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# PCB Life

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## It's Almost Time for ArtsQuest!

The Exciting and Historic Arts Experience Returns During Art Month  
Saturday, May 7th | 10 a.m. - 7 p.m. • Sunday, May 8 | 10 a.m. - 5 p.m. | Grand Boulevard

BY LORI LEATH SMITH

As a child growing up in Grayton Beach in the 80s, Jennifer Steele never dreamed she'd one day become the director of a non-profit that would help cultivate the arts in our region. She just knew she loved visiting the little art shop of local Grayton Beach artist Susan Foster where she would buy postcards and photos. Susan's gallery was her first experience with fine art and as much a part of young Jennifer's childhood memories as Grayton Beach itself.

Susan, along with another local Jan Clarke, dreamed of having an art festival with other local artists to help bring the community together to provide a sense of community the art world provides. Susan and Jan began mentioning their arts festival idea to other locals such as Van Ness Butler, and the buzz began with folks coming into the gallery talking excitedly. The Walton County Tourist Development Council, who also adminis-



2019 ArtsQuest in Grand Blvd.

PHOTO BY SHELLY SWANGER

tered the festival's first TDC grant, recommended they schedule the event during a slower time of year.

The rest is history. In 1989, with a small community gathering, the first Grayton Beach Fine Arts Festival, now called ArtsQuest, was born! Early organizers chose Mother's Day weekend with the event

becoming one of the first in our area to promote a "shoulder season."

Many locals, all volunteers and names you might still recognize today, were involved in this first endeavor including Jeff Ellis, Chris and Manny Chavez, Malcolm Patterson, Paul Digiamico, Doug Krumel, Nicky Frye, Jack Hous-

ton, Hilda McDonald, Kitty Tyler and several more. Through the years, it evolved into a weekend event and has moved to various locations such as Eden State Gardens, Seaside and The Village of Baytowne Wharf to accom-

**ARTSQUEST**  
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2011 ArtsQuest in Seaside

PHOTO BY SHELLY SWANGER



2008 ArtsQuest in Grand Blvd.: Cameron Moore, Lee Moore, Jan Clarke (AQ/CAA co-founder), Jennifer Steele, Julie Steele

## PCB Council Toughens Rules Following Unrest

BY ED OFFLEY

In the aftermath of unprecedented civil disorder by hundreds of out-of-state troublemakers during the last weekend in March, Police Chief J.R. Talamantez raised the primal issue confronting Panama City Beach:

"We have to figure out what kind of a city we want to be," he told City Council during an emergency meeting on April 1.

Sparked by an out-of-state social media campaign calling for a "Panamaniac" takeover of the city's streets, thousands of out-of-state men, including known street gang members, swarmed the Beach on Saturday and early Sunday, March 26-27. The crowds shut down streets, and engaged in mass looting and other criminal acts that area business leaders said terrorized residents and early family visitors to the city.

Forewarned of the event by social media posts, City Manager Drew Whitman and Chief Tala-

**PCB COUNCIL**  
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PCB COUNCIL

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mantez prepared the best way they could, by contacting other local and state law enforcement agencies for reinforcements.

More than 130 law enforcement officers were on the streets – nearly twice the city police department’s entire 77-member roster – when the unruly crowds began their rampage.

“These weren’t college-age people coming down here to have a good time,” a furious Mayor Mark Sheldon told the packed City Council chamber. “These are people who came here to be lawless and nothing more. They came here to wreak havoc, and that’s what they did.”

When the night of mayhem had ended, police had arrested 161 people on a total of 120 charges, including 60 on gun charges and 70 for illegal drugs. Police reports showed that half of those arrested had come down from Alabama, where the unsanctioned “Panamania” gathering had been heavily promoted. Police seized 75 illegal weapons, including a number of AR-15 assault rifles.

Sheldon and Council members – along with dozens of residents at the April 1 meeting – showered praise on law enforcement members who braved the chaos to reassert control and arrest wrongdoers.

One weapon that proved vi-

tal to their effort was the Bay County Real Time Operations Center, a collaborative effort between the Bay County Sheriff’s Office, other local police departments and participating businesses. The network provides relevant video and other information directly to law enforcement on the streets. Operating since last November, a primary element of BAYROC is a network of traffic, school and participating business video cameras to assist law enforcement officers responding to a crime.

Even so, Beach officials realized that more is needed to prevent future mob invasions. Sheldon and Council members have taken swift action to bolster the city’s defenses. During the emergency meeting, Council held the first reading of an emergency response ordinance that Sheldon said will provide the city with the ability not only to respond more rapidly to such an emergency, but to take pre-emptive action in the face of an impending threat.

Drafted in the days following the unrest, Ordinance 1586 authorizes the city manager to declare a state of emergency in



lieu of requiring an emergency City Council meeting to formally vote on such a measure. “We wanted to give the city manager quicker authority,” Sheldon explained. “It can take up to six hours (for the council) to call an emergency meeting. ... (With) this, we’ll go from six hours to six minutes.”

The emergency powers authorized in the ordinance include:

- The establishment of curfews in all or part of the city;
- The prohibition of the sale, distribution, or service of any alcoholic beverage;
- The prohibition of the possession or consumption of alcoholic beverages other than on a person’s own premises;
- The closing of any area of public or private gatherings;
- The prohibition of the rent-

al or operation of any low-speed vehicle, golf cart, or other vehicles found to be “incompatible” with normal and safe traffic flow;

- The termination of utility services at any real property address;
- The suspension, revocation, or denial of any previously granted special event permit;
- Authorization for city personnel to enter private property and provide “emergency nuisance abatement” if needed, and for city personnel to provide emergency assistance to private property or businesses critically affected by the declared emergency;
- The authorization to close any public beach access or portion of the sandy beach.

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# PCB Chamber Valued Member Spotlight



## Established Member: WonderWorks

Let your imagination run wild at WonderWorks Panama City Beach! Located on Front Beach Road, WonderWorks' upside-down, grandiose exterior catches the eye of locals and visitors alike. Inside, guests will find over 100+ hand-on, interactive exhibits and attractions to spark the imagination in kids of all ages.

WonderWorks is a science-focused indoor amusement park that combines education and entertainment. Dubbed as "edu-tainment," WonderWorks guests will learn something new without even realizing it. Feel the power over 74 mph hurricane-focus winds in the Hurricane Shack. Make huge, life-sized bubbles in the Bubble Lab. Get the NASA treatment in the Astronaut Training Gyroscope and experience zero-gravity weightlessness. The list goes on and on.

WonderWorks has been a staple in the Panama City Beach community since June 2010. For the last 11 years, WonderWorks has seen countless of PCB visitors, local students, families

and more, creating memories that will last a lifetime. The upside-down house continues to be a top-stop for vacationers visiting "The World's Most Beautiful Beaches."

On a local level, WonderWorks and its team works to bring top-tier entertainment to its community for any occasion. The family attraction welcomes groups of all sizes to make outings and special events a bit more WONDER-ful. WonderWorks hosts hundreds of school field trips throughout the year, providing a fun and educational way for students to see the science they are learning in the classroom come to life – and have a little bit of fun while they're doing it!

Local scouting troops can take advantage of the Scout Appreciation Days and Scout Overnights hosted throughout the year, while summer camps, sports teams, and family groups can take a break from the heat and have some indoor family fun. There's truly something for everyone.

WonderWorks is always looking to bring new and exciting



exhibits to its attraction. On top of its iconic rides and exhibits, WonderWorks PCB recently added a new Wild Run interactive game and a giant model of the family classic Twister. Think you've got what it takes?

The attraction is also gearing up for the opening of its newest top-tier attraction – "Grave Digger." This new ride will change the way guests experience indoor attractions. With the power of virtual reality, "Grave Digger" will put guests in the driver seat of a Monster Truck for an unbelievably amazing experience. The simulator combines VR, wind effects, pitch and roll movements, music and more to create a totally realistic, 360 experience. This new, exciting attraction is set to open Summer 2022.

If you haven't stopped by



the upside-down house recently, you simply haven't been. From PCB locals to out-of-town vacationers, WonderWorks Panama

City Beach is a must-see, top attraction with something fit for everyone.

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# PCB Chamber New Member Spotlight



## Introducing: Wolfe Watersports LLC

Hey there! Bruce Evou here with Wolfe Watersports LLC. I'm excited to tell you about a great new experience here in Panama City. It's called Hydro Flying and it is the latest innovation in water sports technology. I run the business with my family, and we are very excited to be able to bring this new adventure to Bay County. We also do kayaking, paddle-boarding, surfboard lessons, and so much more! I love to make people happy by giving them great experiences to share with friends and family.

We opened in the Panhandle in August 2021. We are really excited to offer Bay County a premier hydro flying experience. Join us on the water and strap in for a high flying adventure sure

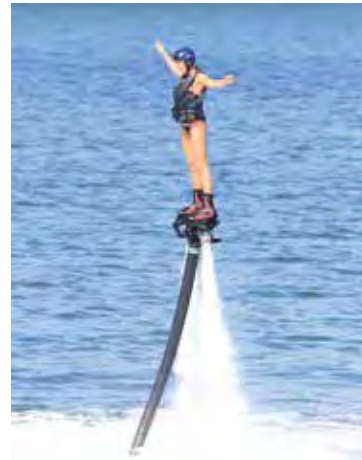
to leave you with memories for years to come. We use the latest innovation of the Flyboard Pro Series system by Zapata Racing. We specialize in high-end innovative recreational products. We offer several services and products dealing with only the top of the line equipment. Our goal is to innovate the recreational industry by providing the latest and greatest products and services to our customers.

Hydro flying uses a device called the Fly Board that allows you to simply hover over the water. Seems impossible right? However, we use the power of the wave runner to force water through a reinforced hose which then comes out of the bottom of the Fly Board. This creates verti-



cal thrust you need to elevate out of the water. You'll be flying 5 to 10 feet above the water within 10-15 minutes! When you complete thirty or forty minutes of hydro flying, you receive a certificate to document your amazing achievement.

Our mission statement is "Inspiring Confidence through Adventurous Experiences". We be-



lieve that hands on activities are the best way to learn. There are so many lessons that can be applied from science, like how and why it works, to healthy physical exercise.

If hydro flying isn't the adventure you're looking for, no worries. We also offer kayaks, pedal boats, and paddleboard rentals as well as surfing lessons with a local professional that will show you the ins and outs of surfing at the hottest local surf spots. It is important to us that everyone goes away from these experiences with a new perspective and a fierce sense of confidence.

You're sure to have the best story to share with your friends and family when you join us on the water at Wolfe Watersports Hydro Fly PCB. Nurture your inner child by joining an elite class of thrill-seekers by experiencing hydro flying in Panama City.

### PCB COUNCIL

*continued from page 3*

In addition, the new ordinance will grant the city manager the power to enact "advanced preventative measures" if it is determined that "a reasonable likelihood" exists that a civil

emergency will occur in the city within the next 12 hours. This includes the ban on low-speed vehicles, canceling special event permits, use of city property to detain or impound persons or property, and beach closures.

Sheldon told the meeting that the ordinance balances the

need for action in a civil emergency against the constitutional rights of people, including visitors. A declared state of emergency will automatically expire after a maximum of 72 hours and a formal City Council vote is required to extend beyond that period.

