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## Turtle Watch Takes to the Beaches for the Start of Sea Turtle Nesting Season

By JAMIE ZIMCHEK

A small crowd packs in around a seemingly random sandy beach spot one muggy afternoon in late August. Barely visible between all the shoulders and elbows and cellphone cameras is a Turtle Watch volunteer, carefully excavating a sea turtle nest. She sets aside a number of failed eggs, and then: a survivor! She gently retrieves a wiggling hatchling from the nest - and the crowd goes wild. Conscientiously monitored throughout the nesting season and marked off to prevent unwary visitors from trampling it, this turtle nest is one of many the nonprofit organization, Turtle Watch, tends to each season. The process of nest excavation allows them to evaluate the success of a nest by counting hatched and unhatched eggs. This is required by Turtle Watch's state permit as it's an important metric for biologists monitoring how the sea turtle population as a whole is doing.



Kennard Watson, the Turtle Watch director, heads a devoted team of volunteers and surveyors who patrol the beaches daily during turtle nesting season, officially May through October, with funding provided by the Bay County Tourist Development Council to support the daily surveyors. They'll be the ones out at first light searching the sand for any sign of turtle tracks. Though later in the day, foot traffic can wipe out signs of a turtle's pass-

ing, when they're first made it's quite obvious. "It's like a tractor has come out of the water," says Watson. With any luck, these tracks will lead to the real prize: a fresh nest. As sea turtle populations continue to struggle, these nests are always a welcome sight. Loggerheads are the most common sea turtle along our stretch of coast and the most common nester locally, but there are also a handful of threatened green turtles that happen this way, along with

the occasional endangered leatherback turtle. The latter is the largest of all sea turtles and can be the size of a small car, up to seven feet long or more, explains Watson. "We had one back a few years ago that nested behind Schooners restaurant, and that was fairly early in the evening so that definitely attracted some attention," remembers Watson with a laugh. While the eggs

**TURTLE WATCH**  
*continued on page 5*

## A New Face, Different Voice on PCB City Council

By ED OFFLEY

Panama City Beach City Council this month will have a new face following a stunning election upset in the April 19 municipal election.

Retired urban planner Mary Coburn, 70, handily defeated incumbent Councilman Geoff McConnell in the city's Ward 3 by 1,294 votes to 900, a 58-percent majority. The upset was accentuated by the fact that McConnell outspent Coburn by nearly seven to one, raising \$37,800 against the challenger's \$5,580, according to the Bay County Supervisor of Elections.

Describing herself as "totally overwhelmed" by the unexpected win, Coburn in a text to PCB Life said that she encountered many residents while campaigning who voiced unhappiness with the city's priority of promoting tourism over residents' needs. "I found that there are a lot of frustrated residents that would like to change the direction the city is going," Coburn said. "I think folks are ready for change."

**PCB COUNCIL**  
*continued on page 3*



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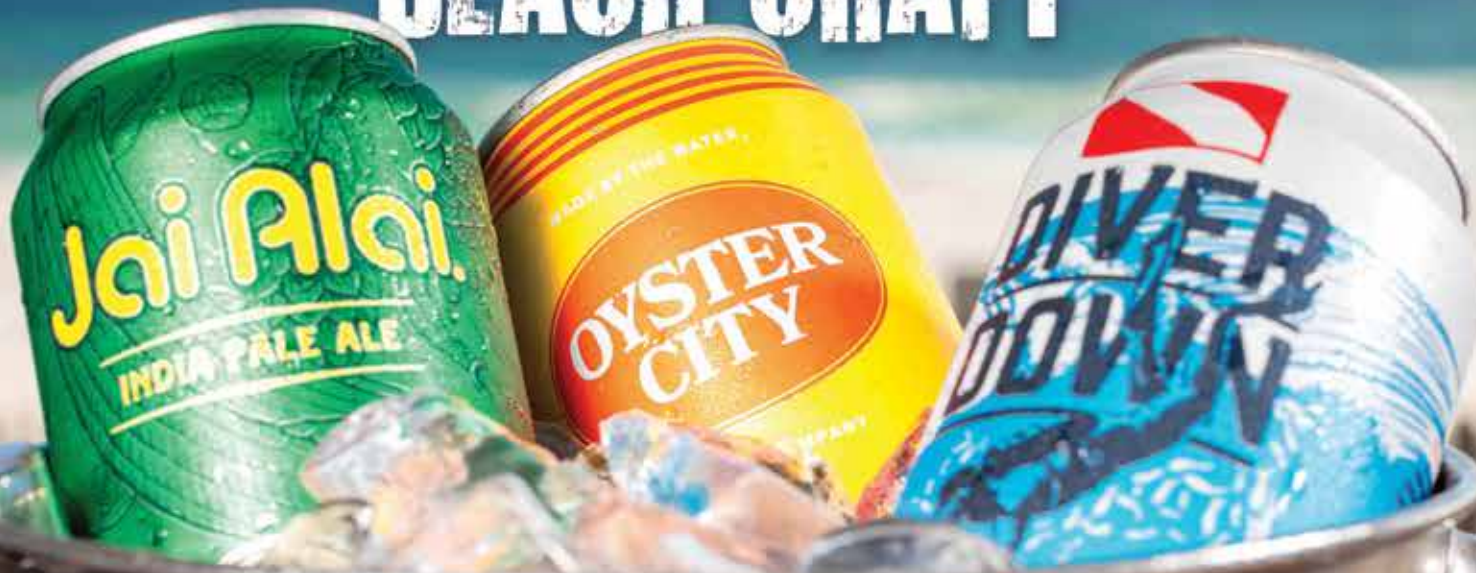
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**PCB COUNCIL**

*continued from page 1*

Chronic traffic gridlock was by far the most visible issue in the election, said former City Councilman Ken Nelson, a 1970 Bay

High School classmate and close friend of Coburn's. "I thought she had a really good chance, but I didn't know she would win by that margin," Nelson said.

However, the April 19 election was not a total repudiation of incumbents. City voters gave Ward 1 Councilman Paul Casto an even larger victory over challenger Mark Meade. The retired city utility director won 1,497 votes to Meade's 718, a 67-percent landslide.

Both Casto and McConnell received substantial backing from area business leaders. McConnell netted \$5,000 in contributions from the Cramer family, who are planning to open a major auto dealership off US 98 in the city, as well as multiple contributions from various Hilton businesses and the St. Joe Company. Casto also received backing from an array of local business leaders.

"I was just happy for a win," Casto told PCB Life. "I was really, really blessed to have that much support from the community."

In joining City Council, Coburn brings three decades of experience in urban revitalization to the government. A longtime resident of Long Beach, California, she served on that city's downtown revitalization committee before her retirement and return to Panama City Beach in 2015. She and her husband, Walter, were married for 43 years prior to his death in 2019.

During her campaign, Coburn drew a line between business interests in the city and the needs of residents.

"It's about respecting our residents, respecting our quality of life and respecting our environment," Coburn said. "I feel that the focus [of City Council] has been put on developers and contractors and consultants without listening to what the people want. And I won't wait to make our people a priority one again."

Coburn also called for ensuring the city has adequate public safety resources to handle both



the needs of residents and the outsized crowds of tourists who visit the beach each year. However, she also signaled that she plans on taking a measured pace once sworn in.

"I look forward to meeting with [city] department heads and getting briefed on the projects currently in progress," Coburn said. "I have a lot to learn and many questions that came up during my campaign that I want to better understand."

Nelson said while Coburn will bring a fresh voice to City

Council, she will be a newcomer where the majority remains a business-friendly group. "You're probably going to see a lot of 4-1 votes," he said.

All in all, the City Council races sparked a turnout of about 23 percent of the city's 13,535 registered voters, a relatively strong participation, officials said.

Coburn was scheduled to be sworn in as a Council member at the panel's meeting on May 12.



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# PCB Chamber Member Spotlight



## Established Member: Christo's Sports Bar & Grill

Christo's Sports Bar and Grill in Panama City Beach, Florida is a hidden gem that, along with the Christo name and family, has been a part of the community since the 1950s. This family-owned and operated authentic treasure has a sports bar atmosphere and boasts 25 flat-screen TVs, bar seating, and traditional dining. They also serve up ice-cold beer, bottled and from the tap, as well as a full liquor and wine offering. Christo's is known for its weekly food and drink specials, Christine's monthly seasonal salads, and some of the best food on the beach. Their location right on Thomas Drive gives Christo's access to fresh seafood for menu items like Shell Island Shrimp, Grouper, Triggerfish, She Crab Soup, and so much more. Enjoy everything from watching your favorite game over shared \$6 pitchers of beer to a nice prime rib dinner and half-off wine Wednesday. Don't let the gas station fool you! Christo's



serves up fresh food, drinks, and a great time - but don't take my



word for it, you'll just have to come to see for yourself. Drop by the next time you're in the area and help keep the Christo's tradition going. Christo's is located at 2903 Thomas Drive in Panama City Beach.

## Introducing: Coastline Productions

Hi, I'm Ryan Wilson. I'm a professional videographer and photographer based out of Panama City, Florida. I am self-taught with a sincere passion for all photography and videography which led me to open my own business, Coastline Productions. My skills range from real estate photography and videography to weddings and everything in between. I love keeping things simple in life and on set as I find it always produces the best results with the least amount of stress. No matter the size of the project I always bring the same passion and dedication to each one. I make it a priority to bring all of your visions to life! The more creative the better! I am so happy to be serving in the beautiful town I was born and raised in and other surrounding areas as well. I am



blessed to be here following my dreams and passions and getting to share them with all of you! Let's connect and make some awesome work together!

*For more information, visit his website, [www.coastlineproduction.net](http://www.coastlineproduction.net), call (850) 896-3767 or email Ryan at [coastline@coastlineproductions.net](mailto:coastline@coastlineproductions.net).*

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## TURTLE WATCH

*continued from page 1*

of loggerheads might be the size of golf balls, these lunker leatherbacks can lay eggs the size of oranges, as long as they aren't frightened off before they have a chance to nest.

This, in fact, is one of the main problems facing sea turtles: a loss of nesting habitat. Development adjacent to beaches and heavy beach traffic can create lights (and noises) that might cause a turtle to plow its way right back to the surf without laying a single egg. In the years immediately after the Deep Water Horizon oil spill nesting numbers were encouraging, however, in the last five years, the nesting numbers have gone down again. "The best we can say at this point is that the population is not showing signs of recovery," says Watson. No one is entirely sure why numbers are dropping now, but in addition to all the issues caused by beach development, major storms certainly haven't helped the situation, creating storm surge that can flood nests on the beach or wash eggs away.

While storms aren't pre-

ventable nor the loss of nesting habitat entirely reversible, there are ways to at least lessen the impact. "The local government is trying to address the problem through lighting ordinances that require shielded, wildlife-friendly lighting that uses an amber light source that's not as attractive to sea turtles and birds, and can't be seen from the beach," explains Watson. Not only do bright lights serve as an obstacle for nesting turtles, but they also create problems for the hatchlings who have a hard time finding their way to the water when disoriented by bright lights. The solution is to reduce lighting on the beach as much as possible during nesting season (May through October); maintaining a sand dune buffer between homes and the sand also helps (so don't walk on those dunes). Beach-goers can do their part as well. "Fill your sandcastle holes, throw away your trash, minimize the use of lights on the beach at night. Those three things can help us a lot," Watson says.

Interested in watching a nest excavation? Follow Turtle Watch on their Facebook page, [www.facebook.com/Panama-City-Beach-Turtle-Watch-125397917484930](http://www.facebook.com/Panama-City-Beach-Turtle-Watch-125397917484930),



Photos by Angela Barros, PCB Turtle Watch

where nest excavation locations, dates, and times are posted. Though nesting season officially starts at the beginning of May, nests take around two months to hatch with the first hatchings taking place in July and continuing into October. Turtle Watch leaves a comfortable margin past hatching dates to be sure they've given the 100 or so eggs in each nest time to hatch on their own. In the meantime, be sure to check out their website, <http://www.turtlewatch.org/> for more on the organization, or visit Gulf World Marine Institute's site, [www.gwmi.info/turtle-rescue](http://www.gwmi.info/turtle-rescue), to learn more about local turtle rescues. And finally, if you're lucky enough to spot a turtle laying a nest or hatchlings on the beach (specifically on the beach stretching between Camp Helen State Park and St. Andrews State Park) please call the Panama City Beach Police at (850) 233-5000 to report it; they'll let Turtle Watch know it's time to send in some troops. And finally, on behalf of all the sea turtles out there, remember to leave those beaches clean, dark, and flat!

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# Real Crime Meets Real Time

Law enforcement is optimizing crime-fighting capabilities in Bay County by using the latest technology and a new approach to addressing criminal activity. This new county-wide project is called the Bay Real Time Operation Center, or BayROC.

