own blankets and chairs to set up in the park. Tickets to the Grand Afternoon Tasting are \$75 per person.

The safety of guests and locals alike remains Panama City Beach's top priority, and the destination is working closely with officials to modify the event, follow all CDC guidelines and allow ample social distancing.

Additional details regarding modifications will be announced closer to the event. For more information about UNwineD and to purchase tickets, please visit www.visitpanamacitybeach.com/unwined.

Library Program Helps Adults Earn High School Diploma and Career Training

Northwest Regional Library System (NWRLS), serving Bay, Gulf, and Liberty counties, is again offering scholarships to the Career Online High School program, designed for adults aged 19 and over who lack a high school diploma.

This nationally accredited program allows adult students to earn an accredited high

school diploma (not a GED) while gaining career skills in one of eight employment fields. NWRLS is currently seeking qualified residents to enroll in the free program.

"The library is very excited to once again have the ability to offer such an important opportunity to the residents of Bay, Gulf and Liberty counties.

Earning a high school diploma is a key stepping stone to achieving long-term goals," says Library Director Robin Shader.

NWRLS awards scholarships to qualified learners looking to earn a high school diploma and advance their careers. Once enrolled, Career Online High School pairs each student with an Academic Coach, who assists with developing an individual career plan, offers ongoing guidance and encouragement, evaluates performance, and connects the learner with the resources needed to demonstrate mastery of the course

material. Classes are supported by board-certified instructors and students have 24/7 access to the online learning platform.

Coursework begins in one of eight high-growth, high-demand career fields (across a wide spectrum from child care and education to certified transportation), before progressing to the core academic subjects. Students are able to graduate in as few as six months by transferring in previously earned high school credits but are given up to 18 months to complete the program.

Residents can learn more about Career Online High

School at Bay County Public Library or by visiting the library's website www.nwrls.com/online-high-school.

The Career Online High School project was funded under the provisions of the Division of Library and Information Services (DLIS) CARES Act from the Institute of Museum and Library Services. Florida's DLIS Florida CARES Act program is administered by the Department of State's Division of Library and Information Services.

For more information or questions, please contact the library at (850) 522-2100.

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Put the Right Floor Forward: Flooring Depot of Panama City

By SHANNON SALISBURY,
DIRECTOR OF MARKETING

When considering flooring options in Bay County, there's only one name to remember—Flooring Depot of Panama City!

Founded in 2018 by Barry McEntire (who previously owned one of the top 50 retail flooring stores in the country), Flooring Depot of Panama City quickly established itself as a full-service flooring retailer with a beautiful, organized and expansive showroom and the largest selection of in-stock flooring products available in Bay County.

Barry's goal to provide customers with old-fashioned, family service, backed with honesty and integrity has proven to be exactly what the local community prefers and appreciates. Flooring Depot of Panama City prides itself in providing its retail customers, as well as builders and remodelers, with warm, professional service and

an exceptional range of quality products—because happy, satisfied customers are their most meaningful measure of success.

Flooring Depot's commitment to customers doesn't end with the sale. Every transaction is backed by the strongest warranties in the industry! Even more valuable is Flooring Depot's personal promise that your purchase will perform as anticipated.

Flooring Depot carries every type of flooring for any type of home or project, including Carpet and Carpet Tile, Hardwood, Sheet Vinyl, Laminate, Ceramic Tile and Stone, and Luxury Vinyl flooring. The extensive offering of luxurious carpeting is available in thousands of styles, colors, patterns and weaves.

The best thing about Flooring Depot of Panama City has to be the friendly and knowledgeable staff. The Flooring Specialists and Staff are prepared to help you sort through all flooring options and find

your perfect dream floor. With extensive service offerings, including financing options and in-house Installation Technicians, Flooring Depot provides turn-key solutions to make your flooring purchase enjoyable and stress-free! Flooring Depot also offers convenient In-Store, In-Home and Virtual Appointments via Zoom and FaceTime.

In 2020, despite the impact of the COVID-19 pandemic, Barry's commitment to providing customers with incomparable service and an extensive product selection led to the expansion of Flooring Depot—the addition of a new, spacious warehouse in Panama City and a second store location in the heart of Port St Joe. Those expansions allow Flooring Depot to expeditiously and efficiently respond to the local community's needs.

Whether you're a homeowner, builder, contractor or DIYer, Flooring Depot's skilled Flooring Specialists and associates



are happy to assist with inspiration, design direction, FREE In-Home Estimates, Financing and Installation, while offering prices to match any lifestyle—even if your personal style requires budget-friendly options.

Flooring Depot of Panama City invites you to visit their im-

pressive showroom and experience the Flooring Depot difference!

Stay tuned for flooring tips-trends, fashions and favorites in future Flooring Depot articles! For more information visit www.flooringdepotofpanama.com, or call (850) 785-2216.

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 Education

Patronis Elementary School: A Tradition of Excellence

BY ELLIE SPIVEY, PRINCIPAL

Last year we celebrated the Silver Anniversary for Patronis Elementary School. This 25-year milestone marks a time to highlight our Patronis Panther Pride and our tradition of excellence!

Patronis is not just an elementary school. It is a family-oriented environment where our students love learning and our dedicated staff love teaching. Patronis has always had strong parent and community involvement and is happy to serve our Navy Base and neighborhood families. Our Patronis PTO is the heartbeat of our school and continuously assists our students, teachers, and staff with fundraising and volunteerism. Patronis business partners support our school endeavors each year. Our School Advisory Council helps us monitor and meet our school improvement goals. Our support staff contributes immensely to our academic excellence. Many are parents, former parents, or grandparents of PES students. Elevate Bay Mentors provide additional support in many Patronis classrooms.

Patronis has been designated as a Florida Department of Education School of Excellence and a Best and Brightest School due to its top scores on state testing. As an "A" elementary school, Patronis is proud to continue achieving high standards even after two years of upheavals due to Hurricane Michael



Ellie Spivey, Principle and Brooke Loyed, Assistant Principle with Roni the Panther

and the COVID-19 pandemic. Our Panthers have persevered! Patronis has been in the top 100 elementary schools in the state and its teachers have been in the Top 5 for Teacher of the Year (and have won Teacher of the Year!) and Top 5 Support Employee of the year many times. Our school has been awarded the State Reading Leadership Team of the Year by FLDOE Just Read Florida! and our

Principal has been FLDOE Just Read Florida! State Reading Leader of the Year. Our Assistant Principal has placed in the Top 3 for State Assistant Principal of the Year. Charter members of 25 years help remind our faculty and staff of all of the rich traditions our school has. Our teachers are a talented group---many with advanced degrees, Reading certification, National Board certification,

ESOL endorsement, Gifted certification, Milken Educator, and the list goes on and on.

Patronis' multiple innovations are reasons why there is excitement every day around the school.

The Patronis STEAM lab is a place for our elementary students to engage in hands-on learning connected to science, technology, engineering, art and mathematics. Our lab immerses students in problem-based learning where students learn to solve problems, investigate, measure, and report their discoveries. Each investigation encourages and develops the ability for students to become innovators, creators, and critical thinkers.

Patronis has a strong belief that children do not magically become "gifted" when they reach third grade. Our Talented and Gifted (TAG) program serves kindergarten through fifth grade. Acceleration and enrichment are just the beginning in these classes. Teachers recognize the need for differentiated practice and instruction. Many student goals reflect incorporating research and technology as they enhance their knowledge as 21st century citizens.

Music, Art and PE special

areas all boast award winning programs. Grade level concerts, PES Chorus, Art shows and exhibitions, and Junior Olympics keep all of our students involved, excited, and well-rounded.

Our fluid MTSS and Exceptional Student Education program provides various settings and tools for students depending on exactly what they need to excel. Many of our instructors are dual certified in ESE and Elementary Education.

PES Lego League, ITV crew, Girls on the Run, Safety Patrol and Bay Base give other opportunities for extended learning.

Student Council for grades 3-5 leads our school in service projects such as raising money for cancer research, Sims State Veterans home visits, canned food drive, and school improvements.

Our Professional Learning Community (PLC) leaders and PLC members disaggregate data daily and constantly research best practices. The tradition of Research and Design continues. Even during such challenging times, our Panther Family pulls together to make every day a Panther Perfect day.....every student, every day at Patronis Elementary.

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Bay District Schools Superintendent's Message



BY BILL HUSFELT, SUPERINTENDENT, BAY DISTRICT SCHOOLS

Despite the challenges associated with opening schools during a pandemic, I am so pleased to report that our teachers are teaching, our students are learning and we're all working together every single day to overcome new challenges.

We're half way through the school year, in fact kindergartens throughout the district recently celebrated the 100th day of school which is always a fun milestone for our littlest students, and GREAT things are happening.

We're continuing to expand our Career and Technical Ed-

ucation (CTE) programs on the beach and we're excited to announce a couple of new programs coming to J.R. Arnold High School later this month. Arnold already has a new heavy equipment operator CTE path and a dynamic culinary arts programs and students in those programs have the opportunity to graduate with industry certifications that make them ready for the work world or for additional study at the college or university level.

