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## Penguins on Parade: Nature Connection 2022

BY BRIAN DUSSEAULT, VP & PROGRAMS CHAIRPERSON, BAY COUNTY AUDUBON SOCIETY

Penguins in Florida? Not quite, but coming soon it's the next best thing: famed birder, author, and penguin expert, Noah Strycker, is ditching his cold weather gear for Florida sunshine with a special session that's part of Bay County Audubon Society's upcoming "Nature Connection 2022" right here in Bay County. This event will highlight two nature-themed events: an art competition open to the public and Strycker's presentation at the FSU PCB campus. These events are part of Audubon's community-based Program running from March 30 to April 2, offering fresh air and nature-inspired opportunities for BC residents.

On Friday April 1, Bay County Audubon will present its juried nature-themed art and photography competition/exhibition at the Panama City Center for the Arts (Center). Mayor Greg Brud-



nicky (Panama City) will provide opening remarks. The competition is open to local artists and photographers, amateurs and professionals. Categories include Birds, the Animal Kingdom, and Landscapes, with prizes and awards in each. There is a youth division (under age 18). Two entries per person are permitted, and works must

have been created on or after April 1, 2018. The Center will accept drop-off entries on March 18 and 19 (through 4 p.m.). Find official event rules at baycountyaudubon.org or on their Facebook page.

On Saturday, April 2, acclaimed "bird nerd" explorer and author Noah Strycker will be the featured speaker at the Holley Center, FSU Pana-

ma City campus, on his "Big Year 2015" around-the-world birding expedition. His self-organized adventure took him (at age 28!) to 41 countries on seven continents, during which he identified a world-record 6,042 species (58% of world's known

**PENGUINS**  
*continued on page 3*

## Beach Officials Anticipate a "Very Successful" 2022

BY ED OFFLEY

After three years of wild swings in tourism stemming from Hurricane Michael and the Covid-19 Pandemic, Panama City Beach officials are confident the 2022 season will bring a return to stability and measured growth.

Tourist resorts, area restaurants and other businesses catering to visitors have ridden a roller coaster since Hurricane Michael slammed the Panhandle in October 2018. A six-month ban on tourist rentals to accommodate recovery workers after the storm was followed in short order by the outbreak of Covid-19 in early 2020, followed by a stronger-than-projected surge in tourists last year as the country began to come out of isolation.

"Last year we had a 50-percent (visitation) increase over the pre-pandemic year 2019," said Tourist Development Council President Dan Rowe. "It would be very hard to

**BEACH OFFICIALS**  
*continued on page 4*



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### PENGUINS

continued from page 1

species). Along the way, Noah met hundreds of people in far corners of the earth, making friendships with those who took

him in and shared their favorite birding spots. Noah has much to offer us based on a lifetime of unique experiences, including studies in Antarctica about penguins, and five books. (For more about Noah: [www.noahstrycker.com](http://www.noahstrycker.com).)

Preceding Noah's presentation, Holley Center doors open at 4:30 p.m., with Audubon offering a catered buffet dinner and cash bar at 5 p.m. Live entertainment (string quartet), and penguin art displays from Bay elementary school students will help set the scene. Several local professional artists and photographers will also be on-site to introduce and display their nature-themed works. At 6:30 p.m. there will be introductory comments and awards for children's penguin art competition winners; Noah's presentation begins at 6:45 p.m. along with brief discussion on local shorebirds from an Audubon Florida expert. So get ready for a "Big Night 2022" at the Holley Center as you enjoy an informative, humorous, and uplifting presentation after a sumptuous repast and relaxing music.

Before the art/photo competition and the main presen-



tation mentioned above, Noah will spend three days visiting students at their schools, from elementary to college level, with his unique perspective and message on Nature showcasing his favorite bird, the penguin. Noah will narrate his personal videos and photos, adapted to age level, with questions and answers afterward, to show we all share a deep connection to Nature.

Locals are invited to participate in further program activ-

ities, such as bird walks led by Noah at Gulf Coast State College and FSU, as well as local state and city parks. Imagine hanging out with one of the world's greatest bird experts! Join a group going birding with Noah Strycker!

As Noah stated in his book "Birding Without Borders": "The future of birds on our planet is uncertain, but with so many people who care, I can't help but be optimistic. By work-

ing together across all kinds of borders, we can help make sure the next generation enjoy birds, too." And we can all help with that, too.

For information on tickets, sponsorships, art/photo competition rules, and opportunities for "birding with Noah," please see [www.baycountyaudubon.org](http://www.baycountyaudubon.org), email [bdusseault@aol.com](mailto:bdusseault@aol.com), or call me at (850) 832-7579 for personal attention.

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## Established Member: **High Definition Coaching**

My name is Gary White. I am the owner of High Definition Coaching, which is a Maxwell Leadership Certified company. My wife Kim and I have been married for 31 years. We have two wonderful boys and, at present, one dynamic daughter-in-law. We have been in PCB since 2020. We certainly love Panama City Beach, especially the people. We have often commented about the connections here and how hospitable everyone is.

I started in Healthcare as a Paramedic and installed floors on my off days. After 15 years on the ambulance, I developed a strong business in flooring in Tennessee and used my Healthcare background to serve at the national level through disaster medicine. I was at Ka-



trina, Super storm Sandy, as well as the Haiti earthquake in 2010. I served in leadership roles and eventually began to be a part of operating the training division in Anniston, Alabama at the Center for Domestic Preparedness.

That was when I made a transition that has shaped my life for the better by joining John Maxwell as a certified coach, speaker, and trainer.

I started High Definition Coaching in 2016 as a Business Development vehicle for growth-minded, values-centered companies who want to make the shift from success to significance.

I focus on certain critical areas of business development that are too often overlooked. These areas are leadership development, communication, and sales development. The Maxwell Leadership Programs I bring involve leadership, communication, and sales. This gives clients the added edge to become a world class organization. It doesn't take much more

to be world class, but it does take more.

I want to give people the "more" that is required to be first class. This nugget of gold is what sets the best organizations apart from those who are trying to be the best. It doesn't take a lot of money and it doesn't take additional personnel or resources. It is literally what Horst Schulze of Ritz Carlton has identified and implemented at every location across the globe. Are you ready for it? It is Valuing People. When you value people, you'll look for ways to add value to them. When people know you value them, it makes what you bring to the table more valuable and this translates to every relationship we have. And in a world that is known for who and what it is against, valuing people com-

municates a message that people everywhere are hungry for, and that is that they truly matter.

I believe that through partnering with companies to increase their value to their employees, we can cultivate a culture of people who value people and add value to people. Our desire to help businesses grow well is a strategy that helps the community as well. When business flourishes, so does the community. When we can bring the Ritz Carlton secret to organizations in PCB, then PCB becomes a world class community and that is worth getting up every morning for!

Learn more at [www.highdefinitioncoaching.com](http://www.highdefinitioncoaching.com), or reach Gary by email at [gary@highdefinitioncoaching.com](mailto:gary@highdefinitioncoaching.com) or by phone at (423) 593-8003.

### BEACH OFFICIALS

*continued from page 1*

sustain that level of attendance; I think we will see a market correction this year. But it will still be a very successful year."

Jayna Leach, Vice President of Marketing for the TDC, said one favorable consequence of the pandemic has been the "discovery" of Panama City Beach and its 27-mile beachfront by residents of areas that histori-

cally have vacationed elsewhere. "It was exciting during the pandemic to see visitors from the New York and New Jersey areas discover Panama City Beach as a destination," she said. Other areas with a growing interest in-

clude the Midwest, Texas and other parts of the Northeast.

Rowe and city officials pointed to attendance levels at the 2022 Mardi Gras festivities held at Pier Park on February 12-13 as a harbinger of a strong tour-

ist season this year. While the events were open to the public and no formal attendance levels were recorded, it was obvious that the two-day festival brought

*Continued on next page*

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# PCB Chamber New Member Spotlight



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year putting their trust in us to take care of their family or business vehicle.

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to serve our local first responders and the men and women of the US Air Force. We look forward to working closely with the Panama City Beach Chamber to promote and serve our community for years to come.

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### BEACH OFFICIALS

*continued from page 4*

in a record number of attendees.

"This was the biggest crowd we've seen, both for the afternoon concert [at Aaron Bessant Park] and the parade," Rowe said.

Panama City Beach spokeswoman Debbie Ingram agreed. "While we can't give an accurate crowd estimate, we can say it was one of the largest events in Pier Park ever in regard to the amount of vehicular and pedes-

trian traffic," Ingram said.

Rowe said his staff estimates that beach visitation in 2022 will run between 25 and 30 percent over the 2019 benchmark.

Under its charter, Panama City Beach's primary revenue source is a 1-percent tax on gross business receipts. For the entire 2020-21 fiscal year spanning October 1, 2020 to September 30, the city took in \$17.08 million in tax receipts, a 42-percent increase over 2019. Rowe's projection of a 25-percent tourism increase over 2019 suggests the

city can expect to reap a minimum of \$15 million in business receipts in 2022.

"We will do very well this year," he said.

In anticipation of the influx of spring visitors beginning next month, City Council last month reenacted a set of ordinances put in place each year since 2016 that are aimed at preventing disruptive behavior during the period spanning March 1-April 30 when American colleges and universities are on spring break, including:

- Possession or consumption of alcoholic beverages on the sandy beach, or in commercial parking lots;

- No sales of alcohol after 2 a.m.;

- A ban on overnight scooter rentals and open-house parties.

In addition, City Council has again imposed overnight closure of a specific stretch of the Gulf beachfront that in past years had become the scene of wild and rowdy behavior by groups of young people. The segment runs from the Ocean Ritz condo-

miniums to Public Access 25 just west of the Boardwalk Beach Hotel & Conference Center.

"We can't take our foot off the gas in regard to ordinances surrounding Spring Break," said Beach Police Chief Eusebio "J.R." Talamantez. "Every year we are contacted by major promoters in the industry who want to bring it back. We do not want to return to the activity we saw in 2015."



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Community

# Caring for the Community: Bay County Sheriff's Office

The Bay County Sheriff's Office Care Coordinators Program grew out of Sheriff Tommy Ford's concern for those suffering from addiction issues or mental health conditions that have caused them to come to the attention of law enforcement. Sheriff Ford spoke to experts working for the Northwest Florida Healthcare Network. Out of that meeting came the new Care Coordinator Program at the Bay County Sheriff's Office.

There are four Care Coordinators at the Bay County Sheriff's Office. This month we meet Ms. Deneika Roulhac and Ms. McKenzie Galbreath, two ladies with a lot of compassion that are bringing hope to those suffering from addiction and mental health issues.

### Connecting Those In Need To Help And Hope



Deneika Roulhac works out of the Community Services Division at the BCSO. Her task is to reach out to those with mental illness to connect them to services in our community that can help them. As BCSO deputies encounter those with mental illness, they can refer that person to Deneika as appropriate for the Care Coordinators program. Deneika then reaches out

and makes contact. She will enlist the help of family members when possible to provide emotional support to the person, and then work with the person to get them services. Once the person is actively participating and receiving help, they are released from the program.

"My goal is to see the person successfully enter care," Deneika said, "eventually becoming integrated back into the community as a contributing member."

With a degree in Psychology and a background in our school system, Deneika is excited to see the positive results BCSO Care Coordinator program will have in Bay County.

### More Than Just A Number

Meet McKenzie Galbreath,



one of the new Care Coordinators at the Bay County Sheriff's Office. McKenzie has worked at the BCSO for about two years as an analyst. She often kept stats as part of her job as an analyst. Now, as a Care Coordinator, she finds she is meeting the people behind the numbers, and trying to see that they receive help. When a deputy or investigator encounters an overdose victim or addicted individual they feel appropriate for the

program, McKenzie is notified and tasked with reaching out to speak with them. She offers to connect them to services that can lead to recovery. So far, McKenzie says her offer of help from the BCSO has been met with relief, and appreciation. McKenzie has a dual degree, one in Psychology and one in Law Enforcement Intelligence. "It's humbling to be able to help people in this way," McKenzie says of her new position. "Our goal is to see them into recovery."

The Care Coordinator program is just one more way the BCSO can serve the people of Bay County. This program was made possible by a grant through the Northwest Florida Healthcare Network.

## Real Time County Wide Law Enforcement

On February 21, Bay County Sheriff Tommy Ford announced the details about a county-wide project by law enforcement to optimize crime-fighting efforts in Bay County.

The Bay Real Time Operation Center, or BAYROC, went operational November 1, 2022. BAYROC is a collaborative effort by the Bay County Sheriff's Office, the Panama City Police Department, the Panama City Beach Police Department, the Lynn Haven Police Department, the Springfield Police Department, the Parker Police De-

partment, and the Bay District Schools Police Department.

Housed within the Bay County Sheriff's Office, BAYROC is comprised of a supervisor and two full time crime analysts. The goal of BAYROC is to provide relevant, real-time information directly to law enforcement in the field. BAYROC uses an integrated system combining school, traffic, and business cameras to assist responding law enforcement and solve crimes.

These officers, engaging in high-risk calls for service, now

have the added resources in real-time to improve response and situational awareness, giving them enhanced decision making in the field. These technological resources allow law enforcement response to be more efficient and deliberate, with improved operational intelligence. This ensures an emphasis on officer, citizen, and community safety.

On the first day BAYROC was operational, the team was able to coordinate with PCPD to close out a Silver Alert, locating the missing person within five minutes of the alert. The

elderly gentleman was reunited with his family.