BayROC went operational in November of 2021 and is a collaborative effort between the BCSO, the PCPD, the PCBPD, the LHPD, the SPD, the PPD, and the Bay District Schools PD.

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

A responding officer engaged in a high-risk call for service now has the added resources in real-time to improve response and situational awareness. The use

of technological resources allows law enforcement response to be more efficient and deliberate, with improved operational intelligence. The emphasis is on officer, citizen, and community safety.

From the beginning, BayROC has proven its value.

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

During the first month, BayROC located numerous wanted persons with outstanding warrants for burglary, domestic violence, and grand theft.

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

In December of 2021, the BCSO responded to a homicide. Once the suspect was identified, the BayROC team learned he had fled the state. Working with out-of-state law enforcement, BayROC assisted in the coordi-

nation of the suspect's capture in northern Alabama.

In December of 2021, BayROC, working with the Tallahassee PD, was able to establish that a suspect wanted in eight liquor store robberies was traveling between Tallahassee and Panama City. The result of this was the arrest of this suspect in the parking lot of a liquor store in Tallahassee.

In January of 2022, BayROC identified and located numerous wanted persons and burglary suspects that were arrested and taken into custody.

One of the most well-publicized events to benefit from BayROC was the weekend of March 26 and 27 when 161 in-

dividuals were booked into the Bay County Jail in response to "PCB Takeover" crowds. Using technology and intelligence to identify and target trouble spots and spontaneous crowds, BayROC was, as Sheriff Ford said, a "game changer" in how weekend crowds were successfully handled.

Based on specific intelligence, law enforcement raided a house party with some of the main promoters in attendance. At this party, individuals with firearms were arrested and the attendees evicted by the homeowner. BayROC also communicated with law enforcement agencies in the hometowns of some "PCB Takeover" attendees and were

able to specifically target and disrupt activities.

Law enforcement must also remain sensitive to and respectful of the privacy of Bay County residents. Traffic cameras used by BayROC are available for viewing online. The cameras have a short retention period. The BayROC system has firm audit capabilities to ensure the system is operated within guidelines.

Local law enforcement is asking for any business or homeowner with security cameras to join the BayROC system. Sign your camera up by going to baycounty.fususregistry.com.

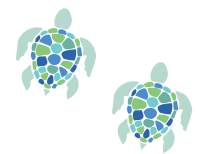
Notifying BayROC that you have security cameras does not mean BayROC will have access to your security camera.

If a crime happens in your neighborhood, and you have notified us that you have a security camera, we will ask for relevant security camera footage.

There is no additional cost to you for participating.

Most resources used to create BayROC have been funded through grants and forfeiture funds.

By utilizing the latest in technology and maintaining strong partnerships between agencies, Bay County law enforcement is better able to keep Bay County safe.



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## Know Your Neighbor: Steve Gilmore, Gulf Jazz Society

BY MARTA ROSE-THORPE

Meet Steve Gilmore, Panama City local and lifelong American jazz bassist. Throughout his 50+ musical career Steve has performed at length and recorded with many great jazz and pop legends. Steve currently heads the local Gulf Jazz Society as Artistic Director, booking jazz talent from nearby cities including Destin, Pensacola, and Tallahassee to perform locally in Bay County. "I try to bring in the best possible musicians and keep our standards as high as I can."

Steve was born in Trenton, New Jersey and grew up in the Philadelphia area. He was 12 years old when he first picked up the bass, and 14 when he started gigging, having no formal training, just playing and practicing a lot on his own. After high school, Steve attended a music school for three months in Toronto, Canada, and became a protégé to Ray Brown (one of the greatest bass players in the world), who took Steve under his wing. "I got most of my

musical training by working gigs with players who were better than myself," he shares. "People better than you draw you up to their level... it starts to rub off on you. Eventually I found myself playing at their level. I've played all over the world and have been fortunate to have played with some famous people, including Phil Woods, The National Jazz Ensemble, Thad Jones-Mel Lewis Orchestra, Tony Bennett, Michele LeGrand, Tom Waits, Dave Liebman, Al Cohn, Zoot Sims, Susannah McCorkle, and Eddie Jefferson, to name just a few.

In 1967, on a whim, Steve moved to Miami, intending to visit for a few weeks to check out the scene. He ended up staying, meeting his wife Shirley (who was born and raised in Panama City, Florida), and four years later he relocated back to the NYC area with a wife and two children. It's then that his career started to heat up. "I got very fortunate and started working with some great people," he recalls. "My musical career

started to escalate. Things started to happen; the Lord moves in mysterious ways! I got lucky and the talent I was blessed with took hold."

The years went by, and in 2007, when Shirley came down to Panama City to take care of her ill mother, Steve followed. He joined the Gulf Jazz Society which had been in existence since 2000, started by two well-known local jazz musicians, Danny Knowles, a trumpet player aka "Captain Hornblower," and Suzanne Stewart. Danny had previously owned a jazz club in Key West, Florida and in 2012 he opened Captain Hornblower's on Grace Avenue in Panama City. In the beginning, the Gulf Jazz Society consisted of local guys getting together and having a jam session once a month, playing everything from Traditional Jazz to Dixieland Jazz and Fusion. "I managed to help Danny get some good musicians to come down and play from NYC," shares Steve. "The snowbirds and locals really enjoyed the shows. These days we



dance in the past few years has waned. In March of this year the Society moved to a new home venue, The House of Bourbon at Shrimp Boat. "We agreed to not charge admission for the first three months, just to get people back in and enjoy jazz again," he says. The first March show had a good crowd, and the Society put out a donation box for contributions for the musicians. The second performance was on April 19 with The Cheryl Jones Trio. The Gulf Jazz Society will continue hosting monthly performances at The House of Bourbon; check their Facebook page or website for upcoming details at [gulfjazzsociety.org](http://gulfjazzsociety.org). They are also at work organizing their annual Jazz Festival which takes place at Oaks by the Bay in Panama City on November 4 and 5 and is free to the public.

The Gulf Jazz Society relies solely on sponsorships and donations; for more information contact Steve Gilmore at [stevgilmorebass@gmail.com](mailto:stevgilmorebass@gmail.com) or (570) 236-7042.

collect dues and are trying to exist as a business entity."

And up until to Covid it was a thriving entity. As with many art and cultural events, atten-

## Art Exhibits At The Bay County Public Library

The Bay County Public Library has two stunning art exhibits on display throughout the months of April and May. The work of local contemporary artist, Christon Anderson, has a new exhibit hanging on both the Youth Services and Adult Services gallery walls. Two of the display cases in the lobby are dedicated to Ex Libris, a traveling exhibit featuring 14 artists from the Guild of American Papercutters. The exhibits are on view during open library hours.

### Christon Anderson

Christon Anderson grew up in Panama City and has been making art from an early age. Christon doesn't like to put his work into a specific art category. There are elements of realism that anchors the pieces, in addition to abstraction and mixed media. Christon enjoys the element of play in his work. The materials in this exhibit range from 1980s comics, a roller skate, fabric swatches, spray paint, cutout words, and more! He hopes the viewer feels some-

thing while experiencing his work. A few early inspirations include Robert Rauschenberg and Jean-Michel Basquiat.

"I'm drawn to the way Christon Anderson uses the various materials and pops of vibrant color in his works," shares Sarah Burris, Bay County Public Library Community Relations and Marketing Coordinator. "There are so many varying layers of texture and pattern, yet it all feels incredibly cohesive as if the elements were always meant to be together. And you can tell how much fun he has during the making process!"

### Ex Libris

Ex Libris is a traveling exhibit from the Guild of American Papercutters that celebrates books and reading. The exhibit includes 25 hand-cut paper bookplate designs. Traditionally, bookplates are small, decorative cards adhered to the inside cover or first page of a book. The owner's name would be written or printed on the bookplate. Often the phrase Ex Libris, Latin for "From the library of"

would be included in the design. Each artwork represents an artist's take on the bookplate motif, and is made of single or multiple layers of hand-cut paper mounted to a backing. The traveling exhibit was secured by local member of the Guild of

American Papercutters, Heather Clements. Featured artists: Mindy Shapiro, Sarah Madison, Linda Harrill Peck, Petrina Case, Bianca Levan, Dave Jenkins, June Gengler, Kirstin Ineich, Linda Emmerson, Kathryn V. White, Jerise Fogel, Christine

M. Cushing, David Reichard, and Kathy Trexel Reed.

For more information about the Bay County Public Library, visit [www.nwrts.com](http://www.nwrts.com) or call the library at (850) 522-2100.



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# Let's Get Growing with Julie: Pick a Persimmon Without the Pucker



By JULIE MCCONNELL, UF/  
IFAS EXTENSION BAY COUNTY

Native persimmon trees can be found throughout our region and when ripe the fruit is delicious, but if you bite into one before it is completely ripe you are in for an unpleasant surprise. Persimmon fruit produce tannins which create astringency that has been described as “bitter”, “mouth puckering”, “furry mouth”, or “throat constricting”. One terrible experience like that might make you turn your nose up at persimmons but armed with essential information you can avoid the pucker and enjoy some easy-to-grow fruit!

The native range of American or Common Persimmon (*Diospyros virginiana*) extends from Connecticut to Washington State including Central and Northwest Florida. A medium sized tree that can mature as large as 60 feet tall by 35 feet wide, but typically is smaller in a

home landscape. Small, rounded fruit are produced in the fall, and some require a frost to fully ripen. It is important to allow the fruit to ripen to a state of softness to avoid the astringent properties. American persimmons are adapted to our climate and soil types, but some are dioecious, meaning you need a male and female tree for fruit production. Fall color ranges from red to purple foliage.

Another persimmon type to consider are the Japanese Persimmons. Among this category there are astringent and non-astringent fruit producers. A popular and highly recommended cultivar for Northwest Florida is ‘Fuyu’ also known as ‘Fuyugaki.’ Fuyu persimmon is a much smaller tree than American persimmon and is self-fertile, so you only need one tree. The non-astringent fruit is much larger than the native types and can be eaten while still firm if the color has transitioned to or-

ange. Fruit can be picked after color starts to turn, to ripen indoors and are still edible when soft, extending the shelf life of the fruit. Although Fuyu is classified as non-astringent, if eaten before ripe it will contain bitter tannins.

For more information on the trees listed above please visit the following links:

*Diospyros virginiana*: Common Persimmon <https://go.ufl.edu/4xpah9o>

Japanese Persimmon Cultivars in Florida <https://go.ufl.edu/12e43cj>

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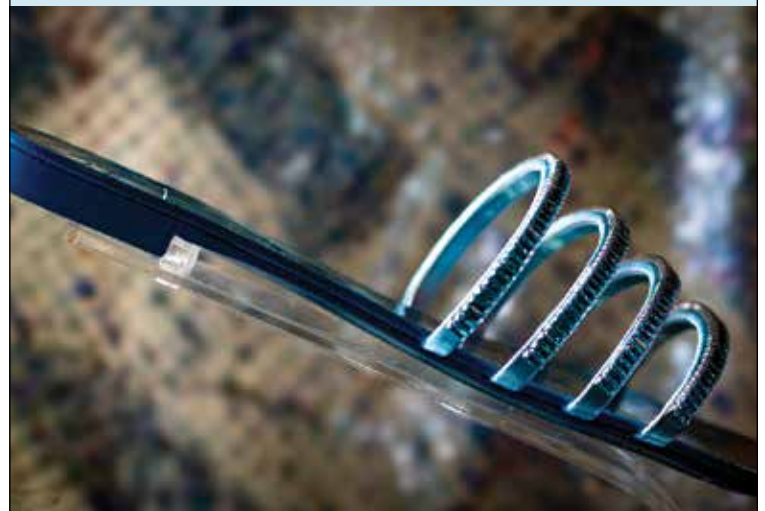
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# Amberjack, Red Snapper and More!

BY PAM ANDERSON

Amberjack season opened May 1 and runs through May 31! Start working out now to reel those big ones in! We can still harvest Triggerfish in May and we are seeing really good-sized ones, but Amberjack? They are not for the faint-hearted when you hook them.

Each year as the summer season gets closer, anglers start planning their vacations and extra days off around the Red Snapper season. Your mode of getting to the Red Snapper will determine your ability to catch and keep this sought-after delicacy. Several years ago fishery managers divided the recreational industry into two 'sectors'.

One is the Private angler and (state) guide boat sector which consists of anglers/boat owners who do not carry a Federal For-Hire reef fish permit. Their seasons are determined by their individual state. Their permits are issued with the designation of whether they will fish for reef fish or not. They are randomly chosen by using that informa-

tion from their licenses for the State Reef Fish Survey. The survey allows the State of Florida to manage the Red Snapper fishery with greater flexibility. If interested, you can connect with this Florida program at myfwc.com/research/saltwater/fishstats/srfs/program.