Over at Surfside and Breakfast Point Academy, our middle school students are digging into state-of-the-art Science, Technology, Engineering and Math (STEM) curriculum as they learn to program robots, drones and other devices. Drones, as you know, are being used by a plethora of industries to do everything from delivering food and supplies to monitoring crops and irrigation to ensuring the viability of utility lines and other infrastructure.

Innovative learning is also happening at our elementary schools. Patronis Elementary

School fourth graders recently experienced a classroom transformation as their room changed into "Café Chemical Changes" so they could study the science behind making pancakes! First grade scientists at Patronis learned how to make "snow" and had a great time creating snow art.

At Hutchison Beach Elementary, school students are excited to be participating in the school's "clay unit" in art class. Students in all grade levels have tried their hand at pottery and their results are amazing. Beach students also participated recently in the SEELIFE Community Art Project, collaborating to paint a six-foot dolphin statue that will be displayed in front of the school.

West Bay Elementary School has had an exciting month with their own third grade teacher, Vicki Reding, being named as the Bay District Schools Teacher of the Year. Mrs. Reding will go on to represent BDS in state competition and we wish her all the best. West Bay scholars have also been focusing on their kind-



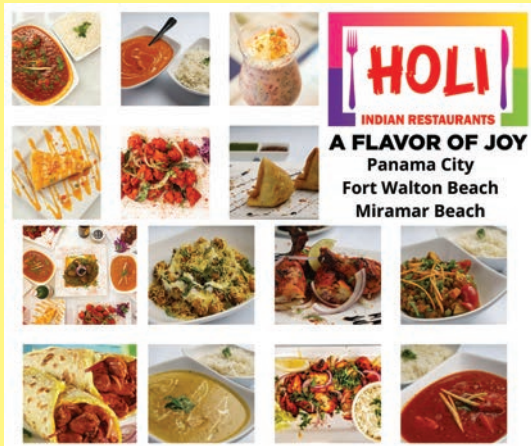
ness challenge and many fourth graders enjoyed learning more about fractions using pizza and pizza toppings. I certainly don't remember having quite that much fun in my lessons about fractions!

Breakfast Point Academy elementary school students have been really busy working on First in Math, an online math curriculum. In December, BPA students won the top three player awards for BDS and for the state in First in Math; BPA also won the district prize for having the most participation and achievement in First in Math.

And last, but certainly not least, GREAT things are happening at A. Gary Walsingham Academy which is set to open in August of 2021 as a K-2 school

(adding a grade a year until the school becomes a K-5). It's also exciting to note that all of our pre-k classes for the beach will be housed at this new, state-of-the-art facility and we can't wait to see the great things that will be accomplished by our Wahoos when their school opens.

Great things are happening on Panama City Beach and I am just amazed by all of the growth. I've summarized just a tiny snapshot of the amazing things happening at all of our beach schools and I am so proud of all of our students, our employees and our families. Beach families do an amazing job of supporting their schools and that support means more than you will ever know to our educators.



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 Dining

Time with Wine: Dancing Hares Vineyard

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. We take pride in cultivating these relations to bring the very best to our customers in the Panhandle. This month we called on our friends

from Dancing Hares Vineyard to share their story with us:

In the year 2000, five acres of Bordeaux varietals were planted on rocky, porous soils at the base of Howell Mountain, called Dancing Hares. Now known as AMULET ESTATE but with a more distinct focus on a portfo-

lio of single vineyard Cabernet Sauvignon, they still show an appreciation for the past as they continue to honor the traditions of Dancing Hares and produce a wine of elegance and grace, aged for nearly two years in new and neutral French Oak barrels.



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With less than 1,000 cases produced, the 2016 growing season was a nearly perfect growing season thanks to optimal weather conditions throughout the Napa Valley. Winemaker Shawn Johnson, together with consulting Winemaker Philippe Melka, blended this vintage of Dancing Hares from primarily Cabernet Sauvignon with a small amount of Petit Verdot and Merlot.

Lisa Perrotti-Brown of *The Wine Advocate* awarded this wine 95+ points and offered the following tasting notes: “The deep garnet-purple colored 2016 Dancing Hares Proprietary Red is boldly scented of crème de cassis, mocha, plum preserves and dried lavender with touches of black olives, spice box, Sichuan pepper and cigar box. Full-bodied with bags of black fruits and exotic spices on offer in the mouth, it has a firm yet velvety frame and just enough freshness, finishing very long.”

The 2016 Dancing Hares is yet another jewel in the crown of this unique, distinctive and historic piece of land in St. Helena. It’s the result of the collaboration between so many notable individuals and a reflection of the land, made more beautiful through the art of winemaking.





PCB Flavor

THE BEST OF LOCAL DINING

IN THIS ISSUE

ISO: PCB's Best Seafood

Tastebudz

ISO: PCB's Best Seafood

By JACK SMITH

Man fished before written history using birds' beaks and bones for hooks, with plant fiber for lines. Piles of cast-off shells - shell middens - have been found in caves in most of the world, including the United States, and date back thousands of years as well. As civilizations evolved, spearfishing, hand gathering, trapping, ice fishing, and even kite fishing flourished as popular alternatives to more traditional angling, depending on location.

Religion may have brought the first settlers to America, but it was mostly fish that provided for them. For some time, eating seafood was, however, considered beneath American aspirations. I refer to a letter written by English adventurers to New Plymouth Settlers, as recorded by William Bradford, the first governor of the Plymouth Colony in 1623, "If land afford you bread, and the sea yield you fish, rest you awhile contented; God will one day afford you better fare." Clearly, Bradford (and those English adventurers) had never had feasted on Pompano, Mahi Mahi or Red Snapper. I may be prejudiced, but I believe the best seafood dishes I have ever enjoyed come from chefs in Panama City Beach, and I'm pretty sure if Bradford and his buddies had a few nights out to sample our local best, they wouldn't be quite so bold. I also know that if our fish were any fresher, it would be wearing lingerie. So head out to one of our favorites listed here and enjoy.



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The Shrimp Boat is known for its selection of high-quality seafood dishes. Start your meal off with Tuna Tataki, bacon-wrapped shrimp or a dozen roasted oysters. One of their most popular new dishes is Pasta Frutti di Mare, which features shrimp, scallops and mussels with traditional fresh arrabbiata sauce and is served over linguine. While perusing the menu, take advantage of their Sunset Special: BOGO signature drinks every day from 4-7 p.m.

Pineapple Willy's Restaurant

9875 S Thomas Drive, PCB | (850) 235-0928

pwillys.com

Look no further for the best seafood dish in Panama City Beach. The Blackened Mahi-Mahi with Pineapple Salsa features a light and flaky filet of Mahi-Mahi topped with a blend of sauteed red onion, fresh pineapple, red peppers, red onion, cilantro and lime juice. Pair that with a frozen daiquiri on their historic pier dining and you'll swear you were in paradise.



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Boon Dock's grilled shrimp are seasoned to perfection with our proprietary blend of Cajun spices, bell peppers and onions, plus two side dishes and hush puppies. Thank you to all of our wonderful customers for 22 years. We look forward to many more!

Sisters of the Sea

3901 Thomas Drive, PCB | (856) MER-MAID

sistersofthesea.net

Lobster Mondays! Monday just became your favorite day of the week. From 11 a.m. to 8 p.m. feast on a complete one lb. lobster dinner for \$15.99. If these lobsters were any fresher, you'd have to slap 'em. Dine in only. Must purchase beverage. Ends on March 29th.



Mike's Cafe and Oyster Bar

17554 Front Beach Road, PCB | (850) 234-1942

mikescafeandoysterbar.com

Our family opened Thomas' Donuts on the west end of Panama City Beach in 1971 and we have been serving old friends and making new ones ever since. Mike's Diner was opened in 1986 with a commitment to providing friendly service and the best quality food. In 2011, we changed Mike's Diner into Mike's Cafe & Oyster Bar.

Captain Anderson's Restaurant

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

You've got to try our Scamp Imperial! It's called 'Imperial' for a reason. It is the most highly esteemed food fish in the Gulf, and Capt. Anderson's serves the finest in the world! Broiled Greek-style on an open hearth, topped with fresh flavorful lump blue crab meat and served with lemon, butter, olive oil, chopped spring onions and parsley.



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christosportsbarandgrill.com

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

Seafood and pizza might not be your traditional pairing, but with our Grand Lagoon Pie you'll get a feast of shrimp, clams, garlic, fresh basil, mozzarella, and olive oil that will make you rethink your whole approach. Or keep it simple with the Pink Shrimp Pie, featuring a vodka sauce (pink sauce) with tender shrimp. If you're in search of the best Italian food on the beach (with a seafood twist), look no further!

Party at Patches

BY BRITTANY KIRKE

Chill out and grab a friend, it's time to join the party at Patches Pub & Grill. In December of 2012, Vincent and Cindy Greiner embarked on a journey that would turn into an adventure that all of Panama City Beach gets to experience. Initially sought after by the Greiner's as a hobby, Patches

has grown from less than ten employees to over forty during the summer months. Located on Thomas Drive near Beach Access #1, Patches has received overwhelming amounts of praise for their incredible food and inviting atmosphere; Best of Bay awarded them five years in a row. They are known by locals not only for their good food,

but also their sports bar and entertainment.