During the first month of operation, BAYROC located numerous wanted persons with

outstanding warrants on charges ranging from burglary, domestic violence, and grand theft,

*Continued on page 15*

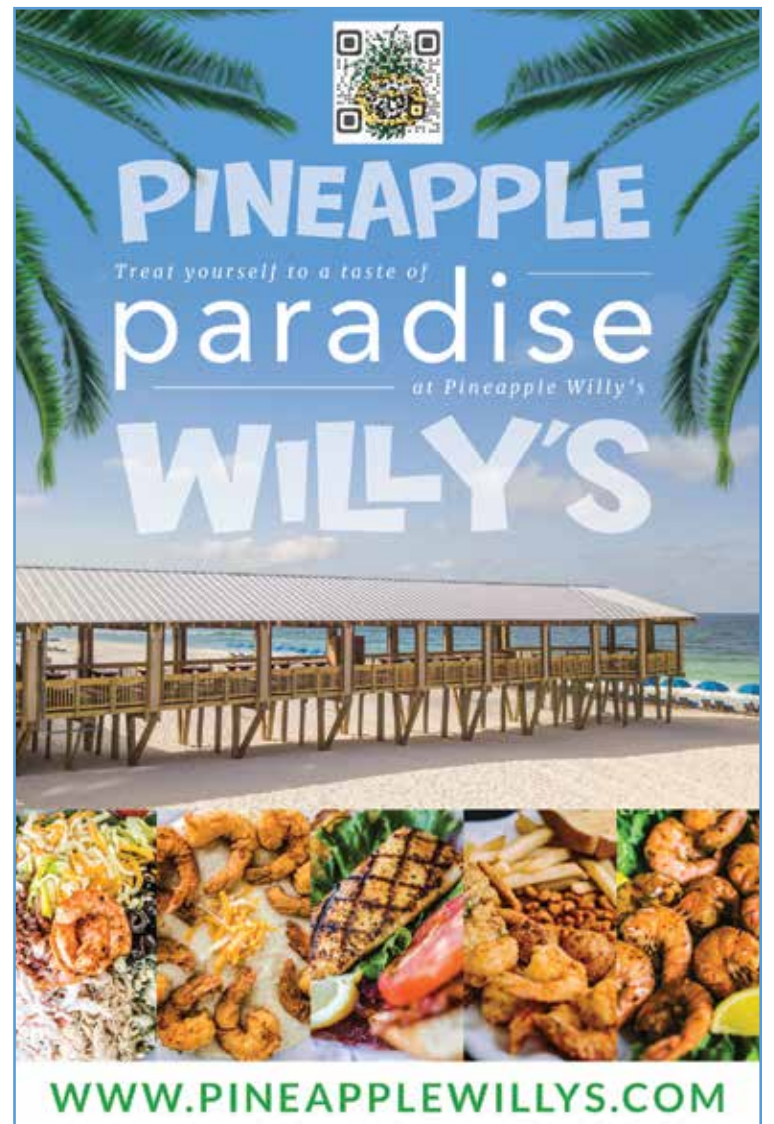
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## Apalachicola on the Agenda

By JAMIE ZIMCHEK

Sweeping vistas of an emerald bay and languid river? Check. Atmospheric antebellum Greek Revival plantation architecture? Check. Miles of white sand beaches? Check. Small-town feel with big-town

cultural attractions like parks, museums, and art galleries? Check, check, check. World famous Oysters? That's a definite check. Perched on a small peninsula in northwest Florida roughly two hours by car from Panama City Beach, Apalachicola

is one of those places you keep meaning to go, and when you finally do, you kick yourself for waiting so long.

Together the coastal communities of Eastpoint, St. George Island, and Apalachicola make up Florida's Forgotten

Coast. The bad news? It's not so forgotten anymore. Though Apalachicola only has a year-round population of just over 2,000, this charming town is an increasingly popular tourist destination, both for day-trippers over from local cities and for

overnight guests here to take advantage of the area's charming historic accommodations - perfect for a weekend get-away.

Top of most visitors' to-do lists is, of course, oyster tasting, with

*Continued on page 9*



### Apalachicola Bay Chamber of Commerce

The coastal communities of Apalachicola, St. George Island and Eastpoint, the heart of the Forgotten Coast, offer an authentic taste of Florida's Gulf Coast. Experience historic Apalachicola, a quaint small southern town with a strong maritime culture, home to an eclectic group of locally owned shops and galleries, restaurants which serve fresh local seafood, and meticulously restored hotels. Explore St. George Island where you'll find miles of uncrowded pristine beaches, an endless supply of shallow bays and waterways excellent for fishing, and a collection of shops and restaurants geared toward that relaxed beach lifestyle. In Eastpoint, you will find acres of National and State forests to explore. Visit the Research Reserve Museum to learn what makes our ecosystem so important. You will also find some of the best local restaurants in the area. Combine all this with some of the finest oysters and seafood in the country and your stay with us is sure to be perfect! The Apalachicola Bay Chamber of Commerce invites you shop local, eat local, fish local and drink local. Visit us at [www.apalachicolabay.org](http://www.apalachicolabay.org).



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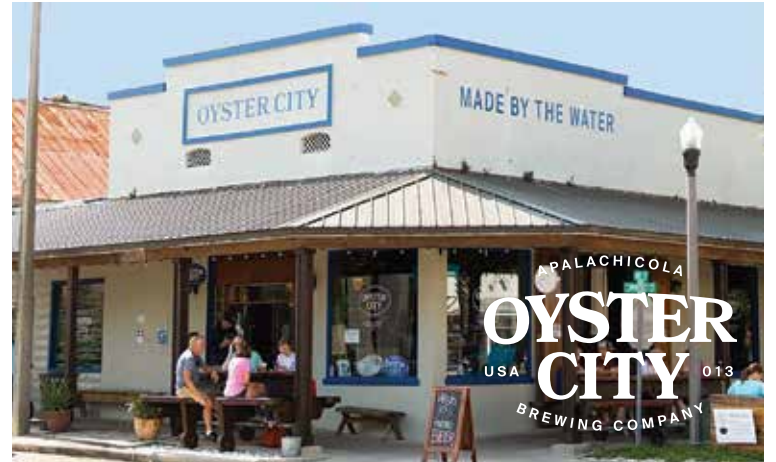
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## APALACHICOLA

*continued from page 7*

other seafood options available for memorable second mention. But before getting sucked into an evening seafood extravaganza, consider the many ways to spend the day. For one, there are charter services offering guided fishing on the flats, the bay, and offshore. Less into angling? A bustling port city in the 19th century when it was founded (1831 was the year), Apalachicola

has a really delightful range of cultural attractions worth seeing, from productions at the Dixie Theatre to the Orman House Museum. Don't miss a stop in to see the exhibits at the Apalachicola Center for History, Culture & Art, housed in an old, painstakingly restored cotton warehouse from the 1830s either, or a meander through the art galleries sprinkled around town (also watch for the local artisans' market every second and fourth Saturday).

Traveling with children? The Apalachicola National Estuarine Research Reserve's visitor center has engaging and educational exhibits, as well as a boardwalk trail that allows for a closer look at this estuarine system. Avid paddlers can find kayak and canoe rentals locally for access to the Apalachicola River, the Apalachicola Paddling Trail System, and the Florida Paddling Trail. And then, there's the beach. Though the best beaches are just out of

Apalachicola proper, a short drive will get you to the sands of St. George Island, the sort of spot where you'll want to settle in for a few days to search for sea shells, sea birds, and fisherman between languid swims.

Sold? You're not the only one. Local realtor, Pandora Schlitt, is with Naumann Group Real Estate Inc, and the pace at which properties are moving right now in the region is keeping her very busy. "Apalachicola is a small, authentic coastal Florida com-

munity with one spotlight in the entire county. People are drawn to us out of curiosity and stay for having fallen in love with our lifestyle," she explains. "In 21 years as a local Realtor, I have not seen higher demand for our limited inventory."

In other words: Apalachicola is the place to be, whether it's for a weekend, or something more permanent. Get there yesterday already.

 Community

# Let's Get Growing with Julie: Herbs Anyone Can Grow



BY JULIE MCCONNELL, UF/IFAS EXTENSION BAY COUNTY

As grocery prices rise it is tempting to start growing your own food to save money. However, if you are new to gardening in general or new to gardening in Florida that might be more costly than you'd expect. My recommendation to novice Florida gardeners is to start with easy plants, then challenge yourself as your experience grows. If you are looking for easy plants to use in the kitchen, look no further than herbs!

My top five easy herbs for northwest Florida are basil, fennel, mint, oregano, and rose-

mary. No matter what your space limitations, sunlight, or soil type you can probably grow at least one of these herbs. I recommend growing herbs in the landscape or in containers outside.

### Basil

Basil is a frost tender annual that thrives in warm weather. Once night temperatures are consistently above 55°F and the last frost date has passed it's safe to add basil to your garden. Basil is very easy to grow from seed, or you can purchase transplants at your local garden center. There are many different types of basil available with variations in mature size, leaf color, and of course flavor! Grow basil in full sun or part shade in well-drained soil.

Once basil blooms it slows production of tender new foliage that is ideal for harvesting. To extend the life of your plant keep an eye out for bloom spikes and pinch those off before flowering occurs. Forgot to pinch the flowers off and it bloomed anyhow? No worries, the flowers



are very attractive to pollinators. If you allow basil to flower and set seed, you may have multiple crops in one summer or seeds may overwinter. One thing to keep in mind is that basil easily cross pollinates, so if you plant multiple types of basil expect your new seedlings to show genetic diversity.

### Fennel

Fennel is a perennial herb, meaning it will live for several years. In our mild climate, they tend to remain evergreen which adds interest to the winter garden. Fennel grows to be 3-5 foot tall including the bloom spikes and tends to reseed in the garden, making more plants you can share! Fennel has very deli-

cate looking foliage and the most common color is light green although there is also a bronze version. Fennel grows best in full sun but will tolerate some shade. It does well in well-drained soil and once established requires very little care. Fennel is a larval host plant to black swallowtail butterflies which eat the foliage, so be sure to plant enough for the caterpillars!

### Mint

Mint is also a perennial herb and is semi-evergreen in North Florida. It has a running or trailing habit making it ideal as a ground cover or cascading down the side of a container. Mint likes full sun but will tolerate less sun than most other herbs

and appreciates well-drained, yet slightly moist soil. Some common varieties you can find in garden centers include chocolate mint, peppermint, and spearmint.

### Oregano

Oregano is another perennial herb. Oregano performs best in well-drained soil in full sun. Although it may tolerate a little bit of shade, too little sun will reduce the flavor. Common varieties available are Greek oregano and Italian oregano.

### Rosemary

Rosemary will grow to be a large evergreen shrub and should be given plenty of room to mature. A small plant can easily expand to 3-4' tall and wide in 2 years in ideal conditions. Rosemary prefers full sun but will tolerate a little bit of shade. It must have well drained soil to prevent root rot. Rosemary tolerates high pH and salt spray, making it an ideal plant for some tough conditions.

To learn more about herbs see <https://edis.ifas.ufl.edu/publication/VH020>.

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# 65th Fishing Season Open at Capt. Anderson's Marina!

BY PAM ANDERSON

The Capt. Anderson family has been taking families and friends fishing since 1935 in Bay County and since 1957 from Grand Lagoon. And, we plan to keep going for generations to come!

March is finally here! Great weather and calm seas! Painting, repairing, USCG inspections are behind us - let's go fishing!!!

Head Boats and Charter Boats are out for Triggerfish, Vermilion Snapper, and Red Grouper.

Guide boats are out for speckled trout and redfish.

All are watching and waiting for Spanish Mackerel and Cobia to make their runs. Exciting times!

In addition, you can fish from shore and some piers with your own license you purchase locally, at Half Hitch Tackle, for one. But fishing is always more fun on a boat!

When you return with your catch, you can have them cleaned for you at the Anderson Seafood Market. There are several local restaurants in Grand

Lagoon that will prepare your fish for you. We call it 'Hook 'n Cook'. The restaurants provide the side dishes, as well. Yay for Mom-no cooking!

Our senior citizens who are visiting are getting out and about with the better weather, able to enjoy cruising and fishing and beachcombing-love it!

Whether you just love being out on the Gulf in the fresh air, or sunning yourself on one of their 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' bay fishing charter boats to 60' Gulf fishing charter boats that carry 2 to 20 passengers and, also, up to 92' headboats that carry as many as 80 passengers. All of these boats have the permits and proper licensing necessary for fishing. Capt. Anderson's Marina has 31 Charter Boats, 8 Guide Boats, 4 Dive Boats, 3 Head Boats and 1-200 passenger sightseeing boat, the Capt. Anderson III.

Did you know the Anderson



family has been taking visitors and locals alike to Shell Island since the 1950s? Yes, we have. And with all the community being protectors of that 7-mile pristine beauty, we can continue to see it just like in the 50s. Leave no trace, as they say!

The Event Center is bustling with weddings, seminars, business meetings, retirement parties and the like. What a beautiful waterfront view of Grand Lagoon! Make plans now for your special event.

Red Snapper season opens June 1. Be sure to reserve early! We have Head boats running 5-hr, 6-hr, 10-hr, and 12-hr day trips, as well as our 8-hr night trips. They always book up early.

We are looking forward to seeing our visitors returning and enjoying all that beautiful Grand Lagoon has to offer here on Panama City Beach.

Signing off from,  
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 Community

## Can't find a New Broom? **Blame Curling**

BY PETER FISCHETTI

While the Olympics have come and gone, their impact continues to be felt in the Panhandle. No doubt the most popular sport at the Games was curling, which I found emotionally draining. Like a good novel that you just can't put down, I could not wait to see what would happen next as the nervous leader of the four-person team yelled words such as "Hurry" and "Hurry hard" to teammates to sweep the stone towards the target.

My obsession with the sport has prompted me to join the newly-formed Curlers Anonymous, which meets weekly at Rock'it Lanes in Panama City Beach. At our first meeting, held on an unseasonably warm evening, people bundled up in heavy parkas and at least one fur coat sipped on hot chocolate. With the large crowd, service was slow, which led folks to yell "Hurry" and "Hurry hard."

But the complaints were re-

placed with cheers when the Rock'it Lanes manager announced that the bowling lanes there are being converted into curling sheets with ice about an inch thick. And, he added, "That means there won't be any more gutter language."

When it was my turn to introduce myself at the meeting, I made the admission that I had bet on Ireland in their match with the United States, figuring the Irish were more likely to have curly hair. The Irish lost, as you probably know, and I was asked to leave the meeting.

Our politicians like to blame the shortage of goods at our stores on the COVID virus, workers quitting their jobs and a shortage of truck drivers. But you can blame the popularity of curling on at least one product. I mean, have you tried to buy a broom in the last few weeks? Oh, there are plenty of dustpans around, but as a manager of our local Walmart told me, "Because of curling, the broom



revolution has been, er, sweeping the nation." (Those were his words.)