The second part of the recreational industry is the Federal For-Hire sector which carries permits for Federal reef fish and usually Coastal Migratory Pelagics (fish that travel/migrate from one place to another). This 'sector' takes locals and tourists fishing (paying customers) on head-boats and private charter boats. The Federal For-Hire sector must count all species caught or released and turn in that harvest data on daily reports submitted electronically before returning to the dock. They must hail in and hail out each time they leave the dock, even for maintenance or a personal family outing or possibly be fined or worse. The rules are very strict. Because their harvest data must be so complete and complex, the fishery managers



can easily determine if they (as a sector) have overfished or underfished almost in real time. The For-hire sector has consistently underfished in recent years, so their seasons have been increasing.

Soooo.... When can we harvest Red Snapper?

Private angler/state guide

boats can harvest Red Snapper June 16 through August 1, and then several weekends in the fall. The reason the FWC chose to split the season is they, as usual, were listening to the anglers. Many can only fish weekends, so more weekends, more fishing opportunities.

The Federal For-Hire Red

Snapper season begins June 1 and runs consecutive days through midnight, August 18. It is best for those in this industry to provide fishing opportunities as many days as possible during tourist season.

Red Snapper is not the only fish in the sea worth keeping, even though it is probably the most popular in our area. Gag Grouper season opens June 1; also, Red Grouper will remain open. And, even though it may not be as famous a fish, Vermilion snapper is available year-round and a delicious mainstay of the local fishery.

Be sure to book your summer event soon at the beautiful Event Center, overlooking the beautiful Grand Lagoon. And, check out our new J's Brew-house with breakfast, sandwiches and drinks, Souvenir Shop and The Sugar Shack, dockside at the marina.

*Signing off from,  
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 Community

# Breaking Good: Local Rotary Club Gets on Board

By DAVID WESLEY

You can break a bad habit, you can take a break, or you can break a board to help others! What? That last option is what the American Martial Arts students and staff did in a big way. Richard Higgins, the owner and Senior Chief Instructor

at American Martial Arts, offered to help the Rotary Club of the Emerald Coast raise money for the Rotary Youth Camp of North Florida. American Martial Arts asked the students to raise money by securing pledges for each board broken (the Tae Kwon Do students know how

to focus their power and literally break boards in half with a hand or foot blow). Thus the 2022 Break-A-Thon in April was born. The students, as well as the members of the Rotary Club, understood the importance of the event as the funds were to benefit the Rotary Youth

Camp of North Florida. This camp provides a free week away camp experience for children and young adults with disabilities in a safe and caring environment. Campers have the opportunity to make new friends, explore outdoor life, meet new challenges and increase their self-confidence. The Rotary Youth Camp of North Florida is funded entirely by donations and fund-raising efforts of area Rotary Clubs. You can learn more about the camp at [www.rycnf.org](http://www.rycnf.org).

On April 2, the event literally kicked off with a demonstration by Richard Higgins. After stacking up four boards and dousing them with lighter fluid the boards were set on fire. Richard Higgins skillfully broke the flaming array with one kick and the event began. Students of all ages rushed to see how many boards they could break before time was called. The younger students worked with special break-away boards while older students broke regular squares of boards being held by volunteers or staff. The members

of the Rotary Club of the Emerald Coast Rotary Community Corps called Special Ops, a group of young adults with special needs, grilled and assisted the Rotary Club in preparing and serving a free lunch. For almost two hours the students put their Tae Kwon Do skills to work. Cheered on by the staff, family and friends, Rotarians in attendance, and their fellow students, they broke 527 boards in one hour. So, with all the broken boards and lunch donations how much money was raised you ask? The answer is an incredible \$3,500 for the Rotary Youth Camp of North Florida! If you know a student at American Martial Arts please congratulate them on a job well done. To learn more about American Martial Arts go to [www.americanmartialarts.us](http://www.americanmartialarts.us), for more about the Rotary Club of the Emerald Coast or Special Ops send an email to [ecrotarypcb@gmail.com](mailto:ecrotarypcb@gmail.com).



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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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# Don't Believe a Word He Tells You (or Writes)

BY PETER FISCHETTI

It looks like a record year for Panama City Beach tourism. If you read somewhere that a survey of visitors who were asked why they come here every year insist it's because the city allows flossing in public, would you believe that? Or if I told you we moved to the beach because there's so little traffic in the summer, would you say, "Me too"?

Of course not! It's absurd to even consider the veracity of those ridiculous statements, and whoever writes such nonsense should be forced to place a double red flag in front of his house to discourage neighbors from getting too close to a dangerous person.

Over the years, I've written hundreds of columns for newspapers and magazines, and only seven of them have met the standards adopted by Journalists for Occasional Honesty (I just made up that name). The rest of the columns?

Well, when I was living in Southern California, I wrote about a gate-guarded community of rich folks whose HOA

insisted they fill their swimming pools with bottled water. And forget about planting seeds. New plants needed to be at least 15 gallons. Readers were incensed!

I wrote a column about my 1985 Fiat Spyder, a beautiful but temperamental Italian sports car that used olive oil instead of Pennzoil. The clock worked only when the motor was running, and the radio played only Pavarotti. Readers thought I was dumb to keep it and suggested a Corolla.

I wrote about getting old and hearing regularly from AARP, which was selling a version of Lo-Jack for when you can't find your teeth. And I got brochures from retirement communities, in one in Arizona called The Last Resort "for spending your declining years." Readers thought I was making fun of old people.

When the pandemic surfaced, I wrote about the early-morning hours when Publix limited shopping to senior citizens. The aisles were one-way, and at the end of each aisle, I wrote, stood a retired crossing



This is Peter Fischetti. If he tells you something that makes no sense, shake your head and walk away.

guard holding a stop sign and a whistle to direct us old people where to turn. Oh, and there's the story about an architect who lost his license for designing a single-story home with a laundry chute.

And given my surname, I

had to write a column about the Mafia, specifically the notorious Sal Minnella, who found a novel way to knock off enemies. He invited all of them to the grand opening of his restaurant, feeding them Pork Tartare. Few survived. Readers suggested I enter the witness protection program.

That's the way I write and, unfortunately, the way I often communicate verbally. Way back during my basic training days at Fort Jackson, I was in a platoon with a fellow from the backwoods

of Kentucky. He was impressed that I was from New York City, and asked about how difficult driving a car in the city must be. I explained that only one million drivers licenses were allowed, and so you had to wait till someone died to get one.

And the way to get one was to attend the deceased's funeral and cozy up to the surviving family. "Tell them you're an old friend and maybe they'll give you his spot," I suggested. The guy believed me.

And so did some bowlers on the beach who read my article last month about curling and that it had become so popular that Rock'it Lanes was replacing its alleys with curling sheets. The manager called my editor to complain that some bowlers were quite upset about the prospect and had no interest in joining a curling league.

So I apologize. Bowling will continue on the beach. And for better or worse, so will the silliness generated on my iMac. With what is going on here and halfway across the world, let's leave a little room for silliness. And maybe have Sal Minella open a restaurant in the Kremlin.

*Peter Fischetti is a retired journalist from Southern California, which he hopes you won't hold against him.*

## Hey Buckaroo, think I'll mosey on over to The Powder Room.



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 Community

## Real Life, Real Friends, Real Faith

BY LAURA LASPEE

If you are new to the area or just looking for a place to meet new people and feel like you are a part of something bigger than yourself, look no further than the First Assembly of God in Panama City Beach. Located at 17829 PCB Parkway, Panama City Beach Florida, Senior Pastor Paul Ensminger and his wife, Trina, are there to welcome you as they work together to bring people in the community together to share in fellowship.

Paul was born and raised in Wisner, Louisiana, and has lived in Panama City Beach for the past 28 years. He told me he was called to preach and serve God at 17 years old. He joined the

Air Force and when he finished his time, he ended up in New Orleans working in a church and knew that was his calling. He interviewed at his current church and was selected to become the pastor in May 1974. He moved here in June of 1974 and has raised his family in Panama City Beach since then. He devoted his time between his church family and his own family to coaching his son's wrestling and basketball teams.

While talking with Paul, I found his message of faith, hope, and love to be welcoming. He cares about people in the community and welcomes everyone to join in the two weekly services. He says that it is "import-



ant to feel the presence of God and that the spirit of God is in the church". The church is looking to expand its congregation. "I want to help people get closer

to their faith, make quality decisions in their life, and keep their eyes on God," explains Paul.

First Assembly of God of Panama City Beach consists of a group of people from all walks of life who have experienced the saving grace of Jesus Christ and are committed to sharing his love with others. They trust that when you visit First Assembly, you will find an oasis of love and spiritual refreshing. If you do not already have a church family, we invite you to join ours. If on vacation and looking for a place to worship, we encourage you to visit with us.

There are many ways to learn about the church and what it can offer you and your

family whether you live here permanently or are a visitor. Paul and his wife are happy to have you call the church at (850) 234-6726. If you would like to email them for more information the address is [agpcb.info@gmail.com](mailto:agpcb.info@gmail.com). Come join them for services every Wednesday at 6:30 p.m. and every Sunday at 10:30 a.m. Follow them on the web at [www.agpcb.org](http://www.agpcb.org) where you can find and download Paul's sermons. They are also on Facebook and YouTube.

We all want to feel connected to each other and First Assembly of God may be just the right fit for what you are looking for.

## Local Golfer Earns PGA Title in Two Short Years

The Professional Golf Association of America (PGA) is one of the largest and most prestigious sports organizations in the world. The process of becoming a PGA member is no small feat in the golf community. Though the PGA allows up to nine years and most golf professionals average four years in completing the program, Lindsey Harrison, never one to shy from a challenge, completed the program after two years and was elected to the PGA's membership this spring.

The process to become a PGA golf professional is challenging and statistics state the passing rate nationally among



apprentices and students is less than 30 percent - with the average student passing after several attempts. This involves years of course work focusing on teaching, coaching, golf course management, executive management, food and beverage management and more. Candidates are tasked with completing a playing ability test, documenting lessons, bookwork, and multiple knowledge-based tests.

Harrison is an experienced ex-collegiate golfer who has multiple NCAA team collegiate wins (including a 2016 Sunbelt

Conference Championship), multiple top fives and top tens in the Alabama Northwest Florida PGA Section Events, and is most known for making two hole-in-ones in a nine-hole span. Harrison joined the SRGBC team in fall of 2021 as the first assistant. In her role, Harrison helps manage the overall golf operations of SRGBC by providing lessons, managing the golf shop, organizing tournaments and supporting the director of golf.

Originally from Panama City Beach, Harrison has had a love for the sport of golf since the age of seven. Harrison competed at Troy University on the women's golf team, where she graduated with a degree in hospitality, sport and tourism management and a minor in psychology. Coming out of college, Harrison began her Professional

Golf Management (PGM) Certification and has worked at Bay Point Golf Club in Panama City Beach, Florida in addition to Vestavia Country Club in Birmingham, Alabama. Her time at Vestavia allowed her to learn under some of the best instructors, junior golf programmers and club fitters in the southeast.

"Becoming a member of the PGA has been Lindsey's goal since she began teaching and now that dream has become a reality," said Zach Phillips, Director of Golf for SRGBC. "If you see Lindsey around our course, please congratulate our pro on this monumental accomplishment!"

As a member of the PGA of America, professionals can compete in tournaments with other PGA pros, receive playing perks, and Harrison's favorite - tickets to the Masters.

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# Celebrating Incredible Educators



By BILL HUSFELT,  
SUPERINTENDENT,  
BAY DISTRICT SCHOOLS

By the time you read this, we will have finished our celebra-

tion of Teacher Appreciation Week (May 2-6) BUT it's NEVER too late to appreciate our amazing educators. The end-of-the-school-year time period is always filled with so many activities, recognitions, celebrations and graduations that we sometimes lose track of the fact that teaching and learning are still occurring (right up until the very last day) because of the dedication of our staff members.

While Teacher Appreciation has become synonymous with gift cards, flowers, mugs and other material items, the truth is that a heartfelt "thank you"

or a short note of appreciation means just as much, if not more, than an actual gift. Our teachers need to hear how much they are appreciated and they need to know how much they mean to you and your children. So please, if you haven't already done so and maybe even if you have already done so, take a few minutes before the end of this year to let the teachers in your lives know how grateful you are.