Vincent Greiner spoke candidly about Patches' involvement in the community and the desire to help others by lifting patrons' spirits and developing friendships. Patches Pub helped locals get through the aftermath of Hurricane Michael by providing meals, participating in



fundraisers, as well as gathering and making donations. Vincent shared that they "like to support

the community [...] with the amount of love and support we receive, it's only fair."

In response to Covid-19, Patches has expanded their outdoor patio and increased spacing between tables so that there is adequate room for their patrons. You can also order their menu for takeout if you prefer.

Continued on next page

Restaurant Review: Captain Anderson's

BY MARTA ROSE-THORPE

Our recent evening at Capt. Anderson's Restaurant & Waterfront Market was spectacular! But then again, I honestly can't remember a time when a visit to Capt. A's wasn't. I've dined and attended various functions at this revered establishment many times since first encountering Panama City Beach, Florida in 1982 as a student. And on each visit the food, service, and ambiance has been consistently outstanding.

Capt. Anderson's turns 54 years old this October. Back in 1967, Capt. Anderson's was a small eatery serving breakfast and classic Gulf Coast fare, catering heavily to the local fisherman with bagged lunches to take out on the boats with them. Through the years it has slowly expanded, winning the loyalty of millions of custom-



ers and friends along the way. The menu now offers a substantial collection of seafood, steaks, and house classics (there are so many "Classics" that the fifth edition of the Capt. Anderson's Cookbook, "Captain's Classics," is now available), gluten-free items, a children's menu, desserts, cocktails, specialty drinks, after dinner drinks, domestic and imported

beers, and the massive (and I do mean massive) Captain's Cellar Wine List. Four levels of Wine Club membership are available: Capt.'s Cellar, Grand Cuvée, Private Reserve, and Admiral's Locker. (Go to captanderson.com/wine/wine-club.htm for Wine Club details.) The restaurant's space has grown to 725 seats with two private rooms, the Flying Fish Lounge, and a

gift store that sells Capt. Anderson's House Seasoning, Capt. Anderson's Greek Dressing, and fresh seafood, among many other things. Capt. Anderson's currently employs a 177-member staff with the average length of employment exceeding 25 years. This landmark restaurant even started a local tradition years ago, of "Dining early and watching the fishing fleets unload their catch."

Capt. Anderson's has won numerous esteemed awards through the years, including Southern Living's #1 Seafood Restaurant, Wine Spectator's 'Best Of' Award of Excellence, Restaurants & Institutions' America's Top 50, the Travel Channel's Best Seafood Restaurant, and Florida Trend's Hall of Fame & Golden Spoon (the highest honor Florida Trend can bestow upon a Florida restaurant).

My recent visit to Capt. Anderson's was quite different from all the other visits. That evening we had the opportunity to dine with one of the family members, Anna Patronis Moon, who shared some of Capt. Anderson's background and history as well as a few great behind-the-scenes secrets with us. Like, What's a great appetizer? For starters, Anna recommended the Sesame Crusted Ahi Tuna (\$14.95). Fresh, rare ahi tuna medallions, encrusted in crunchy, toasted sesame arrived in a beautiful lineup accompanied by wasabi, fresh ginger, soy and the specially imported Terry Ho's Yum Yum sauce. A basket of warm Rice Rolls – our favorite – arrived, and Anna explained what makes them so lovely. Before baking, the yeast

Continued on next page

PATCHES

continued from previous page

When you walk through the door, you are welcomed into

a family-friendly environment with live music to keep both adults and kids entertained. Whether you're in the mood for pizza, wings, burgers, or a



heartly salad, you'll find what you want with a little something

special is their attention to detail in preparing traditional Irish

extra at Patches. Among the dishes that they serve, the dry rub wings are Vincent's favorite.

Patches is currently preparing for their annual St. Patrick's Day event, known to be one of the largest in the area. What makes their celebration

fare. This year's event will take place on Wednesday, March 17, starting at 1 p.m. with music provided by the Well Worn Lucky Tinkers.

Also, be on the lookout in April for their crawfish boil on their party patio.

Patches also has a food truck if you can't make it to the Thomas Drive location, so make sure to visit their Facebook page to see where they will be next: Patches on the Go, facebook.com/patchesontheho.

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CAPT. ANDERSON'S

continued from previous page

rolls are dipped in rice flour, which gives the top of this soft roll a wonderful crackling sensation when bitten into.

Along with the bread, most entrees come with a soup of the day or salad, potato or veggie, and a dish of warm, homemade hush puppies always makes its way to the table. Wine recommendations for many of the dishes adds a nice touch. "May we suggest a bottle of Beringer Luminus Oak Knoll Chardonnay, Napa Valley, with the fresh seafood selections? May we suggest a bottle of Lanson Brut Black Label Champagne with the fried seafood selections, or a bottle of Somona-Cutrer, RRV Chardonnay with any of the pasta dishes?"

A round of Greek Salads arrived at the table, large bowls filled to the rim with fresh, cold, crisp iceberg lettuce (just the way I like it), ripe and juicy, thick-sliced tomatoes, Greek ripe olives, Salonica peppers and Feta cheese. The "Famous Greek Dressing" was savory and delicious (Anna told us all salad dressings are made daily from scratch). My son enjoyed the

evening's featured soup, Chick-en Noodle, also homemade from scratch with lovely, delicate noodles in a thick, rich broth. And then the entrees. Anna shared that the two most popular items on the menu are the Seafood Platter (fried or broiled, \$44.95 with lobster; \$31.95 without), which my husband ordered, broiled, and the Greek Style Grouper Imperial (\$36.95), which I ordered. (*During the summer months, the most-ordered item is the Jumbo Fried Gulf Shrimp, \$19.95).

The seafood platter included shrimp, scallops, fresh grouper, and fried stuffed deviled crab. Everything looked ridiculously fresh and smelled heavenly. And that deviled crab... Anna told us the secret recipe: shredded blue crab blended with onions, scallions, red and green peppers, relish, and Ritz crackers, all stuffed into a crab shell and cooked. My Grouper Imperial was prepared on an open hearth and charcoal broiled, served with lemon butter, olive oil, chopped spring onions and parsley. Perfectly grilled, tender fish drenched with an out-of-this world Imperial sauce with large chunks of tender lump crab meat. Our son had the Grilled

Churrasco Steak (\$34.95) which was tender, juicy, and perfectly cooked. Anna ordered an off-the-menu secret – the Churrasco steak topped with lump blue crab meat drenched in a creamy, sweet she-crab sauce. The evening's featured vegetable was broccoli... fresh and perfectly cooked al dente, then lightly tossed in seasonings. Our giant baked potatoes' skins were brushed with butter and sea salt, making the exterior a rich, textural delight.

And after all of that, was there any room for dessert? You bet there was! We all sampled the Peanut Butter Pie – a creamy, peanut-buttery concoction in a graham cracker crust (as Anna put it, "Like Reece's Cups on Steroids"), and the Key Lime Pie, a cool, silky sensation of tart citrus in a graham cracker crust. All desserts are made in house, from scratch, daily, as with just about everything.

Capt. Anderson's is open Monday through Saturday at 4:30 p.m. and closed on Sunday. It is located at 5551 N. Lagoon Drive, Panama City Beach, FL 32408. For more information call (850) 234-2225 and visit captandersons.com.



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To Do in PCB

Captain Anderson's Event Center

Magical Variety Show on Grand Lagoon, March 13, 6:30 p.m. Pittman Magic, Juggling, and Comedy - #1 Magical Variety Show! Audiences of all ages will enjoy the 60 minute action-packed variety show. Check them out at PittmanMagic.com. Tickets are \$15-\$25.

Bridal Expo, March 21, 12-4 p.m. You're invited to join us for this FREE waterfront event. Our wedding expo is a one-stop-shop for all things weddings. Brides and their guests can meet all of the top wedding professionals in one place so that they can plan their dream wedding. RSVP for free on EventBrite.

Aaron Bessant Park

Emerald Coast Cruizin Car Show, March 11-13. Make your way to this classic car show to see some awesome hot rods. For more information, visit www.emeraldcoastcruizin.com.

Panama City Beach Food Truck and Craft Beer Fest, April 10-11. This festival will be a weekend of craft beer, great food, lawn games, music and fun for the whole family. Visit www.foodtruckfestivalsofamerica.com/panama-city-beach.

Frank Brown Park

Easter Egg Hunt, April 3, 10 a.m. Children 10 and under are invited to hunt eggs at this family fun, free event.

Youth Fishing Rodeo, April 17, 9 a.m. - 12 p.m. Bring your child and get ready to fish!

Conservation Park

Bay County Audubon Bird Walk, April 3, 7:30 a.m. A 2.5-mile round trip walk on well-maintained roads and trails. Bring a snack and drinks.

Chamber Golf Classic

This event is sure to sell out so register a team today! Join the Panama City Beach Chamber of Commerce on **April 22nd**

and 23rd for the 12th Annual Golf Classic, presented by Community Bank. Taking place at Bay Point Golf Club, this year's tournament will feature all the great perks you're used to, plus a few new, unforgettable additions.