Panama City Beach for many years was known for its Spring Break, so it's interesting that curling actually dates to the 16th Century in Scotland, site of the original spring break. Yes, an invasion of college students from all over Europe descended on what was known as "the world's second most beautiful beach" at Sandwood Bay after the release of the Bagpipers' hit single, "Curls Just Want to Have Fun."

I'm told that our city officials, always looking for a way to attract more tourists, are partnering with the local campus of

Florida State University to offer a bachelor's degree in Curling—although that may change since married men may want to enroll as well. The course is taught by the German curling star Hans Freezen, author of the bitter best-seller, "Curling: What It Means to Me and What It Better Mean to You If You Want to Stay Alive."

Yesterday, while I sat on the beach, I noticed a dozen or so people surrounding a lifeguard stand, listening to a guy on top. He was yelling to the crowd, "You people, what are we most famous for? Yes, it's the beaches! And what's the world's most exciting sport? Yes, it's curling! So listen to me. I've invented a new sport that will make Panama City Beach the Curling Capital of the World. It's called Water Curling!"

How is it played? Well, the leader standing on the shoreline throws a beach ball into the Gulf. Two teammates hop onto their kayaks and with their

paddles they direct the ball towards the sandbar, where the other teammate is waiting to scoop it up. He throws it into a basket and scores a point called a "curl." Then it's the opposing team's turn. After eight hours, whoever has the most curls wins, and gets to star in a local production of "Annie."

Finally, some late-breaking news: Following a brainstorming session among elected officials, the city announced it would host a PGA tournament that is sure to attract the best golfers in the world. But what does golf have to do with curling?

One of the officials explained. "We play at that Nicklaus course in Bay Point. The catch is, you can't use a wood club on any shot." No wonder they're calling it the Curling Iron Tournament.

*Peter Fischetti is a retired journalist from Southern California, which he hopes you won't hold against him. He lives in Panama City Beach.*

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## Women of Waste Pro: Erika Matheron, Residential Driver

Erika Matheron holds a special honor within Waste Pro's Panama City Beach, FL Division – she recently became the first woman in the Division to earn the coveted \$10,000 Safety Award.

Erika has been with Waste Pro for over three years. She started her career serving for five years in the United States Army, stationed in Fort Carson, CO and Fort Hood, TX.

“I think it's a good thing for young people – everyone should do it,” she said. “They make you grow up; they give you food, shelter, clothing, structure, and money. But they also teach you not everything will be hunky-dory in life – you've got to suck it up and drive on.”

Following her time in the army, Erika spent some time in college but found it difficult to do so while living as a single parent with two children. She spent a few years working in retail but held out hope she would one day be able to earn a commercial driver's license (CDL).

That opportunity finally came in 2016 when her now-wife was able to spend time as a stay-at-home mom. Erika earned her CDL, spent a year doing over-the-road trucking before joining a local garbage hauler in the Panama City Beach area, and eventually found her way to Waste Pro.

“I realized I can work and still make it home every night to be with my kids,” she said.

Erika takes great pride in her work, said Division Manager David Akins, adding that her customer service ratings are very high.

“My customers love me,” Erika said. “I have a few regular customers who make sure they're outside when I drive by, and I've had numerous ones tell me I can't ever quit – they want me to stay with them.”

David said Erika also performs some of the best truck inspections on her beloved truck, which she calls Beula. It doesn't mean anything, she said, but the driver who drove her route before her randomly made up the nickname for Erika, and it stuck with her.

“It's silly but it's my truck. She's the best running one on



nowadays have been coddled for so long and they don't want to work – that's something we come up against a lot.”

Erika now has three children, the oldest of whom is currently serving in the United States

Navy. She also has taken in several pets over the years – she's mom to five cats and four dogs. Spending time at home with her family and furry friends is all she wants to do when she's not working.

“Most days I finish my route early enough to spend plenty of time with my family every day,” she said. “Thankfully there is always trash, so there is always job security.”



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the lot, any mechanic will tell you that,” Erika said. “If the wheels aren't turning, I'm not making any money.”

As the first woman in the division to earn the \$10,000 Safety Award – which is awarded to drivers who go three years without an at-fault accident, injury, or property damage – it is clear safety is always on her mind.

“Many people on the road aren't looking out for us; they're trying to get around us. It feels like whack-a-mole sometimes,” Erika said. “Safety is the first and foremost of everything and my top priority is protecting my customers and my helper. I look out for him like he's my kid.”

Since joining Waste Pro, Erika has become a mentor to fellow drivers and helpers.

“We train our drivers to keep a sharp lookout for their helpers at all times, and she is one of the best at following that guideline. Everyone feels safe with her,” David said.

Erika has trained three former helpers who completed the Waste Pro Co-Heart Program, which allows any employee an opportunity to receive one-on-one training and earn their CDL on-site at the Central Florida Regional Headquarters in Sanford. All three of the helpers she trained completed the program and have gone on to become drivers.

“We're really happy to have her,” David said. “I think her military background taught her discipline because so many folks

 Community

# Best of Bay County Student Art Show

Local students and their art teachers take the stage this month at the Center for the Arts.

Every year the art teachers of Bay County schools choose the best art projects made by students throughout the year and display them in this spring exhibition that has been a tradition for more than 20 years.

“We’re excited to show off the beautiful art that our students have been creating this

year!” said Jessica Hughson, the vice president of the Bay County Art Teachers’ Association. “The excitement on their face as they see their art displayed in a gallery for the first time is so great.”

The Panama City Center for the Arts will host the Best of Bay County Schools exhibit running from Saturday, February 26 until Saturday, March 26. Due to the number of schools in the county and limited space in the Center, the exhibition is split



into two parts. This year the elementary art projects were displayed February 26 - March 5, and the secondary/high school art projects will be on display March 11 - March 26.

The opening reception for the elementary school art took place Saturday, February 26, and the closing reception for middle and high school art will be held Saturday, March 26, from 1-3 p.m.

“This is one of the most important shows we do and it is always an honor to showcase the work of our community’s youth,” said Jayson Kretzer, executive director of Bay Arts Alliance. “We have seen this show help inspire students to pursue a

career in art and we hope this year continues to spark that inspiration.”

Featured in the cafe gallery this March will be local art teachers. Pieces by Dana Mc-Bee, Harry Hammond, and Siham Yassine will be on display for the duration of the month alongside their students.

The Center for the Arts is free to the public during regular business hours, Tuesday-Saturday, from 10 a.m. - 5 p.m. and Fridays 10 a.m.-7 p.m.

# Know Your Neighbor: Henry Brigmond

BY BRITTANY KIRKE

Henry Brigmond is a man of many talents. When he’s on the air at Beach 95.1, he brings life to the sandy shores he now calls home. As a realtor with Keller Williams, selling properties that become a dream-come-true for his clients is the goal to help others achieve their #SweetHomePCB.

As a Georgia-native, Henry grew up in the large-small-town of Warner Robins and lived

there for most of his life. Even at a young age, Henry had a strong work ethic that he says was encouraged by his grandfather, who was “one of those people that didn’t talk a lot, but when he did, it was meaningful.” Days spent out on the family farm in Douglas, GA and working together come rain, wind, or shine, are days that he remembers fondly.

After high school, Brigmond pursued secondary educa-

tion and focused his studies on business management at Macon State College, which consolidated in 2013, becoming Middle Georgia State College. While attending those classes, he worked as a radio jockey on the side. Brigmond took interest in radio at a young age, practicing for hours on his deliverance and entertainment. He decided to focus more on becoming a top-notch radio personality and moved around to manage several radio stations, including parts of south Georgia and Augusta for a little while. He then moved to Albany, GA to be a sales manager at a CBS station.

Finally, in 2017, he started to help out at Beach 95.1 during his visits to our beautiful beaches. After he moved here full time, he continued his education to receive his license in real estate, a market that his family has



worked in for years. With this knowledge, he set out to help his coworkers and friends find their “home sweet home” right here in Panama City Beach.

Henry now calls these shores home with his wife Shelley. They share three adult children and have an adoration for dachshunds. They have had seven over the years, filling up their hearts with puppy love. Their decision to move here was one that they haven’t looked back

on, “the people, the food, and the atmosphere are all very welcoming,” and although there is little free time to be found in being both a radio personality and a realtor, he always makes sure to stop and smell the roses... or the sea salt breeze in our case!

So, when you’re driving down 30A and flip the radio to 95.1, make sure to keep your ears open for Henry’s hits. And if you’re looking to buy a house down by the sea or on land, give him a call at

(850) 851-9201 or email him at [sweethomepcb@kw.com](mailto:sweethomepcb@kw.com). To stay up to date with what Henry is doing, follow him on his social media (Facebook, Instagram, Twitter, Pinterest, and TikTok) @SweetHomePCB.

Keep an eye out in March for his new podcast, also called “Sweet Home PCB.”



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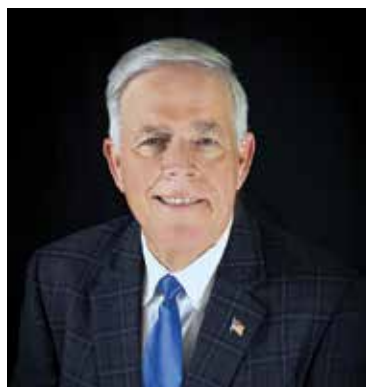
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# Show Community Love With Needed School Support



BY BILL HUSFELT,  
SUPERINTENDENT,  
BAY DISTRICT SCHOOLS

I usually try to keep my column positive and uplifting (there's already so much bad news in the world) but this month I need to ask for your help and I need to share some of the reality facing our students, our employees and our families.

A teacher recently emailed us asking for some additional support for her students. Her third-grade students (average age is 9 years old) are dealing with:

- Parents who are separating
- Parents who are divorcing
- Parents who have been caught having affairs
- Estranged parents suddenly showing up again
- Homelessness
- Students who have no idea where they will be sleeping each night because they are shuffled from home to home for a variety of reasons
- Increased chores and babysitting responsibilities because parents are working more hours
- Students removed from their homes and placed in foster care
- Custody changes that result in a child suddenly changing homes
- New babies at home
- Parents who have been arrested
- Loss of a loved one due to Covid-19

In her email, this veteran, respected teacher wrote: "I feel unequipped to talk to the kids about these things and it is so widespread in my class. My heart breaks for the things my kiddos are dealing with." She asked for, and is receiving, help but I know she's not alone.

So what can you do? I've taken the liberty to literally make a list of EXACTLY what I think our community could do to help. I fervently pray that even half of

you who read this monthly column will step up to do some of these things because we can only tackle a problem this big when we all work together.

**Mentor:** Many of our children need additional trusted adults in their lives and you can be one of those by becoming a mentor. Call Stacey Legg at (850) 767-4100 if you'd like to know more about joining Elevate Bay (our mentoring initiative). You can also get more information about that at [www.bay.k12.fl.us/elevate-bay](http://www.bay.k12.fl.us/elevate-bay).

**Support:** Please think about the families in your own personal network. Is there a single mom who needs a helping hand once a week? Can you babysit for a single dad while he gets some chores done at home? Do you know a young family who could use some assistance in terms of time, groceries, a helping hand? Can you help with the outreach efforts already going on through your church or a non-profit organization?

**Volunteer:** Volunteer for your child's school or your neighborhood school, volunteer to help a teacher after school, volunteer to help the custodian ... we need help at EVERY level! You can find a list of our

schools, and contact information, at <https://www.bay.k12.fl.us/our-schools-elementary>, <https://www.bay.k12.fl.us/our-schools-middle> and <https://www.bay.k12.fl.us/our-schools-high>.

**Donate:** Money doesn't solve all problems BUT it can help some of them. You can donate your child's gently-used clothing to his/her school if they are currently accepting items. You can contribute to the school to help pay field trip costs for a student who can't afford to go. You can donate books or other items a teacher might like. You can donate non-perishable food items for a school's pantry and you can always donate money to the Bay Education Foundation which will then use it to support a plethora of programs in our schools. You can find out more about Bay Education Foundation at <https://www.bayeducationfoundation.org>.

The school will NEVER be able to solve all of the problems even though we're doing more than ever before. However, I firmly believe that we can make a serious dent in most of the issues faced by our children if we work together. Whether you have children of your own or

not, I am sure you can agree that OUR children are in crisis and OUR children need our help more than they ever have before.

Please choose to get involved in some form or fashion because our children need us! If even

half of you will take some action beginning this month I know our children will feel it, notice it and benefit from it.

Thank you. Stay safe and God Bless!

## REAL TIME

*continued from page 6*

In December of 2021, a 911 call reported a burglary in progress. Within one minute of the 911 call, BAYROC personnel identified the suspect vehicle and pushed out information to responding law enforcement. Vehicle was located and suspects detained.

In the same month, the BCISO responded to a homicide. Once the suspect was identified, the BAYROC team used technological resources to quickly learn he had fled the state. Working with out of state law enforcement, BAYROC assisted in the coordination of his capture in northern Alabama.

In December, BAYROC, working with Tallahassee PD,

were able to establish a suspect was travelling between Tallahassee and Panama City and was involved in eight liquor store robberies. The result of this coordinated effort was the apprehension of this suspect in the parking lot of a liquor store in Tallahassee.

In the month of January, BAYROC was able to identify and locate numerous wanted persons and burglary suspects that were arrested and taken into custody.

Traffic cams used by BAYROC are currently available for viewing online by the general public. The cameras have a short retention period that varies from system to system. The BAYROC system has firm audit capabilities to ensure the system is operated within guidelines.

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# J. R. Arnold High School: An A-A-A Educational Experience

By BRITT SMITH, PRINCIPAL

There's never been a better time to be an Arnold Marlin! Students attending Arnold are encouraged to be part of the A-A-A education experience as a Marlin. The A-A-A demonstrates our emphasis on excellence in Academics, Arts, and Athletics. You only have to look at Arnold's success since Hurricane Michael to know that our Marlins epitomize what it takes to be a high-performing A-A-A school despite the challenges of a community rebuild or worldwide pandemic. Did you know our Latin Club has been nationally recognized twice for its work, and Arnold sports teams earned four FHSAA State Championships and two State Runner-Up Titles during this period?

Academically, Bay District Schools will recognize and honor Arnold's Winter Sports teams at its first meeting in March for achieving the HIGHEST GPA among all schools in the county.