I'd like to give a HUGE shout out to the incredible businesses and individuals who continue to support our Teacher Appreciation efforts each year including

Trustmark Bank, Innovations, Tyndall Federal Credit Union, Manual & Thompson, Beachy Beach Real Estate, Coca Cola of Panama City, HMX Productions, Legistix Solutions, Rachal's Recovery Relief, Pepsi Gulf Coast Jam, ABCE, Texas Roadhouse and many others. Please take a moment to thank these businesses and individuals as you encounter them ... they are longtime supporters of public education and we're grateful for their continued commitment to what we do.

Summer is a time for fun, rest and relaxation and we certainly

hope all of our families get some time at the beach, or beside a pool, to enjoy all of the amazing weather Florida has to offer. We're gearing up for a busy month of June with Summer Learning Recovery Programs at all of our schools to help ensure all students succeed and we know the 2022-2023 school year will be here before we know it!

Thank you for your continued partnership and encouragement. Panama City Beach is home to some incredible schools and that's a testament to your continued support!

Stay safe and God Bless!

## Creativebug Online Art and Craft Classes Free with Library Card

The Northwest Regional Library System (NWRLS) has expanded its sponsored subscription access to all patrons to include Creativebug available with your library card. A library card is free for all residents of Bay, Gulf and Liberty County. Visit your NWRLS location with proof of residency and photo ID to pick up a library card. Creativebug is a high-quality, instructional vid-



eo platform for over 1,000 art and craft classes for makers of all skillsets.

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- Printmaking
- Ceramics
- Jewelry
- Quilting
- And so much more!

All classes are taught by experts with new classes added daily. Each class provides a video


tutorial, a materials list, and any required patterns. A small selection of the notable instructors include: Danielle Krysa (The Jealous Curator), Lisa Congdon, Molly Hatch, Arounna Khounnorag (Bookhou), Hello!Lucky Printmaking, Jen Hewett, Wilton Instructors, and Yao Cheng.

To create your Creativebug account online, visit the Northwest Regional Library System website at [www.nwrls.com](http://www.nwrls.com). Se-

lect the "Books & Research" tab and then the "Databases" page. Login with your library card number to be able to create a free account until the grant period is over in September 2022.

Creativebug is optimized for mobile and tablet access. After you create your account, you can also download the Creativebug app to your de-

*Continued on next page*




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## Music In The Surf

BY MATT PITTS,  
SURFSIDE PRINCIPAL

Ogres in a swamp? Jazz in the air? Yes, all of this and more can be found in the waves at Surfside Middle School. Surfside hosts the most holistic fine arts programs in Bay county of all the middle schools and most of the high schools. Surfside is very proud of the fact that they are one of only 80 schools in the nation to have been awarded the NAMM award for excellence in music education. This award is presented to schools that show a dedication to the arts and it is reflected in the number of students enrolled in a music class. Over the past 5 years Surfside has had at least 50% of the student population enrolled in a

music program. The programs that make up the school's success for this are our band and chorus/drama departments.

The chorus/drama department is headed up by Mr. Fred Mullen. It consists of beginning, intermediate, and advanced courses as well the only middle school drama department in the area. The drama department has just completed the production of "Shrek The Musical Jr" and it was a huge success. The audience had a great time seeing our stage turned into an Ogre's swamp and the story book characters brought to life on stage by Surfside Students. Shrek was able to find true love and the students got the opportunity to pursue a passion for theater and



acting that they would not find elsewhere.

In the music program at the other end of the hall you can find the leader of the band, Mr. Jim

Colvin. The SurfLife band (as they like to call themselves) can be found performing all over the beach at different community events and parades. One of the

parts of the band program that has enjoyed great success is our SurfLife Jazz Band. The jazz band has just been awarded superior for the fifth year in a row and will be recognized at the state level for this success. The SurfLife Jazz Band is the only school based jazz band north of Orlando that has received this honor. If you get the chance to hear the jazz band perform you will be astonished that they are middle school musicians.

The surf is definitely alive with the sound of music and the waves will continue to grow as our students pursue their dreams and find opportunities to explore their musical passions.

### CREATIVEBUG

*continued from previous page*

vice through iTunes and Google Play. This is an easy way to login to take your Creativebug classes available 24/7.

Funding for online access to Creativebug is provided through

the Expanding Outreach and Digital Access Grant. This project was funded under the provisions of the DLIS Florida American Rescue Plan Act (ARPA) from the Institute of Museum and Library Services. Florida's DLIS Florida ARPA program is administered by the

Department of States Division of Library and Information Services.

**Bay County Public Library Program: Japanese Side Sewn Sketchbook by Creativebug Thursday, May 19th at 2 p.m.**

Japanese Side Sewn Sketch-

book class at the library will introduce you to Creativebug and provide the supplies. Learn how to make a sketchbook using a Japanese bookbinding structure. This is an adult library program for ages 18 and up due to the use of sharp tools. Registration is required. Call (850)

522-2107 to register. Program will be held in the Bay County Public Library Meeting Room.

For more information about Northwest Regional Library System services and databases, visit [www.nwrls.com](http://www.nwrls.com) or call the library at (850) 522-2100.



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## IN THIS ISSUE

ISO: PCB's Best  
Mint Julip

Taste Budz Review

## ISO: PCB's Best Mint Julip

By JACK SMITH

When my father passed away he left me his box at the Kentucky Derby and for the past twenty years, we have dedicated the first weekend of May to his memory. Talk about a party! I have a photo of myself sitting on the roof of a Louisville police car wearing my date's pink Derby hat. Arrested? The cops said, "If we get a call you had better hold on." The Mint Julip is a combination of Kentucky bourbon, mint, sugar, and water. Although the race itself may only last a couple of minutes, Derby fans start at "The Oaks" on Friday and continue until late in the afternoon on Saturday. So girls, get your favorite hat, head to your favorite watering hole, and help celebrate one of the South's greatest traditions.



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Sip and savor a Southern favorite, the Mint Julep, while sitting back and enjoying the serenity of Grand Lagoon from The North Drop Bar. Whether you desire a classic cocktail, an ice-cold North Drop Ale, the best Mandarin Mango Mojito under the sun, or a glass of our carefully-selected wine, the North Drop Bar will satisfy in a unique, comfortable and fun atmosphere.

## Schooners

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

What's the most important part of the Kentucky Derby tradition? You need some bourbon! Schooners has the perfect Derby drink... the Kentucky Mule. A mix of ginger beer, lime juice, mint and bourbon! Rich, fatty, salty meats go great with bourbon, so try your Kentucky Mule with a Schooners Scuban, made with roasted pork and ham... and, enjoy it with a view!



## Capt. Anderson's Restaurant

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

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

One of the most popular dishes at Capt. Anderson's is the "Famous" Grilled Bay Shrimp seasoned with our own house seasoning and soaked in drawn butter... yum! A flavored rum cocktail made with lime such as a Mint Mojito is a perfect pairing. Dine early and watch the fleet unload!

## Paparazzi Gourmet Deli

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

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

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



## Angry Tuna

1701 S. Pier Park Drive, Suite 155, PCB | (850) 235-4632

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

Stop by the Angry Tuna for the great taste of local flavors of the Gulf Coast! House specialties to go with your Derby drink of choice include the Seared Tuna Bowl, Tuna Sliders, Tuna Nachos, Colossal Seafood Platter, Peel & Eat Shrimp and many more! Try Beth's Tuna Club, fresh Ahi Tuna with lettuce, tomato and smoked applewood bacon, served with seasoned fries.



## American Charlie

473 Richard Jackson Blvd., PCB | (850) 238-8340

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

American Charlie proudly presents the "All American Mint Julip." Made with Makers Mark, house made syrup and a sprig of mint, this American classic bursts with flavor. Come by and let our all pro bartenders make one just for you... or check out one of our other specialty cocktails!



## Boon Docks

14854 Bay View Circle, PCB | (850) 230-0005

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

Relax on the docks while you wait at Fish Tales. Take in the history of our 1941 West Bay landmark, the old fish house, the Buchanan home, and the old bait store, all now part of Boon Docks Restaurant. Look out over the water as you sip on something cold and refreshing and watch the barges go by, the occasional dolphin swim by, even an alligator or two, and our mascots, the ducks and geese, who come in for their favorite - hushpuppies.

# Review: Capt. Anderson's

BY MARTA ROSE-THORPE

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

Capt. Anderson's turns 54 years old this October. Back in 1967, Capt. Anderson's was a small eatery serving breakfast and classic Gulf Coast fare, catering heavily to the local fisherman with bagged lunches to take out on the boats with them. Through the years it has slowly expanded, winning the loyalty of millions of customers and friends along the way. The menu now offers a substantial collection of seafood, steaks, and house classics (there are so many "Classics" that the fifth edition of the Capt. Anderson's Cookbook, "Captain's Classics," is now available), gluten-free items, a children's menu, desserts, cocktails, specialty drinks, after dinner drinks, domestic and imported beers, and the massive (and I do mean massive) Captain's Cellar Wine List. Four levels of Wine Club membership are available: Capt.'s Cellar, Grand Cuvée,

Private Reserve, and Admiral's Locker. (Go to [captanderson.com/wine/wine-club.htm](http://captanderson.com/wine/wine-club.htm) for Wine Club details.) The restaurant's space has grown to 725 seats with two private rooms, the Flying Fish Lounge, and a gift store that sells Capt. Anderson's House Seasoning, Capt. Anderson's Greek Dressing, and fresh seafood, among many other things. Capt. Anderson's currently employs a 177-member staff with the average length of employment exceeding 25 years. This landmark restaurant even started a local tradition years ago, of "Dining early and watching the fishing fleets unload their catch."

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

My recent visit to Capt. Anderson's was quite different from all the other visits. That evening we had the opportunity to dine with one of the family members, Anna Patronis Moon, who shared some of Capt. Anderson's background and his-



tory as well as a few great behind-the-scenes secrets with us. Like, What's a great appetizer? For starters, Anna recommended the Sesame Crusted Ahi Tuna (\$14.95). Fresh, rare ahi tuna medallions, encrusted in crunchy, toasted sesame arrived in a beautiful lineup accompanied by wasabi, fresh ginger, soy and the specially imported Terry Ho's Yum Yum sauce. A basket of warm Rice Rolls – our favorite – arrived, and Anna explained what makes them so lovely. Before baking, the yeast rolls are dipped in rice flour, which gives the top of this soft roll a wonderful crackling sensation when bitten into.

Along with the bread, most entrees come with a soup of the day or salad, potato or veggie, and a dish of warm, homemade hush puppies always makes its way to the table. Wine recommendations for many of the dishes adds a nice touch. "May we suggest a bottle of Beringer Luminus Oak Knoll Chardonnay, Napa Valley, with the fresh

seafood selections? May we suggest a bottle of Lanson Brut Black Label Champagne with the fried seafood selections, or a bottle of Somona-Cutrer, RRV Chardonnay with any of the pasta dishes?"

A round of Greek Salads arrived at the table, large bowls filled to the rim with fresh, cold, crisp iceberg lettuce (just the way I like it), ripe and juicy, thick-sliced tomatoes, Greek ripe olives, Salonica peppers and Feta cheese. The "Famous Greek Dressing" was savory and delicious (Anna told us all salad dressings are made daily from scratch). My son enjoyed the evening's featured soup, Chicken Noodle, also homemade from scratch with lovely, delicate noodles in a thick, rich broth. And then the entrees. Anna shared that the two most popular items on the menu are the Seafood Platter (fried or broiled, \$44.95 with lobster; \$31.95 without), which my husband ordered, broiled, and the Greek Style Grouper Imperial (\$36.95),

which I ordered. (\*During the summer months, the most-ordered item is the Jumbo Fried Gulf Shrimp, \$19.95).

The seafood platter included shrimp, scallops, fresh grouper, and fried stuffed deviled crab. Everything looked ridiculously fresh and smelled heavenly. And that deviled crab... Anna told us the secret recipe: shredded blue crab blended with onions, scallions, red and green peppers, relish, and Ritz crackers, all stuffed into a crab shell and cooked. My Grouper Imperial was prepared on an open hearth and charcoal broiled, served with lemon butter, olive oil, chopped spring onions and parsley. Perfectly grilled, tender fish drenched with an out-of-this world Imperial sauce with large chunks of tender lump crab meat. Our son had the Grilled Churrasco Steak (\$34.95) which was tender, juicy, and perfectly cooked. Anna ordered an off-the-menu secret – the Churrasco steak topped with

*Continued on next page*

 Dining & Events

# ECTC: Xanadu, You and a Really Big Hairdo

BY ANNA AND  
NATHANAEL FISHER

What do roller skates, mall hair, leg warmers, jean shorts, neon green and Greek Mythology all have in common? They're just a few of the '80s throwbacks you'll find in ECTC's production of *Xanadu*! This Tony Award-nominated, hilarious musical adventure is about following your dreams despite the limitations others set for you. The original hit score composed by pop-rock legends, Jeff Lynne and John Farrar rolls along at an upbeat, toe tapping pace. Based on the cult classic movie of the same title which starred Olivia Newton-John and Gene Kelly, *Xanadu* is hilarity on wheels for anyone who has ever wanted to feel inspired. We are kicking (or should we say skating) it up a notch at ECTC with this production... great costumes, heart pumping music, incredible talent, and fabulous lighting and effects!