Whitman told PCB Life that the measure will give the city "the ability to quickly and effectively reduce dangers and disburse dangerous crowds as well as congestion in areas where we see a high amount of vehicle and pedestrian traffic."

"The hope is that it will alle-

viate any type of mob mentality from the very beginning," Whitman added.

Passed unanimously at the first reading, Ordinance 1586 was scheduled to undergo a second reading and final vote by City Council at its April 14 meeting.

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 Community

# Spring is Much Welcome After a Cold Winter



FROM MAYOR MARK SHELDON

Spring is the season of re-birth and we are certainly seeing that on Panama City Beach. After coming out of what seemed like a really cold winter, warmer temperatures are here and have brought locals and day-trippers out. Families from across the U.S. have taken advantage of having a few days off to enjoy the World's Most Beautiful Beaches during Spring Break!

Spring is truly the hard start of our beach season. According to Visit Panama City Beach data, 31 percent of all visitors last year came in the spring. Summer is obviously the peak season, accounting for 40 per-

cent of our annual visitors.

Last year was a record-breaker for tourism in Panama City Beach. We had more visitors than ever before. A record number of people flew into the Northwest Florida Beaches International Airport. Hotels, condos, and short-term rentals stayed full.

All of this is reflected in the City's number one source of income for the General Fund Budget, Business Tax Receipts (BTR). BTR fees are \$1 per \$100 in gross sales.

Every local resident who buys milk and cereal for their family, every commuter who shops for clothing during their lunch break, every visitor who pays for lodging and meals out, is contributing to the operations of this City. You are all stakeholders, as your dollars pay for new firetrucks, lifeguards, body cameras for police officers, parks and recreation staff who maintain our fields and special programs, road resurfacing, certain street lighting, and so much more.

As the largest city in the state without an ad valorem (prop-



erty) tax, the BTRs are important to us. Tourism, as our largest industry, is important to this community. Our "season" keeps our businesses in business.

Of course, we cannot predict the future, but all indicators are, we are in store for another great year. The pandemic is waning somewhat, and surveys show that people have resolved to live their lives, to travel, while taking the necessary precautions. Conventions and reunions are coming back, and hotels are already seeing activity in this area. We continue to offer a variety of special events, festivals, and tournaments that attract thousands to our community each year.

There is a concern about the effects of the rising price of gasoline, and if it will inhibit travel. We do not think it will have a substantial effect here, especially because many of our visitors come from the Southeast – a day's drive or less away. While young families on limited budgets may be more impacted, a consultant recently shared that retirees will not wait for the price of gas to come down. They are not postponing the travel adven-

tures they have waited a lifetime to take. While the trip might be more expensive, the additional cost, many feel, is worth it.

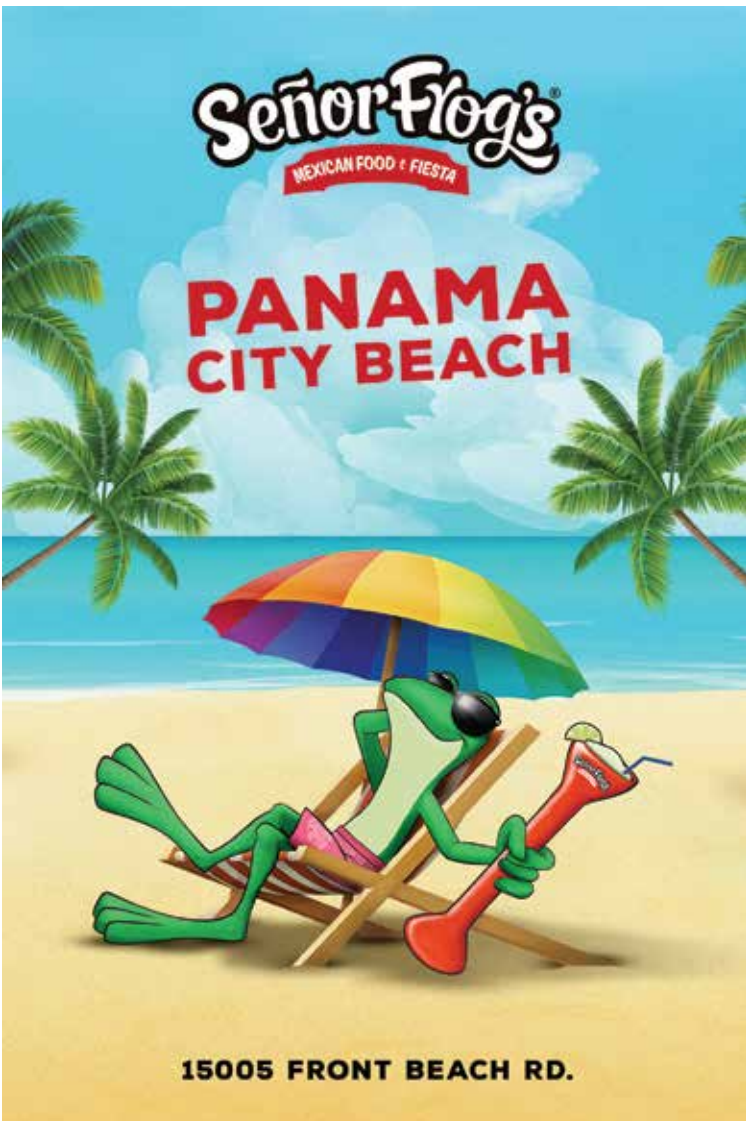
People may travel closer to home this year, according to Longwoods International, a destination and travel research firm. A recent survey by the firm found that travelers were more keen on reducing the expenses of the trip when it comes to meals, accommodations, and souvenirs.

One year ago, Longwoods' travel survey found that 87 percent would travel over the next six months. In March 2022, 92 percent said they plan on traveling within the next six months.

The top three activities on their next trip: visit family and friends (47 percent), take a road trip (42 percent), and go to the beach/waterfront (41 percent.)

Our community is blessed with the appealing features travelers want – a beautiful environment, natural resources, and great weather. Travelers want to revel in the great outdoors and sometimes, their number one goal is relaxation. What better place to chill than the beach!

If you have concerns or questions you would like Mayor Sheldon to address, email Communications Director Debbie Ingram at [debbie.ingram@pcb-fl.gov](mailto:debbie.ingram@pcb-fl.gov).




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# A Superior AC to Host Veteran & First Responder Appreciation Lunch April 19

The community is coming together again to give recognition and thanks to our first responders and veterans. A Superior Air Conditioning Company will hold its quarterly Veteran and First Responder Appreciation Lunches again at Texas Roadhouse in Pier Park North on Tuesday, April 19,

2022, from 11:30 a.m. to 1 p.m. **Register To Win A Free Hvac System:** Go to ASuperiorAC.com and scroll down to the box at the bottom, "Veterans & First Responders HVAC Giveaways." Register to win a free HVAC system. One first responder or veteran per quarter will be chosen to win.

The giveaway is open to all who have served in the Army, Navy, Air Force, Marines, Coast Guard, and all first responders including EMT/Medics, Police, Sheriffs and Fire Fighters.

Our Bay County and Walton County Lunches are sponsored by A Superior AC, Texas Roadhouse, Beachy Beach Real

Estate, Panama City Toyota, Meeks Construction, Edward Jones, The Arc of the Bay, Military Media, Emerald Coast Hospice, By the Sea Resorts, Coastal Waste & Recycling, Century 21 Blue Marlin Realty, Hare Taylor CPA, Harley-Davidson of PCB, High Definition Coaching, HerbaFex,

and Coastal Wildlife Removal. Local businesses are invited and encouraged to donate door prizes and giveaways. For more information on attending, sponsoring, and raffle donations, please contact Steve Richmond at (850) 328-2269.

## Second Annual Hats & Horses:

### A Kentucky Derby-Style Benefit for Club 360 May 7

Presented by VBA Design, Hats & Horses is a charity benefit for Club 360, taking place on Saturday, May 7, 2022 from 3:30 to 6:30 p.m. at VBA Design, 2424 Jenks Avenue in Panama City. This fun afternoon event will include everything you'd expect (and hope for) from the Kentucky Derby: Mint Julips and Whiskey, Hors d'oeuvres and Entertainment, a Silent Auction and Prizes.



Club 360, whose tagline is Women Giving Back Full Circle, was formed in early 2020 as a charitable organization that offers women leaders in our community the opportunity to give back full circle, beginning with educating our youth on career opportunities and ending with providing scholarships. "There are so many students today who need our help in understanding what careers are available, and that the possibilities are endless," says Founder Irene Field. "Club 360 wants to help our youth achieve success and assist with alleviating costly expenses due to multiple career changes during college."

During the Second Annual Hats & Horses, local restaurants will showcase their best fare and compete for the coveted title of "Best Derby Dish." The afternoon also includes games, races, and the Grand Finale, "Run for the Roses" which will be televised live at the event.

Tickets are \$25, available on Eventbrite.com. For more details on Hats & Horses, and for Sponsorship Opportunities and other ways you can get involved, please contact Irene Field at (850) 769-3357.

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 Community

# Let's Get Growing with Julie: Hiring a Landscape Professional



By JULIE MCCONNELL, UF/  
IFAS EXTENSION BAY COUNTY

In my role as horticulture agent, I get a lot of requests for recommendations for landscape installation, maintenance, and pest control. To remain objective and avoid any conflict of interest, I cannot provide referrals. However, I can educate callers on how to be informed consumers by sharing Florida Friendly Landscaping™ Principles and explaining certifications to verify when hiring a company.

Unlike many other skilled trades, landscape and grounds

maintenance is mostly unregulated by the State of Florida, except for commercial (for-hire) pesticide and fertilizer applications. Any person applying fertilizer or pesticide in a landscape setting for hire must hold the appropriate certifications required by Florida Statute Chapter 482 and Administrative Rules 5E-14, which are enforced by Florida Department of Agriculture and Consumer Services (FDACS).

Let's start out by defining fertilizers and pesticides. A fertilizer is any substance that contains at least one recognized plant nutrient which promotes plant growth, affects soil acidity/alkalinity, or enriches the soil. This includes synthetic or organic fertilizers, lime, or sulfur applications. A pesticide is any substance that repels, kills, or inhibits the growth of a pest (weed, pathogen, arthropod, animal) which includes herbicides, insecticides, miticides, fungicides, rodenticides, disinfectants, etc. Combination products such as "weed-n-feed" are both a fertil-



izer and a pesticide and require both certifications when applied by a green industry professional.

How do you know if the person you want to hire is certified? FDACS maintains a public database online that anyone can access here <https://aessearch.fdacs.gov/> Each individual applying pesticides or fertilizers in a landscape must be certified, but there are many types of certifications in Florida so below is a quick reference guide for certifications relevant to home and business landscapes:

Fertilizer applications to landscape plants (lawn, ornamentals, flowers, trees) at a home or businesses not owned by the applicator require the Limited Urban Commercial Fertilizer certification. The license number for this certificate starts with "LF". Each person making applications must have their own certificate, there is no "working under" someone

else's license allowed.

Pesticide applications to lawns (excludes sports turf) and/or ornamental beds requires an ID Card/Pest Control license. This license number will start with "JE".

Pesticide applications to ornamental beds only (lawns applications not permitted with this certification) must hold the Limited Commercial Landscape Maintenance certification. This number will start with "LC".