These teams include our Soccer (boys and girls), Basketball (boys and girls), Weightlifting (girls), and Wrestling (boys and girls). In all, 43 Marlins from these teams achieved a grade point average of 4.0 or above during the last grading period while their sports were in season!

Artistically, our Marlins are true performers. Our Thespians earned 7 Superiors and 4 Excellents en route to the State competition. Memphis Messina was awarded the Critics Choice in the Monologue Category! The



Blue Thunder Band has had numerous Marlins selected to the All-County Band, five of whom are Principal Players!

Athletic programs at Arnold are clearly the best in our area. Each year the Florida High School Athletic Association's Floyd E. Lay Sunshine Cup All-Sports Award rates each school by the accomplishments



of its teams. During the most recent award announcement, Arnold placed 4th in Class 5A rankings (highest among public schools). This was the highest finish in the Florida Panhandle.

Last year we were proud to have our Girls Weightlifting Team win its third consecutive State Championship, and our Boys Soccer win the Class 4A State Championship. Our Girls Soccer earned the Class 4A State Championship Runner Up title. This year our athletic teams are continuing their pursuit to be the very best!

For example, during the 2021-2022 school year, our Marlin Boys Swim and Dive team earned the State Championship Runner Up title, and Shane McEliece was selected as the Class 2A Florida Swimmer of the Year! Arnold's Boys Soccer is currently ranked the top team in Florida Class 5A and will have played for the State Championship in Deland (February 26) by the time this goes to press.

In addition to our team successes, we are proud of the many individual State Champions who showed they are the best in the state!

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### IN THIS ISSUE

ISO: PCB's Best Seafood

Events

## 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 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](http://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're in paradise.



## Capt. Anderson's Restaurant

5551 N Lagoon Drive, PCB | (850) 234-2225  
[captandersons.com](http://captandersons.com)

For most of history an open fire was the only way to cook and Capt. Anderson's masterfully prepares the freshest seafood over an open hearth. Scamp Imperial with fresh Lump Blue Crab Meat, a beautiful whole Silver Pompano, a filet of Snapper... just a few delicious, fresh seafood specialties cooked Greek style over an open hearth! Dine early and watch the fleet unload their catch!

## Schooners

5121 Gulf Drive, PCB | (850) 235-3555  
[schooners.com](http://schooners.com)

Delicious Gulf fresh Grouper served with an incredible Gulf view! It's almost impossible to find REAL fresh Grouper these days, but this is it! Delivered to our door daily and served fried, grilled or blackened. Try it in a basket, as a sandwich or as a lunch or dinner entree!



## Boon Docks

14854 Bay View Circle, PCB | (850) 230-0005  
[boondocksfl.com](http://boondocksfl.com)

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!



## Paparazzi Gourmet Deli

2810 Thomas Drive, PCB | (850) 588-8244  
[Paparazzideli.com](http://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!



# Exciting Events on the Horizon!

- March 18-19:** UNwineD/  
Aaron Bessant Park
- March 19:** Drip Fest '22/  
Frank Brown Park Festival Site
- April 18-24:** Cajun Festival/  
Schooner's Beach Club
- April 20-24:** Seabreeze Jazz  
Festival/Aaron Bessant Park
- April 27-May 1:** Thunder  
Beach/Frank Brown Park  
Festival Site
- April 29-30:** Monster Enter-  
prises Concert (Artist TBA)/  
Aaron Bessant Park
- May 7:** Visit Panama City  
Beach IRONMAN 70.3  
Gulf Coast/Edgewater  
Beach Resort
- May 7:** Grand Lagoon Taco's  
& Tequila Fest/Hammer-  
head Fred's
- May 12-15:** Florida Jeep Jam/  
Frank Brown Park Festival  
Site
- June 3-5:** Pepsi Gulf Coast



- June 7:** PCB Summer Concert  
Series Starts/Aaron Bessant  
Park
- July 2-4:** REAL.FUN.  
FOURTH/Locations TBA
- September 23-October 9:**  
PCB Fishing Rodeo/Cap-  
tain Anderson's Marina

- September 30-October 2:**  
SandJam/Frank Brown Park  
Festival Site
- October 3-9:** Pirates of the  
High Seas Fest/Pier Park &  
Grand Lagoon
- October 10-14:** Lobster Fest/  
Schooner's Beach Club
- October 14-16:** Oktoberfest/  
Aaron Bessant Park



- October 15:** Cops 'N Kids/  
Frank Brown Park Festival  
Site
- October 19-23:** Fall Thunder  
Beach/Frank Brown Park  
Festival Site
- November 4-5:** Grand La-  
goon Bloody Mary & Music  
Festival & Golf Tournam-  
ent/Sheraton Bay Point

- November 5:** Visit Panama  
City Beach IRONMAN  
Florida/Pier Park
- November 9-12:** Emerald  
Coast Cruzin' Car Show/  
Aaron Bessant Park & 5K/  
Pier Park



# ECTC Presents Two Entertaining Special Live Performance Events This Spring

Spring is coming! Emerald Coast Theatre Company (ECTC) is staging two entertaining special live performance events sure to put a song in your heart and a smile on your face.

Both performances will be held at ECTC's performance space located at 560 Grand Boulevard in Grand Boulevard at Sandestin in Miramar Beach.

On Wednesday, March 16 join local singer-songwriter legends **Forrest Williams and Bryan Kennedy** for an unforgettable "unplugged" acoustic night with original songs and stories.

"Heartfelt laughter and music in an intimate setting paired with great beer and wine is the spring celebration we all need right now," said ECTC producing artistic director Nathanael Fisher.

Tickets are \$30 for adults, \$28 for seniors/military and \$25 for students.

On Friday, April 1 ECTC presents **Comedy on the Boulevard** — no fooling! Local favorite funny man Jason Hedden hosts this evening of comedy featuring comedian headliner Jenn Weeks, a Florida-based comedian/host/actor/YouTuber.

Having performed in numerous comedy shows and clubs throughout the country, Weeks has opened for many national, touring comedians, including Bruce Bruce, Kountry Wayne, the late John Witherspoon, Miss Shirleen, Deon Cole and others.

Tickets to Comedy on the Boulevard are \$30 for adults and \$28 for seniors/military.

Arrive to the theater early to enjoy the display of original artwork in the ECTC Lobby Gallery exhibited in partnership with the Cultural Arts Alliance of Walton County. The exhibit features artwork by local artists. All the artwork is available for purchase. A portion of proceeds benefit ECTC and its theater education programs.

Tickets are \$33 per person for adults, \$31 for seniors (55 years-old and up)/military and \$27 for students (must show ID). To purchase tickets call (850) 684-0323 or visit [www.emeraldcoasttheatre.org](http://www.emeraldcoasttheatre.org).

Save the date for ECTC's final mainstage offerings: "Xanadu" (May 13-22).

We look forward to seeing



## Summer Camps

Parents! Summer is coming and ECTC has a bouquet of camps ready to inspire, educate, and entertain your child. From the Mini Player camps for Kindergarten through 1st grade to our Musical and Non-Musical production camps for 2nd Grade to 5th grade and Musical Theatre Intensive and Non Musical Production camp for 6th through 12th grade, we have what you are looking for. One of the great things about our summer camps is that it provides an opportunity for children to try something new- and very often fall in love with it! It's not just about summer camp, it's also about the joy of live theatre and how it can teach children teamwork, empathy, and literary skills. Last year almost all of our camps sold out so please be sure to register early. Also, don't let pricing be an issue, check out our scholarship for all the educational classes and camps! To find out more information and to register go to: [emeraldcoasttheatre.org/summer-camps](http://emeraldcoasttheatre.org/summer-camps).

you at the theatre, where we do community through the art of theatre! More information, registration information, and ticket purchases can all happen at [www.EmeraldCoastTheatre.org](http://www.EmeraldCoastTheatre.org) or call the box office at (850) 684-0323.

## Second Annual FLLUXE Arts Festival March 19

Bay Arts Alliance will hold their second annual Florida Luxe Arts Festival (FLLUXE) on March 19, from 10 a.m. – 5 p.m.

FLLUXE is an exciting, interactive arts festival that combines street chalk art installations with live music, art projects, and creative vendors in historic downtown Panama City.

"After a fantastic first year, we wanted to up our game with some additional elements,"

said Jayson Kretzer, executive director of Bay Arts Alliance. "So in addition to adding more street painters, we'll have family-friendly art projects, more musicians, art cars, and a temporary graffiti wall for folks to try their hand at spray painting."

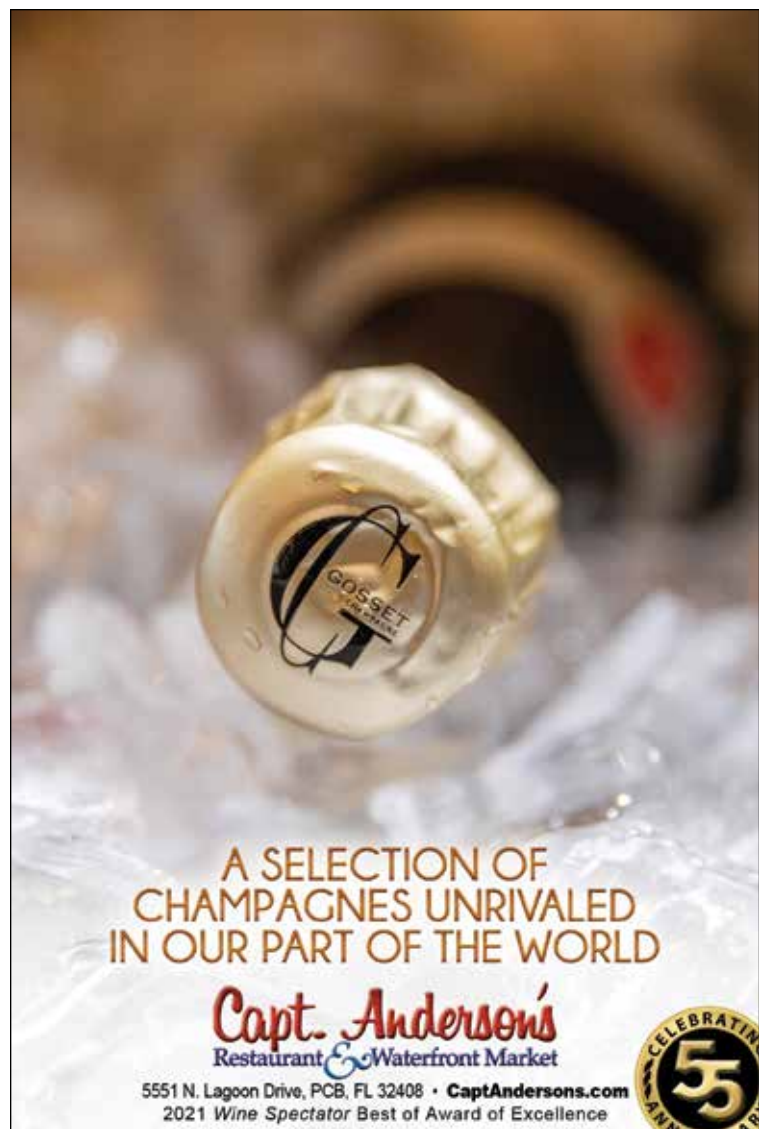
Four national chalk artists—Naomi Haverland, Anat Ronen, Jan Riggins, and Chris Carlson—are coming in to create 3D, interactive pieces for the

public to enjoy. They will start a day or two earlier than the festival, so the pieces can be completed by the end of the festival.

Plus, several local artists and schools will be joining in the fun, creating chalk art pieces in the Destination Panama City parking lot.

"We love to have a balance of local and national talent at this event," said Tori Haudenschild,

*Continued on next page*



LIVE THEATRE IN MIRAMAR BEACH!

**MARCH 3, 4, 5, 6**

**KATHARINE HEPBURN** by Shirley Simpson  
MARCH 1 at 7:30pm

**A TASTE OF JAZZ**  
A Fundraiser at Ruth's Chris Steak House  
MARCH 10 at 5:30pm

**SONGS BY THE CAMPFIRE**  
with Bryan Kennedy & Forrest Williams  
MARCH 16 at 7:30pm

**COMEDY ON THE BOULEVARD**  
APRIL 1 at 7:30pm

**FOR TICKETS & INFO:**

Call **850.684.0323**  
or Visit **EMERALDCOASTTHEATRE.ORG**

*Emerald Coast Theatre Company is located at 560 Grand Boulevard, Suite 200, Miramar Beach, FL 32550*

## FLLUXE ARTS

*continued from previous page*

Education and Events Manager for Bay Arts Alliance. “Our locals learn from the incoming artists and the out-of-town artists go back home and share how awesome Panama City is!”

During the week leading up to the festival, the Panama City Center for the Arts is also inviting the community to help fill up their parking lot with chalk art butterflies. All supplies will be on hand and it’s free to participate.

“Destination Panama City is thrilled to partner with Bay Arts Alliance in bringing back FLLUXE Arts Festival for the second year,” said Jennifer Vigil, president of Destination Panama City. “We are excited to see the creative genius of our locals and the traveling artists come alive in downtown!”

Visitors can watch the artists while they work, enjoy performances by local musicians, explore the Panama City Farmer’s Market, and go see the exhibitions in the Center for the Arts—a fun excursion for the entire family!

More information about the festival can be found on [www.flluxefestival.com](http://www.flluxefestival.com).

The website will be updated as more details are available.

### More about Anat Ronen

Houston-based, self-taught artist, Anat Ronen, became a professional artist in her late 30s following a decision she made with her family to emigrate from Israel to the USA. Now, 12 years after becoming a full time artist as a way to stay in this country, she has created hundreds of pieces all over the US and beyond and most importantly, discovered her true calling.

In addition to her mural work, she participates in international street painting and street art festivals nationwide and around the world. She is a multi-disciplinary artist and loves to share her gift with the world.

### More about Jan Riggins

Largely a self-taught artist who started out as a musician, Jan Riggins lives and works in Fort Worth, TX. She grew up around artists as her mother painted every Christmas card by hand and her grandmother filled all of her family’s houses with her paintings. After college, Jan began working a full-time job and found that she missed creating. She realized she had a



definite need to “create.”