Players enjoy delicious food on the course, free beer, a surprise gift, and cheaters package for every golfer. The tournament will also raise money for charity. For additional information and to register your team, please contact Shannon Richmond at shannon@pcbeach.org, or Lysie Sisk at lysie@pcbeach.org.

Panama City Beach Senior Center

March activities include: woodshop, strength and exercise, knife chisel carver, yoga, bocce ball, bingo, embroidery on cards, painting partners, ukulele, and chair exercise. Visit their Facebook page, Panama City Beach Senior Center, for times and days. Membership required.

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 Arts & Music

The Purple Skies of Hurricane Michael: Deborah Hinton

BY RAVEEN KILGORE

October 10, 2018 is a date that Panama City locals will never forget. When Hurricane Michael made his arrival, he made history. Ironically, his overnight strength and his mighty winds are not the only thing he will go in the history books for. Hours after the storm subsided, breathtaking purple skies appeared due to a rare scientific phenomenon called scattering. Hurricane Michael was so powerful that the moisture in the air scattered the light rays, resulting in some amazing purple colors. Luckily for us all, one watercolor artist knew she had to take advantage of this historic moment.

Born in a small town in Northern Ohio, Deborah Hinton always knew that she was a painter. However, it wasn't until her college years at the University of Cincinnati and Georgia Southern College, that she was taught the 'strict' rules of

watercolor art, "Which I have been breaking ever since," she tells me. This type of artistic freedom was not always known to Hinton. She was inspired to think this way after listening to the painting process described by Jeanne Carbonetti in "The Tao of Watercolor." "Watercolor is all about losing control- to just go with the flow. Instead of trying to control the paint, I throw down some washes, and see how the paint surprises me. I always say that sometimes the paint has a better idea than I do," says Hinton.

Jeanne Carbonetti is only one of her many inspirations. In fact, any artist who loves the arts for the purity it brings inspires Hinton every day. "I really admire any artist at any level who creates for the sheer joy of it," she explained. "There is a quote I love from a surfer, Phil Edwards: 'The best surfer out there is the one having the most fun.'"



The purple skies that took over Panama City in the hours after the storm that changed our lives, was pure coincidence to many of us. But to Hinton, this was a sure sign. "I was inspired by the beauty of these skies in the midst of the horrible devastation. I saw it as a message of hope."

And hope it was. The contrast of the light and dark purples flowed together in a way that only an artistic eye could

capture, and the aesthetic of the completed piece sent a message to its viewers that better days were coming. "The Purple Skies of Hurricane Michael" is what Hinton calls her heartwarming painting, and the piece is a part of her most recent series of watercolors called "Goth Sky."

Aside from painting, Hinton owns a very active business, The Medical Licensing Services, which assists physicians in applying for medical licenses all over the country. Now with COVID-19, Hinton has been busier than ever as she and her team help out with the pandemic. However, she is hoping to receive a well-earned rest. "I am hoping to retire soon, and spend more time on artistic pursuits," Hinton said.

Recently, she has been working on a project designed to teach watercolor to adults. "The working title is, 'Remedial Childhood for Adults,'" she said.

"It's about finding a way back to the time in your childhood when you could do anything. Ask any young child: Can you paint? YES. Can you sing? YES. Can you dance? YES. Ask any adult and you get all NO's or often some form of humble statement about how they can 'sort of' do it but aren't very good at it."

Hinton wants to take her future students back to a time where they were invincible because that is where true creativity lies. Inspiration is what drives Hinton. Whether she is the force of hope through her watercolors, a pioneer for our front line workers during the pandemic, or being part of the Beach Art Group run by Helen Ferrell, Debbie Hinton is an artist who breaks the art rules while following the human rule: "Treat others as you would like to be treated."

Check out more of Deborah Hinton's Goth Sky here: www.gothsky.com.

Studio 237 Music School: Heart Strings

BY LISA CYR

"I often think in music. I live my daydreams in music."—Albert Einstein

Albert Einstein loved to play violin. In the same way that each person is unique, each musical instrument has a unique attractiveness. Love at first sight becomes love at first sound. Like a relationship, one must spend concentrated time with their instrument developing a friendship and working out problems. The time spent together seems like minutes, your instrument takes you away from all the cares of life and becomes an extension of your innermost thoughts and feelings. And then you are in love.

Have you ever heard your inner self whisper, "I can see myself playing guitar." or "I just love to hear the sound of the violin or string instruments?" That's because the sound of certain instruments pulls at your heartstrings.

"I know that the most joy in my life has come to me from my violin."—Albert Einstein.

When a person draws the bow over the strings of a violin, something magical happens. The instrument becomes your voice singing to you. You can feel the vibrations of the melody as you move to the music. It's like a miracle in the making. And you smile.

"The piano is able to communicate the subtlest universal truths by means of wood, metal, and vibrating air."—Kenneth Miller

"I was 4 years old, when my parents moved into a home overlooking a lake in Massachusetts. Left behind was an old piano in the basement. The moment I pushed down on each key, I was drawn to the instrument. I joyfully realized that the combination of tones created an infinite possibility of creative sound, expression, and compositions. It was love at first sound and a love affair that has never ended."—Lisa Cyr

"I love the guitar for its harmony; it is my constant companion in all my travels."—Niccolò Paganini

There is nothing quite like

watching a masterful guitarist perform from his/her heart. They have spent a large portion of their life pouring over their guitar. When they play together, their music touches your soul and you observe in awe the manifestation of miraculous melodies, chord progressions, and voicing. That is the moment when you shed a tear. Tears of happiness, sadness, and revelation which are often life changing.

"Sing again, with your dear voice revealing a tone of some world far from ours, where music and moonlight and feeling are one."—Percy Bysshe Shelley

The voice is by far the most intimate and unique of all instruments because it resides within the person. The combination of words, tone, and notes evoke great emotion and memorable moments in time. We all have those favorite songs that were performed at weddings, graduations, reunions, proms, dedications, marriage proposals, first dance etc. The singer literally breathes life into their song which is probably why music is breathtaking. Everyone is born with a voice! Next time you are alone in your car, free yourself up by bursting your thoughts into song!

"Rhythm and harmony find their way into the inward places of the soul."—Plato

"My musical journey began when I was 14 years old. I was sick in bed with my window open and in great despair. All of a sudden, I heard the sounds of music. I rushed down the stairs, and into the street. I was compelled to find where the sounds were coming from. It was a parade! I was walking alongside the drum line. A drum corp director approached me and said 'We need another drummer, can you help us?' That moment charted the course of my life as a professional drummer. All across the USA, I have had the opportunity to help people dance to my drum beat. For me, percussion instruments are the heartbeat of life."—Raymond Cyr

"He plays his song for one reason. It's simply what he loves. The musician."—Chick Corea

Let our Studio 237 Music teachers help you get started learning to play an instrument. We are located in Santa Rosa Beach, FL. Read about and view our teachers online at www.Studio237Music.com. To schedule a visit or lessons Call Ray or Lisa Cyr at 850-231-3199. Email: Studio237Music@gmail.com.



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Prevention 101



BY DR. STACY KEHL

Last month, we discussed the importance of getting in to see your healthcare provider for routine checkups and care. Taking the time for preventive care is a critical step in avoiding a serious event or condition that causes irreversible damage. From a healthcare perspective, it is always better to prevent a disease than to treat one. The US Preventive Services Task Force (USPSTF) provides evidence-based clinical guidelines for prevention of all types of diseases and conditions based on age, gender or risky behav-

iors (e.g., tobacco, alcohol, sedentary life to name a few). In this article, I will summarize some of the recommendations for routine screenings that you can discuss with your healthcare provider. For more detailed information, readers can also review USPSTF recommendations online at uspreventiveservicestaskforce.org/uspstf/recommendation-topics/information-for-consumers.

20s: Aahhh, life is good in your 20s, right? No worries, you're still in your prime! Hit the beach without sunscreen. Eat fast food. Exercise...who needs that? Stay up all night... you can handle it! And the truth is, you probably can for now, but the things you do (or don't do) and habits you form (or not) in your 20s will catch up with you later in life. Recommendations for this decade include screening for sexually transmitted diseases (HIV, hepatitis B, chlamydia, gonorrhea, and syphilis). Women who are considering becoming pregnant (or not preventing pregnancy with a reliable and consistently used means of con-

traception) should be taking folic acid to prevent birth defects. Cessation of alcohol, drugs and tobacco should be discussed as well as the long-term consequences of continued use of these substances. And, because we live in the Sunshine State – skin cancer prevention cannot be overlooked! Wear. Sunscreen. Daily.

30s: Raising kids, working, managing a household...when did life get so complicated and busy?! We seem to be taking care of everyone else except ourselves. USPSTF recommends that women aged 21-65 should have cervical cancer screening (screening intervals are based on each woman's personal and family history). Everyone should have screening for high blood pressure starting in their 20s, but most certainly by the third decade. During this time of stress and frequently anxiety, depression isn't uncommon, so screening for depression should also take place. And by now, we should be thinking about cardiovascular risk factors (smoking, family history, cholesterol,



blood pressure, obesity) and taking steps to mitigate those risks, such as routine exercise and a healthy diet.