Speaking of talent... if you saw *The Marvelous Wonderettes*, then you know the work of the wonderful and talented actress Arianna Reyher! You'll remember Ms. Reyher as the

straight-laced, cat eye glasses wearing ingenue who had a thing for Mr. Lee. She is playing the lead, Kira, in *Xanadu* and will make you forget all about Olivia Newton-John when you hear her belt out "Xanadu!"

Kevin Ganzekaufer hails from Long Island and is flying south for this production to play the role of Sonny. Mr. Ganzekaufer's most recent credits include Claude Bukowski in *Hair*, but we affectionately refer to him as "the guy who did a dive roll, popped back up, and went straight into a jazz turn in his dance audition." His fun and zany energy is perfect for the role of Sonny and will surely make you laugh as you fall in love with his character.

Our patrons who have been with us for a while may remember the dynamic Adam Silory! Mr. Silory hails from Michigan and his ECTC credits include:



First Date, Dancing Lessons, Around the World in 80 Days, The Fantasticks, and Buyer & Cellar. Mr. Silorey is playing Danny/Zeus in *Xanadu* and with his sharp comedic timing is sure to bring the laughs!

The rest of the *Xanadu* cast is a mix of some of your favorite local ECTC actors and a few very talented regional actors we are bringing in just for this production: Fort Walton Beach locals Abigail Huhtala as Melpomene and Hillary Marshal as Calliope join the cast, as well as Meghan Horrigan as Eros and Arin Walker as Eros, both from Niceville. Samantha Savoie is our Featured Dancer/

Aerialist and resides right here in Santa Rosa Beach, while the rest of the cast is rounded out by our out-of-town talent. Seth Patterson as Thalia (New York, N.Y.) and Josh Hudson as Terpsicore (Eatonton, Ga.).

After May at ECTC we head into all of our summer programming. The *Tempest*, a part of the Coastal Culture Series through Grand Boulevard, is the free Shakespeare in the park offered on Theatre Thursdays at Grand Boulevard. We also offer a wide variety of summer camps for kids (some of which are already full. So, sign up NOW at [emeraldcoasttheatre.org/summer-camp](http://emeraldcoasttheatre.org/summer-camp)), and our SummerPOP Fundraising series featuring Peter Lake, Comedy on the Boulevard, Dread Clampitt, and maybe a few other surprises!

Behind the scenes we are working on Season 10, if you can believe it! Though we can-

not reveal specifics yet, we can promise you that this next season is going to be bigger and better than ever! Bigger shows, thrilling musicals, engaging plays, dynamic children's educational programming, and all kinds of great ways for us to show love to our community! We look back on the last 10 years with so much gratitude in our hearts at how you, our community, has supported us.

We are here for you. To entertain you, to enrich our community, to bring joy and life to everyone that comes into our space at Grand Boulevard in Sandestin. We look forward to seeing all of you here at ECTC!

## In May:

### **Xanadu, May 13 - 22**

Thursday - Saturday at 7:30 p.m., Matinee Performances Thurs., May 19 & Sundays at 2:30 p.m.

For more information call (850) 684-0323 or visit [emeraldcoasttheatre.org](http://emeraldcoasttheatre.org)

## CAPT. ANDERSON'S

*continued from previous page*

lump blue crab meat drenched in a creamy, sweet she-crab sauce. The evening's featured vegetable was broccoli... fresh and perfectly cooked al dente, then lightly tossed in seasonings. Our giant baked potatoes' skins were brushed with butter and sea salt, making the exterior a rich, textural delight.

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

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



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# May Brings History, Culture, and Fine Arts to the Center for the Arts

The Bay Annual Competition and Exhibition returns for its 59th year this May at the Center for the Arts. Joining this exhibition will be the Asian and Pacific Islander Heritage Month exhibit in the Miller gallery and Angel Martinez's work in the cafe.

In the 1960s, the Panama City Artist Association started the Bay Annual juried competition and exhibition, a tradition we are honored to continue. Artists from all fine arts mediums (except photography) are welcome to submit works on any topic. The Bay Annual Exhibition is open to artists of all ages residing in 16 counties in the Panhandle area.

"We're so excited to be hosting the Bay Annual again," said Jayson Kretzer, director of Bay Arts Alliance. "This show is always the perfect opportunity for our local creatives to reconnect with each other. We hope the community will come out to see and support the work of some of our area's most talented artists."

This year's judge is Tallahassee artist Brinda Pamulapati. She is the artist, owner, and director of the Veni Art Gallery in Tallahassee, Florida. Brinda has served as a judge for many

local arts organizations in the Tallahassee area, including but not limited to: Artist League MOFA 2018, Artopia 2017-2019, 2021, the panel discussion in Gadsden Museum of Art, and the COCA Cultural Grant Program Panel 2019.

In celebration of Asian and Pacific Islander Heritage month, the Miller gallery will include a variety of Asian art pieces, ranging from textiles and scrolls of art to common household items.

**Jeannie Millaway**, a local writer and engineer, organized this heritage exhibition in collaboration with other families in Panama City, collecting family heirlooms and other staples in Asian art to educate and fascinate visitors.

While preparing for this exhibit, Jeannie stated, "My search began with Asian Immigrants like myself, but I soon discovered that connections to Asian culture are beyond skin colors. Asian art and objects were treasured by military families, through friendships across borders, or sometimes just a simple appreciation of their uniqueness. I was amazed by the enthusiasm of those contributing items for this exhibit, and humbled by their willingness to



a style that involves various mediums, experimenting with oils, watercolors, charcoal, photography, clay, and acrylic paints.

In this exhibit you can expect to see a photography series that celebrates our incredible biodiversity and the effect of experiences on our perspectives, as an individual and collective consciousness.

These exhibitions will be on display Friday, May 6, through Saturday, May 28.

The Center for the Arts is open and free to the public Tuesday - Saturday, 10 a.m.-5 p.m., and Friday, 10 a.m.-7 p.m.

let me tell their stories."

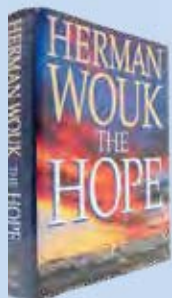
The cafe gallery will be displaying works by local photographer **Angel Cervantes** this month.

Angel's passion for art and nature has led him to develop

## The Hope by Herman Wouk

REVIEWED BY JACK SMITH

Herman Wouk is one of the greatest historical novelists ever. It began with "The Caine Mutiny" and continued with "The Winds of War" and "War and Remembrance." He saved his greatest work for last though: "The Hope and The Glory." These novels chronicle one of the most thrilling events of our time, the modern birth of Israel. After World War Two the Jews had had enough. They demanded their own homeland, Israel. This is the story of the Jewish migration and settlement of that country. "Balagan" is a Hebrew word that can be translated as chaos or fiasco, and it's a word that comes up again and again in the novel set amid the sever-



al wars that forged the state of Israel. Instead of Roosevelt, we have Ben-Gurion, Israel's Churchill. Instead of Eisenhower, we have Moshe Dayan. The miracles of military ingenuity, raw courage—sheer Chutzpah—have become the folklore of the Israeli Defense Forces. For example, when the army needed to find a road in order to break the Siege of Jerusalem in 1948, an American Colonel (made commander of the Jerusalem front by Ben-Gurion) managed to save

the city with a barely-passable, last-ditch road carved through winding mountains along old animal paths that bypassed enemy lines, bringing desperately needed supplies to the besieged city. Anticipating the next war, the undersized Israel air force bombed all of Egypt's runways keeping its planes out of the fight. This is the study of the world's largest underdog and its refusal to surrender. I once had the occasion to speak to a Special Forces operator from Israel and asked why they fought so hard. He gave me a one-word answer in Hebrew that sounded like "Embara." He later translated the word to mean "no choice" If the Arabs lose the war, they go home, if we lose we go into the sea.



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 Music & Arts

# Gulf Coast Jam Brings Country to the Coast

BY WILL ESTELL

If you're a fan of great country music and America's best beaches, you've probably already heard a thing or two about Gulf Coast Jam. What started as a decent size outdoor music festival 10 years ago has now grown into one of the top-ten largest, and most popular, country music festivals in the nation.

Having covered the festival editorially for four years, I can assure you it does not, and will not, disappoint. I've seen everyone from Tim McGraw, Brad Paisley, Luke Bryan and Florida Georgia Line to Riley Green, Big & Rich, Lynyrd Skynyrd, Brothers Osborne and Kid Rock play to Gulf Coast Jam's growing crowds of music lovers. Every single year the shows get better while the crowds get bigger. With attendance topping the 30,000 mark for the headlining shows in 2021, this year's festival is proving to be even more popular, with some ticket packages already sold out months in advance.

Taking place June 2-5 at Frank Brown Park, this world-class music festival is right in your neighborhood.

Spring 2022 Gulf Coast Jam's headliners encompass some of country's biggest duos, including long-time hitmakers Brooks & Dunn headlining June 5th while the festival will be one of the last venues that local favorites Florida Georgia Line will perform at (having recent-

ly announced they are taking a break) on June 4th. Additionally, the newly minted ACM Group of the Year, Old Dominion, will headline on June 3rd.

When asked about some of the highlights of the upcoming 10th Anniversary Festival, Gulf Coast Jam's executive producer, Rendy Lovelady, said, "Florida Georgia Line is not only one of the most-requested acts we've ever had at Pepsi Gulf Coast Jam, but both Brian and Tyler are fixtures on the Florida Panhandle. We can pretty much guarantee a party when they play Panama City Beach!"

As if the top-notch array of festival headliners isn't enough bang for your buck, the 10th Anniversary Jam features a smorgasbord of entertainment that includes some of the biggest names in music—every single night. For the first time in the festival's history, this includes a bonus kickoff show featuring Brett Young on Thursday June 2nd, included for all of those who purchased a weekend pass.

Thursday night's lineup also includes Jameson Rodgers, Niko Moon and Casi Joy, while Friday night brings to the big stage: Tyler Rich, Jordan Davis, Gary Allan, Randy Rogers Band, Presley & Taylor, Ryan Griffin and Tigerlily. Saturday features well-knowns Chris Janson, Maddie & Tae, Darryl Worley, Frankie Ballard, Steve Moakler, Nate Barnes, and Chandler Flint. Finally the culmination of the entire festival weekend will start



Will Estell with Florida Georgia Line band members.

Sunday, and includes one of my personal favorites, Georgia's own, Corey Smith, along with Scotty McCreery, Tracy Lawrence, Confederate Railroad, Mitchell Tenpenny and Elvie Shane.

Having attended and written about concerts by a wide array of artists, the one thing I am always in awe of is that even with today's ever-increasing ticket pricing for single concerts, somehow the producers of Gulf Coast Jam still find a way to offer a remarkable package that allows a concert goer to see in excess of 20 well-known artists, over four days, on a single stage, and make it affordable. I mean where else can you experience all of this music, first-hand, on a \$159 general admission weekend pass? People pay that to see one or two groups at most large venues around the nation.

Festival COO, and Panama

City Beach Mayor, Mark Sheldon, agrees that the price has a lot to do with how popular Gulf Coast Jam continues to be, stating, "Four days of fun, sun and great music – you just can't beat that!"

My friend, Craig Campbell, of Campbell Entertainment Group in Nashville, has played an instrumental role in orchestrating various behind the scenes aspects of Gulf Coast Jam since its first year, and he's told me, firsthand, that the talent alone runs well into the multi-millions each year.

Campbell went on to explain, "it's actually because of our great sponsorship by Pepsi, as well as the generous support of Panama City Beach, Jim Beam, Bud Light, and our many other valued sponsors and festival partners that the promoters are able to continually make this one of the most affordable mu-

sic festivals in the country, year-after-year. That's one of the aspects that Rendy and Mark are most proud of. Bringing great music to Panama City Beach and making it attainable to most everyone."

In addition to weekend passes, Thursday-only tickets are available starting at just \$29 for general admission. This is the first time the festival has offered a one-day pass, though, as I mentioned above, everyone who purchases a three-day ticket will automatically get the fourth night free as a bonus.

Four-day Pepsi Gulf Coast Jam passes were still available at the time of this article. General Admission passes are currently \$159.00 for the full four-day weekend, with special college student passes only \$139.00, and Military, First Responder/Medical Personnel passes just \$129.00.