Starting in March of 2020, Jan and her daughter began chalking on their driveway and sidewalk. This soon became a nightly activity and they enjoyed choosing different themes and subjects to explore. They mainly work at their house, but as they find time, they also chalk for neighbors and local businesses.

### More about Naomi Haverland

Naomi Haverland specializes in hyper-realistic portraits and whimsical candid expressions. Her primary focus is on candid



and exaggerated human expression, often using children and senior citizens as her reference models. Through unexpected pop icons and props, she hopes to add humor and levity to her realistic style. She also relies heavily on eye contact between the art subject and viewer in order to engage her audience.

She has been painting murals with paint for 15 years and with chalk for 8 years. Haverland has won many recognitions and awards for her chalk art, including 7 awards at the Denver Chalk Art Festival.

### More about Chris Carlson

Chris has been studying ana-

morphic 3D perspective (the special perspective that allows a drawing to pop off the pavement) for over 10 years. He has traveled all over the country and the world studying with masters and creating artwork in front of thousands of people. In this time Chris has developed his own unique style.

He has created artwork for national advertising campaigns with Fortune 500 companies. He has also won multiple “Best 3-D” awards at sidewalk chalk art competitions around the country. Chris continues to push his limits and the art form to new levels.

# Studio 237 Music Lessons: In the Moment

When teaching music is no longer about one’s talent, degrees, or dignity then teaching becomes all about the student and the moment.

### Here are some pointers to teaching in the moment.

**Have a plan and work the plan.** Lesson plans are important to consistently adhere to. The plan becomes a weekly expectation for the student. If you do not have a plan, then the student will implement their own plan which is usually chaotic in nature.

**How are you?** Usually, I spend a minute or two finding out how the student’s day went. Children often say insightful thoughts such as, “I got an A on my spelling test today and I studied a lot for it!” I might reply, “Congratulations! your family will be very proud of you and your hard work.” Acknowledging a student’s success is very motivating and caring. Or a student who travels extensively with their family might lament that they do not have friends. In

other words, the child is lonely.

**Stay Positive.** A little laughter goes a long way. All feedback can be turned into positive energy. Smile, be positive, and behave kindly (This is for the adult teacher not for the student!). Look for the silver lining in every cloud. Reword your response to affirm and acknowledge the student and at the same time, guide the conversation into a positive light. Such as, “Don’t worry you are safe, thunder is fun, it’s just the clouds clapping their hands together.”

**Find something nice to say.** This is a quick and simple observation such as new tennis shoes, fun-colored fingernails, new haircut, fun socks, shirt, pretty dress, etc. Like vitamins, everyone could use a daily compliment. One of my students, who was having a bad day, let me know that he was not happy about being at his lesson. As I opened his music bag to pull out his books, I noticed a wonderful drawing he had partially completed. I affirmed his talent and encouraged him to do

more drawing. That simple moment of affirmation positively charged the atmosphere for the rest of his lesson.

**What does your moment look like?** A clean, friendly room creates a positive atmosphere. Artwork that promotes music is a must. Play calm background music in the waiting room. Avoid too much clutter, clean, dust, and have lots of hand sanitizer and Lysol. Post

artwork by students. Put out of sight/reach any distracting items. Have a comfortable adjustable piano bench, extra chair for a parent, sunlight, file cabinet, bookshelf, plant, etc. These set the stage for a positive experience.

Respect, positivity, and a smile set the atmosphere for reciprocity. Teaching in the moment is a fun and stress-free style of learning. It opens the

channels of communication so that both parties know what to expect as soon as they walk through the door.

*Studio 237 Music Lessons is in Santa Rosa Beach. Our teachers are ready to teach guitar, piano, drums, voice, ukulele and more. Call Ray or Lisa Cyr at (850) 231-3199 to schedule a visit or lessons. [www.Studio237Music.com](http://www.Studio237Music.com)*

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**237 Dawson Rd, Santa Rosa Beach, FL**



# Want a Future? Choose Forgiveness, Not Fighting



By JAMIE C. WILLIAMSON, PhD

My friend Mike confided to me that he and his wife of over 20 years are getting a divorce. Although the split was her idea, he was quick to choose to forgive her and focus on building a stable future for himself, his wife, and their children.

He told me he thought it all through carefully. He said he understood that even though he was content in their marriage, no amount of effort or counseling could put the joy back in their marriage for her. Something was missing for her that he knew he could not provide.

He explained that he simply chooses to forgive her and hopes that she can forgive him. He even quoted Desmond Tutu saying, “Without forgiveness, there is no future.”

This is a very mature, evolved perspective. Mike is right, though. Forgiveness is a choice. A choice not to fight. A choice not to hold a grudge. A choice to surrender your pride and work to obtain peace. In the end, waving the white flag

of surrender is a sign of maturity and strength, not submission and weakness.

What makes forgiveness so difficult for some people?

People who generally find it hard to forgive others include (1) people with a low self-esteem who build themselves up by viewing the other’s mistakes as much worse than their own and (2) people who are cognitively immature and have an underdeveloped sense of empathy.

But, even the most empathic and developmentally mature among us must remind ourselves about the importance of forgiveness when the transgression is quite severe, has occurred too often, or is likely on-going – especially when the transgressor has not sincerely apologized.

There also is a common tendency, called the Fundamental Attribution Error, that makes people view other’s mistakes as due to internal causes like their personality or character traits. For example, Mike could say that his wife’s falling out of love with him was caused by “her inability to keep her promises,” “her selfishness,” or “her overly romantic idea of what long-term married life is like.”

These are harsh judgments that would have made it difficult, if not impossible, for Mike to forgive his wife and preserve a friendly relationship with her.

The flip side of the Fundamental Attribution Error makes it even more difficult.

Instead of assuming that



their own mistakes are caused by their character or personality traits, people often explain away their mistakes by attributing them to external causes like situational factors or life circumstances. In Mike’s case, he would say “I was only inattentive because I had to work such long hours,” “It’s just the aging process” or “The guys count on me.”

These explanations allow Mike to let himself off the hook, rather than take responsibility for his part in the deterioration of his marriage. Both sides of the Fundamental Attribution Error combine to allow Mike to blame his wife and absolve himself. To judge his wife harshly, rather than view her through empathetic eyes. To self-righteously hold a grudge, rather than forgive.

Fortunately, Mike made another choice. He reframed his attributions and listened carefully to his wife’s needs and concerns. He surrendered his pride and obtained an empathic perspective. As a result,

even though they are no longer married, Mike and his wife can maintain a peaceful relationship as they try to reach agreement on important issues and build a stable future for themselves and their children, rather than keep rehashing the past.

Imagine what might have happened if Mike would have learned long ago to reframe his attributions, listen carefully to his wife’s concerns, change his behavior, and sincerely seek her forgiveness. He would most likely still be married... just happily this time.

Please give the Fundamental Attribution Error some thought. Is this common tendency prohibiting you and your partner from forgiving each other, preserving a friendly relationship, and having a happy future?

If so, share this column with your partner (or anyone else you’re struggling with) and suggest that you both give forgiveness a try.

Surrender your pride. You can choose not to fight. Not to hold a grudge.

If you want a future for your relationship, choose forgiveness.

*Jamie C. Williamson, PhD is a FL Supreme Court Certified Family Mediator and Gottman Methods Couples Counselor. She is an owner and partner at Amity Mediation Workshop, a mediation practice specializing in “friendly divorce” mediation and marriage revitalization sessions for couples. Dr. Jamie speaks frequently on relationship topics and authors the blog “Work it Out.” You can find her online at [amitymediation-workshop.com](http://amitymediation-workshop.com).*

## It’s All About Sugar



By KAY LEAMAN,  
HEALTH ARCHITECT

It’s a love-hate relationship. We eat sugar to celebrate, comfort our souls and give sweets as gifts. Enjoying special moments is a good thing. But even if you’re an occasional sweet eater, you might be eating much more than you think. Sugar is more addictive than cocaine and causes inflammation, which is the root cause of most diseases.

Sugar is in almost everything we eat: fruits, vegetables, breads, dairy (lactose), sweets, boxed, canned and frozen foods and the list goes on. Did you know that manufacturers add sugar to 74% of all packaged foods? There are currently 61 names for sugar not counting artificial sweeteners. Regarding the latter, these have been associated with headaches, depression, fatigue, memory loss, gastrointestinal problems, etc.

Both sugar and inflammation can rob our cells of the required

nutrients they need to function at their optimal levels. And since sugar has no nutritional value, it has to ‘borrow’ nutrients to digest it. It depletes the body of vitamins C and E and is particularly draining to the B vitamin complex. It also leeches minerals such as calcium and magnesium from your bones and teeth.

Added to this list are refined carbohydrates such as pasta and breads. The body turns these into sugar for energy. However, the body doesn’t recognize these as ‘real foods’ and processes them differently than it would a whole grain bread or gluten free pasta.

Natural sugars from fruit and veggies are a body’s friend. Take time to read ingredient labels and begin choosing the labels that have no added sugars. Watch out for ‘low fat’ or ‘sugar free’ items. ‘Low fat’ decreases flavor; so, sugar is added as a flavoring and many ‘sugar free’ items means artificial sweeteners might be added which wreak havoc on our bodies.

Take care of your body and cherish your health. Every step you take makes a difference. Shoot me an email with “Sugar List” in the Subject if you would like a list of names.

*Kay Leaman, HealthyDay HealthyLife, [succeed.hdhl@gmail.com](mailto:succeed.hdhl@gmail.com)*



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

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# Breast Cancer



BY DR. RICHARD CHERN, MD

Breast cancer is the leading cause of cancer in women and the second leading cause of death from cancer in women. Metastatic breast cancer tends to invade the bone causing intense pain and invades the brain causing dementia and memory loss. It is not a pleasant way to finish your days. Breast cancer

survivors will tell you that the return of breast cancer is something that weighs on their mind anytime something seems different. A catch in your back, a weird cough, or any number of minor issues can trigger that fear that the cancer might be returning. In addition, cancer treatments are invasive, painful and life altering. Prevention is really the key to survival.

But what is the likelihood of a woman getting breast cancer? When you look at all women, the risk seems relatively low. The rate of breast cancer in women is about 2.6%, but this number is deceptive because this is the risk for all women. What is my risk of breast cancer? This is the question women really want to know the answer to. There are many factors involved, but ad-

vancing age is a major factor and the risk of breast cancer with advancing age can be as high as 16%.

The Women's Health Initiative was a study started in 1991 and stopped in 2005. It originally reported that giving estrogen to postmenopausal women increased their risk of breast cancer. Unfortunately, this report was not entirely accurate. What this study showed was that women who received synthetic estrogen (estrins) have a higher incidence of breast cancer while women who received bio-identical estrogen (estradiol) actually had a lower risk of breast cancer. This change has been published, but was not reported with the fervor of the original reports. As well, not only did these women have a lower risk of breast

cancer, but also a lower risk of strokes and heart attacks as well.

A recent study was published in 2019 which looked at breast cancer risk in women who received testosterone pellet therapy. Yes, testosterone. Women have an idea that they don't need testosterone, but this is not true. In fact, women make testosterone in the ovaries and much of this testosterone gets converted to estrogen. So, women make more testosterone than estrogen. Anyway, the women in this study were followed for over 10 years. It turns out that the incidence of breast cancer in the women who received testosterone therapy was 40% lower than the women who did not receive testosterone.

So, now you see that both bio-identical estrogen and bio-identical testosterone reduce

the risk of breast cancer. This doesn't even touch on the benefits to bone density, heart health, prevention of depression and anxiety, increases in libido and the many other proven benefits of both estrogen and testosterone therapy.

If you are concerned about your health and wellness, please come see us.

*Dr. Richard Chern, MD not only provides hormone therapy to men and women, but also teaches hormone therapy to doctors across the country. In addition, he treats many of the doctors in the area, is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country right here in Miramar Beach. Call today for an appointment at 850-837-1271.*

## BBBSNWFL Awarded Grant from The Starbucks Foundation

As part of The Starbucks Foundation's Neighborhood Grants program, Big Brothers Big Sisters of Northwest Florida (BBBSNWFL) was selected

"Starbucks has been a true blessing to work with," CEO & President of BBBSNWFL Paula Shell shared. "Our collective goal is to create change within

engagement with nonprofit organizations that work in their communities.

"We know that our impact in communities is most meaningful when our efforts begin with our partners (employees) who know their neighbors best," said Starbucks chief social impact officer and The Starbucks Foundation

board member Virginia Tenpenny. "Since the beginning Starbucks has been about more than coffee. We are a people company rooted in a mission to nurture the human spirit. To do this well, we will continue to invest in meaningful ways to help our communities thrive."

Last year, Starbucks part-

nered with BBBSNWFL to host its first ever Brewing with Badges event; an opportunity for Bigs, Littles, Starbucks partners, and local law enforcement to connect over making different Starbucks coffee beverages.



to receive a \$2,000 grant. This grant award is thanks to a nomination(s) from a local Starbucks partner (employee) who recognized the work of BBBSNWFL. Through this unique program, The Starbucks Foundation invites Starbucks partners to nominate a local organization in their community.

The funds from the grant will be used to fund BBBSNWFL's mentoring programs from Pensacola to Panama City. This includes extensive background screenings for volunteers (Bigs), volunteer training and orientation, and professional case management so that no match is left unsupported.

our community from Pensacola to Panama City and it's been so easy to move the needle together. From volunteer recruitment events to thanking our local law enforcement for all they do to impact young lives, we are walking hand in hand to ignite others to take a stand to mentor another life. We are honored to receive this gift of support."

The Starbucks Foundation's Neighborhood Grants program supports grassroots, community-led nonprofit organizations through catalytic investments in the form of grants. Neighborhood Grants also help build sustained local impact and inspire increased partner (employee)





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[thehormonerestorationcenter.com](http://thehormonerestorationcenter.com)

## The Problem With Over-The-Counter Hearing Aids



There is a growing trend of people buying Over the counter hearing aids without consulting a hearing health professional. Unfortunately, this creates many problems for those who purchase hearing aids online and in stores.