40s: Is 40 really the new 30? It can be, if you are taking the steps to keep yourself fit and healthy. Along with the other recommendations mentioned above, which we should continue to do throughout our 40s, USPSTF also recommends that people in their 40s have screening for Type 2 Diabetes. For women, routine mammograms should be undertaken (discuss with your provider the appropriate time intervals for this). Additionally, people in their 40s should have routine checks of their cholesterol, and discuss the possibility of cholesterol medication (e.g. "statin") if they have

certain risk factors. In our 40s, we should continue to exercise to maintain a healthy weight, cholesterol level and blood pressure. Weight-bearing exercise can also help us maintain bone density, which helps to prevent osteoporosis in later years.

Stay posted...next month, I will delve into the recommendations for the next four decades of life (yes, I said four). With regular care and maintenance, we can live (not just survive), well into our 80s and remain productive, healthy, and happy.

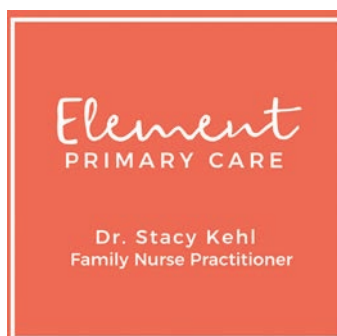
Dr. Stacy Kehl is a Family Nurse Practitioner with Elements Primary Care, 8406 Panama City Beach Pkwy., Suite K, Panama City Beach. Call (850) 708-1623 or visit ElementPCP.com



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 Wellness


By DR. RICHARD CHERN, MD

Some patients and doctors ask us about testosterone and its effects on the heart. Many patients (and some doctors) are mistakenly under the impression that testosterone increases the risk of heart problems. This article will hopefully dispel these myths and explain how they came about.

There have been hundreds of studies looking at testosterone's effects on the heart and they are all reassuring. The Mayo Clinic has even reviewed every study to come up with recommendations

based on the review of all studies involving testosterone. Their findings agree, testosterone is good for the heart.

Studies show low testosterone is associated with increased mortality from any cause. Low testosterone is associated with increased blood pressure, increased cholesterol, increased heart attacks, increased aggressiveness of prostate cancer, increased Alzheimer's, increased diabetes, and the list goes on.

As we increase testosterone, we can reduce death and disease across the board. So how did testosterone get a bad image. There are a couple reasons.

First, you need to know there are different types of testosterone. Testosterone shots are synthetic and because of this they react differently in the body from our natural testosterone. Think of your car. 87 octane,



93 octane and diesel are not the same and putting the wrong one in your car can cause major damage. The same is true when you put synthetic testosterone in your body instead of bio-identical testosterone. Clotting factors increase when using synthetic testosterone which can lead to stroke, heart attack, pulmonary embolisms and more.

Second, testosterone entered the news because of early deaths and aggression in bodybuilders. These negative results were due to the use of synthetic testoster-

one in doses up to 20x higher than the natural amounts found in our body. As we all know, too much of a good thing can be bad.

I would never recommend the use of synthetic testosterone even in physiologic doses. But bio-identical testosterone has the exact same chemical structure as our own body. This means we are putting the right kind of gas in the tank and we are not overfilling the tank.

This physiologic dose reduces the risk of disease across the board and makes patients feel fantastic. Testosterone helps with mood, concentration, libido, decreases depression, anxiety and pain and more. I find it crazy that people are afraid of it.

Go to www.mayoclinicproceedings.org and search for "fundamental testosterone."

Read the International Expert Consensus Resolutions on the use of testosterone from June 2016. See for yourself that among the top experts on the planet who have read every study on testosterone, they believe "evidence does not support increased risks of cardiovascular events," and "does not support increased risk of prostate cancer with T therapy." They also believe that testosterone therapy can improve "cardiometabolic disease, including diabetes"

Feel better, less disease, live longer. Why would anyone not consider this?

Dr Richard Chern, MD has been treating patients with hormones for nearly 30 years. He has training specific to the use of testosterone in both men and women and is currently accepting new patients. Call for an appointment today at (850) 837-1271.

Big Brothers Big Sisters Needs Bigs

Looking for 30 Bigs in 30 Days During March Matchness 2021

Big Brothers Big Sisters of Northwest Florida (BBBSNWFL) has launched their March MATCHness recruitment campaign. Throughout the month of

March, BBBSNWFL is aiming to recruit 30 Bigs in 30 days to help fill their bracket and match new mentors with local youth from Pensacola to Panama City.

"March is one of our favorite months at Big Brothers Big Sisters," says BBBSNWFL CEO and president Paula Shell. "To be able to recruit new volunteers



with becoming a mentor at Big Brothers Big Sisters is the time commitment. BBBSNWFL requires in-person contact with your Little 2-4 times a month and a weekly touchpoint via call, text, email, etc. Virtual contact is also acceptable as we continue to navigate through the COVID-19 pandemic. A Little can be easily incorporated into the Bigs' everyday life! Now is the time to be the game-changer in a child's life.

Anyone interested in becoming a Big can visit the BBBSNWFL website at bbbsnwfl.org/get-involved/ or by calling (850) 433-5437 for Escambia/Santa Rosa/Okaloosa/Walton Counties or (850) 763-5437 for Bay County.

Big Brothers Big Sisters of Northwest Florida has been the area's leader in one-to-one mentoring for 30 years by serving children ages 5-18. Our mission is to create and support one-to-one mentoring relationships that ignite the power and promise of youth. Last year, Big Brothers Big Sisters of Northwest Florida served 646 children in Northwest Florida. To learn more about Big Brothers Big Sisters of Northwest Florida, please visit bbbsnwfl.org.

in a fun and creative way makes sharing our message even better. Fill out our bracket and be one of 30 new Bigs to dribble into a relationship with a Little. They need us now, more than ever!"

To play off the National Collegiate Athletic Association's (NCAA) March Madness basketball tournament, BBBSNWFL has created this fun campaign to recruit mentors for its life-changing mentoring programs. This is the perfect time to ramp up volunteer recruitment efforts as there are almost 100 children who are currently waiting for their Big Brother or Big Sister. Approximately 70% of the waiting list are boys, so there is a critical need for strong, caring, and supportive male mentors as many of the boys come from a single-parent household. Throughout the past year, children have been challenged in many ways, which is why BBBSNWFL needs mentors to provide consistency and stability for Northwest Florida children.

The biggest misconception

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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.

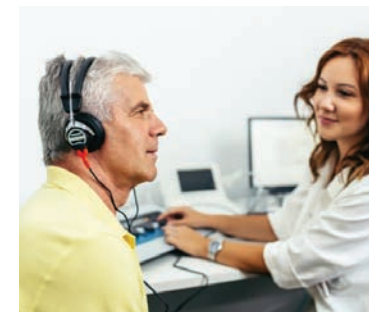


JOHNS HOPKINS
MEDICINE

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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 Musing

Springtime



BY SEAN DIETRICH

Major League Baseball spring training started today. I sat on my porch, listening to a radio. And I was cheering. I mean genuinely cheering.

The Atlanta Braves play the Tampa Bay Rays. The national anthem was played. The umpire used his time-ravaged voice to shout, “Play ball!” I couldn’t help but get excited because it’s been a long year. Too long.

I closed my eyes and visualized the players trotting onto the grass of LECOM Park, greeted by their fans. I could almost see the Dads drinking beer, kids eating nachos, and teenagers taking selfies.

In the theater of my mind the game played beautifully. I could even visualize the occasional kid leaning over the balcony to catch a foul ball—which is one of the great moments of boyhood.

I almost caught a foul-tip

once in Fulton County Stadium as a boy. I’ll never forget it. The ball came soaring into the stands and I knew this was my moment. Time slowed down. The eyes of 52,000 were upon me. I stood beneath the ball. I waved everyone else away.

“I got it!” I shouted. “Gimme room! I got it!”

This was going to be the biggest day of my life. I extended my Mickey Mantle model glove into the air—a mitt my father bought from a yard sale for \$1. The ball came down, down, down... “Hey!” I thought, “I’m actually going to catch it!”

But it was not to be.

The ball bounced off the webbing of my glove and landed in

the lap of a kid behind me. I heard the lucky bum scream with delight. “I caught it!”

I saw the kid leap. I heard people cheer. The crowd hoisted the kid onto their shoulders for a spontaneous ticker tape parade and the mayor gave him the key to the city.

I still have nightmares about that kid.

Baseball’s spell over me is something I can’t explain. After all, baseball is not real life. The game doesn’t have anything to do with my mortgage, my work, or my family. And yet I treat baseball like it ranks somewhere just beneath national security.

Why do I care so much about the statistics of clean-up hitters whose performances have no bearing on my immediate future unless, of course, it’s a pennant race?

The answer is: I don’t know. Believe me, if I knew how to free myself from loving this game, I would. Lord knows the game brings nothing but misery and heartburn to those who love it.

There is no pain like watching your team lose to the Cardinals 13-1 in the National League Championship. It feels like a funeral, but with cheaper beer.

I ought to be more concerned about important things during a trying era like ours. Instead I spend time and money keeping up with multimillion-dollar team franchises. Yes! Baseball costs actual money to follow!