There's also VIP Pit and Super VIP passes at \$459.00 and \$659.00, respectively. And, trust me they are worth every penny for that location and stage view. There are also very limited numbers of Side Stage passes available for \$1,150.00. All passes are available at [www.GulfCoastJam.com](http://www.GulfCoastJam.com), while they last.

For additional information you can follow Pepsi Gulf Coast Jam on Facebook and Instagram. However, the best way to get in on all the action is simply to grab your tickets and music-loving friends and experience it all yourself.



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# Four Warning Signs on the Road to Divorce



BY JAMIE C. WILLIAMSON, PhD  
There are four signs that signal a downward relationship spiral leading to divorce. But you can learn to recognize these cautionary signals and take a detour that will put you back on the path to a long, satisfying marriage.

## Which couple are you?

This week I met two young couples. Both couples have been married for four years. Both couples are loving parents and gainfully employed in professional jobs that provide health insurance and retirement benefits. Both couples seem to “have it all.” Yet, they are distressed.

Amy and Brian are heartbroken because no matter how hard they try, they can't seem to stop

having the same fights over and over again. In contrast, Lisa and Mike feel angry because they each see their marital problems as the other's fault, and have given up trying to talk about it because talking just leads to another fight.

From the outside looking in, these couples seem similar. Both couples experience a lot of conflict and feel distressed. But for Amy and Brian there is still a high likelihood that they can bring the joy back to their marriage if they quickly take steps to turn their relationship around. For Lisa and Mike, the chances are slim because they've gone too far down the wrong road.

## Four Signs You Could Be Headed for Divorce

**1. You view your relationship problems as severe.** You started out as fowers (lovers who are also best friends). But, now you notice that conflict is more frequent and has taken on a negative tone, especially for major issues that keep recurring. This negativity then begins to bleed over into other aspects of your life, as well. But, still you are turning toward each other to work things out.

**2. Talking things over seems useless.** You begin to

blame the other for your relationship problems and your relationship talk is characterized by complaints, sarcasm, reciprocated negative feelings, and problem escalation or flooding the conversation with multiple criticisms. You start to turn away from each other and try to solve the problems individually, rather than as a couple.

**3. Spouses start leading parallel, but separate lives.** To reduce conflict and tension, and to get some perspective on the relationship, spouses avoid talking about their relationship or issues other than those topics that surround their daily routines. When other issues do come up, the intense conflict, criticism, and even contempt return. So, you and your spouse begin to keep your distance and to live more like polite roommates than the intimate fowers you once were.

**4. You feel alone in your own home.** When communication is restricted to practical matters peppered with the inevitable eruptions of intense conflict, there is little intimacy exchanged between spouses. You may go through the motions of your daily routine and may even continue to have sex. But your marital intimacy has been

replaced, at best, by cordial indifference or, at worst, controlled hostility that lies barely under the surface and frequently erupts.

## Where is the Point of No Return?

Couples like Amy and Brian can more easily reverse course because they noticed the first warning signs of relationship distress. Either on their own, or with the help of a counselor or couple's workshop, they have a good chance of restoring the intimacy and happiness in their marriage.

Couples like Lisa and Mike, who continued to ignore the warning signs, have likely reached a “point of no return” or will have a rough road back to each other because they didn't notice the early warning signs that they were possibly headed to divorce.

If you've been seeing the early signs that you are on the road to divorce, try starting a conversation about how to become fowers again.

If you think you might have reached the “point of no return,” try starting a civil conversation about your choices: Are you both willing to try the rough road back to each other? If not,



can you dissolve your marriage amicably before you hurt each other and your children even more?

Granted...that's a hard conversation to have. But I've seen couples who thought divorce was inevitable find their way back to each other. And, ironically, I've also seen many miserable couples build a better life for themselves and their children through divorce.

*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).*

# Carbohydrates, Our Friend and Enemy



BY KAY LEAMAN,  
HEALTH ARCHITECT

Carbs are everywhere and necessary for our health. However, the carbs we choose can affect our gut health, immune system, cholesterol levels, blood sugar and energy. So, let's learn a little about them.

Definition: (carbo-hydrate) A large group of organic compounds occurring in foods and

living tissues, including sugar, starch and cellulose. They contain carbon, hydrogen and oxygen (1:2:1). This can vary depending on the type of carb. They are broken down in the body to release energy.

Carbs are an essential energy source, vital for good health. They convert to sugar (glycogen), which supplies energy to our bodies. There are two types of carbs:

**Complex:** These are polysaccharides and contain at least three glucose molecules. They are found in foods high in fiber and starch. They take longer to digest and contain important vitamins, minerals, probiotics and antioxidants. Complex carbs help to maintain healthy blood sugar levels.

**Simple:** These carbs only contain one or two molecules and are referred to as monosaccharides and disaccharides.

These contain naturally occurring or added sugars and are

digested quickly. These simple carbs tend to raise blood sugar

*Continued on next page*



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 Wellness


BY DR. RICHARD CHERN, MD

Happy Mother's Day to all the moms out there reading. Thank you for working to the point of exhaustion, worrying to the point of tears, supporting us through our good decisions and bad, and loving us even when we do our best to push you

away. I'm sorry it takes so many years for us to understand everything you do for us and some of us never get to understand the suffering you go through as a mom.

This month, I would like to let you know how to help your mom feel better and live a longer and healthier life. As moms get older they start losing the hormones that protect them from disease.

At some point mom's estrogen levels start falling. This leads to difficulty falling asleep at night and also leads to moms waking up too early in the morning. The lack of sleep increases mom's stress levels and makes moms more irritable as

well as increasing the risk for Alzheimer's and other diseases.

Falling testosterone levels in moms leads to physical exhaustion, moodiness and also increases the risk for strokes, heart attacks and breast cancer, which are the top three ways moms die. Nobody wants his mom to die. Adding testosterone to moms who have hit menopause will greatly reduce their risk of getting breast cancer. Moms don't like breast cancer and giving testosterone to moms is one of the best ways to prevent breast cancer.

Failing thyroids lead to weight gain, loss of mental clarity, coarse hair, increased cholesterol levels and increasing sugar

levels. Just so you know, moms hate gaining weight and hate coarse hair. They also don't like having to take medications. Just so you know, ironically, increasing sugar levels in moms does not make them sweeter.

I know you want your mom and the other moms you know to live as long as possible and be as healthy as possible so you can get as many hugs and kisses as you want whether you deserve them or not. So, make sure you let your mom know about us and how we can help her live a longer, happier, and healthier life.

Moms, we love you more than we could ever tell you and more than we could ever show.

The crazy thing is that no matter how much we love you I'm sure you love us more. Happy Mother's Day!

*Dr. Richard Chern, MD, provides hormone therapy to men and women from across the country. He is also on staff at BioTE Medical and teaches hormone therapy to new providers including providers in our local area. In addition, he treats doctors in the local area and from around the country. Dr. Chern is a platinum BioTE provider and runs one of the largest BioTE hormone clinics in the country in Miramar Beach. To schedule an appointment, call The Hormone Restoration Center at 850-837-1271.*

## CARBOHYDRATES

continued from page 23

levels.

Processed carbs like crackers and chips lack essential nutrients such as fiber and vitamins. When grains are processed the bran and germ is removed (fiber) along with the vitamins and minerals leaving little to no nutritional value. What they add back is sugar, sodium and preservatives, none of which the body recognizes or needs.

Complex carbs consist of

vegetables, legumes (beans), nuts and seeds, tubers (sweet potatoes and white potatoes (red is more beneficial) and whole grains (oats, quinoa, brown rice, barley, etc.). The healthiest wheat to look for is Stone Ground Whole Wheat or Sprouted Whole Grain. Simple carbs, on the other hand, consist of fruit juices, milk, white flour, white rice, sugar and soda. Fruit is also in this category but because it is high in fiber and has natural sugars it is a beneficial option.

Fiber, both soluble and in-

soluble, is vital for maintaining a healthy gut. The soluble fiber (found in popular over the counter fiber supplements) binds to cholesterol and sugar mitigating it's release into the bloodstream whereas insoluble fiber is responsible for reducing incidences of constipation and protecting against colon cancer (This is usually not found in popular over-the-counter fiber supplements).

Begin substituting healthy carbs for processed carbs. Brown rice pasta vs white pasta, gluten



free crackers vs regular processed crackers (in moderation), whole rolled oats vs quick oats, etc. Add barley to homemade vegetable soup, add nuts, seeds and fresh fruit to plain greek yogurt. Use mashed avocados as a spread instead of mayo on sandwiches.

Feel free to reach out if you have questions or something specific you need help with.

You're invited to an important Holistic Detox series this

month. Registered Holistic Nutritionist Linda Murphy, RHN/NPP will share the importance of spring detoxing our bodies and the benefits it provides. These sessions are free. To attend these invitation-only events, email me using May Series in the subject line.

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## How To Keep Your Hearing Aids Working Their Best



In this article, we're going to run through some tried and tested tips for keeping your hearing aids working at their optimal level.

**Be Gentle** Your hearing aids are advanced technology, but they're not indestructible. It's a good idea to treat your hearing aid in much the same way as you would your smartphone. That is to say, with respect and gentleness.

**Turn Them Off** Your hearing aids will have many years of use, but you can extend the life even further by turning them off. When you're not using your hearing aid, take them out, switch them off and put them in a protective case.

**Avoid Water Immersion** There are many hearing aids that are water-resistant, but that's a lot different from being waterproof. So, this, of course, means that you should remove your hearing aid before stepping into a shower or diving into a pool. If you do get some water on your device, then be sure to pat it dry with a towel.

**Clean Them Regularly** To ensure the full functionality of your hearing aid device, it's important to keep your ears clean. A buildup of wax can impair the device. Of course, a little bit of wax is good for your ears, so there's no need to go over the top when cleaning. However, earwax is not so good for hearing aids. To prevent a buildup of earwax on your device, it's a good idea to clean them at the beginning of each day. Remember not to use water though! And as always, be gentle. If you need some help with your hearing aid device, then be sure to get in touch with us here at All Clear Hearing Centers. Contact us today at (850) 308-1678.

Source: <https://hearagainamerica.com/how-to-keep-your-hearing-aids-working-their-best>

## SCHEDULE OF EVENTS

Questions about your hearing?

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

- **May 1st - 31st** - National Save Your Hearing Event - **Miramar Beach & Panama City Beach** locations
- **May 6th** - Special Mother's Day Event- **Miramar Beach & Panama City Beach** locations
- **May 30** - Memorial Day Event- **Miramar Beach & Panama City Beach** locations



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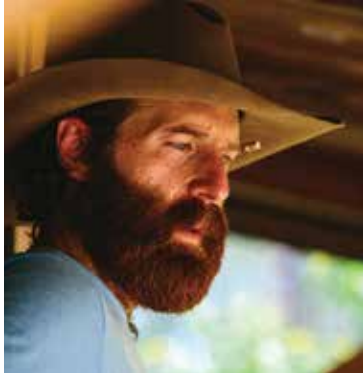


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 Musing

## Sean of the South



BY SEAN DIETRICH

Nobody knows when it started. But it did. The first jar of pickles to appear on Aunt Bee's grave in Siler City, North Carolina, showed up in 1989, the year she died. Legend states that the pickles were probably homemade. Although some claim they were store pickles.

Since that fateful day, nobody has found a good reason to stop leaving pickles. Pickles show up by the hundreds. Maybe even thousands. From all over the United States.

"I think it's just a form of respect," says Billy, age 73, from Bentonville, Arkansas.

Billy traveled 840 miles to Siler City in his 2007 Ford Rang-

er, which is more rust-colored than green, to deliver a single jar of Kosher Dill Snack'mms to the grave of Frances Bavier, the actress who played Aunt Bee on "The Andy Griffith Show."

"She was America's mom," says Billy. "She was my whole childhood."

The pickles are a salute to season two, episode 11, "The Pickle Story." In the episode, Aunt Bee makes pickles that taste so bad they could take the paint off navy ships. "Kerosene cucumbers" they were called in the episode.

"That's my favorite episode," says Billy.

"Mine, too," says Billy's brother, Roger, who is busy taking Billy's picture with his phone camera. Roger is 80 this year. He is vaping. His flavor du jour is tropical cherry, and he is puffing so frequently that we are all able to enjoy this flavor with him.

"Best show ever," says Roger between puffs. "Period."

Billy and Roger have visited this cemetery twice before. And they say that each time they come, there are multiple pickle

jars sitting on the gravemarker.

"Sometimes there are ten or twenty of 'em," says Billy. "Depending on if it's tourist season or not."