Whether or not your landscape maintenance will require chemical applications it is a good idea to also verify the company has Workers' Compensation <https://dwcdportal.fdfs.com/ProofOfCoverage.aspx> and liability insurance (request proof of insurance).

Other certifications that are not required but indicate voluntary advanced training by the individual include:

- Florida-Friendly Landscaping™ Certified Professional (FFLCP) <https://ffl.ifas.ufl.edu/ffl-and-you/ffl-professional-certification/fflcp-list/>

- Florida Nursery, Growers and Landscape Association (FNGLA) certifications <https://profile.fn gla.org/verify-a-certification>

- Certified Horticulture Professional (FCHP)

- Certified Landscape Technician (FCLT)

- Certified Landscape Designer (FCLD)

- Certified Landscape Contractor (FCLD)

- Certified Landscape Irrigation Service Technician (FCLIST)

- Registered Landscape Architect (RLA) License <https://www.myfloridalicense.com/w111.asp?mode=0&SID=>

- International Society of Arborists (ISA) certification <http://www.isa-arbor.com/findan-arborist/arboristsearch.aspx>

For more detailed Guidelines for Hiring a Florida-Friendly Landscape Professional visit <https://go.ufl.edu/56mt8xu>.

*An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Andra Johnson, Dean. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices.*



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# The March Wind Did Blow, But April is Here!

BY PAM ANDERSON

This March was no exception! Head boats, charter boats, guide boats, and dive boats were ready but Mother Nature has been kicking up the winds quite a bit... In spite of the windy days, boats were booking and making trips into the Gulf and the Bay for some great fishing fun.

Triggerfish are on the menu! They are in March and April and biting! Many say it is one of the best-tasting fish in the Gulf, and we believe it... ugly as sin, but good tasting and lots of fun to catch.

The charter boats and guide boats are beginning to bring in Spanish Mackerel for their spring run through the area. These are also fun to catch and plenty tasty! Be sure to make reservations soon to get your chance to catch one of these seasonal fish. Bake it, grill it or take it to one of the local restaurants for a 'Hook 'n Cook' - you catch and they cook.

Vermilion Snapper and White Snapper and many other species are always available for the taking on just about any trip

you book. They are the backbone, year-round fish, that keep you (and us) busy fishing. And, of course, they are great to eat fresh from the boat-fried, baked, or in fish chowder - yum!

Sheepshead are abundant around the jetties at St. Andrews State Park this time of year. They make great fish chowder, too.

Start watching for Cobia. It is about time for them to make their annual migration from the South.

New this month at Capt. Anderson's Marina, we are in the first phase of 'Fisherman's Walk'. Along the docks, we have a small souvenir shop, specialty coffee shop, and shaved ice shop. They feature a sitting area with tables so you can snack and watch the boats unload their catches. Check them out the next time you come by. We believe they are going to be a great addition to our little corner of the world. And, there is more to come!

Dockside Grille will be serving fresh sandwiches, snacks, and ice cream, as well as offer-



ing more seating on the upper deck so you can watch the boats come in all over Grand Lagoon.

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. Boats are filling up-call soon! 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.

More folks are coming in and enjoying all that beautiful Grand Lagoon has to offer here

on Panama City Beach. We welcome you all! You won't find an area of the beaches that has more local family-owned businesses all nestled in one area as you will here in the Grand La-

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 Community

# Gift to PCB Senior Center Has Strings Attached

By PETER FISCHETTI

No doubt you're familiar with the 1992 rock song "Uke of Earl" by Gene Chandler. And these days we read about the impending World War III battle between two ukelear powers. So yes, the ukulele has played a significant role in our

nation's history.

While there's no reason to stop the presses, it's nice to hear that the Panama City Beach Senior Center has received a donation. There were strings attached, but no one was complaining since the only tune you can play on the ukulele without

strings is "Sounds of Silence."

Yes, the senior center now owns six sparkling new ukules, complete with carrying cases and tuners, thanks to the generosity of the Ukulele Orchestra of St. Andrews.

I have a personal interest in this gift as a senior center mem-



Ukulele instructor Jody Wood-Putnam, right, with students at the Panama City Beach Senior Center.



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ber (and now on the board) who took uke classes there last year. I did so by checking out an instrument from the city's public library down the block. I was encouraged enough by the instructor—"Peter, that was a good note a minute ago"—that I purchased a uke and practiced religiously. (That doesn't mean I just played religious music.)

In fact, within a week I could play "This Land Is Your Land." And a week later, I nailed "This Land Is My Land." Moving along line by line, I hope to reach "From the Redwood Forest to the Gulf Stream Waters" before widening is complete on Front Beach Road.

As you know, the ukulele dates to the 1880s, introduced in the Hawaiian Islands by Portuguese immigrants. While sales of the instrument have risen and fallen over the years, it became really popular in the 1950s thanks to Arthur Godfrey and later Tiny Tim, whose rendition of "Tiptoe Through the Tulips" inspired Jimi Hendrix to take up the ukulele. (He couldn't find one, the story goes, so he bought a guitar.)

But back to the donation. When I took lessons last year, I practically had the instructor to myself. At a Friday class last month, more than two dozen students filled the activities room at the senior center. It was the first lesson for about half of them. And following the class, they were joined by another 18 members who were more experienced and sounded great playing together. Many had started by borrowing an instrument from the library. Now the center has six to share with members.

"It is wonderful to get a donation like this," the center's volunteer president, Mugsy Parens, said. "Otherwise, a lot of our seniors would not be able to purchase a ukulele to find out if they really wanted to learn

to play. This way they have a chance to experience playing and learning. We have had a great response to our program and hope that we can continue to expand our programs with donations like this one."

Jody Wood-Putnam teaches the class and is the gig manager for the Ukulele Orchestra, which performs throughout the Panhandle to raise money to support music education and, she said, "have fun." As part of a current grant campaign, the orchestra is donating instruments to non-profits, including senior centers.

Before the donation, she explained, her class had one ukulele for folks without an instrument who wanted to play. "If we had more than one person show up, we had to tell them to go to the library and check one out and come back later. Unfortunately, the library's ukuleles sometimes were all checked out also, so folks sometimes couldn't even do that. Now folks can try out playing a ukulele without having to commit to buying one."

The class, she said, "gives me such joy to see everyone enjoying themselves and the camaraderie that has developed within the class. I feel so fortunate to be part of such a wonderful group as they gain confidence in their playing, and some of them have become quite good!"

I don't think she was referring to me, but that's OK. I won't fret about it.

To join the class, call Sue Peipert at the senior center (850) 233-5065. For more information on the Ukulele Orchestra of St. Andrews, visit [www.standrewsukes.org](http://www.standrewsukes.org).

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

# Community Helping Hands: The Women's Civic Club of Panama City Beach

BY CHERI LEISTNER

What do you get when you bring local women together from various backgrounds and careers to work toward the mission of improving life for all who live, work, or visit our community? You get the Women's Civic Club of Panama City Beach!

Formed in 1965, the Women's Civic Club of Panama City Beach is a not-for-profit organization that has always had the mission of improving life in the Panama City Beach community for all. But not only does the club work hard to fulfill this mission, they have fun doing it! Various fundraisers are held throughout the year, including a Dance and Silent Auction in February, an Arts and Craft Show in March, and a Todd Herendeen dinner and show in April. The members also volunteer to work at other events throughout the community, like the Florida Ironman race, and other local events. All proceeds earned at these events are then

donated back into the local community to support worthy local charities, educational institutions, and safety and support organizations. The Women's Civic Club of PCB believes in creating a brighter future for all of Panama City Beach.

Some of the supported charities and organizations include the PCB Police Department, PCB area fire departments, Bay County Sheriff's Department, Beach Care Services, Gulf Beach Food Pantry, Anchorage Children's Home, PCB area schools and teachers, The Ark, and the PCB Library. Swim lessons are also provided for the participants of the Boys and Girls Club at Frank Brown Park. Scholarships have been endowed at Gulf Coast State College and annual college/technical school scholarships are awarded to graduating Arnold High School seniors. Various committees also support the Salvation Army Domestic Violence Program, area senior



citizen homes, foster children, and more.

In addition to working for our community, the club members enjoy a monthly luncheon meeting and the opportunity to hear a speaker on topics ranging from organizing your home to learning of new opportunities in the area from our mayor. We also have regular fun activities for our members such as quarterly bunco parties.

When asked what the club means to First Vice President Nancy Stovall, she began by

quoting Audrey Hepburn. "As you grow older, you will discover that you have two hands – one for helping yourself, the other for helping others." Nancy goes on to state, "The Women's Civic Club of PCB gives me the opportunity to work with and create friendships with a wonderful group of women and to help other others in the community." The ladies of the Women's Civic Club of PCB truly believe in and practice the club motto: "United for a Better Community"!

Membership in the club is open to ladies in the Panama City Beach community as well as Bay County and South Walton County. Luncheon meetings are held the first Thursday of each month, from September to May at various restaurants / event centers throughout PCB. Information on the club is available at our website, [wccpcb.org](http://wccpcb.org), or contact us by email at [womenscivicclub@aol.com](mailto:womenscivicclub@aol.com). You may also follow our activities on our Facebook page, Women's Civic Club of PCB.

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 Community

**ARTSQUEST**

*continued from page 1*

modate its growth.

In the meantime, Jennifer was growing up and witnessing it all happen in her hometown. Today, 34 years since the festival's inception, Jennifer is the Cultural Arts Alliance (CAA) Executive Director and ArtsQuest is one of the largest juried art shows in the region bringing in thousands of attendees from all over. Having evolved into much more than a community gathering, in a VIE Magazine article, Jennifer describes ArtsQuest as "an intricate and beautifully detailed tapestry, woven over the years by locals tooled with varying backgrounds, resources and talents."

Eventually, realizing the need for a non-profit organization to help cultivate the arts in Walton County, the CAA was formed as the official local arts agency. Its vision is to continue to make Walton County a home and destination for cultural and artistic excellence where lives are enriched, the economy is stimulated and the community is strengthened through the arts. It offers support, connection

and access opportunities for all forms of art, every variety of maker, all levels of learners, and especially, art lovers all throughout the year.

Through sponsorships, advocacy, funding and educational programs, the CAA directly connects people to all things art related. ArtsQuest was the first event the CAA ever produced and has truly become a beloved CAA signature event — one of the most significant ways CAA is able to continue to fulfill its mission. It bridges the gap for those who either lack access to the arts or could uniquely benefit from the experience.

Each year, the CAA produces popular, large-scale events, including the 30A Songwriters Festival, Valentine Tour of Homes, ArtsQuest Fine Arts Festival and the Flutterby Children's Arts Festival; operates The Foster Gallery, a local artist collective showcasing art works from more than 30 local artists in a quarterly rotation; and also presents over 250 exciting and educational art workshops in its offices at the Bayou Arts Center. Further, the CAA recently partnered with the South Walton Artificial Reef Association



2022 Featured Artist  
Orestes Barrios Marañón



to launch the nation's first permanent Underwater Museum of Art off the coast of Grayton Beach State Park. Visit [umaf.org](http://umaf.org) to learn more about this Art in Public Spaces program that is expanding the county's artificial reef system. The CAA also provides much-needed arts funding through its Art For All grant program to Walton County's teachers, students, artists and arts organizations.