It’s not cheap to be a fan these days. Used to, in olden times all you needed was a radio and a cooler. But today to watch a game you need a digital subscription, a smart TV, 12,981 account usernames and passwords, a streaming service, two major credit cards, liquid fast internet, three forms of legal identification, the blood of a wild boar, etc.

Even so, I don’t care. The game is still being played. And in the midst of a pandemic that has destroyed normal life for everyone, the game inflames me with joy.

Baseball is a link to our heritage. People have been playing baseball on U.S. soil since colonist farmers in knee breeches still spoke with British accents. Early Americans used sacks of wheat for bases and iron skillet lids for



home plate. In all likelihood, George Washington probably had a batting average.

My best baseball memory, however, happened last year.

Every afternoon last summer, during the throes of a pandemic, four or five neighbor children would play ball in our dirt road, pausing every inning to allow oncoming cars to pass. They used old pillows for bases and a cooler lid for home plate.

Most often the kids would have a meager audience consisting of middle-aged parents and neighbors who all cradled koozies. We in the crowd would shout phrases like, “Good hustle!” and we’d slow-clap between each batter to prove that we were male.

Sometimes the kids even allowed a few of us neighborhood guys to play with them. Doctors say the cartilage of my knee will never grow back.

Anyway, one night someone hit a foul ball and someone’s 4-year-old brother was nearby shouting, “I got it!” The little white dot sailed above the child who held his hands out and positioned himself beneath the ball.

The baseball came straight down and plunked the boy on the face. The kid fell lifeless to the ground. He was limp. A crowd of panicked adults rushed around him, whereupon the kid leapt to his feet, teeth missing, blood leaking from his chin, smiling and shouting, “I CAUGHT IT, MOM!”

And I’ll never forget when the kid’s mother looked at me, expressionless, and said, “This is why women live longer than men.”

So, I realize there are more important things going on in the world right now. And I know there are bigger issues than baseball to worry about. But it’s been a grueling year filled with squabbling, screaming, rioting, grumbling, coughing, cussing, and crying.

Gosh, it feels nice to cheer for a change.

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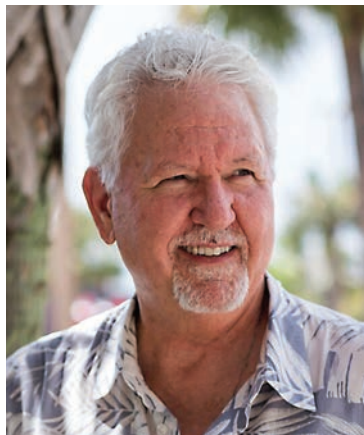
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A Pastor's Ponderings: Tension and Prejudice?



BY DAVE HOLLAND

“As the time approached for him to be taken up to heaven, Jesus resolutely set out for Jerusalem. And he sent messengers on ahead, who went into a Samaritan village to get things ready for him; but the people there did not welcome him, because he was heading for Jerusalem. When the disciples James and John saw this, they asked, ‘Lord, do you want us to call fire down from heaven to destroy them?’” But Jesus turned and rebuked them, and they went to another village.” Luke 9:51-56, NIV

Jesus saw the disciples returning, chests puffed out and faces swollen with anger. Self-righteous indignation drove their steps. Turns out, the Samaritans were not receptive to Christ and they didn't want Jesus to spend the night in their area. Rejection always stings.

Christ and His disciples left the clamoring crowds in their native region Galilee. The Lord performed many miracles and fed the multitudes there. His popularity caused people to push and shove to be near Jesus. Now, He “resolutely” turns south toward those who oppose Him—the religious centers in Judea and Jerusalem. The transition in Christ's life would prove deadly.

On the way to the Holy City, the disciples encounter the obstinate Samaritans. This rejection was a warm-up for Jerusalem and the unfolding of God's plan.

Samaritans were the descendants of the 10 Hebrew tribes

who broke away from what we know as Judaism. They set up their own kingdom and religion. Over the years they intermarried with pagan peoples who diluted their faith further. As Jesus passes through, they are not interested in Him or his brand of religion.

The disciples, sent ahead to prepare accommodations, were denied service in Samaria. Practically, this meant that they would go without dinner and walk many more miles through the night before leaving Samaria. Stung by the Samaritan's racial and religious prejudice, the disciples want Jesus to call down fire from heaven to destroy them all. They are on the road with Christ, but not yet on the same page.

Jesus rebukes the disciple's angry response and moves on.

This passage shouts the question, “How do you react when treated badly?” The disciples demand vengeance, but Christ pivots away. This rejection was preparation for the cross ahead. It was an opportunity to love the unlovable, and the disciples failed.

Every Christian will travel the road to the cross. This path leads to self-denial. Jesus said that every disciple must pick up their cross and follow Him. Along the way, we will experience rejection. Will we react with anger like the disciples, or will we simply turn and follow Christ?

God loves the rejectors and the angry disciples. Author Brennan Manning wrote, “God has a single relentless stance toward us: He loves us. He is the only God man has ever heard of who loves sinners.” Romans 5:8 affirms, “...while we were yet sinners, Christ died for us.” All of us.

Rejection challenges our character. So, the question now becomes, “Will you choose to love people who reject or mistreat you?”

Jesus continues His mission,

trudging through the night toward Jerusalem. The disciples follow, quiet as sheep.

How will you act in response to rejection? How will you respond to the bad behavior of others? Prejudice, racial tension, selfishness, rejection and all the unjust events of life are the

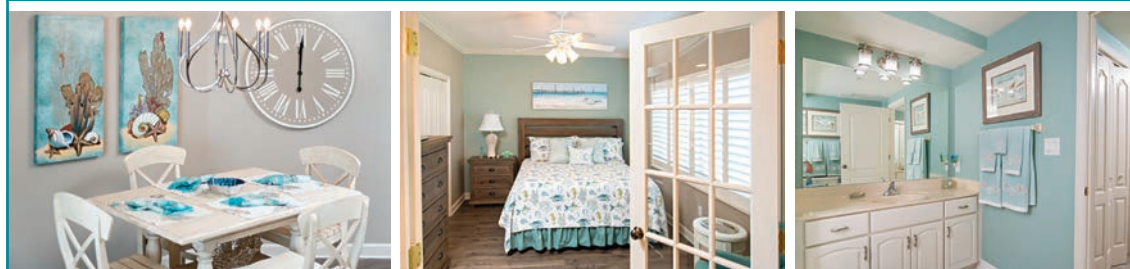
proving grounds of love. This is the road to the cross. No cross, no crown.

Dave Holland pastored churches for 38 years before retiring in Destin. He recently released his new devotional-Bible study based on the Gospel of Luke titled “Extraordinary Jesus:

Ignite Your Season of Miracles.” You can get a copy of this book from his website, DaveHolland.org, or at Amazon.com. Pastor Dave is available to preach and teach in churches and conferences.



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Interesting Times

BY JAMES BROCK

“May You Live In Interesting Times” is an old expression that has often come to mind in recent months. 2020 and now 2021 certainly seem to fit the description of ‘interesting times’. The past fourteen months or so have been times of stress and change in almost every aspect of our daily lives. From the Covid pandemic to political turmoil; from soaring stock markets to rampant job losses; from exploding government debt to school and business closures, the past year or so have seemed like

an obstacle course combined with a marathon of indefinite length.

The uncertainty of the times has been strongly reflected in the gold and silver bullion markets. Spot prices have been very volatile, increasing from 50 to 85 percent over their prior five year averages. ‘Premiums,’ or the amount above spot you pay for physical bullion, have also been very volatile this year in response to market demand.

During ‘normal’ times, gold and silver bullion are great ‘alternative savings’ and hold up

well against inflation. For example, a silver quarter has nearly always been worth a gallon of gas since the mid-1960s (no matter the price of gas in dollars). And since the late 1800s, an ounce of gold is almost always equivalent to a good hunting rifle. Turbulent times can temporarily alter the relative value of gold and silver to these standards.

During times of crisis, gold and silver tend to increase even more than inflation and can provide good short term returns. Even with the recent increases, gold and silver are far from

their inflation adjusted ‘all-time’ highs and are being purchased in near-record amounts even causing some shortages of physical bullion.

Adjusted for inflation, the prices of gold and silver in 2011 (the end-part of the housing crisis/bubble) were \$2201 and \$55.81 in today’s dollars.

No one can truly predict what will happen in the future. Any financial decision comes with some level of risk. However, if you are concerned about inflation and the future of our economy, you should speak with

your financial advisor or your friendly neighborhood numismatist.

Finally, the opening quote is a good one, but despite its persistent reputation as a Chinese curse, it has no known origin in the Chinese language and probably comes from speeches and correspondence of Joseph Chamberlain, a late 19th century British ambassador to China.

Author James Brock is a numismatist at Coin and Bullion Reserves.