The Oakwood Cemetery is a nondescript burial place, nestled within the black gums and post oaks of the Old North State, with headstones stretching back toward the horizon. You'd never guess that this particular plot belonged to one of America's most beloved celebrities.

There's nothing remarkable about the marker. Nothing glitzy. Nothing fancy. The gravestone looks just like the headstone of, well... Your favorite aunt.

On Aunt Bee's tomb are a few handwritten postcards, a couple dozen pennies, dragon tears, various trinkets, and I count six jars of pickles. Among the brands represented are: Best Maid, Famous Dave's Spicy, Wickles, Claussen, Mount Olive, and Walmart's flagship brand Great Value.

I read one of the handwritten notes. It's more personal than I expected. "Dear, Aunt Bee... You raised me... I love you." It was signed by a woman from Marietta, Ohio.

Another vehicle pulls up.



A Honda SUV. It is a family of five. They are from Salina, Kansas. They have been hanging out in the nearby town of Mount Airy all week, hometown of Andy Griffith. The kids leap out of the dusty vehicle. One of them is carrying a jar of pickles.

"My kids all wanted to bring their own jars," says Melinda (age 44). "And I was like, um, no, guys. Three jars of pickles is expensive. And it's not like Aunt Bee is gonna eat them, since, you know, she's dead."

Melinda says her kids are religious fans of the show. It all started a few years ago when her husband lost his job. The family had to cancel their movie

streaming services to save money. They had nothing to watch.

"So," Melinda explains, "I went to the store and bought a television antenna. Like in the old days."

A local station out of Hutchinson-Wichita played Andy Griffith in all its black-and-white glory. After the very first episode the children were spellbound.

"We plan our whole days around that show," Melinda says. "To my kids, it was like the show was brand new, like it'd just come out."

I watch the children stand reverently before the gravestone of everyone's favorite aunt. Hands in their laps. Heads bowed. They are solemn. Much the same way you'd behave at the graveside of a loved one or a close relative.

And it makes me feel pretty good to be an American right about now. Because say what you will about us, but our country's children know Andy Griffith, Jim Nabors, Frances Bavier, Don Knotts, Ron Howard, and Betty Lynn.

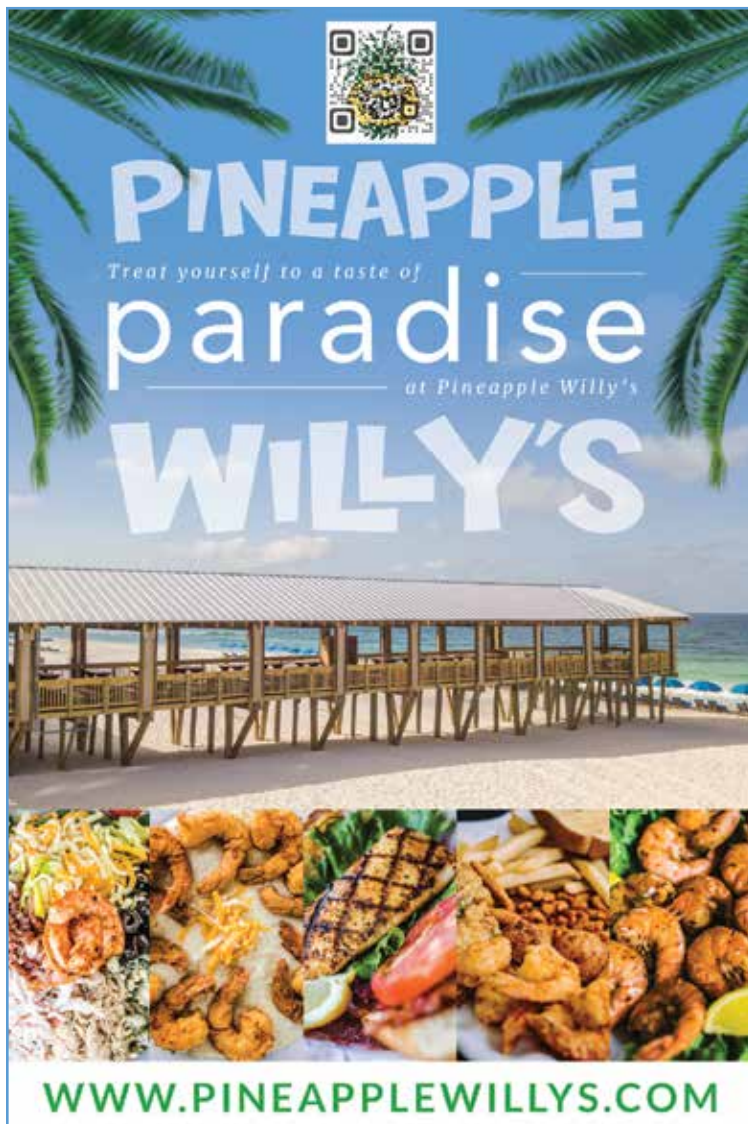
I am a lot like the other people here today; Andy Griffith practically raised me. Our station played two "Andy" episodes every evening after school. I was a fatherless kid who needed someone to pay attention to me, to love me, to teach me, to make me laugh, to show me how to be a man. Andy did this for me. Every weekday at five o'clock.

After all these years, I've never gotten over him. And I don't want to, either.

The words on Aunt Bee's tombstone read: "To live in the hearts of those left behind is not to die."

Would that the same be said of you and me someday.

I left a jar of Vlasic.



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# More Than Floors: Creating Dream Spaces with Design

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

When Gwen and John Boone walked into Flooring Depot of Panama City on 15th Street, they weren't sure what they were looking for or what they wanted. They had been putting off updating their condo's master bathroom since moving from Chicago to Panama City Beach in May 2021. But when they came into the store, they ran into exactly what they had been looking for—help. They talked with Kimmy Miller, a design and sales associate at Flooring Depot, and knew instantly that they had found someone who could help bring their likes, wants, and vision to life.

"We were so lost," says Gwen. "And Kimmy had a lot of ideas and pulled things together so well. It's been amazing. This was the first place that we went where someone could help us with the puzzle that was our master bathroom."

Kimmy is no stranger to designing. She was co-owner of a renovation and design business



prior to coming to Flooring Depot in September of 2021. "I love seeing the relief on the customer's face when they find someone who can help them," says Miller. "I get a lot of satisfaction in helping them create a space that they can feel comfortable in and that they can call home."

"People usually know what they like. They just aren't sure how to pull it all together to create a complete look," says Miller, noting that she has spoken with quite a few customers that are still struggling with Hurricane

Michael renovations. "We have some customers who need to tie the old part of their home to the new part of it to make it look cohesive, and we have been able to do that."

## Design Services

Flooring Depot has been helping customers create their dream spaces since opening in 2018. Because there are so many choices—not just in color or style, but material, brand, and texture, having someone there to help guide customers gives them a sense of relief.

Kimmy loves to design and has a good eye that's helpful in creating spaces for clients. "My role is to help you coordinate the elements of your design from the flooring to the tile in your kitchen or bathroom. I can also help you with accessories, furniture, master bedroom spaces, area rugs, paint colors, and all that goes into the home. I focus more on aesthetics and helping the homeowners create a finished product that they will love."

Almost all customers needing design come into our main showroom with samples of their space, but some need that extra touch and want someone to view their home personally. "There are some people that are very early in the process, and they are trying to figure out what they want or how they want to lay out their space, so I can go to their home and tell them what would look good in the space and see what their vision is. This gives them a good idea of how to move forward, what type of materials they are looking for and like, and then what their next steps are."

If customers are looking for help choosing the perfect flooring, all the sales professionals at Flooring Depot can help customers with choosing the best flooring for their space. "All of our staff are trained in listening to the customer and helping them choose products that work best for each of them," says Kristen Carter-Rowell, sales manager at Flooring Depot.

"The design that Kimmy does is a little more involved, where she is looking at the entire space, accessories, furniture, and other aspects that the homeowner needs. It is important to note that there is an extra charge for these design services," says Carter-Rowell. "With a team versed in both flooring and aesthetics, we are confident we have created a one-two punch that will help homeowners create their dream home."

For more information or to schedule a design appointment, please contact the Flooring Depot of Panama City showroom at (850) 785-2216.



Gwen and John Boone Master Shower Design

## Design Services

Gwen and John Boone Master Shower Design

## Need Help Pulling Your Design Together?

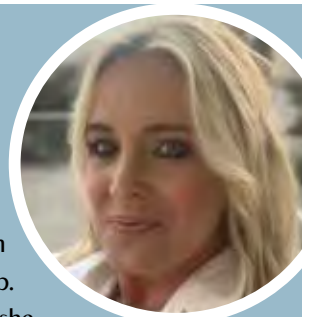
If you need help choosing flooring, patterns, colors and designs to pull together your final vision for your home, we now offer design services that can help you create your dream space.

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## Customer Testimonial

"Working with Kimmy on the design of our bathrooms has been amazing. Flooring Depot was the first place that we walked in to where someone could help us pull the puzzle pieces together. We have been trying to redo our condo since we moved from Illinois to Panama City Beach in May 2021. We were so lost and needed some help. But when we came into the store and met Kimmy, she knew exactly how to pull together what we wanted. She has truly been amazing and we will be coming back to work with her on our floors too."



Kimmy Miller  
Design/Sales Consultant

—Gwen and John Boone, Panama City Beach



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# Design and Culture: Remodeling and Planning

My husband and I have lots of home projects planned, but if you are anything like us, we try to plan so there are no projects ongoing during summer, or the Thanksgiving and Christmas holidays. If you are thinking about remodeling your home or condo in the off season, there are many reasons to start planning now.

The extent of your remodel will determine the timeframe needed for your project. Planning now can shorten your remodeling downtime. Construction in our area is incredibly busy right now. If you haven't tried to reach out yet, you may not know most carpenters, electricians, plumbers, fabricators, and all other construction trades are exceedingly busy. Preparing now will get you on these trades schedules so when the time comes, you're not scrambling to find one. Some materials continue to be delayed so it is a good idea to start ordering now for the fall. Some of the items that continue to be delayed include windows, furniture, and appliances.

If you are planning to replace cabinets and countertops in your remodel, Granite Plus offers free cabinet design services. The cabinet design process usually takes time to dial in with all the final design elements,

color selections and changes. In most cases by experience final selections of countertops can take anywhere from a few days to a few months. Appliance selections need to be made during this time also. The time frames for cabinetry really depends on what you choose. Painted and some stains are delivered in two to eight weeks depending on your selections. Options such as weathered cherry, quarter-sawn white oak or knotty alder are taking 20 weeks. You would want to order by mid to late May for a remodel in October. If you are planning to replace countertops and cabinets, let say October 1st, your down time could be as minimal as three to five weeks if proper planning and scheduling is done ahead of time. If you live out of state and own a rental here in our beautiful city, our project managers can assist you as well.

If you are doing a full remodel as in cabinets, countertops, moving walls, lighting, window treatments, new plumbing fixtures, etc., It is a good idea to hire an interior designer. Interior designers not only guide a client in color and design options, but they also assist in creating the budget, keeping everything on schedule and managing the project. Local designers also have lots of resources with local



Tru Cabinetry: Dakota door style, paint white and storm, species maple



Tru Cabinetry: Dakota door style, species maple, custom paint color



contractors to assist in whatever your project may entail.

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BY MAURICE STOUSE, FINANCIAL ADVISOR AND BRANCH MANAGER

### Market Volatility Continues

It has been quite a different year for investors. Investments can be classified in a few main categories: 1) Financial: stocks, bonds or cash; 2) Real: real estate, 3) Alternative: gold, bitcoin, commodities and 4) Personal: jewelry or perhaps collectibles.

War, rising interest rates and bond yields and inflation have had major impacts on asset prices. Stocks are down 10 percent YTD, bonds are down 10 percent. However, cash (based upon yields only) has climbed to approximately .25 percent from at or near zero at the start of the year. Bitcoin has had an increasing amount of volatility and commodities for the most part have rallied.

### What is Driving the Volatility?

Uncertainty over the short term has traditionally added a lot to volatility for most asset classes. While a long-term perspective (in line with an investor's risk tolerance, investment objective or goal and time frame) offers the best approach, in our opinion, the volatility can lead to a lot of concern for investors.

The big three are 1) the horrific war in Ukraine and the fallout; 2) rising rates and their impact on the economy and earnings; and 3) inflation (at a four-decade high).

The war has brought uncertainty to grain supplies, specialty gasses and minerals and metals, oil and gas as well as impacts to world security. It has meant strong short-term returns for defense stocks but has added to inflation and overall uncertainty.

Rising rates have continued to affect growth-oriented stocks (technology for example) as well as the current value of bonds. Rising rates mean bond prices have fallen. Rising rates are also affecting the mortgage lending

market as long-term mortgage rates crossed 5 percent for the first time in more than a decade.