Still a Mother's Day weekend tradition, this year's ArtsQuest, May 7 and 8, is being hosted by Grand Boulevard at Sandestin

and features exhibiting national, regional and local artists as well as art workshops and live art demonstrations. With continuing support from Visit South Walton and additional support from the Florida Department of State, Division of Arts & Culture and Emerald Coast Magazine, the festival will provide an opportunity to view and purchase original art from more than 100 artists who convene each year from throughout the U.S. They will display their original artwork in various mediums including, but not limited to, ceramics, glass, oil and acrylics, photography, sculpture, metal and wood. They will also compete for awards and cash prizes totaling \$10,000. Further, the festival will offer heritage art demonstrations, a CAA member artist exhibit, a Walton County student exhibit, continuous live music and entertainment and "ImagiNation: where kids rule." A full cash bar will be available throughout the weekend in Grand Park.

You will find this year's featured artist, Orestes Barrios Marañón, who was also the 2021 ArtsQuest 'Best in Show' winner, at the event. His featured piece, "Fable In Eden," is a parody of fables and everyday life, creating stories with each of the characters that live in it. His wide range of work will be on display and "Fable In Eden" is the featured image on all ArtsQuest marketing materials.


An independent engraver, painter, cartoonist, sculptor, designer, set designer and children's book illustrator, Orestes

was born in Cuba in 1963, studied at the Provincial School of Arts of Pinar del Rio specializing in plastic arts and graduated from the National School of Arts "Cubanacan" in Havana in 1983. Orestes has received more than 20 national and international awards for his artistic work as well as various recognitions for his teaching. He has had eight personal art exhibitions and participated in more than 70 collective exhibitions in Cuba, Canada, Germany, Argentina, Spain, France, Uruguay and the U.S.

ArtsQuest is now part of a full month of art activities in May! Art Month Walton County is a collaboration of visual, performing and literary arts events presented in diverse formats and venues throughout the county. It includes "Under the Sea"—a fundraiser for the Underwater Museum of Art, Digital Graffiti Festival at Alys Beach, the Longleaf Writers Conference, Music on Main in DeFuniak Springs, Sinfonia Goes Pop, Xanadu—a production from Emerald Coast Theatre Company, gallery events and more.

Would you like to help and join the rich history of volunteers for ArtsQuest? Sign up at [CulturalArtsAlliance.com/volunteer](http://CulturalArtsAlliance.com/volunteer). ArtsQuest will happen rain or shine. Open to the public with only a \$5 admission donation requested, visit [CulturalArtsAlliance.com](http://CulturalArtsAlliance.com) or see the inserted Art Month program for more information. Destin Life looks forward to seeing you there!

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# Help Bay County Graduates in the Homestretch



By BILL HUSFELT,  
SUPERINTENDENT,  
BAY DISTRICT SCHOOLS

By the time you read this, we will be well into the fourth nine weeks of the 2021-2022 school year. I know I speak for many of us when I say that I am SO grateful that our students have been able to attend in-person learning this year and I'm very appreciative of all of our employees who worked so very hard to make sure this year was

as smooth as possible.

I hope that all of you will take some time to celebrate our students as we near the close of the school year. Thankfully, our schools are able to invite parents/guardians, grandparents, and others back on campus for special events and so we hope there's an invitation for you to attend a field day, honors ceremony, graduation, or another special end-of-the-year gathering. Graduation is one of THE



most amazing events I attend as Superintendent and whether or not you have a graduate this year, I think we can all agree that it's exciting to see our students

complete their K-12 educational paths and to begin their post-secondary plans of college, univer-

*Continued on page 19*

## "Spring has Sprung"

By JAMES CLAUSON,  
DIRECTOR, BEACH MOSQUITO  
CONTROL DISTRICT

Mosquitoes love springtime. With the warmer temperatures and longer days, the mosquitoes come out in force. They are hungry and are looking for their first blood meal of the season. Only the female takes blood and both male and female need the sugar in nectar to produce the energy needed to fly and look for that unsuspecting blood donor.

Beach Mosquito Control District is a local Governmental Independent Special District established in 1952. The district is located in the Panama City Beach area, from the Walton County line on the west, to the Hathaway Bridge on the east, south of the intercoastal waterway. We are a very progressive and forward-thinking mosquito control district that utilizes the latest integrated mosquito management methodology. Our employees are all professionals

that have extensive knowledge, training, and experience.

Beach Mosquito Control District uses an extensive surveillance system to locate and identify the many mosquito species in our district. By knowing where the mosquitoes breed, we can treat the water and prevent the larva from emerging as flying adult mosquitoes. This surveillance also triggers our control measures, both larviciding and adulticiding. We also identify and track any mosquito

virus transmission via our extensive arbovirus surveillance system and our mosquito pooling system. We collect mosquitoes and speciate them and send them to the State of Florida, Department of Health Lab in Tampa, for evaluation. If there is any arbovirus present, the Lab notifies us, and we ramp up control measures. We are mostly concerned with EEE (Eastern Equine Encephalitis) and WNV (West Nile Virus).

Lastly, as mentioned, we are

a tax-based organization. We encourage the residents and visitors to our beautiful area to call us at (850) 233-5030 or go to our website and put in a service request, free of charge, if they are being bothered by mosquitoes. [www.pcbeachmosquito.org](http://www.pcbeachmosquito.org)

We are here to serve the public in the most effective, efficient, and professional manner possible to keep everyone free from mosquito bites and to keep our public safe from possible mosquito-borne diseases.

**Spring Into Action!  
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The Mosquito Professionals.**

**Remember...  
Drain Standing Water Or  
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**Stay Safe...  
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 Education

# One School, One Heart, One Vision: Breakfast Point Academy

BY CLINT WHITFIELD,  
PRINCIPAL, BREAKFAST POINT  
ACADEMY

It is hard to believe that there are only nine weeks of school left in the 2021-2022 school year! In August, we were so happy that our students were returning to school, but we were also anxious about what the year would entail. However, it has brought us joy, excitement, accomplishments, and progress. That is not to say that challenges have not tried to hinder our spirit, but the unity of our students, staff, and school community has united to overcome these and press on! The Stingray community has definitely continued to RISE above as RAYS of hope and sunshine for our Beach community.

It is important to know that our students have not experienced a “regular” school year because of the hurricane and pandemic-related school interference for four years. Consequently, this has impacted the amount of instructional time



that our students have lost in addition to the time spent with a teacher in front of them. This in turn has led to learning loss and gaps in instruction, but our teachers continue to work together to lessen the impact of learning gaps, and I could not be more proud of our teachers and support staff at BPA. Their hard work and determination, paired with the resolve of our

students and community, has given us much to be proud of this year!

Our elementary art students have been recognized for their accomplishments, and we were honored to have 13 of our student art projects displayed throughout the county. Our 4th-grade students also participated in the annual Paul Brent Art Show, where four of our

students were recognized, and eight other students represented our school as well. Finally, we had 12 students recognized in the Best of Bay contest! We are extremely proud of the artistic abilities of our elementary students, and we look forward to more of their accomplishments!

Our middle school students have been successful in sports and academic competitions this year. Our boys’ Stingray soccer team went undefeated again and defeated University Academy 3-0 for the county championship. In the last three years, this team has only lost one game and tied another! These 8th-graders have set a milestone of three undefeated regular seasons in three years and two championships in the last three!

This year, our students competed in local and state competitions, and they have achieved amazing feats! In the annual MathCounts competition, our team placed first in the local competition, and four students placed in the top 10. Conor

McCann moved on from the local chapter and placed first in the regional competition! We had three students make the All-County Honors Band, and they did an amazing job cooperating with other students within our schools. Our students won more awards than any other school in the annual Tom Barfield History Fair, and five of those students will compete in the state competition in May. We also had students win special awards in the annual Invention Convention held recently. I think it is safe to say that our middle school students have a wide array of talents, and we are so proud of them. We look forward to our elementary students moving into middle school to continue our traditions of excellence!

We are not just a school, we are a family, and we work together to help each other RISE. One school, one heart, one vision = Every Ray, Every Day!

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# PCB Flavor

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## IN THIS ISSUE

ISO: PCB's Best Frozen Drink

Taste Budz Review

## ISO: PCB's Best Frozen Drink

By JACK SMITH

The daiquiri's origin goes back to an actual cocktail recipe card signed by a "Jennings Cox" in 1896. This original recipe underwent an important transformation in the 1920s and 1930s when, with shaved ice and an electric blender, Constantino "Constante" Ribalaigua Vert, bartender and owner of a little bar called Floridita in Havana, Cuba, perfected the drink. The frozen daiquiri was born. Ernest Hemingway happened into the bar soon after and sampled the frozen creation, then requested it without sugar and with double the rum due to his diabetes. The cocktail became conducive to epic drinking sessions and Hemingway became a regular. In one account, Hemingway put away 15 frozen daiquiris in one sitting. The "Hemingway Special" has a permanent spot on the menu.

**Frozen Mason Jar Daiquiris:** While researching this month's "Best Frozen Drink" section, I came across an article from *The Yummy Life* that showed a recipe, an easy one, for flavored frozen daiquiris. Each daiquiri contains frozen fruit (I guess you can say that's the healthy part), and they taste great. The best part is that you can mix several ahead of time and pour them into 16 oz. mason jars (now available at Michael's in Pier Park) and freeze them until needed. Here's a helpful hint: leave some room at the top of the jar as they expand while they freeze! The alcohol keeps them from freezing completely, so just remove them from the freezer about 10 minutes before serving.



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Who says you can't have dessert first? The Grand Marlin's signature Bushwacker is a creamy, frozen concoction featuring white rum, coffee liqueur, crème de cocoa, vanilla ice cream, chocolate syrup and a 151-rum float. It's a taste of heaven in a tall glass.

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## Pineapple Willy's Restaurant

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

Pineapple Willy's has been serving up the best frozen daiquiris in Panama City Beach since the 80s. Made with their proprietary "Chilly Willy's Daiquiri Co." mix, these daiquiris are packed with flavor and available in three different sizes. Drink one on their historic pier while you dine, or grab one to-go!

## Barefoot On The Beach

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We are a fun, outdoor beach bar and restaurant serving breakfast, lunch and dinner. We've got food for the whole family with our selection of shrimp, wings, burgers and more. Swim in our pool, grab a signature drink and watch the waves come in. Enjoy our large selection of frozen concoctions that help you hang on.



## Paparazzi Gourmet Deli

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

Paparazzi Gourmet Deli has some refreshing, equally satisfying alternatives to a frozen drink, perfect for the first warm days of summer! Top picks include a chilled glass of Prosecco, or a delightfully fresh California Rosé.



## American Charlie

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Bacardi silver, house made simple syrup and a muddle of fresh blackberry, lime and mint, make this refreshing American Charlie favorite burst with flavor. Come by and see Nick, Candace, Dallas, Patrick and Kristin...they'd love to make one of these for you...or check out one of our other specialty signature cocktails!



## Boon Docks

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

Boon Docks now features a fully stocked bar with specialty drinks, wine and cocktails. Located under the mighty oaks on the Intracoastal Waterway just 5 minutes from the beaches in West Bay, Boon Docks offers you a delicious array of local and regional seafood using a blend of spices that gives it a taste like no other! Thank you to all of our wonderful customers for 22 years. We look forward to many more!