One of the biggest problems with over-the-counter hearing aids is that they often don't fit properly. This can cause a number of issues, including feedback and poor sound quality. In addition, improper fitting can also lead to discomfort and even pain in the ear. Over-the-counter hearing aids are often sold without any type of consultation or fitting from a hearing health professional, which can lead to discomfort or even injury if the hearing aid is not fit correctly or if the patient has a specific medical condition.

Hearing aids are an important device for people who have trouble hearing. **It has been estimated that more than 20% of the US population has some kind of mild to moderate hearing loss. While there is a wide range in severity among them all, it can be hard to get a proper diagnosis without going through hearing health professionals or medical tests.**

This means that everyone with some level of impaired eardrum function will likely need a hearing aid at one point during their lives if they want to continue living normally under normal conditions. However, even though these devices are necessary for millions upon millions around the world every day, only about 30% actually go out and buy one. If you're considering purchasing one, it's important to consult with a hearing health professional.

## SCHEDULE OF EVENTS

### Questions about your hearing?

Join All Clear Hearing Centers for one of our upcoming events.

- **March 16th & 18th** - Luck Of The Ear-ish Open House Event - **Panama City Beach location**
- **March 15th & 17th** - Luck Of The Ear-ish Open House Event - **Miramar Beach location**
- **March 29th & 31st** - Luck Of The Ear-ish Workshop ft. Brie Williams from Starkey - **Miramar Beach location**
- **March 30th & April 1st** - Luck Of The Ear-ish Workshop ft. Brie Williams from Starkey - **Panama City Beach location**



All Clear Hearing Centers is pleased to invite *Nationally Known Hearing Aid Expert from Starkey, Brie Williams* to our office on:

**March 29th, 30th, 31st and April 1st**  
**Tues, Wed, Thur & Fri**

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# What to Check Before the End of Open Enrollment for Medicare



BY GREG DURETTE, FLORIDA HEALTH CONNECTOR

The end is near! Not in the mortal sense, but rather, the end of the Open Enrollment Period for predominantly Medicare Advantage plan members in 2022. We will leave the mortality proclamation to the crazy guy wearing the sandwich board roaming various city streets around the country.

Keep in mind, if you are “aging-in” this year, you have a whole different set of deadlines and circumstances (see last

month’s article). This article will cover what you should be checking up on before the March 31st deadline rolls around and locks you in until the next Annual Enrollment Period (October 15 – December 7).

So, what should you do to make sure this year’s coverage selection treats you well and is something you will be happy with until next year? First, you will have hopefully had some time to try out your new coverage. Whether that be a visit to the doctor of your choice or a trip to the pharmacy, you likely have had a chance to use your current coverage. If you are one of those folks that needs neither, bully for you! However, even you should still take this time to conduct further

research into whether the doctors, hospitals and pharmacies you favor are included in your network at a reasonable cost. If you find some changes would be required of your intended selections, you have until March 31st to do something about that.

One point of note: If you have already made a change during this Open Enrollment Period, you have used your last bite at the apple for the year. Changes made during this period are final and cannot be changed. If you have yet to use this last chance opportunity then, you still have that one chance available.

Second, have you reviewed the functionality of your plan? What I mean is, are you able to easily use your new insur-

ance card and have the providers accept it without a hassle? Do you find it difficult to know why your neighbor with a PPO has a much easier time finding an in-network doctor or facility (especially when traveling) than you have with an HMO? Has your doctor or medical group suddenly stopped accepting your coverage with little to no explanation?

If so, it is time for you to get busy with the business of taking care of you. If you have read my articles for any length of time, you know I am no fan of the grand promises made by the sports figures and celebrities on television about the benefits, and here is the kicker statement, “You MAY be eligible to receive.” Talk about slick!

The fact of the matter is, the proof is in the pudding. Nobody but you can get you what you need. Do the work. Do the research. Call people local and knowledgeable to get the details that matter to you. Once you make that final call for the Open Enrollment Period, you can sit back and relax in the comfort of knowing you did the very best for you. Happy 2022!

*Greg Durette is a qualified, licensed agent with Florida Health Connector providing Medicare throughout the State and is based in Niceville. He has been in the insurance industry for over 38 years and can be reached at his office at (850) 842-2400 or his mobile at (978) 509-2941.*

## Meet Joel Capra of Fit Culture

BY MARTA ROSE-THORPE

Joel Capra, owner of Fit Culture in Panama City Beach, specializes in Fitness After Forty. As life gets busier and as we age, most people seem to lose consistency in their fitness – or stop the process altogether, he observes. In recent years he has seen a rise in 40 First Timers...those waiting to begin this journey until they are mid-to-late 40s. “I believe your actions and choices today will determine the body you have in ten years,” he says.

Originally from Gainesville, FL, Joel received his bachelor’s degree in Leadership from the Baptist College of Florida in Graceville, FL. “Being one of the few healthy people at my college, people would ask me to train them and give them nutritional advice,” he says. “I heard a message in 2006 that led me to fitness as more than just my lifestyle. The short version is, Whatever you are passionate about is what you are called to do as a career... and do it for the glory of God.” After college, he moved to Dothan, AL and opened the first Fit Culture in 2009. After ten years in the business, with family in Panama City Beach, he decided to open a second gym there. The close proximity of the two gyms allows him to travel between locations easily.



Fit Culture, he shares, exists to change lives. “I delved into fitness for the sole purpose of being able to change the quality of people’s lives. I believe that consistent exercise, sound mental health, and a stable diet are the first line of defense for personal healthcare. My ultimate goal is to create an atmosphere of warmth and a sense of belonging...a place where everyone feels welcome. Our lives are constantly evolving! Therefore we, as a gym, are constantly offering variety in what we can give our members. We partner

with our clients to help establish permanent changes that will increase their quality of life.”

Joel believes in making the choice to move a little every day, and it doesn’t have to be in a gym. Work in your yard, go for a walk, or maybe even take a swim. Most importantly, take a moment to look beyond distractions. Put your phone down for thirty minutes to step outside and

see what the world has to offer! Fit Culture will be holding the Lean & Mean Bootcamp beginning March 21, a rigorous, four-week curriculum with the mission of getting healthy and fit for summer. The \$99 program includes all the workouts, nutritional support, and a t-shirt. 45-minute classes are available at Fit Culture throughout the day at 5 a.m., 6 a.m., 8:15 a.m., 9:15 a.m., 4:30 p.m., and 5:30 p.m.; two to three classes per week are recommended for maximum results. To register, contact Joel at (850)

832-1810 or send a PM to the FitCulturePCB Facebook page.

And save the date for Fit Culture’s first annual Bikini Bash & Health Fair on Wednesday, April 20 from 6 to 8 p.m. This free social event will include a showcase of local businesses

sharing their health & beauty products and services, healthy snacks and Superfood Cocktails, and live entertainment. Businesses interested in participating may call (850) 814-3822 for more information.



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## Sean of the South



BY SEAN DIETRICH

The two girls knocked on my door. They wore Kelly green berets and green vests. I greeted them.

The two Girl Scouts went through their spiel. “We’re selling cookies, sir,” they began.

“Do you have any identification?” said I.

They exchanged looks. “Wait, what?”

“Well,” I said amiably, “how do I know you’re really Girl Scouts? A little proof would be nice. Dangerous world out there.”

I have a deep appreciation for Girl Scouts, and each year I buy a LOT of Thin Mints,

which has made me quasi-famous in local Girl Scout circles. Last year, for example, my salesgirl won a pink Cadillac.

So the tallest girl gave me her name, rank, and serial number. “And this is my new American flag badge,” she added. “We had to iron it on because my mom can’t sew.”

“How about you?” I said to the girl with pigtails. “Got any ID?”

Pigtails had no ID, but she did proudly display her proficiency badges, her Junior Leadership pin, her Junior Aide Award, her Daisy Safety Award pin, and her Purple Heart.

Then Pigtails described in painstaking detail how she earned her Junior First Aid badge, a process wherein she not only learned how to care for injured persons, but she rode shotgun in an ambulance, toured an emergency room, and extinguished a three-story residential fire single handedly.

I pointed to another badge. “And what’s that badge for?”

“Oh, this one?” she said. “This is the Junior Inside Government badge.”



The Junior Inside Government merit badge requires Girl Scouts to explore the ethics of American government. To do this, girls are given faux countries and charged with the task of making up fun, nonsensical, whacky laws for their countries, sort of like Congress.

I asked what kinds of laws they came up with for their faux countries.

“Um,” said one girl. “Well, my country was called the United States of Amandica. I had a law where you got to eat candy with every meal. Oh, and each house was required to have one swimming pool. Vegetables were illegal. And all dads had to have a permit before eating beans.”

I pointed to another badge. “What’s this one?”

“This my Lifesaving badge. This one was really hard. I had to basically swim in a pool for-EVER and learn how to save someone’s life in the water. I learned about things like spinal

injuries, rescuing a drowning person, and how to give CPR.”

“You mean you know CPR?” I said.

She nodded proudly.

I pointed to another badge.

“This one?” said Pigtails.

“This is the Playing the Past

badge. I got this one when I was little. This is when you pick a period in history and you pretend you’re back in that time.

“I picked Colonial America. Me and my mom dressed up like colonial people and we had a party and ate colonial food.”

“Trust me,” her friend added, “you do not want to know what the colonists ate.”

I asked about another badge.

“This is the Social Butterfly badge,” the girl said. “It’s where you learn how to talk to people at, like, a dinner party or something. You have to make conversation and not be awkward, and be super polite. You have to use your manners, learn how to use the right silverware, and learn table manners from other countries, like, eating with chopsticks.”

“Yeah,” said Pigtails. “And then we had to write a BUNCH of thank-yous afterward. My mom said it was just like Junior League only with shorter people.”

After they explained several more badges, including the Practice with Purpose badge, Digital Leadership badge, Simple Meals badge, Staying Fit badge, Robots badge, and the Financial Management badge, I asked about another patch.

“This one? This is the Starts With Kindness badge.”

The girls explained that to earn this particular merit badge, Scouts are expected to hold the door for someone, give hugs at random, leave happy notes around town, make gifts for others, or call someone who is not feeling well.

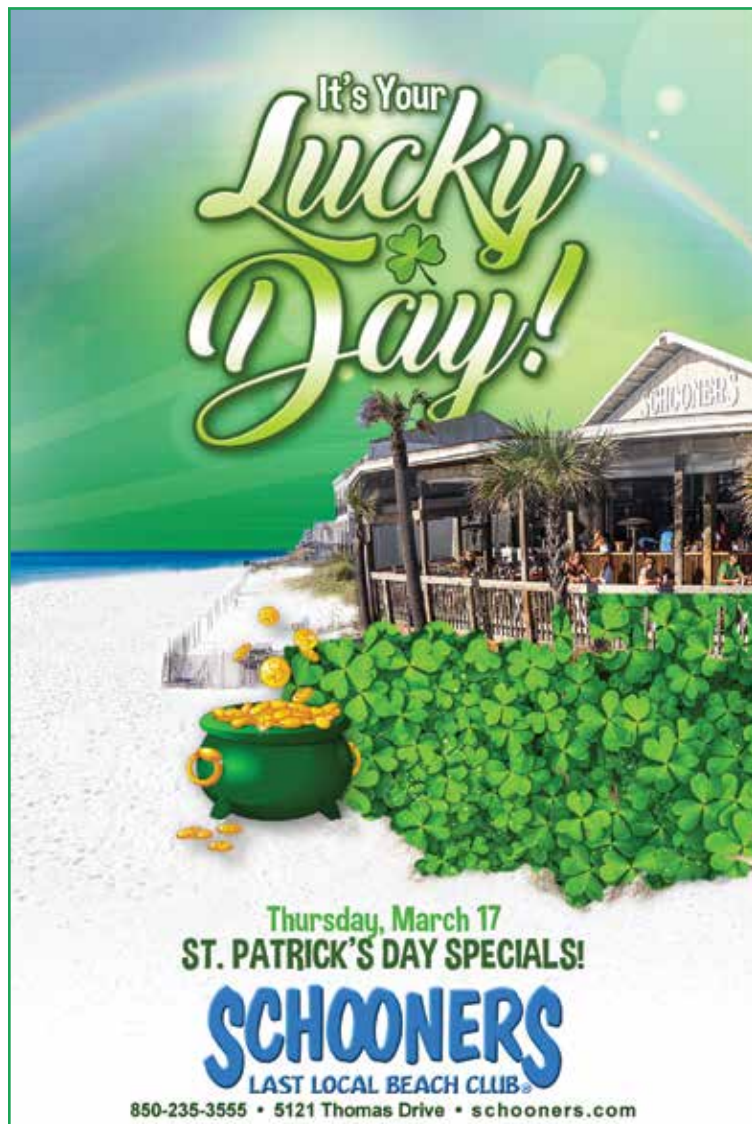
“For my badge, I wrote chalk messages of encouragement on the sidewalks,” said Pigtails. “Cause I’m really good at art. So I wrote on the sidewalk, ‘you’re an amazing person,’ or ‘you can do this,’ or ‘you are loved.’”

The other girl said, “For my badge, my mom and I baked desserts for everyone at my grandpa’s nursing home, and, honestly, we just showed everyone that we care about them, and how special they are, and everyone wanted their pictures with me.”

After our pleasantries my sales professionals got down to cutting bait like two savvy businesswomen.

“So how many cookies can we put you down for this year, Mister Dietrich?”

I paid in cash. I hope those girls win a few Coupe DeVilles.



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# A Pastor's Ponderings: Our Ever Changing World



BY PASTOR JEFF WADE, THE ROCK OF PANAMA CITY BEACH

The world is rapidly changing is it not? The saying "nothing stays the same forever" is true. Everything is always changing. I know the weather will be different when you read this from when I wrote it (which is kind of the point) but even the weather is constantly changing. Today, my warm PCB FUNshine is back, but even that won't last. We simply live in an ever-changing world.

Today is February 24, 2022 and Russia has invaded Ukraine forcing the entire world into a reaction or response. Again, our world is rapidly changing. Wars, rumors of wars, weather, political parties, family situations, people's agendas, initiatives, and even time itself... Everything is always changing. Where does all this change come from? As I pondered this today, I was taken to a passage in the book of Dan-

iel Chapter 2:20-22:

"Then Daniel praised the God of heaven and said: "Praise be to the name of God forever and ever; wisdom and power are his. He changes times and seasons; he deposes kings and raises up others. He gives wisdom to the wise and knowledge to the discerning. He reveals deep and hidden things; he knows what lies in darkness, and light dwells with him."