America’s Greatest Author: James Lee Burke

REVIEW BY JACK SMITH

It turns out that one of America’s greatest writers lives next store in New Iberia, Louisiana. He is also known to spend time at his second home in Missoula, Montana. He was born in Houston, Texas, in 1936, and spent his first twenty years doing almost anything but writing. James Lee was a pipeliner



in Texas, a landman for Sinclair Oil in Louisiana, a surveyor in Colorado, and a long distance truck driver. One of his first novels, “The Lost Get-Back Boogie,” stayed under submission for nine years and was rejected more than 111 times. When finally published, it was nominated for a Pulitzer Prize and the *New York Times* compared him to

Faulkner and Sartre. His most popular mystery series featuring ‘fictional character’ Dave Robicheaux has been translated into almost every language in the world. Dave Robicheaux, a recovering alcoholic, and current alcoholic, Clete Purcel, are former disgraced New Orleans Homicide detectives nicknamed

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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.

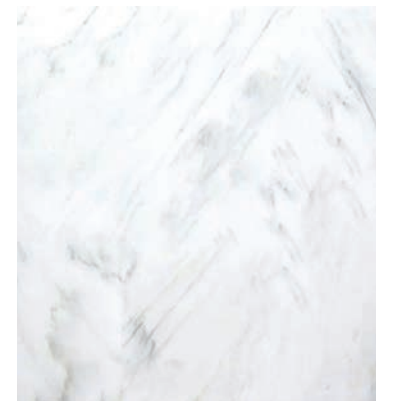
Linda Mugglin, one of the top interior designers here in Panama City Beach, has designed beautiful spaces all over Bay County including some of the most beautiful fireplaces. It is always a great idea to have an interior designer to guide you through a project, especially for a remodel. Interior designers 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 shiplap and a wood stain mantel, and you have yourself a fireplace that will stand the test of time.

All of the resources to create your new fireplace are available locally through Granite Plus. See you soon for your next home project!




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take all the stress and effort out of pool ownership. Part of what makes ASP's service so valuable is our commitment to creating custom maintenance plans for each customer's needs and budget. We are able to provide superior value for customers of all kinds, from homeowners and landlords to property managers. Our goal is to make sure our customers are happy with their pool service.

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Panama City? 1) Technology - ASP's proprietary software platform, PoolOps®, automatically emails you a weekly digital report after each visit that includes the time of service, services performed, chemical balance, chemicals added and a picture of your cleaning swimming pool. 2) Professional Service - We use superior training programs, rigorous certification requirements, comprehensive employee background checks, and higher insurance protection. 3) Knowledge and Experience - The Panama City team are trained and certified pool professionals who have completed ASP's nationally recognized training program.

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Northwest Florida Beaches International Airport (ECP) prepares for a seasonal increase in travel as airline partners announce new and returning service this spring and summer. American Airlines, Delta Air Lines, Southwest Airlines, and United Airlines are expected to increase flight activity at ECP in March. Increased flight capabilities also mean new locations for flyers.

New this spring, American Airlines is starting nonstop service between ECP and Philadelphia (PHL), and United Airlines

is now offering nonstop service between ECP and Washington - Dulles (IAD). Returning nonstop service includes passenger favorites like Austin (AUS), Baltimore (BWI), Chicago (ORD/MDW), Denver (DEN), and St. Louis (STL), and increased frequency to Atlanta (ATL), Charlotte (CLT, Dallas (DFW/DAL), Houston (IAH/HOU) and Nashville (BNA).

Enhanced seasonal service is a huge relief to many travelers looking to reconnect with loved ones this year and for those in need of a getaway.

"The opportunity to connect our passengers again with even more options gives us a lot of optimism for the year ahead," said Glen McDonald, Chairman of the Board of Directors for ECP. "Enhanced service will allow thousands of local passengers the convenience of safely traveling to even more destinations, while also affording tourists the opportunity to visit our beautiful Region."

On a Saturday in March, ECP will welcome more than 80 commercial flights.

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BY CHUCK PURDUE,
BAY COUNTY TAX COLLECTOR

Each year as warmer temperatures return and outdoor activities resume, many residents choose to purchase recreational vehicles. However, many people are unaware of the distinguishing characteristics of the vehicles they purchase, which determine where they can be driven, who can drive the vehicle, as well as the registration and insurance requirements.

Below is an outline of the specific vehicles and requirements so you can make an informed decision before purchasing a vehicle and make sure you are operating it legally upon purchase.

Low Speed Vehicles

A low speed vehicle (LSV) is a vehicle with a top speed greater than 20 MPH, but not greater than 25 MPH. LSVs must be registered, titled and insured with personal injury protection (PIP) and property damage liability (PDL) insurance. Any

person operating an LSV must have a valid driver license. LSVs may only be operated on streets where the posted speed limit is 35 MPH or less.

LSVs must be equipped with the following safety equipment:

- Windshield
- Vehicle Identification Number (VIN)
- Exterior mirrors on the driver-side and interior rear-view or passenger side
- Headlamps
- Parking brake
- Front and rear turn signals
- Seat belt for each designated seat
- Reflex reflectors
- Tail lamps and stop lamps

To title and register an LSV, bring the following documents to the Bay County Tax Collector's Office:

- Manufacturer's Certificate of Origin;
- Application for Title, Form HSMV 82040
- Proof of Florida insurance, minimum \$10,000 PDL and \$10,000 PIP;
- Identification- driver license, ID card or passport; and
- Payment for applicable fees

Golf Carts

Florida Statutes section 320.01 (22) defines golf carts as, "a motor vehicle that is designed and manufactured for operation on a golf course for sporting or



recreational purposes and that is not capable of exceeding speeds of 20 MPH."

Golf carts may be operated on roadways that are designated for golf carts with a posted speed limit of 30 MPH or less.

Golf carts are not titled or registered and are not required to be insured with PIP and PDL coverage. A person must be 14 years or older to operate a golf cart.

Converted Golf Carts

Many people have purchased golf carts and then modified them to meet the requirements of a low speed vehicle. However, there are several items which must be completed before the vehicle can be titled and tagged in Florida.

Prior to titling and registering a converted golf cart, the vehicle must be inspected and assigned a Vehicle Identification Number (VIN) at a Motorist Services Regional Office (Bay

County's Regional Office can be reached at (850) 767-3660, option 1, appointment required). The converted golf cart must be street-legal before applying for a title or registration.

Owners should trailer the converted golf cart to a Motorist Services Regional Office and present the following documents and fees for an inspection, VIN assignment, title and registration:

- Manufacturer's Certificate of Origin or bill of sale for the golf cart.
- Statement of Builder Form, HSMV 84490, which will be completed by both the customer and compliance examiner/inspector;
- Affidavit for Golf Cart Modified to a Low Speed Vehicle, Form HSMV 86064
- Original bill(s) of sale or receipt(s) for all parts used to convert the golf cart;
- Certified weight slip for the converted golf cart.
- Application for Title, Form HSMV 82040
- Proof of Florida Insurance (minimum \$10,000 PDL and \$10,000 PIP);
- Sales tax or sales tax exemption information for all parts;
- Identification- driver license, ID card or passport; and
- Payment for applicable fees

All-Terrain Vehicles

Florida law states all-terrain vehicles (ATV) may only be operated on unpaved roadways where the posted speed limit is less than 35 MPH and only during daylight hours. Anyone under the age of 16 operating an ATV on public land must be under the supervision of an adult and must have proof of completion of a Department of Agriculture and Consumer services (DACs) approved safety course. ATV operators and riders under the age of 16 must wear a USDOT approved safety helmet and eye protection. ATVs are titled, but not registered, and are not required to be insured with PIP and PDL coverage. (Sections 261.20, 316.2074 and 316.2123, Florida Statutes)

If you plan to purchase a recreational vehicle, make sure you know the law so you can ensure you are purchasing the vehicle that meets your needs and are prepared to take the necessary steps to operate the vehicle legally in Florida.

For questions regarding this information, please visit our website at baytaxcollector.com or call us at (850) 248-8501. All forms mentioned above can be accessed at, www.baytaxcollector.com/form-library.

JAMES LEE BURKE

continued from page 26

the 'Bobbsey Twins.' Dave is currently a detective with the New Iberia Police department and Cleve is a sometimes employed Private Detective who

never met a hooker or pole dancer with whom he didn't fall in love. Together, they know every character in the underbelly of crime from New Orleans to New Iberia. They served together during the Vietnam War and that is the catalyst of their wet

and dry alcoholic binges. Operating on just this side of law and order, they manage to solve horrific crimes while invoking the ire of the police and criminals alike. His newest book, the 40th in the series, pits Dave and Cleve against two of Louisiana's oldest

and bloodiest crime families. In a plot that reeks of Romeo and Juliet, star crossed lovers Johnny Shondell and Isolde Balangie run away after she is promised as a sex slave to Johnny's uncle. Burke flirts with belief in a parallel world, and Dave has many

visits with Confederate General John Bell Hood from Texas. I do compare Burke with William Faulkner, but I can pronounce more of his words. James Lee Burke is by far my favorite author and I hope he will become one of yours.



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Are Electric Vehicles in Your Investing Future?



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

So much is being written and said about electric vehicles. The new administration, investors, environmentalists, car enthusiasts and just about anyone has heard about them of has an opinion on them. What then is the current and future state of electric vehicles from cars to buses, to tractor trailers and even school buses? And what will be the impact on the various forms of energy consumption?