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Whether you're local or just visiting, stop by the Angry Tuna for the great taste of local flavors of the Gulf Coast! House specialties include the Seared Tuna Bowl, Tuna Sliders, Tuna Nachos, Colossal Seafood Platter, Peel & Eat Shrimp and many more! We've got a full bar with a variety of beers, Angry Tuna Red Lager and delicious frozen drinks!



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## Schooners

5121 Gulf Drive, PCB | (850) 235-3555  
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The Last Local Beach Club is perched right on the beach and it can get HOT! Quench your thirst with a frozen Pina Colada, Margarita, Bushwacker, Rum Runner or Daiquiri. For something more exotic try a frozen Key Lime Pie or Banana Baileys Colada... take the souvenir mug to go! Great food and refreshing cold drinks... Schooners serves it all with an amazing view of the Gulf!





## Christo's Sports Bar & Grill

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

Come in and try the Sweet Seduction: Malibu, banana liqueur, pineapple juice and a splash of grenadine. It's sure to get you in the mood for spring-time in April.

## Taste Budz

### Review: American Charlie Grill & Tavern

BY BRITTANY KIRKE

We've all heard the saying "great minds think alike." And when there's a room full of great minds, good hearts, and even better food, the American experience is defined. Two of our favorite restaurant owners came together to form something classic and comfortable, and we know you're gonna love it.

On February 2, 2022, Dave Trepanier, the owner of the infamous Firefly, and Mike Whitmer, past manager of local hotspots, Margaritaville and Schooners, held the grand opening for American Charlie Grill & Tavern. The idea behind the restaurant was to create an atmosphere that showcases what being American means to them. Mike Whitmer told us that their tagline is "Love of Food, Love of Country" and all are welcomed to their restaurant if they support the "good ol' USA."

When thinking of a name for this new tavern, Whitmer mentioned his love for the 1972



Classic Mad Magazine cartoon "One Busy Day in a Highway Restaurant," which depicted a sandwich called the American Charlie. These cartoons have been a staple in America since 1952 and are deeply ingrained in the memories of an entire generation.

As soon as you walk in the door, you're greeted by friendly staff who love to hang out and have fun with the customers. But what most people are here for - customer service aside - is the food. Their menu is made up of American dishes from all over the country, but they have a neat little twist to them. And if you're struggling to choose something because it all sounds good, I recommend asking your waiter what they think is the best.



A highly recommended menu item is the "Surf and Turf Quesadilla" which is thinly sliced ribeye and bay shrimp with blended cheese folded into a toasty tortilla and served with tangy horseradish cream. And if you're coming with your friends, the Badlands Nachos are the way to go. These are made fresh with warm chips, chili, and spicy queso Blanco wrapped around a bed of refried beans, Pico, scallions, shredded cheese, and sour cream.

The staple on their menu is



called the Uncle Sam Jam, a double-patty certified Angus beef burger topped with American cheese, mushrooms, bacon, and queso Blanco. This burger

is definitely not for the faint of heart if eaten whole - it stands almost 5 inches tall! But it is delicious! They also offer freshly made desserts - think classics like root beer floats, apple pie, brownie sundaes, and even milk & cookies.

Visit them for lunch or dinner at 473 Richard Jackson Blvd. in the Shoppes at Edgewater Plaza. They are open and ready for your business from 11 a.m. to 10 p.m. Monday through Saturday. If you'd like to stay up to date with their changes and growth, follow them on Facebook - American Charlie Grill & Tavern.



### FOR LOVE OF FOOD, LOVE OF COUNTRY.

American Charlie Grill & Tavern is a new All-American eatery located at The Shoppes at Edgewater in beautiful Panama City Beach, Florida. From the local team that brought you Firefly PCB, On The Fly, and more, this dining experience is unlike any other, featuring favorite classic dishes that have become staples in our country for over a century.

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# Spring Brings Exciting Change to Center for the Arts

The Center for the Arts is unveiling a fused glass permanent art installation and three new exhibits this month for the public to enjoy.

The main gallery will be hosting the first Bay County Audubon Society's Arts and Photography Competition and Exhibition for the organization's 2022 Nature Connection program. This exhibition includes a wide variety of fine art media as well as photography under the theme of "nature."

One award will be given for "Best in Show" and then a first and second place will be awarded to each of the categories followed by an honorable mention or merit award.

With excitement for the in-

augural exhibit, the Bay County Audubon Society's director Brian Dusseault stated, "It is an honor to work with Bay Arts Alliance on our chapter's first ever art/photo contest. Bay Arts Alliance is a treasure in our community, reaching out in numerous ways to make our lives more meaningful through commitment to the fine arts." Come by and see this exhibit on display until Friday, April 23rd.

In the Miller gallery this month will be "Vessels and Vases," an exhibition of fused glass pieces by local artist Marlene East. This exhibit will demonstrate a variety of techniques in creating glass art and will be on display until Saturday, April 30th.



There are vessels made with the tiniest particles of glass, powders, and frit that look like sugary sand. Some pieces are made in a traditional manner of arranging sheet glass in a design and layers. The meaning of this collection of pieces is to show Marlene's pursuit of learning and finding joy in creating what she loves.

On display in the cafe gallery space will be wood/metal work

by Kevin Vanderschaaf. Kevin uses pressure-washed old wood and recycles it for backing and frames then cleans and recycles old license plates to create his pieces.

Kevin got his start when Hurricane Michael hit. The artist states, "I was laid off from work from the hospital for 5 months and the creative juices just started flowing." His artwork is inspired by fishing and the preservation of wildlife.

Bay Arts Alliance is excited to announce the installation of a new permanent piece, Transformation. After years of planning, Bay Arts Alliance unveiled this piece created by local glass artist Dr. Marlene East on April 1. Measuring 14' long and span-

ning two floors, Transformation has 240 pieces of art glass suspended from a polished steel ring fabricated by local metal artist, Stephen Harman. Funds for this piece were given in memory of Mary Dennise Dodd (1933-2020) - Loving Christian, Wife, Mother, Grandmother, Artist, and Friend.

Transformation symbolizes the energetic revitalization of downtown Panama City, the metamorphosis from caterpillar to butterfly, as well as transformations in color that occur in the kiln-firing process.

Admission is always free at the Center for the Arts and the doors are open Tuesday - Saturday, 10 a.m. - 5 p.m., and Friday, 10 a.m. - 7 p.m.

## GRADUATES

*continued from page 13*

sity, the military or entering the workforce and "the real world."

Our high schools do need your help right now, however, to ensure our graduates have a safe place to celebrate their accomplishments and gather, one last time, with their classmates. All of our high schools offer a Project Graduation "lock-in" after graduation to ensure students celebrate safely but ALL of our high schools need help this year gathering prizes, food, and incentives for their seniors. We've been doing this for years now and it's always been a lot of work but this year is exceptionally challenging.

This year, with the pandemic on top of the hurricane three years ago, has been tough on our local businesses, and groups that have always been able to support Project Graduation with donations are not necessarily in a position to do so this year. And so that's where we need your help. If each of you would reach out to your own alma mater with a donation (new items or monetary donations accepted) then we could ensure that the Class of 2022 has a celebration just like all others before them. Typical items collected each year include dorm-sized fridges and televisions, laptops, Ipads, earbuds, bicycles, gift cards to area restaurants, dorm furnishings, cameras, and any other electronic items that teens may want/need.

Without your help this year, we're in trouble because this

event is 100 percent financed by private donations and all schools are in need.

To make your donation as easy as possible here's the contact information for each of our high schools. I KNOW we have graduates from all of them scattered throughout our community and I know that collectively

we can help save Project Graduation for our seniors.

### Please reach out today to:

**A. Crawford Mosley High School** Principal Brian Bullock at (850) 767-4400 or via email at bullobe@bay.k12.fl.us

**Bay High School** Principal Billy May at (850) 767-4600 or

via email at maybs@bay.k12.fl.us

**Deane Bozeman School** Principal Ivan Beach at (850) 767-1300 or via email at beachji@bay.k12.fl.us

**J.R. Arnold High School** Principal Britt Smith at (850) 767-3700 or via email at smithjb@bay.k12.fl.us

**Rosenwald High School** Principal Jonathan McQuagge at (850) 767-4580 or via email at mcquaj@bay.k12.fl.us

**Rutherford High School** Principal Coy Pilson at (850) 767-4500 or via email at pilsolc@bay.k12.fl.us

Thank you! Stay safe and God Bless!

**LIVE MUSIC IS BACK!**

**CHRIS LEBLANC**

Chris LeBlanc, the wild Cajun rock star is back live at the Last Local Beach Club Easter weekend!

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 **Around the Beach**

# Around the Beach

**Earth Day Bay County Returns April 23!**

We will be celebrating Earth Day Bay County 2022 after a two-year break due to the coronavirus pandemic, which put a lot of people's plans on hold and took the lives and health of many of our close friends and family members.

Please join The Friends of St. Andrew Bay as we come together in a new location at Oaks By The Bay Park in historic St. Andrews on April 23, 2022, from 10 a.m. until 4 p.m.

**Sheriff Ford Reappointed to CJSTC**



Bay County Sheriff Tommy Ford has been reappointed by Governor Ron DeSantis to the Criminal Justice Standards and Training Commission.

Sheriff Ford is currently the chairman of the Criminal Justice Standards and Training Commission (CJSTC). The CJSTC is an independent policy making body that ensures that Florida's

citizens are served by a qualified, well trained, competent, and ethical law enforcement community.

Sheriff Ford also serves as the Co-Chair of the Northwest Florida Regional Domestic Security Task Force and is a board member of the Florida Sheriff's Association.

**Senior Center Bingo!**

In addition to activities like chair exercise, yoga, wood carving, and stained glass, the Senior Center hosts Bingo, always a crowd-pleaser, on the second Tuesday of each month from 1-3 p.m. The next session will be May 10. Bingo is open to the public. Come on out for a fun time and win some great prizes. For \$5.00 you get 10 games, a drink, and a snack.

**Does this Look Like the Face of a Feral Cat?**

30Acats daily feeds over 150 homeless cats every day in dozens of locations. Weekly they also humanely TRAP - NEUTER at Bay county's own low-cost vet services SpayBay - and RETURN (TNR). The volunteers who feed the colonies spend time at each feeding, watching for any medical issues or checking to see if there are any new cats that have not been TNR. (Each cat receives a non-harmful tip of the ear as a universal sign of being no longer breeding) While 30Cats usually only socializes kittens between 7 - 10 weeks old, sometimes a homeless



cat because of its personality and the volunteer's dedication will become socialized while in the colony. 30Acats will then transition it to a foster home. The foster patiently helps the cat learn that shelter is nice and NOT scary, makes sure the cat uses the litter box, and does not bite or scratch. This work can take anywhere from two weeks to two months. Homeless cats come in every breed, hair length, and color. Once adopted, friends are shocked at the beginning story of these beautiful creatures! This beautiful cat, Bonfire Marshmellow (female, age 1-2 years), and others are available for adoption. That's why we say, "Adopt Don't Shop!"

If you can't adopt, You can still be part of the rescue stories by volunteering to be a foster home, or donating to the daily food cost at 30acats.org - a 501(c)(3) organization. All donations are tax-deductible.