In other words, all change is orchestrated by God. Yes, even the changes we disagree with and don't understand for 1 Corinthians 1:25 says, "For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than any human strength." So, when I look at our ever changing world, I see many things that make me sad. Many things are happening that I don't really understand. Some changes I am in favor of (like the change from cold weather to warm weather) and yet other changes sometimes make it seem as if nobody is in control of any of it. I want to give you, the reader of this, full assurance that God is in control.

Oddly enough, the very one who orchestrates all change... is never changing. James 1:17 says "Every good and perfect gift is from above, coming down from the Father of the heavenly

lights, who does not change." and Hebrews 13:8 tells us that "Jesus Christ is the same yesterday and today and forever." So, in a rapidly changing world, it gives me great peace to believe and to know that someone other than myself is in control. Often we want to credit God with the good things in our lives. We say, "Oh God has been so good to me." But when the change seems

wrong or negative in our lives, we blame him as though we faulted us. We need to be very careful with this way of thinking. God is Holy. He is Sovereign. He is Righteous. He is good. So, no matter the changes, be it large or small... and no matter the ways my own eyes perceive that change, I just know that He is in control. I want to give you a piece of scripture that gives me

great hope in my ever-changing world. I pray that it does the same for you.

Romans 8:28: "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Please know that all of you are in my prayers these days.

## Library Customer Satisfaction Survey To Help Plan For The Future

The Northwest Regional Library System, serving Bay, Gulf, and Liberty counties, is conducting a customer satisfaction survey through March 31, 2022. The survey is available online and in paper form in each library location. Results from the survey will be used in the development of the library's next Long-Range Plan. The online survey link is:

[https://valdosta.col.qualtrics.com/jfe/form/SV\\_czItIML-c8FHC0bs](https://valdosta.col.qualtrics.com/jfe/form/SV_czItIML-c8FHC0bs)

Library patrons can provide feedback on current library services and make suggestions for future services. Library staff is also hoping to learn why some people do not use the library and what services, if offered, would inspire library use. The survey is available in English

and Spanish. The average completion time is 10 minutes. Please take the Library Survey today and help us plan for the future!

The Northwest Regional Library System greatly appreciates feedback from our community. For more information about Northwest Regional Library System, visit [www.nwrsl.com](http://www.nwrsl.com).

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# Countertops: Light It Up!

Ever been interested in countertops that are backlit? If so, Granite Plus offers resources and can guide you in this exciting project!

When choosing a countertop that can be backlit, you can come by Granite Plus and a project manager will search the country to find you the perfect stone for your project. The best stones for this application are Onyx or Cristallo Quartzite but there are some marbles and granites out there that can be backlit. The recommended thickness of natural stone is 2CM. Quartzite is harder than Onyx and will be less likely to etch, but the colors, shapes and the look of Onyx is hard to resist. Onyx stone is unique and its visual qualities when backlit, I believe, are unparalleled. If you are remodeling your kitchen or are building a home, it is a good idea to design cabinetry and countertops together and choose your slabs ahead of time to ensure the stone you chose will work in your design. This application is also used in commercial applications and our

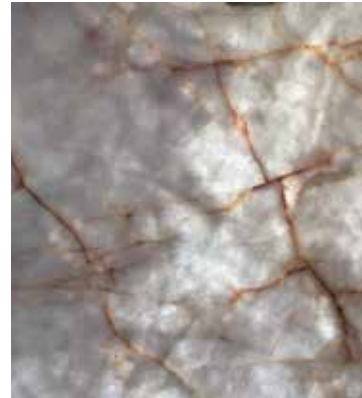


project managers can assist in that as well.

You will need to choose what lighting system you would like to use. We recommend LightTape®. LightTape® is one of the most advanced products on the market and is used around the world to light up a wide range of products. A product made in the USA, it is a very thin sheet of lighting, as thin as a credit card, and it will evenly distribute light across your countertops without getting hot. The sheets are custom cut to the

CAD drawing of your countertops and will require an electrician to install. LightTape® is durable and can withstand the weight of your stone. You can visit [lighttape.com](http://lighttape.com) if you would like to learn more.

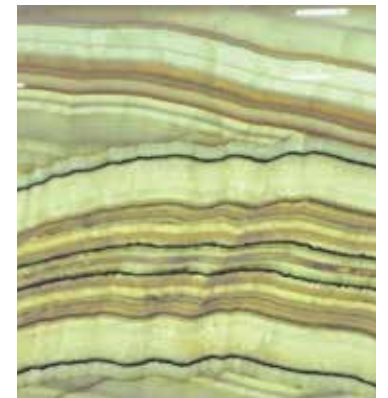
There are a few solid surfaces out there that can be backlit. Cambria Quartz offers a few colors that can be backlit at 6MM-1CM thickness. For those of you not familiar with a quartz surface, it is an engineered stone made from quartz, and Cambria quartz has one of



Cristallo Quartzite



Branc Blu Onyx Extra



Champagne Onyx

Velutto Onyx



Botanic Wave

Cambria Quartz

the highest concentrations of pure quartz in it, making it very durable. Cambria recommends ThinLight or Aspect LED panels to backlight their quartz. Some of the colors that can be backlit include Skara Brae, Middleton, Brittanica Gold and Brittanica Warm.

by our showroom at 17801 Ashley Drive, Panama City Beach, for your next project. We are open 8-5 Monday through Friday and Saturdays 10-3. You can also call our showroom at (850) 236-6363 and a project manager will assist you. We hope to see you soon!

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# How to Navigate the Flooring Alphabet Soup

BY KIM BRAZELL, MARKETING DIRECTOR, FLOORING DEPOT OF PANAMA CITY

You are thinking about updating the flooring in your home. It's a major investment so you turn to handy, dandy Google to help you decide what floors work best for you. But by the time you are halfway through your research, you are confused by the acronyms you have found in the articles. There is LVP, LVT, laminate, engineered wood, WPC, SPC and traditional hardwood.

What does it all mean? How do you decide what works best for the way you and your family live? Well, we decided to help you with the terminology surrounding a flooring purchase. So, I sat down with Kristen Carter-Rowell, the sales manager for Flooring Depot of Panama City to help decode this flooring alphabet.

**Q:** You can't do research about flooring and not see or hear the terms LVP and LVT? What's the difference and what does the acronym mean?

**A:** LVP and LVT stand for

Luxury Vinyl Plank and Luxury Vinyl Tile. Luxury vinyl is a great product, especially for homeowners here in Florida because it stands up to the climate so well. It's durable, but a fraction of the cost of real wood. It's also waterproof and great for families with small children and pets. The difference between the planks and the tiles is that the planks are designed to look like wood, so it mimics the look of real hardwood floors. The tile part of luxury vinyl tile means exactly that. The vinyl is designed to look like ceramic tile instead of a wood plank, but like the plank, it has the durability of vinyl at a great price.

**Q:** What is LVP/LVT made of?

**A:** There are several layers that make up a luxury vinyl product. The first and most important is the core. This is the foundation of the floor, and it is made with a mix of vinyl, plastic and fiberglass. The core gives the product strength. Next comes the design layer. This layer is a thin piece of film that is printed to look like wood or tile.



There are a ton of color options available today from light to dark and everything in between. There is a color and style for everyone. The last layer is the top layer, which is called the wear layer. It protects the floor from scratches and water. In addition to those, some products also come with a layer of padding or underlayment that offers cushion and sound absorbing qualities.

**Q:** So LVP/LVT is great for Florida weather?

**A:** Yes. It's very durable in heat and high humidity and if you are near the beach, sand and water should not affect it.

**Q:** When shopping for flooring you also see the acronyms

SPC and WPC. What does that mean?

**A:** SPC, or stone plastic composite or stone polymer composite, is also known as rigid core flooring. It is by far the strongest

product that you can buy. It's waterproof both from above the floor and underneath it so it can truly be installed anywhere in your home, even on floors that aren't completely flat. It's one of the more expensive products on the market, but its durability and long-term life can't be beat.

WPC, or wood plastic composite, is very similar to SPC with some slight differences. WPC is also 100 percent waterproof above and underneath the product and, like SPC, means you can use it anywhere in your home including kitchens and bathrooms. It is slightly softer than SPC so it's more comfortable to walk on. Both are great options for homeowners or even

for commercial spaces and they come in beautiful colors to fit any design style.

**Q:** What is laminate and is it better than LVP/LVT?

**A:** Laminate has come a long way over the years. The product has evolved and is making a comeback. It is also very durable and like vinyl, mimics the look of real hardwood at a fraction of the cost. It also has layers like vinyl but it's harder and resists denting. It can also be installed in almost any space. They are even making some products waterproof now.

**Q:** What's your most important advice when buying flooring?

**A:** The most important advice I can give is to communicate with your salesperson to choose the right product for your lifestyle. If it's a room with high traffic or if you have children and pets, share that with your salesperson. They will guide you to a product that will work for you and your budget. That way you will be completely satisfied with your investment.



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# Thoughts for Investors So Far This Year



By MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

As bond yields have risen for most of this new year (The bell-weather 10-year U.S. Treasury is at 1.92% as of this writing), and that has had an impact on equity and bond markets. For equities, the NASDAQ, S&P and Dow are all negative YTD with the NASDAQ the most affected. The NASDAQ represents over 3500 stocks while the Dow represents 30 stocks, and the S&P represents 500 stocks. It is significant to take note that S&P 500 makes up over 70% of the value of all U.S. traded stocks.

Why have the markets seen negative performance for most of this year? Take note that

certain “sectors” – the eleven subsets of the market are not all equally weighted. The S&P 500 has 28% of its value in technology (TEC) stocks yet only about 3% in Energy Stocks. The TEC sector is down over 9% so far this year, while the ENE sector is up over 23%. If there is almost 10 times the value of TEC stocks vs. ENE stocks, it might make sense to see that that is what has driven a lot of the volatility and performance. Most of the household name TEC stocks are negative for the year. The main reason that TEC stocks have been more volatile is that when bond yields rise, investors (large institutional investors) historically have sold lower dividend stocks and rotated to higher dividend or so-called value stocks (TEC representing so-called growth stocks).

So, when you see money coming out of one sector and wonder where it may be going or rotating to, the above is one significant, and recent example. That may be leaving individual (as opposed to institutional) investors wondering what to do now. It is important to note that diversification, patience along

with staying informed and aware have served investors well. The Wall Street Journal recently had an article that quoted the legendary value investor Benjamin Graham. Graham was quoted to have said, “I don’t know, (after many years of experience) what the market is going to do, but I do know what investors are likely to do.” In other words. We tend to see that as investors being reactive vs. being proactive. A proactive strategy to us is one where goals, time lines and risk tolerance are well known and thought through and then a strategy is adapted and followed over time. Human nature and instinct are motivated by survival and, hence, investors might give up hope at the worst possible time. And timing is a key. When markets move, they move swiftly up or down. It is next to impossible to know when those movements are going to happen. Have a look at this excerpt from Raymond James’ Weekly Headings on January 28th. It highlights the significance of time in the market vs. timing the market. The numbers are based upon the annualized rate of return of the S&P 500 over the past 20 years, which was approximately 5033 trading days:

- Average return for staying invested over the past 20 years: 7.3%
- Missed the best 5 days and your return would have averaged 4.9%
- Missed the best 10 days and your return would have averaged 3.2%
- Missed the best 15 days and your return would have averaged 1.8%
- Missed the best 20 days and your return would have averaged .6%
- On the other hand, what if you’d “known” which days to be “out” of the market:
  - Missed the worst 20 days and your return would have averaged 15.2%
  - Missed the worst 15 days and your return would have averaged 13.7%
  - Missed the worst 10 days and your return would have averaged 12.1%
  - Missed the worst 5 days and your return would have averaged 10.1%

The challenge is, who knows when those days will be? As the legendary Peter Lynch once

said: “They don’t ring a bell at the top and they don’t ring a bell at the bottom.” Again, market rallies and sell offs happen if a noticeably brief period making it almost impossible to predict.

We also encourage our clients to think about emerging trends which might be worth considering in their long-term strategy. We will start with semiconductors or computer chips. We have seen and heard a lot about the disruption that chip supply shortages have brought about. Chip production capability, advanced chips, have crimped revenues of many firms and contributed significantly to inflation. We note that advanced chip design is mainly in the U.S. and yet the advanced chips are manufactured overseas (Taiwan is the leader). Take note of the foundries (chip manufacturing plants) that are under construction or being planned in the U.S. Two of note are the multibillion-dollar facility that Taiwan Semiconductor is building in Arizona and the recently announced multi-billion-dollar facility to be built in Ohio by Intel. These are just two examples, but nonetheless, a trend we think is important. The U.S. sees the economic and strategic need to have these foundries in the U.S. vs. overseas.

The same can be said for battery production (for electric vehicles – EVs). The U.S. is a world leader in possessing the natural resources that go into these batteries, yet is the world’s laggard when it comes to refining the minerals and manufacturing the batteries. That, too, is changing as seen in the focus of the U.S. government and the commensurate activity in building the production capability.

How impactful could this be? Look at liquified natural gas (LNG). The U.S. now leads the world in the export of this high in demand, cleaner burning fuel. It is used to create electric at power plants and to heat homes and power natural gas fueled vehicles. Many years ago, the multi-billion-dollar investment in the infrastructure that was needed, started to take shape. Many wondered why so much money was going in to liquification and export facilities as the world demand was not seen. Fast forward to today and you can see China’s demand

has grown 50% which adds to the already resilient demand from Taiwan, South Korea and Japan. And now the U.S. has come to the aid of western Europe as countless ships are making their way there now loaded with LNG. The result has added to the earnings of ENE companies which are experiencing record revenues and hence cash flow and profitability.

Wrapping it all up we see that while the markets remain more unstable than they have been in the recent past, investors can continue to position their investments to participate in the ever-growing areas of opportunities represented in the world today and tomorrow.

*The First Wealth Management is located at First Florida Bank, a division of The First Bank, 2000 98 Palms Blvd., Destin, FL 32541 with branch offices in Niceville, Mary Esther, Miramar Beach, Freeport and Panama City. Phone 850.654.8122.*

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# Ask Apex: Insurance Claim Denied?