Inflation has continued to increase with the latest CPI reading of 8.5 percent. This is a rate not seen in over four decades. That impacts yields, earnings, cost of borrowing and the potential value of the dollar (although the dollar is up over 5 percent YTD).

### What Might Bring Inflation Down?

In our view, housing costs could be slowing and the main reason for that is rising mortgage rates. Housing accounts for approximately 40 percent of CPI. That is not to mean the growth of housing as an investment but rather something called the Owner Equivalent Rent of an owned home. As housing values grew (over 18 percent in 2021 for example) that had a major impact on CPI.

We now consider this: Mortgage rates have climbed from the low 3s to over 5 percent in a few short months. The cost to borrow is higher and that cost is starting to squeeze out would be buyers. The Washington Times reported recently that when rates crossed 5 percent, over 10 million would-be homebuyers would be pushed out of the borrowing market. That is because the rates to borrow and or amount they can borrow worked against their ability to quality. We also consider so called demand destruction: As an asset climbs in cost, demand goes down. The cost to build (materials and labor) as well as inventory are beginning to work against housing prices and that, we believe, will have a mitigating effect on inflation. We agree with a lot of what we see and hear: Inflation is likely to move to 5 percent or lower by year's end, mainly due to housing.

### The Fed Raising Rates

We learned at the start of the year that 2022 was the year of "Don't Fight the Fed," according to Global X, a provider of exchange traded funds. The action of the Federal Reserve on two main fronts are of importance to investors: 1) raising the Federal Funds rate (currently at .25 percent) in May as well as perhaps in June, July and at other intervals for the remain-

der of the year and 2) The Fed's balance sheet. That has a significant impact on the supply of money or liquidity in the economy. The Fed is yet to start reducing that (it is approaching \$9 trillion). We understand the Fed intends to start reducing that in June. Fewer dollars could also have a mitigating effect on inflation as well. We think the balance sheet has greater impact than raising rates.

### Where Might Markets be Headed

Predictions we believe take a back seat to objectives, time frame and risk tolerance. While equities and real estate have historically outperformed most other assets classes as well as inflation, their returns have not been uniform. Timing the markets is not a strategy but time in the markets we think is a strategy. According to Jim Cramer of CNBC, panic is not a strategy either. Expectations and hope have not factored in to achieving investment goals or targets either. Timing, conviction, and patience have proven to serve investors well in our view.

According to Ibbotson, Morningstar (data from Raymond James) large cap stocks (which make up 70 percent of market value) have returned 10.5 percent from 1926 to 2021. That includes reinvested dividends as opposed to dividends taken in cash. Government bonds have averaged 5.5 percent, Treasury bills (close to cash) 3.3 percent and inflation 2.9 percent.

Many institutions suggest that investors might anticipate lower returns on equities (stocks) over the next decade. Vanguard (vanguard.com) recently suspected that U.S. equities might return just 3.3 percent over the next decade. They feel at this point that global (non USA) equities could fare better at 6.2 percent. See their website for greater detail.

Valuations are always important for investors to note. Most would agree that valuations (costs) of many investments, such as stocks, are high. That means for valuations to come down, stocks would have to continue to sell off or earnings would need to rise. It is important to note, at least at this writing, that U.S. companies

continue to report strong earnings and strong growth.

### Headwinds and Tailwinds

Goldman Sachs recently commented on inflation's direction and pointed more toward tailwinds for decreased inflation with three main points: 1) slowing growth of energy costs 2) slowing growth of wage costs (unretirements have been reversing the great resignation with 55+ year olds and hence a greater labor pool, lowering wage pressures) and 3) rising mortgage rates slowing the cost of housing (a major component of CPI as noted earlier).

While the world and the markets are climbing a wall of uncertainty, investors and would-be investors might want to review and update their goals and strategies. We believe this should be done at least annually and that investments should be reviewed at least quarterly. When goals, time frames or risk tolerances change, a plan matching those should be developed and implemented.

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

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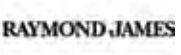
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## Up, down or sideways: Keep your head on straight when markets move.


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



# Boating Season Is Here, Make Sure Your Boat is Legal Before Launch

fishing license needs sooner rather than later.

“It really helps both the customers and our team if our residents and visitors aren’t waiting until the last moment to visit our office before the holiday weekend,” said Tax Collector Chuck Perdue. “We want all customers to have an exceptional customer service experience and we will do our best to deliver regardless of the circumstances, but when everyone waits until the last minute and shows up at the same time, extended wait times can’t be avoided.”

Here are some tips to help you make the most of your time if you need to renew a registration, purchase a fishing license or title/ register a boat.

### Take Advantage of Online Services

Renew Online with Express Lane - If you renew online at BayTaxCollector.com before 3 p.m. on a weekday, you can pick up your renewal the same day. The renewal system allows you to select the office where you would like to pick up your renewal and also allows you to designate someone else to pick up the renewal for you. Once you receive notification your renewal has been processed, you can visit the Information Desk at the office selected to pick up the renewal without a wait.

Renew or Purchase Your Fishing License Online - Whether a Florida resident or a visitor, you can purchase or renew your fishing license online at GoOutdoorsFlorida.com.

Memorial Day and boating go hand-in-hand along the Gulf Coast, but the Tax Collector’s Office wants to make sure you have thought ahead and have your boat legal before you launch.

Each year there is a mad dash to tax collector’s offices as boaters and anglers rush to renew boat registrations and purchase fishing licenses before the Memorial Day holiday weekend. The Tax Collector’s Office is urging customers to plan ahead and take care of their boat and



### Register or Title Your Boat: Save Time, Schedule an Appointment

If you need to register and title your boat in Florida, be sure to schedule an appointment to maximize your time.

The Memorial Day weekend brings additional visitors to our area. Larger crowds typically result in more officers patrolling the waterways and roadways to ensure visitors and residents alike are having a safe and enjoyable holiday. Make sure your

weekend doesn’t get ruined by a citation. Take the time now to ensure you have everything you need to have a safe, fun and legally-compliant holiday weekend.

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.

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# Ask Apex: State-of-the-Art Structural Drying



## Ask APEX

a disinfectant. While that was an accepted practice 30 years ago, it's now known to spread mold.

Larsen, CR, concluded his story by stressing that certification isn't enough. Home and commercial property owners need to identify a contractor with integrity and commitment

to state-of-the-art restoration. "A standard restoration process in conjunction with the latest technology, that's state of the art." Says Larsen, CR. "Our understanding changes over time. And we must remain current like Apex is."

keep up with the latest developments in the industry.

Industry expert, Ken Larsen, CR explained why to me in a recent interview.

About 22 years ago, the IICRC taught a form of structural drying called top-down or in-place drying. This method replaced the need for removing and disposing of wet materials, such as carpet and padding, before drying. Restoration technicians would then extract as much water as they could. Then they would place down air movers and dehumidifiers to dry out the rest of the moisture.

By JEREMY NEEL

Your home or commercial building has water damage. Do you know how to select a company with water damage and structural drying services? More importantly, will you be able to tell if they did the job right? Are you sure you're asking the right questions?



Improper structural drying causes problems like structural damage or mold. Wood rot, rusted pipes, and crumbling drywall are frustrating. Still, they are not the worst problem.

Water contains bacteria. Whether the moisture in your home came from a storm or backed up sewage, it is a health hazard.

While you may not see or feel bacteria and mold creating moisture, it's there. It's under your carpets, in your drywall, and in many other places. It's even in the air you breathe.

Online, you can find a plethora of articles on how to deal with water in your home. Industry-specific articles, or a webpage by the EPA or CDC, have varying advice.

The same goes for different restoration service sites. Each company claims its method of water removal and structural drying is the best.

The truth is, you want a company that is willing and able to

"Materials started to go moldy and nobody knew about it." Said Larsen, CR.

He goes on to say mold grew in walls, behind baseboards, and other unseen places. The surfaces looked dry. Yet, underneath, the plywood and concrete contained moisture. The IICRC got reports of buildings being moldy after the use of this method.

"Environmental Consultants started to look cross-eyed at this strategy," stated Larsen, CR, "because it was resulting in many of these buildings becoming extremely biological."

According to Larsen, CR, The IICRC is a standard-setting, certification, and education organization. Thus, it was important for them to pull this method from their practices and teachings.

Why is this story important? There are technicians who certified when top-down drying was an accepted practice. There may be technicians who learned to spray active mold growth with



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 Business

# Know Your Pro: **Framer Jacks**

What began as a niche project building custom greenhouses and barns on a midwestern vineyard has since blossomed into a custom framing company that emphasizes craftsmanship. As the construction industry has evolved to focus on prefabricated processes, the art, mystery, and love of the carpenter's craft was seemingly lost along the way; although perhaps not forever. In 2018, Framer Jacks, a family-owned company, was officially named and began breathing life into the local building industry.

While there are many other companies that offer similar services, few have been able to

capture the art of the build like the team at Framer Jacks. Consequently, Framer Jacks has emerged as one of the leading framing and siding teams throughout Pensacola, Destin, Scenic Highway 30A and extending into Panama City Beach. With the vision and skill to bring dreams into reality, no project is too big or too small for the Framer Jacks team.

As we all know, our strip of the Emerald Coast is exploding with construction right now. With housing prices continually rising, the need to maximize living spaces for added value has become a priority to homeowners, while



builders struggle to keep up with demand for new homes. The desire to create something unique and beyond even the highest of expectations is what fuels the team at Framer Jacks. This company insists on combining only



the best of modern structural building sciences while preserving the decorative carpentry craft of old.

Framer Jacks is a group of energetic professionals specializing in new residential framing, custom additions, timber structures, outdoor living spaces, modern Hardie siding, coastal wood siding, and decorative exterior trim. However, the growth of this company won't stop there. Having recently broken ground on their own facility, Framer Jacks is excited to introduce their very own product line to the Florida panhandle. This product line will showcase timber frame structures, pavilion packages, and full exterior trim packages while also

offering custom carpentry components such as vented louvers, timber brackets, and decorative corbels.

Framer Jacks focuses on quality, artisanal craftsmanship one unique project at a time. Whether it be a simple pavilion by the pool, a full exterior remodel with intricate details, or a brand new custom home, Framer Jacks' expertly trained carpentry professionals will be happy to schedule a consultation. For more information call Framer Jacks at (850) 603-3356, email [construct@framerjacks.com](mailto:construct@framerjacks.com), check out their website at [www.framerjacks.com](http://www.framerjacks.com), or follow them on Instagram @framerjacks.



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The deadline for ads and editorial is the **23rd of each month** for the following issue

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# Taking the Mystery out of Dry Cleaning

By STEVEN HARLEY, CEO, CFO, HEAD JANITOR, TOTAL LAUNDRY SERVICES

In this issue, we want to talk about dry cleaning! Dry cleaning is a mystery to most customers and the general public.

There is nothing “dry” about dry cleaning; it is just a term used to clean clothing/garments in a solvent, not water. This special solvent is lighter than water so it doesn’t penetrate clothing and swell fibers like water tends to do. Therefore, there is significantly less shrinkage and color

loss when you dry clean items instead of washing them! At Total Laundry Services, we are the only dry cleaner on the Emerald Coast that uses an earth friendly, environmentally safe, silicone solvent. It is gentle on clothing, safe for our employees, and won’t leave any strong odors behind!

The other reason it is called “dry” cleaning is because the garments enter the machine dry and dirty, and come out dry and clean. The special dry-cleaning machine not only cleans

the clothing in solvent, it dries them as well. Each cycle lasts 50 minutes, then onto our commercial steam presses it goes! There they’re treated for stains, pressed and then packaged for delivery or pick up.

It’s a good idea to bring a spot or stain to us, too. Some stubborn stains can remain even after you try a gentle machine cycle or handwashing, especially set-in stains. To better serve you, let us know where the stain came from when you bring it in; we use different processes

for spot treating stains based on their type.

Once you get your dry-cleaned garments home, you might want to take off the plastic bags and switch out the wire hangers to allow your clothes to breathe and avoid unwanted lines that can be created in some areas of shirts and dresses over time. Those are meant to temporarily protect your clothes until you get them home.

Items that should always be dry cleaned include men’s dress shirts, wool, dry-clean-only sta-

ples such as business suits, silk blouses, cashmere sweaters, etc., and oil and grease stains (dry cleaning will absorb oils on fabric, such as body perspiration, food, blood, motor oil and other stains that water can’t remove).

When you pick up your clothes from Total Laundry Services, you will feel almost as good as purchasing it new from your favorite store! Visit us at 16813 Panama City Beach Pkwy, Panama City Beach.

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