## Catch You Later!



### Welcome to the Angry Tuna!

At Angry Tuna, tuna isn't simply some fish you get out of a can. Instead, slices and steaks of freshly brought-in tuna are incorporated into a variety of dishes. A Smoked Tuna Dip and Seared Tuna BLT highlight the menu, and don't miss the Seared Tuna Nachos. Delivered.



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# These 3 R's Let Your Happy Relationship Bloom



BY JAMIE C. WILLIAMSON, PHD

Spring symbolizes rebirth and reminds us of the constant opportunity to refresh and renew our lives and improve our relationships.

And, if couples don't get too caught up in "making" themselves seem happy, they can use the longer spring days to relax and reflect on how to refresh their daily priorities, renew their relationships, and let their "happy" bloom naturally.

## The 3 R's of Relationship Improvement

**Reflect:** Despite what you may think, people don't really learn from experience. Instead, we learn from reflecting on our experiences. And, it's the same for couples.

Think about it. Unless they reflect on their experiences, couples just rehash the same argument and make the same mistakes over and over again.

To renew their relationship, couples must truly think about how their life could flow more easily and be filled with the simple pleasures that constitute true happiness, not the manufactured kind. This type of reflection usually begins with one person, who later shares it with the other.

So, this spring try to capture some relaxing time for yourself so that you can truly reflect on your relationship. Does your marriage seem routine? Does your spouse seem like your roommate and not your best friend and the love of your life? Do you fight about things that don't really matter and avoid talking about the things that do? Have you let the kids' activities monopolize all your discretionary time? Have you let your own interests take away from the time you could (and probably should) be spending with your partner? Have you let financial concerns keep you from finding creative ways to bring simple joys into your relationship?

**Refresh:** In order to let your "happy" bloom naturally again, you first must identify the patterns you would like to improve. So, whatever life stage or circumstance you are in, think honestly about what small changes would make a big difference, and keep in mind that it might be YOUR approach that needs to change.

Once you have identified the

existing patterns that interfere with the easy flow of happiness in your relationships, select the one non-threatening pattern that you believe — if changed — would bring a sense of renewal to the daily life of your relationship. Later, you can address the other issues you identified.

Make one change at a time, because the increased happiness you feel from the first change makes subsequent changes easier to implement.

Begin to change the interfering pattern by refreshing the way you and your spouse/partner approach the issue involved. This will, of course, require you to disclose what you've been thinking about to your partner. The trick is to initiate the conversation with what's called a "soft start-up". A "soft start-up" addresses the issue directly and head-on but does NOT include criticism or blame. Begin with an "I" statement and say, for example, "Things are so hectic for us these days, I really miss having time to just hang out with you. Will you help me figure out some small changes we could make in our routines so that there is more time for us to just be together?"

This refreshed approach will not work if your partner feels blamed for your discontent. Be sure to use the soft start-up and



take the time needed to create a safe conversational zone. Then, don't be surprised if you learn that your partner has been feeling the same way.

**Renew:** When couples refresh their approach to managing the daily patterns in their lives, they are able to reprioritize the allocation of their time, energy, and finances; recapture time to invest in their relationship; and create a sense of renewal and base-line happiness in their relationships. When this happens, couples don't even think about how to make happiness, it just blooms naturally, like spring, every day.

So, share this column with your partner, grab some cou-

ple time, and brush up on the 3 R's that let happy relationships bloom naturally.

And, let me know if I can help.

*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).*

# Sun, Fun and Working Out in PCB

BY LAURA LASPEE

I was convinced I didn't need to join a gym to get into shape. In 2018, I lost 35 pounds with the help of a Nutritionist who advised me the only way to tone my body was to exercise. So, out came the hand weights, exercise DVDs and sneakers. I was determined to keep the weight off.

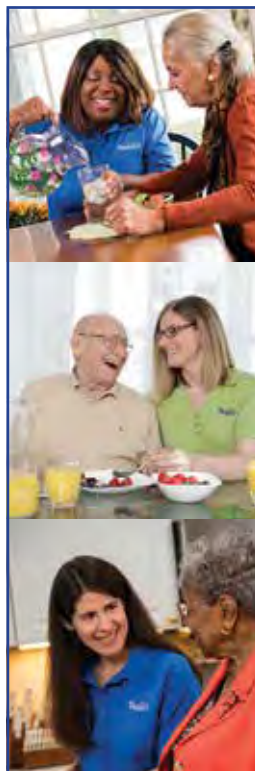
I quickly became disinterested in trying to do this on my own. My thoughts turned to joining a gym to help me. I started to ask my friends and library patrons who were gym users what they liked about the gym they used. Overwhelmingly, I heard great reviews of a local gym here in Panama City Beach.

Owners of our local Workout Anytime, Larry and Monica Lock say their gym is just like the TV show Cheers, "It's where ev-

eryone knows your name". Larry moved to Panama City Beach in 1997 after graduating from college in Bowling Green Kentucky. He began working for the Bay County Sheriff's Office, and soon met his future wife, Monica. Monica is originally from Phoenix, and the two met while both were working in the Narcotics Unit with Panama City Police Department. She recently retired after 23 years in Law Enforcement and now helps Larry run the gym he opened in 2012.

The staff at Workout Anytime is friendly and professional. At any given time, you can find staff cleaning machines, answering phones, and helping members learn how to use the

*Continued on next page*



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

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 Wellness


BY DR. RICHARD CHERN, MD

There seems to be a misconception that testicles are supposed to work forever while ovaries go through menopause. Unfortunately, this is not true. Men routinely ask me what they can do or take to naturally bring their testosterone levels back to normal. There is **NOTHING** over-the-counter and **NOTHING** you can do on your own to increase testosterone to optimal

levels for health and symptom relief.

Men eventually go through **ANDROPAUSE**, which is basically male menopause. This typically occurs between age 35 and 55 but can occur earlier. This process occurs slowly and symptoms creep into our lives unnoticed until they begin affecting those around us. Symptoms include weight gain, lack of energy, irritability, fatigue, loss of libido, erectile dysfunction, loss of muscle mass, reduced exercise tolerance, weight gain, impaired memory, poor concentration, nervousness, depression, insomnia, sweating and the feeling that you are past your prime. Is it any wonder that men go through a midlife crisis?

Testing is easy. We can provide a lab order for you to take

to your lab or we can draw your blood at any of our offices. If you have already had your labs drawn you can send them to us for review. But, often it is best to have labs redone as most offices fail to order everything that is needed. Labs should be drawn in the morning and although fasting is not required, it is recommended. At The Hormone Restoration Center, we look at testosterone and other labs that are often affected by low testosterone levels.

Treating low testosterone can reduce or eliminate every symptom discussed above. But not all treatments are the same. Some treatments improve symptoms and improve health.

Some treatments improve symptoms, but increase the risk for disease and death. For exam-

ple, research shows that testosterone shots can increase risk for heart attacks, strokes and death from heart disease. The risks are not the same for every form of testosterone replacement.

At The Hormone Restoration Center, we use bio-identical testosterone replacement that can help reduce the risk of aggressive prostate cancer, cardiovascular disease, diabetes, Alzheimer's disease, muscle loss, osteoporosis and much more.

In addition, estrogen levels are vitally important in the proper treatment of andropause. Unfortunately, many physicians forget to consider this issue or some incorrectly block estrogen production which increases the risk for disease and death.

There are many considerations when treating low testos-

terone in men. Although symptoms may be universal, treatment **MUST** be individualized.

Treating testosterone properly should not only resolve your symptoms, but also improve your health. At The Hormone Restoration Center we do this every day. We are certified in the use of bio-identical hormones in men and women for the treatment of andropause, menopause and many other conditions.

*Dr. Richard Chern specializes in bio-identical hormone and thyroid optimization. He is the only Platinum Provider for BioTE in the region and mentors other physicians on the practice of bio-identical hormone therapy. Call Dr. Chern at 850-837-1271 for an appointment and turn your body back on!*

## WORKING OUT

continued from page 23

equipment. When I asked Larry what makes his gym different than the others, he replied "We care!" He said that new members are often worried gyms are intimidating or overwhelming, "but give us a chance to show you that it's not, we are here to help, all you've got to do is walk through the door." I can say

from personal experience that the hardest part of joining this gym was walking in the front door. I had arranged a tour through their Facebook page and when I walked in, I was greeted by Sarah and then introduced to Larry. He answered every question I had and took the time to explain how their membership worked. They have three different memberships you can choose from, Basic, Premi-



um, and Family Add On. Larry and Monica also work one on one with clients who need Personal Training. After a recent surgery I had, I have been working out with Larry. He is motivating and patient. Another cool thing about Workout Anytime is that with a membership you can work out at any of over 100 clubs throughout the country. The company believes that once you become a member at your home club, you become a member at every one of their clubs. They give you a key card with a membership number on it and you scan it every time you enter the gym. If you are wanting to work out after hours all you do is scan your card on the entrance door to gain access to the gym.

The gym has multiple equipment for all levels from beginner to advanced. They also have a tanning bed and HydroMassage, which is wonderful after a tough workout. Both Larry and Monica's favorite part of owning Workout Anytime is

watching people become better versions of themselves. Larry believes in improving the lives of people on both a physical and mental level. Mental health to him is as important as physical health. He sees the social aspect of his gym as a healthy way for people to interact. More than 40% of our members are either retired or close to retired people using the gym. It is interesting to me to see the same faces in the gym on the days when I work out. You are never too old to join a gym. Believe me, If I can do it, so can you!

Give Larry or Monica a call at Workout Anytime to find out more about their amazing gym. They can be reached at (850) 708-1247 or stop by the gym. It is located at 12117 Panama City Beach Parkway, Panama City Beach. Email Larry at llock@workoutanytime.com.

You can check out Workout Anytime on the web at workoutanytime.com on Facebook or Instagram Workout Anytime (@workoutanytime).

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## Feeling Anxious? Hearing Loss Might Be The Culprit



**Do you feel anxious all the time?** Do you find it hard to concentrate and focus on what others are saying? If so, there might be a good reason for your symptoms. A recent study found that people with hearing loss often experience anxiety and depression. When you can't hear well, you may miss clues that let you know when someone is about to talk or hasn't yet finished, and this can lead to stress.

There are several potential reasons why hearing loss might lead to increased levels of anxiety. One theory is that when people cannot hear well, they compensate by being more sensitive to the visual aspect of their surroundings. This heightened focus on what others are doing or saying can cause a sense of anxiety, even in low-stress situations.

Whatever the reason, it's important to be aware of the connection between hearing loss and anxiety. There are treatments for both conditions, so there's no need to suffer in silence.

If you think you might have hearing loss, get tested by a hearing health professional. They can help identify the type and severity of your hearing loss and recommend the best course of treatment. Don't let anxiety keep you from living your best life – get help today! **Call All Clear Hearing Centers at (850) 308-1678 to learn more.**



Source: <https://hearagainamerica.com/feeling-anxious-hearing-loss-might-be-the-culprit>

## SCHEDULE OF EVENTS

### Questions about your hearing?

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

- **April 12th & 14th** - Spring Into Hearing Event - **Miramar Beach location**
- **April 13th & 15th** - Spring Into Hearing Event - **Panama City Beach location**
- **April 14th** - Health Expo in Chipley - **Washington County**
- **April 15** - Clinic Day - **American House Senior Living**
- **April 27th & 29th** - Spring Into Hearing Event - **Panama City Beach location**
- **April 26th & 28th** - Spring Into Hearing Event - **Miramar Beach location**



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 Musing


BY SEAN DIETRICH

A few years ago, I attended my first Catholic mass in a busy church outside Birmingham. It was Easter Sunday. I sat in the nosebleed section.