BY JEREMY NEEL

Have you ever had an insurance claim denied? There are several reasons a claim can be denied.

The incident was not covered in your insurance policy. It is extremely important to read an insurance policy, and understand which perils may be covered and which ones are not before filing a claim. For example, your neighborhood floods, and you have not been covered by flood insurance, then your claim would be denied.

The premiums have not been paid in a timely manner. If your insurance company has not already canceled your policy, they have the right to deny your claim for late payments of your premiums.

Acts of negligence of the homeowner. For instance, you have a hot water leak, and you attempt to fix the problem on your own instead of hiring a plumber, this would be considered negligence. Your claim could be denied because of improper maintenance involving the hot water heater.

You may not have enough coverage on your home. Homes can be insured for either Replacement Cost or Actual Cash Value. Replacement cost would be the price to restore the home to comparable conditions as when the home was first purchased. Actual Cash Value is the cost of replacing the home back to current conditions minus depreciation, or the market value of your home. Once again, it is extremely important to make sure you have enough coverage on your home should you ever need to file a claim due to water, fire, mold, or other perils that may effect your home.



Not filing a claim in a timely manner. Waiting too long to file a claim could result in the denial of your claim. It would be advantageous to discuss with your insurance company the time frame in which to file a claim, just in case the occasion should arise.

Filing a claim under false pretenses. Once a claim is filed, an insurance adjuster will come to your home to prove it is worthwhile for the insurance company's payment for necessary repairs. If the adjuster finds you have not been truthful with your claim, or the damage is not as extensive as he/she can prove, your claim may be denied. Taking pictures of your property, once your policy is written, and after damage has occurred, would be helpful to your adjuster.

Here are a few ways to minimize denial of a claim:

Get to know your homeowner's insurance policy, front to back. Understanding what perils are covered and which ones are not will play an important role when unexpected incidents occur.

Increase your coverage when necessary. For instance, should you build an addition to your home, or remodel your kitchen, you will need to increase your coverage as your value will increase.

Pictures, pictures, pictures. Taking inventory and pictures of your belongings and the structure of your home can benefit the adjuster, or, if necessary, prove your case should your adjuster deny your claim.

Let your insurance agent know of any life changes, such as marriage, or addition of residents into your home. In this case, the added possessions should be covered in your insurance policy.

Review your policy at least once per year. Should you have any questions regarding your homeowner's insurance policy,

your insurance agent would be glad to explain your coverage. It is best to have the questions answered before an event occurs caused by an emergency. In this manner, you are properly prepared to handle the stress that comes with the unexpected.

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## Laundry Tips and Tricks...with Sudsy!



By STEVEN HARLEY, CEO,  
CFO, HEAD JANITOR

Thanks for taking the time to read our fun, informative article for some basic laundry tips and tricks! Every few months we will go over helpful and creative ideas to combat stains, eliminate smells, dispel myths, etc!

In this issue, we want to talk about white vinegar and hydrogen peroxide.

Both are very common, inexpensive, easily accessible, and work wonders on your laundry at home!

Do you ever have a nasty, lingering smell in your laundry? Possibly nervous sweat stink, some nasty gym clothes odor, or a dog that loves to lift their leg on your favorite comforter? If so, have no fear...white vinegar is here to help! That's correct – add 1-2 cups of white vinegar to your load of clothes in your washer (with your good detergent), and the smell will magically disappear!

At Total Laundry Services, we add vinegar to many loads of laundry...think fisherman's

clothing, guys working outdoors in the summer heat, or the pet that just couldn't hold their bladder for one more second.

It has worked wonders for us for 15 years, and we always have 3-4 bottles on site at each store to help with the laundry.

Besides vinegar, always have hydrogen peroxide at your disposal at your laundry at home as well. You can use hydrogen peroxide to whiten and brighten clothes, disinfect laundry, and remove stains. It works especially well on blood stains!



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# Grand Lagoon Living: **Telling Stories**

By MARTA ROSE-THORPE

Jayson Price is a busy man. Running three businesses, located in Grand Lagoon's Delwood Office Park, keeps this driven creative on the go. Jayson's flagship business, Ripplify Media, was launched in 2017 so he could help businesses be known and understood by shooting story-based video commercials. "In 2017, I was figuring out how to tell stories through video," he shares. "I started at church, telling bible stories with a camera. Actors came in and played roles; it was my role to put it all together." Jayson shot testimonial videos on how people's lives were changed, sharing their God stories and their survival stories after Hurricane Michael. During that time he spent a lot of time on YouTube, researching and learning how to shoot videos, and invested in certifications to learn the tricks of the trade.

Ripplify Studios, Jayson's full-service video podcast production studio, came in October 2021. "I fell in love with podcasts a couple of years ago," he says. "Several of my clients asked questions about podcasting and asked if I produced them. I decided to take a big step, thinking maybe there was a demographic that wanted podcasts. The podcast industry as a whole has stepped up as more and more companies want to hold a conversation around their industry." Jayson decided to open a studio, first putting the idea out to a few associates. The



feedback was overwhelmingly positive. He secured several deals to launch, then in October opened his doors.

"I'm noticing the quality of podcasts going up," he states. "Scrolling through social media platforms, you're seeing all of these clips of entertainment, people teaching things, having conversations. I noticed full-length podcasts can be turned into quick 30-second or two-minute highlight clips for social media. We call this micro content. I use the term 'video podcast' a lot; if we're going to have this great conversation, we might as well put it on video as well."

Who makes a good podcast client, I ask? "People who have high-ticket offerings," he replies. "Coaches, authors, and people with ideas to share all make good clients. Our Podcast Hosts are wanting to become leaders in their industry, and facilitate interesting conversation that adds value to the listener."

I ask about what platforms he recommends. "Apple Podcasts

is the most popular podcast platform, then Spotify, Google Podcasts, iHeart Radio... almost every audio platform can have your podcasts. We put them on every single directory that is possible. Typically, the client doesn't know where they want the podcast to go (which platform) so we put it out there everywhere." Video highlights, he says, go to the person's social media profiles.

And then there is a third business that Jayson and his wife Alexandria run together, Moment in Time Films, a luxury wedding film studio that focuses on highly personalized Video Love Letters. Alex speaks with the brides and runs the business, Jayson does the directing and editing, and their team handles the shooting. For several years Jayson had shot engaging videos of people's weddings... two-to-four-minute highlights that captured the bride's day. The kickstart to launching this business was when Jayson ran into a wedding videographer friend, Jesse, who shared that he had just shot a wedding video but tragically, the bride had passed away in an accident just afterward. "I have all this video footage and don't know what I can do with it," Jesse told him. Jayson thought about it and advised Jesse to go through all the footage – anything with her voice in it – to use in the video. That's when the idea of the Video Love Letter came about, a five-to-seven-minute video for

the family. "When the bride or groom (inevitably) passes away, their spouse gets to have these moments and memories. I want that to exist for couples," he says. "I want couples to have a wedding day but tells the story

of their love."

Ripplify Media, Ripplify Studios, and Moment in Time Films are located at 4408 Delwood Lane, Suite 26, in Panama City Beach. For more information, visit [riplifymedia.com](http://riplifymedia.com).

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# Know Your Pro: Hallin Hearts is Going Places

By LAURA LASPEE

As I sat at a local coffee shop sipping a mocha latte, I watched both locals and visitors admire the Gulf of Mexico sparkling with tones of blue and green against the shimmering white sand. I thought about how lucky I am to live and work here. I thought it was a perfect place to meet Jenna Hall, owner and operator of Hallin Hearts, a company located in Panama City Beach that specializes in arranging transportation and tourist excursions to any number of destinations locally and beyond.

Ms. Hall relocated here in 2019 from Kansas City Missouri after working in Operations and Logistics. She followed her heart and now lives in Panama City Beach where her goal is to help people connect while making the best memories with a lit-

tle assist from Hall doing what she does best: sharing her love of the area with everyone she meets.

She explained that she brings her personal love of the area to everyone who uses her service. What does Hallin Hearts do exactly? This is a pre-booked luxury service, so whether you want to shuttle a group to a wine tasting, Mardi Gras, a corporate event, or a wedding, Hall has it in hand, working in conjunction with other local businesses.

Along with her transportation business, she dedicates some of her free time to community volunteering efforts. In addition to serving as a Panama City Beach Chamber of Commerce Ambassador, she also works with Project Hope and Girls Inc., as well as packing backpacks for hungry kids and delivering snack bags to people

in medical facilities.

Jenna believes in looking forward and her motto is "Life is Short." She took a chance with a new career goal in 2019 and has never looked back. All of her hard work is paying off. She loves being able to give back to the community which has supported her and her business.

So, the next time you are planning an event, a tour, or an evening out, call Hallin Hearts at (850) 588-7515, email them at [HallinHearts@gmail.com](mailto:HallinHearts@gmail.com), or visit her website, [www.hallinhearts.com](http://www.hallinhearts.com). You can also find more information on her Facebook page, <https://www.facebook.com/PCBHALLINHEARTS> and Instagram page, @hallinhearts. Leave the transportation to Jenna Hall and create the perfect memories for you and your group!





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# Make Sure Your Vessel is Ready to Hit the Water this Spring



Spring is right around the corner, which means we'll soon be enjoying some warmer temperatures. Warmer temperatures, of course, means enjoying Florida sunshine and hitting the water. As you get out to enjoy where we live, here are some important reminders to ensure you are in compliance with state laws and practicing water safety. Nothing ruins a fun day in the sun quicker than a citation or accident!

## Be Sure You Display your Vessel Identification Numbers Properly

In Florida, all registered and

titled vessels, including personal watercrafts, operating on Florida waters must display three types of identification:

**Florida Registration Number-** a permanent number issued to the vessel and remains with the vessel as long as it is operated or stored in Florida, even though the ownership may change. The Florida registration number is used for identification purposes and must be painted or permanently attached to both sides of the bow (forward half) in block letters and numbers at least three inches high. The number must read from left to right, contrast in color with the vessel and be maintained in readable condition.

**Hull Identification Number-** all registered and/or titled vessels operating on Florida waters must display the assigned hull identification number (HIN), which is usually branded into the vessel by the manufacturer. Vessels without a manufacturer's HIN or a homemade vessel built or assembled by the owner will be assigned a HIN by FLHSMV. The HIN must be permanently

affixed to the outboard side of the transom, if there is no transom, the outermost starboard side at the end of the hull, above the waterline. The characters of the HIN must be of no less than 12 numbers and letters and no less than 1/4 inches high.

**Registration Decal-** a registration decal identifying the year that the vessel registration is valid will be issued with each registration certificate. The decal must be displayed on the port (left) side of the vessel, immediately before or after the registration number. Decals from expired registrations must be removed from the vessel. Make sure your decal is valid before you hit the water! You can renew your registration online at [BayTaxCollector.com](http://BayTaxCollector.com). Choose Express Lane when renewing online before 3 p.m. and pick up your renewal same day at the office you select.

## Only Allow Properly Trained Individuals to Operate a Boat

While Florida does not have a boating license, anyone born

on or after January 1, 1988 is required to either have successfully completed a National Association of State Boating Law Administrators (NASB-LA) approved boating education course or have passed an equivalent course or temporary certificate examination. Additionally, they must have in their possession a boating education ID card and a photo identification card before operating a vessel with a motor of ten horsepower or more in Florida.

Visitors to the Sunshine State must comply with the boating safety education requirements as well. If a non-resident can show proof of having successfully completed a boater safety course or equivalent exam that meets or exceeds Florida's requirements (usually in the form of a certificate or card), a Florida Boating Safety Education Identification Card is not required.

It is also always wise to review boating regulations each season. You can access the Florida Fish and Wildlife Conservation Commission regulations online.

**Don't Wait Until the Last Minute to Renew Your Fishing License**

Fishing licenses can be purchased or renewed at a number of retail outlets. However, perhaps the quickest is to purchase your license online through the Florida Fish and Wildlife Conservation Commission. You can download the Fish | Hunt Florida App to purchase, renew and store your license on your smartphone or tablet.

For more details regarding vessel registrations or fishing licenses, visit [BayTaxCollector.com](http://BayTaxCollector.com).

Use your smart phone camera to scan this QR code and view Florida's Boating Regulations.



# PCB Chamber Awards Six at 2022 Annual Awards Dinner

The Panama City Beach Chamber of Commerce's celebratory Annual Awards Dinner was a night of recognition as they honored six of their outstanding members on Thursday, March 3, at Edgewater Beach & Golf Resort.

"It was great getting the membership together to recognize business leaders for everything they do to help the Chamber and Community," said President/CEO Kristopher McLane.

This prestigious event recognized local leaders for their

dedication and accomplishments in the community and with the Panama City Beach Chamber. These awards included the Pioneer of the Year Award, Community Impact Award, Business Excellence Award, Chamber Ambassador of the Year Award, Young Professional of the Year Award, and a dedication to the Chamber's 2021 Chairman.

The Past Chair Award was given to 2021 Chairman of the Board, Jeff DiBenedictis of BancorpSouth, for his dedicated service and commitment to leading

the Beach Chamber.

This year's Young Professional of the Year Award winner was Lauren Hopkins of Coastal Waste & Recycling. Lauren is a young professional who influences growth, prosperity, and quality of life in our community.

This year's Ambassador of the Year Award winner was Jenna Hall of Hallin Hearts. Whether attending Ambassador events, ribbon cuttings or volunteering her time, Jenna goes above and beyond for the Chamber.

Kristian Millirons of 3P

America won the Business Excellence Award for their contributions to our community and to the Beach Chamber. 3P America continues to evolve and recently launched a state-of-the-art testing, vaccine verification, and compliance platform as the intelligent solution for employers navigating Coronavirus mandates.

Our Community Impact Award was given to Larry Thompson of Grand Slam Sports Tournaments, which continue to encourage growth

and prosperity in Panama City Beach and Bay County year after year.

This year's Pioneer of the Year Award was given to Richard Sanders of Visit Panama City Beach for their leadership, dedication, and lasting influence on our community and to the Chamber.

Congratulations to all award winners and thank you to everyone that made the 2022 Annual Awards Dinner a huge success.





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