Electric vehicles (EVs) are not new. According to the U.S. Department of Energy, the first electric cars were introduced well over 100 years ago. Early on the likes of Thomas Edison and Henry Ford collaborated on

ideas for electric cars as far back as 1914. Ironically, it was Henry Ford's mass production of gasoline powered vehicles that led to the decline of EVs at the time. Gas powered vehicles proved to be less costly to produce, less costly to run and were more powerful and would go greater distances than EVs. The Energy Department went on to say that the early attraction of EVs was due to their being quieter, cleaner—however they were best suited for short distances. They were also two and half times more costly. It was not until Americans became more mobile that the demand for gas powered vehicles took on added growth. What then are the considerations for investors?

First, break down the components of EVs: There are electric passenger cars, light duty vehicles, and growing development of public transportation buses, school buses and freight vehicles like 18 wheelers. Investors see opportunities in the design, manufacture of all of these through the various companies in America and abroad. There is growing interest in public transportation buses and school buses, since they travel



shorter distances on a given day and require less recharging of their batteries. This would also include the suppliers to these firms which include engines, batteries and drive trains. Interested investors can invest directly through these companies in the form of common stock or through several funds (mainly exchange traded funds).

Raymond James recently released its annual report on electric vehicle adoption. It includes a review of the EV industry as well as the potential impact it will have on the fossil fuel industry. That impact remains to be seen and, as of this writing energy stocks have rallied significantly from their 2020 lows. Reasons for this have been pointed out: 1) the economy is seen emerging from the effects of the pandemic, 2) inflation and the history of outperformance that energy stocks have typically enjoyed in times of price inflation 3) energy companies are investing at a rapid pace in to green or renewable energy.

The growth of EVs is going to have an impact on world oil consumption according to the Raymond James report. Today, electric vehicles sales make up 1% in the USA but are substantially higher in China (7%) and Europe (3%). In fact, the USA is a distant third to China and Europe in EV sales and EVs on the roads. How significant might that impact be? According to Raymond James, it is having an impact today of approximately .6% of the world's daily oil demand, expressed in millions of barrels per day (BPD).

The world currently consumes about 100 million BPD which is up from about 90 million BPD ten years ago. Expressed in numbers, about 576,000 barrels per day less are being used by autos since those are electric. By 2025 that is expected to have an impact of 1.95 million BPD or about 2% of today's consumption. Where might this be in 2030? The EV leaders profess that it will be substantial. It really depends upon the growth of the EV market. Market share of sales ended 2020 at 6.9% of vehicle sales in December and 4% for the year worldwide. That is a year over year increase of 41%. It also depends upon recharging infrastructure and battery life as well.

What are considerations for investors who have an interest in investing in EVs? First, do your research or work with an advisor to learn about and discover potential opportunities. When analyzing and looking at investment, consider both value and growth. A value investor might look at legacy bus or semi manufacturers and determine if they hold value because of potential users within their current markets. Also, what about batteries? There are a host of equities and ETFs that offer opportunities. As always this involves risk and a personal analysis of the amount of risk and the amount of money you might want to risk.

Maurice Stouse is a Financial Advisor and the branch manager of The First Wealth Management and Raymond James and resides in

Grayton Beach. He 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, with 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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What Makes Samuel Taylor Homes a Premier Bay County Builder?



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

With a focus on high quality construction and sustainable living, Samuel Taylor Homes has established themselves as a premier builder in Bay County and the surrounding region by their commitment to excellence. Samuel Taylor Homes was founded in 2011 by Matt Brandman and Hunter Collins who have been in the home building industry for a collective 40+ years. The vision was to build exceptional new homes with details and finishes that customers want with a streamlined, stress-free construction and design process.

“Every home is designed and constructed with quality craftsmanship and materials, and a keen understanding of the homeowner’s needs and wishes.

Talk to us about your ideas for your new home. We’re happy to share our thoughts and offer advice so that together we can make your dream home a reality,” says Matt Brandman.

Every Samuel Taylor home is designed with a focus on Building Science. The advanced construction technology built into each home ensures that from move-in day and every day thereafter, homeowners will enjoy a comfortable living environment indoors and have far less maintenance outdoors. These sustainable features begin from the preparation of the home site and the pouring of the monolithic slab foundation all the way through to the final inspection.

Samuel Taylor Homes collaborates with industry innovators to offer eco-friendly and high-end options for appliances, plumbing fixtures, hardware, countertops, flooring, lighting, and more. Energy and water conservation is another sustainability priority. Efficient materials, fixtures, and designs are chosen specifically to reduce the environmental impact long term.

Current new home projects for Samuel Taylor include Breakfast Point, SweetBay, and Sunrise at East Bay. Each of these communities offer beautiful new home opportunities as



well as fantastic neighborhood amenities.

Breakfast Point is a charming community conveniently positioned off Hwy 98 with easy access to shopping, dining, and is just 2 miles from the beautiful,

white sandy beaches of the Emerald Coast. The community boasts high-caliber schools (including Breakfast Point Academy) and a grocery store at its entrance, and it’s just a few miles from shopping districts, a

sports and aquatics center, and the beach.

SweetBay is a picturesque, waterfront community with outstanding amenities including a beautiful neighborhood pool, barbecue grilling station, and access to North Bay. Multiple parks sprinkle the landscape, giving residents charming scenery as they enjoy their walkable community. SweetBay also offers its own University Academy, located right in the heart of the community.

Sunrise at East Bay is a secluded oasis, perfect for those looking for peaceful surroundings and a short drive to town. Walkable streets and a community dock make Sunrise the perfect place for kayaking, paddle boarding, and catching a stunning sunset or sunrise over the water.

New homes from Samuel Taylor Homes in these three beautiful communities offer a variety of floor plans with open concept living, covered porches for enjoying the outdoors, secondary living spaces, a choice of exterior design styles, and exceptional details. For more information, call (850) 588.4395, email baynewhomes@bpfla.com, or visit www.samuelthomes.com.

ECP

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“Scheduled flights for March are comparable to typical July numbers at ECP,” added Parker W. McClellan, Jr., A.A.E., ECP Executive Director. “As our Airport grows increasingly popular, we gain opportunities to expand our flight capabilities. Our facilities and staff continue our dedication to providing a premier flying experience and will adapt to the growth as they do every year.”

See below for the updated service provided by ECP airline partners.

American Airlines offering nonstop service between ECP and:
Charlotte, NC (CLT)
Dallas Fort-Worth, TX (DFW)

Philadelphia, PA (PHL) Seasonal
Washington DC (DCA)

Delta Air Lines offering nonstop service between ECP and:

Atlanta, GA (ATL)

Southwest Airlines offering nonstop service between ECP and:

Atlanta, GA (ATL) Seasonal

Austin, TX (AUS) Seasonal

Baltimore, MD (BWI) Seasonal

Chicago, IL (MDW) Seasonal

Dallas, TX (DAL)

Denver, CO (DEN) Seasonal

Houston, TX (HOU)

Kansas City, MO (MCI) Seasonal

Nashville, TN (BNA) Year-Round

St. Louis, MO (STL) Seasonal

Washington DC (DCA) Seasonal

United Airlines offering nonstop service between ECP and:

Chicago, IL (ORD) Seasonal

Denver, CO (DEN) Seasonal

Houston, TX (IAH)

Washington Dulles, VA (IAD)

Passengers may begin booking flights immediately.

ECP continues to work with its partners and staff to ensure a safe travel experience for passengers. For travel updates and

more information on our ECP Ready Program, visit ifybeaches.com.

Flight schedules are subject to change at any time.

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716 BREAKFAST POINT BLVD

Breakfast Point | Panama City Beach

4 Bed | 3 Bath | 2,580 SF | Listed at \$469,000
Contact Duran Group at 850-527-0221



11807 FRONT BEACH ROAD - UNIT 2204

Grand Panama Beach Resort | Panama City Beach

4 Bed | 3 Bath | 2,200 SF | Listed at \$995,000
Contact Mark Oberg 404-406-4887



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



20319 FRONT BEACH ROAD

Laguna Beach | Panama City Beach

6 Bed | 6/2 Bath | 3,576 SF | Listed at \$2,790,000
Contact Kammy Landavazo at 850-332-4567



103 BLUE SAGE ROAD

Whisper Dunes | Panama City Beach

3 Bed | 2 Bath | 1,937 SF | Listed at \$459,500
Contact Darlene Couch at 404-391-6361



1233 W WATER OAK BREND

Wild Heron Phase II | Panama City Beach

5 Bed | 5/2 Bath | 7,016 SF | Listed at \$2,149,000
Contact Anne Winicki at 850-960-1179



117 SOUTHFIELDS ROAD

Panama City Beach

4 Bed | 2/1 Bath | 1,935 SF | Listed at \$775,000
Contact Brenda Holloway 850-814-6302



3221 GOLDEN ROD COURT

SweetBay | Panama City

3 Bed | 2/1 Bath | 2,407 SF | Listed at \$438,900
Contact Mark Moody at 678-300-1743



2013 WARBLER STREET

SweetBay | Panama City

3 Bed | 2/1 Bath | 2,447 SF | Listed at \$452,725
Contact On-Site Team at 844-357-9338

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