People greeted me with the words, “He’s risen.”

And because I was not raised under a rock, I answered with: “He’s risen indeed.”

I was not reared Catholic. I was born into a fundamentalist family with a mother who sometimes prayed in tongues over our meatloaf.

But after my father died, I learned that he had been raised Catholic. He went to Catholic school, he played Catholic baseball.

He didn’t talk about it. I never knew that version of him.

All I knew was a man who did not dance at wedding receptions for fear the pastor would catch him.

There in the Catholic cathedral, the priest announced, “He is risen.”

“He’s risen indeed,” said the congregation.

I was an outsider in the room. The priest recited the Liturgy of the Eucharist, people formed a single-file line to drink out of a chalice.

Easter Sundays in my family were nothing like this. My father was an usher at our little church. He’d stand by the front door and hand out bulletins that advertised upcoming Baptist church events.

For example:

—Thursday fundraiser, dinner on the grounds. Bring a covered dish.

—Young men’s Bible study, 6 P.M. Bring a covered dish.

—Women’s Sunday school class is holding an upcoming prayer vigil against beer. Bring a congealed salad.

—Men’s group is recruiting for its annual mission trip to Biloxi.

## Sean of the South: Easter

On Easter, my father always gave folded bulletins to those approaching. He would say, “He is Risen.”

And any Baptist worth his salt would answer with, “He’s risen indeed.”

Most who attended our church on Easter were only visitors. They came twice per year. My father called them “nose-bleed Baptists.”

I never heard anyone else use that term. I asked my father what this meant.

“Well,” he said. “Some fans only come to games once a year and sit in the nosebleed section. And other fans never miss a ballgame, even when the pitcher stinks.”

“Which ones are we?” I asked.

“You’ve heard our new preacher, you tell me.”

Our preacher delivered fiery sermons. He would remove his jacket and preach to heartless sinners, drunks, and those who danced at wedding receptions.

The church services of my youth were lengthy. Someone in the congregation would either faint from low blood sugar, or be suddenly overcome with the spirit of narcolepsy.

But this Catholic business was different. Mass was foreign to me. It was exotic, and beautiful.

All my life, my father refused to step foot in a Catholic church. And he wouldn’t even talk about it.

But then, there was that one time.



On the way home from a Boy Scout meeting, he pulled into a Catholic church. I knew my father was having a rough time at work. I’d overheard him talking with my mother through the hot-air vents.

“The boss is killing me,” my father once said. “I can’t sleep, can’t eat...”

At night, sometimes I found my father vomiting in the bathroom from stress. I would ask what was wrong, he would tell me to go back to bed.

That afternoon, Daddy wheeled into a Catholic church and turned off the truck. There was a man cutting the church lawn with a push mower, he wore a white collar.

My father told me to wait in the vehicle.

Daddy was in that chapel for almost two hours. When he came back his face was wet and his eyes were pink. I never asked why. And he never told me.

Anyway, Easter mass was lovely. I’ll never forget it. The priest told the people that “Easter is when dead things come back to life, when we remember how the finger of God can

touch dead wood and make it green again.”

I had to write that down I liked it so much.

After the service, I stayed in the chapel until all people had left. The priest sat in a pew behind me. He introduced himself.

“Father,” I said, “I’m not Catholic, but I really enjoyed mass.”

“Yeah?” he said. “Thanks for celebrating the Resurrection with us.”

“Can I ask you a question, Father?”

“Shoot.”

“Have you ever lost anyone?”

“Yes. I lost my mom, my dad, and my brother.”

“Do you think about them a lot?”

He ducked his head. He let out a sigh. “Every second. Actually, I was thinking about Mom this morning. You know, when I was growing up, she would always laugh about the big Easter crowds and call them ‘nosebleed Catholics.’ Isn’t that funny?”

It sure is.

On my way out of church, the priest and I took a slow walk down the aisle. I admired the statuary, and the beautiful stained-glass windows.

The priest hugged me, then said, “He is risen.”

And well, you know the rest. Happy Easter.





# Eco-Friendly Products from Your Floors Up

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

It's spring, the skies are bluer, and the weather is warmer. April is synonymous with both spring and with celebrating the gifts that Mother Nature has given us. As we celebrate Earth Day later this month, we pause to appreciate the beauty in nature that we find in our everyday lives. Lots of us want to replicate that natural beauty in our own homes and create something that brings us peace and tranquility in our most personal spaces. Now, through eco-friendly products and earthy design, there are many ways to create a beautiful space that honors the natural elements that inspire you.

## Committed to Greener, Healthier Flooring Products

More and more flooring manufacturers are focusing on creating greener products, not only for environmental reasons but also for the health of their customers. They are committed to sustainability by using recycled materials to create new

products, decreasing the use of chemicals to reduce indoor emissions, using more natural raw materials to reduce their carbon footprint, reducing energy consumption, and re-using water. The beneficiary of this effort is not only customers but the climate and environment as well. They stand committed to doing what they can to preserve the beauty of our planet.

## Tile is an Eco-Friendly Choice

If you are looking to choose products that are eco-friendly and offer sustainability, then one of the most beautiful and long-lasting products of choice is tile. Both ceramic and porcelain tile are very environmentally friendly indoors. Because tile gives off little to no Volatile Organic Compounds or VOCs, tile is a healthy and green choice for homeowners, especially if anyone in the home suffers from allergies or asthma. Tile is fired in extremely high-temperature kilns, so it eliminates any VOCs in the product, virtually making them non-existent.



Using wood-look and pebble tile brings the outdoors in and provides a natural, earthy design to your bathroom.

Tile comes in a variety of designs and colors and because it is made of raw, natural products, it is made to last. Popular earthy tiles right now are the pebble tile for shower floors or accents in niches. Wood-look tiles also bring a natural element to showers and bathrooms. These wood-look tiles are also great for floors, especially here in Florida, where homeowners are fighting

water and sand on a daily basis but need something extremely durable. Even grouts and adhesives are designed by manufacturers to offer zero or very low VOCs so that your home stays as healthy as possible.

## Incorporating Mother Earth in Your Design Choices

Another great way to bring the outside in is through design with color and texture. "One of the greatest things about designing with the environment in mind is that you have so much to choose from," says Kimmy Miller, sales and design consultant for Flooring Depot of Panama City. "Our planet is a beautiful and amazing place and is alive with color and texture. You literally can find inspiration no matter which way you turn. Whether it's the blues and greens of the ocean here in Panama City Beach or if you prefer the peace and tranquility of the mountains, there are a ton of greens, blues, and natural browns that will help you create a relaxing retreat."

Once you have chosen your

colors, then adding texture gives your space dimension and invites touch. Whether in the tile you chose or with rugs, accessories, or furniture, texture is a wonderful addition to any room and pulls things together to make a complete and cohesive space.

"There are so many natural products that can be added to your design, from natural stone tile to stacked stone for fireplaces to pebble tile for showers or kitchen backsplashes to brick pavers for kitchens and sunrooms, to rock accent tiles, there is an abundance of choices that can add texture and natural drama to your space," says Miller. "There are so many products that are both eco-friendly that will give the look and feel of nature. Here at Flooring Depot, our main showroom has a tremendous number of options to choose from, and we can help you pull together the right materials to help you create a beautiful, lasting, and environmentally friendly home."



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## Design and Culture: Interior Design Trends 2022

Painted cabinetry (especially white cabinetry with matte black hardware) and Carrara marble - or a quartz that has that soft movement of Carrara with some soft neutrals - is the hottest trend right now and we love this look!



Dura Supreme cabinetry with homestead panel door style. "Pearl" paint on the perimeter and "Harbor Stain" on the cherry wood on the kitchen island. Photography by Mark Ehlen of Ehlen Creative Communications.

Matte black, also known as flat back hardware has become increasingly popular for faucets, sinks, and cabinetry hardware. You may not know this but be-

sides Home Depot, Lowe's and Ace Hardware, Granite Plus is a local resource for hardware. We do not stock hardware, but most hardware is available in less than 72 hrs. We are your local dealer for Hardware Resources and Top Knobs and you can contact our showroom or just stop by, and we can get it ordered for you. Some of our favorite pulls from Hardware Resources are the Key West, Sutton, and Hayworth pulls, and from Top Knobs, the Ascendra and Brixton pull are also perfect for our coastal homes. These are just a couple of our favorites but there are over 200 styles to choose from. If you like shopping from home, you can visit [www.hardwareresources.com](http://www.hardwareresources.com) or [www.topknobs.com](http://www.topknobs.com) and just give us a call.

Carrara-looking quartz goes beautifully with matte black hardware and a white shaker cabinet. Although nothing will emulate the look of true Carrara marble, quartz is the next best choice without the maintenance of real marble. Quartz continues to be extremely popular due to its easy-care characteristics. Caesarstone Frosty



Carrina (this option available in polished or honed), Vadara Carrara Nuovo, Vicostone Misterio, MSI Carrara Lumos, and Elements Torano quartz are our top picks for this look.

For those of you not familiar with Granite Plus, we are family-owned and operated. We offer cabinetry, countertops, tile, and flooring. If you are remodeling or building new construction, we have all the resources you need. You can stop by our showroom at 17801 Ashley Drive or give us a call at (850) 236-6363.

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# Financial Research and Commentary March 25, 2022

## Will Money Become Scarce Again?



BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

It seems that these days everywhere you go there is a shortage of service, a shortage of product or a shortage of labor, or people to help you. Americans have never been in stronger financial shape, savings have never been higher, and it seems like jobs have never been so plentiful. The jobless claims number just reported this week shows the lowest number of claims since 1969 (of course the labor market and population are much larger now). Americans are flush with cash more than ever before. And that has shown up in housing prices, stock prices (in 2020 and 2021) and other asset prices except perhaps for investment grade bonds.

Inflation is a much bigger consideration in investing today than it has been in past decades.

The Federal Reserve and the federal government applied massive stimulus and relief going back almost two years ago as America and the world plunged into the pandemic. Almost 25 million jobs suddenly went away. Restaurants and businesses across the land had to close until further notice. That massive stimulus came in two forms: 1) new spending bills passed and signed by the President and 2) the lowering of interest rates and the buying of Treasuries and mortgage backed (and other) bonds by the Federal Reserve. The latter unleashed almost \$5 trillion dollars of new money into the financial system. That more than doubled what the Fed had done in history to date. And the Fed “printed” about 30% of all money created in the US for over the past 200 years in that short two-year time. That eventually (adding to the supply chain problems) un-

leashed monetary inflation: Too many dollars chasing suddenly fewer goods and services. When considering an investment, we encourage individuals to look at the real rate of return (after inflation) as they make their evaluation.

### The Fed is acting.

Now the Fed is, very carefully, moving to address inflation and has raised its shortest-term rate, known as the Federal Funds rate from 0% to .25%. That is also known as the overnight rate. Banks are an immediate benefactor of this because any funds they park overnight with the Fed start receiving this, vs zero or close to zero. Investors are also seeing an immediate benefit as the yields on money market funds have also increased. We therefore continue to be encouraged by long term opportunities in the banking industry, which is part of the Financial sector of the S&P 500. We think that clients should consider the top 40 largest banks (measured in terms of total deposits) in particular.

### The Fed's balance sheet

The greater impact, we believe, on inflation, and asset prices of all kinds, will be when the Fed begins to reduce the size of its approximately \$9 trillion balance sheet. We feel that has much more impact as it makes money scarcer. The Fed is being, in our opinion, very practical and tactical as it tries to slow the rate of inflation without harming this very strong economy. With the Fed not competing to buy Treasuries and mortgage-backed securities, that could mean less price support and yields could continue to rise. Not good for bond prices but could help slow the rate of inflation. The Fed has indicated that action on the balance sheet could come by May or by summer.

The question becomes, will those two major components increase by the same amount in 2022? We don't think so. We think money will slowly become scarcer and that will mean a lowering of prices for just about everything. We do believe inflation will range from 3-5% by year's end.



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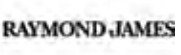
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*There is an inverse relationship between interest rate movements and fixed income prices. Generally, when interest rates rise, fixed income prices fall and when interest rates fall, fixed income prices rise.*

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### Up, down or sideways: Keep your head on straight when markets move.


Some investors have learned how to ride out the most stomach-churning market cycles. Others follow the urge to jump out mid-ride. So what can you do to play it smart in a roller coaster of a market?

For starters, you can turn to us. We can help you find a clear way forward before fear or concerns take over with a strategy tailored to your situation. In our experience, perspective is the ticket to helping endure the ups and downs as you pursue your financial goals. Contact us to learn how we can help.



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 Business

# Share the Road: **Bicycle and Motorcycle Safety**

As the weather warms up, more people will be on the roads riding bicycles and motorcycles. While there are many laws operators must adhere to, there are also laws for other motorists to observe when operating near and around these vehicles. The end of April and beginning of May brings additional motorcycle traffic to our area as the Thunder Beach Motorcycle Rally takes place. It is important for all motorists to be aware of the traffic laws as well as put into practice some tips to keep both cyclists and motorists operating safely together on the roadways.

## Sharing the Road with Bicycles

- Florida law requires motorists to give bicyclists a minimum of three feet of clearance and use caution/slow speed when driving alongside or passing them.

- On a two-lane road, motorists should pass a bicyclist as one would a slow-moving vehicle, and only when it is safe to do so.

- When crossing a bike lane to make a turn, yield to any bicyclist in the bike lane and make your turn behind the cyclist.

- Do not follow a bicyclist too closely.

- At night, avoid using high beam headlights when you see a bicyclist approaching.

- Bicyclists may ride out of the bike lane into the travel lane for their own safety due to narrow roads, to avoid obstacles or pavement hazards, or to prepare for a left turn.

- Bicyclists must obey all traffic controls and signals.

- Bicyclists must not wear headphones or ear-buds while bicycling on the roadway.

## Sharing the Road with Motorcycles

- You must never attempt to share the lane with a motorcycle. The motorcyclist is entitled to the entire lane.

- Do not follow too closely to a motorcycle; motorcycles have the ability to stop more quickly than other vehicles.

- Watch for motorcycles and look carefully before pulling into an intersection or changing lanes.

- It is difficult to gauge the speed of a motorcycle; they may appear to be much farther away than they really are.

- Motorcyclists often slow down by down-shifting or rolling off the throttle, thus not activating the brake light.

- Never pass a motorcyclist with only a few feet of space. The force of the wind can cause a rider to lose control.

## Motorcycle Endorsements

Florida law requires anyone desiring to operate a two or three-wheel motorcycle, whose engine size is more than 50 cc, to obtain a motorcycle endorsement on their driver license or hold a 'Motorcycle Only' license.

To obtain the motorcycle endorsement, motorcyclists must:

- You must hold at least a valid Class E operator's driver license.

- Complete the Basic RiderCourse® (BRC) or Basic RiderCourse updated® (BRCu) motorcycle safety course with an authorized Sponsor.

After successfully passing the RiderCourse®, you must obtain your endorsement within (1) year. If the endorsement has not been obtained during the one-year grace period, the course completion card as well as the "Pass" waiver status is considered invalid and you must complete another RiderCourse® before the endorsement can be added.

After you complete the Basic RiderCourse® (BRC) or

Basic RiderCourse updated® (BRCu), visit a driver license office or tax collector office that issues driver licenses and inform them that you completed the course. Upon providing proper ID and paying the required endorsement fees, your Class E license will be issued with a motorcycle endorsement.

For more details regarding motorcycles or to find a Florida Rider Training Program Course, visit [flhsmv.gov](http://flhsmv.gov).

As you hit the roadways, be sure to remember we share the road with all types of vehicles. Do your part to keep yourself and others safe, by following some of the safety tips shared above.

The Bay County Tax Collector's Office is an agent of the Florida Department of Highway Safety and Motor Vehicles, providing motor vehicle and driver license services to Bay County. To learn more about the Tax Collector's Office, visit [BayTaxCollector.com](http://BayTaxCollector.com).

(Information Source: [www.fldhsmv.gov](http://www.fldhsmv.gov))



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# Ask Apex: A Homeowner's Worst Nightmare



By JEREMY NEEL

Sewage backups are a homeowner's or renter's worst nightmare. Backups can cause flooding, broken pipes, and introduce raw sewage into your home. Cleaning up after and fixing a problem such as this is one task that is best left to the professionals. Raw sewage carries a variety of germs and bacteria that can make you ill. If you, or someone in your family, is pregnant, elderly, or has a compromised immune system, you should not risk exposing yourself to the germs that are carried within raw sewage. It is best to immediately call a professional sewage cleanup crew to remediate a flooding situation or sewage backup. They will follow specific safety protocol and use protective gear designed to prevent the spread of disease.

The longer water and sewage remains, the worse the problem gets. Significant water damage can occur in as little as 12-24 hours. Most people do not have the flexibility to drop everything at a moment's notice to dry out and disinfect their homes after a sewage backup. Apex Disaster Specialists can be at your home within a few hours to minimize water damage and begin sewage cleanup.

Recovering from a sewage backup is more than cleaning the dirt and waste out of your home. Problems can occur such as water damage, mold growth, bio-hazard threats, and broken plumbing or septic system. Apex Disaster Specialists will also be able to advise you on which of your possessions can be safely cleaned or restored, and which should be

replaced. If your property remains under sewage water for



long, the damage will be considerable. Flooring and insulation materials that have been soaked up will need to be removed, as well as mattresses, leather products, stuffed toys, and paper products (including books and documents).

### What To Do After a Sewage Backup

1) Do not flush toilets or attempt to drain tubs and sinks – just don't use the water supply system in your home until the problem has been detected and taken care of.

2) Do not use harsh chemicals in an attempt to unclog the drainage system quickly and easily. They can damage your pipes and sewer lines and make the matters worse. Opt for treatment options which use enzymes instead of chemicals – they will most likely solve your problem and will prevent future clogging.

3) Keep children and pets away from the affected area.

4) If it is still safe, shut off the power. Otherwise, don't go near electrical equipment.

5) Wear protective clothing: gloves, eyeglasses, rubber boots and a face mask.

6) Open windows to allow fresh air in and ventilate well to remove any fumes.

7) Add small amounts of chlorine bleach to standing water to ensure some disinfection.

8) Use sump pumps to remove excessive water.

9) Call for professional assistance.

Remember that sewage backups should be dealt with as quickly as possible to prevent further damage. Apex Disaster Specialists has the most adequate equipment and the experience required for a quick and efficient intervention. We can come up with the most appropriate and safest solution. Apex also offers not only water extraction but quality repair work, odor removal, and overall saniti-

zation. Before returning to your everyday life, make sure the entire property has been perfectly sanitized, the electrical and plumbing systems have been checked and fully repaired, and all the appliances are safe and in good working order.

Should you experience a sew-

age backup, Apex is the company to call! We will reach your property in a timely manner and restore your home as quickly as possible.



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 Business


BY MARTA ROSE-THORPE

We live in a networking society. As a business owner, marketing manager or business development strategist, networking is crucial to generating and developing relationships. Here are a few Networking 101 basics to remember the next time you attend a business luncheon, cocktail party, or chamber of com-

merce social.

**First, Remember to radiate optimism** and realize that positive body language draws people in. When conversing with someone, become cognizant of your gestures, expressions, and tone of voice. How you say something can be more important than what you say. Did you know that on average, people absorb you 55% by visual – how you appear; 38% by tone – how you sound; and only 7% by content – what you say. (This is conservative; I've also heard the ratio 80% visual, 15% tonal, and 5% content). Forms of positive body language that draw people in in-

clude an enthusiastic tone, strong posture (uncrossing your arms with open shoulders), leaning toward the other person, a firm handshake, maintaining eye contact, and a smile.

OK, so you're getting ready to go to the event. Arm yourself with props... your name badge and business cards to give out. Make it a game to obtain three business cards. My "Rule of Seven" instructs you to acquire three business cards from three brand new people, further three conversations with people you already know (but not necessarily well), and introduce two people you know (or just met) to each oth-

er. Have you 30-second elevator pitch ready: who you are, what you do, and why you are passionate about it.

I love the book *Seven Habits of Highly Effective People* by Dr. Stephen Covey because his seven habits are a beautiful roadmap to networking more effectively. His first habit is Be proactive. Take the first step...you make a point of crossing that crowded room to get to that person standing there all alone...or even that person who has a small line of people waiting to meet them. **Second, Begin with the end in mind.** What are you trying to achieve with this meeting? Are you establishing a possible business lead? Making a new friend? Perhaps this person has associates in THEIR sphere who are your target market? Why is it important to meet this person? **Third, Put first things first.** Establish a connection with eye contact, a warm smile, and a handshake. Details of your company, title, and business can come later... this is the time to establish a human connection. Research shows that most people decide whether or not they like you within the first seven seconds of meeting you, then they spend the rest of the conversation internally justifying their initial reaction.

**Fourth, Think win/win.** It's not all about what you will gain; think about what will THEY gain in meeting or talking to you? What can you do for them? Often, a solid business relationship

begins with being the first with the generous offer. **Fifth, Seek first to understand,** then to be understood. Listen! Repeat the person's name, and then repeat it again at the end. You can learn more from listening than speaking. A good rule of thumb is to speak 20% and listen 80%. Dan Rather, our national voice of reason, said, "The best leaders are excellent listeners. Look people in the eye when they are talking to you." **Sixth, Synergize.** Tony Robbins had a name for a style of active engagement: "Mirroring and Mimicking." This refers to completely getting on the same page as the person you're communicating with... imitating their posture and body language, using the same volume, cadence and pitch as theirs, echoing their vocabulary style, word choices, and accent. What happens is the other person subliminally feels comfortable and at ease with you because you are "on the same page."

**And finally, Sharpen the saw.** Once a rapport is established, ask the more meaningful questions. Inquire about the details. If you have time for a more profound conversation, go deeper, and ask some more creative questions (this may be better for a lunch outing) such as What's your story? What do you love about what you do (most people like to answer this question)? What challenges have you overcome? What is your greatest triumph?



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