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ISSUE 10

MAY, 2022



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Editor/Publisher

Tom Aikins

Associate Editor

Amy Armstrong

Art Director

Lili Pappas

Business Manager

Mayures Chuimana

Advertising Manager

John Williams

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Welcome to the May issue of Palm Coast, our 10th publication, and one that is slightly larger in page count than any we've printed before, with more pages coming in the June issue of the magazine. We've also added some new regular features in this issue with pages on local flora and fauna and a page that highlights the Garden Club at Palm Coast's Garden of the Month. There's also another new regular column starting this month called Homeowner's Corner which will feature a different aspect of home maintenance or upkeep with this month's topic being pest control. And there are a number of new ways to get a copy of Palm Coast now including new distribution points (Wawa, Days Inn and Fairfield Hotel to name a few) as well as the opportunity to purchase one-year subscriptions from the website that we just recently launched, www.palmcoastmag.com. The website also has articles to read and copies of all of our previous issues available for download in PDF format. We've been busy since last issue and that's not going to change soon, so look for more developments to the magazine in the coming months.

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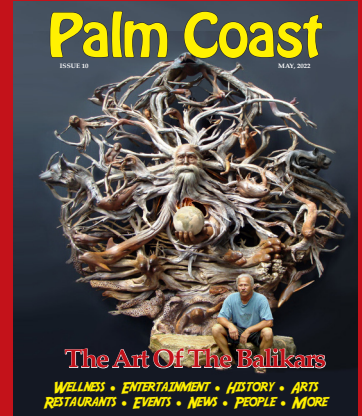
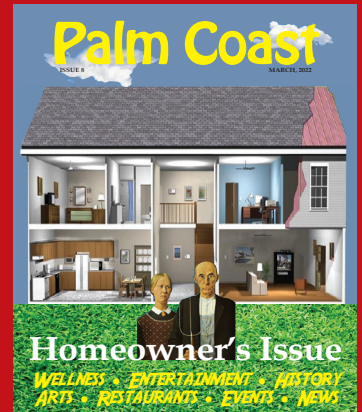
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News Of The Palm Coast World



Teresa Rizzo, Palm Coast Mayor David Alfin, Caroline Rizzo and Joe Wright remember Joe Rizzo, Executive Director of the Flagler County Education Foundation, honored posthumously during the 2022 State of the City, as the 2021 Citizen of the Year.

Palm Coast State of the City Event Took Place on April 21

Stepping up to the plate, David Alfin has quickly become one of Palm Coast's biggest cheerleaders.

Always one to extoll the benefits of living in the family-friendly community in the past, as mayor, he's embraced the role with unfettered enthusiasm. By doing so, Alfin has helped lead the growing community into a new era of opportunity.

Delivering the 2022 State of the City address on April 21 to more than 120 guests at the Palm Coast Community Center, Alfin recapped of all of the positive things that have happened in the city over the past year, calling Palm Coast "a place where if we can dream it, we can do it, together."

"Great things are happening all around us," said Alfin. "There has never been a better time to live in Palm Coast."

Building on Palm Coast's strong foundation that includes a commitment to a high quality of life for resi-

dents, Alfin talked MedNexus partnerships, new businesses and economic growth, as he looked to the future.

From the return of community events such as Food Truck Tuesdays and Movies in the Park, to the happiness of residents enjoying the amenities here, whether it's outdoor self-guided activities or structured recreation through the city's parks and recreation department, the city is pretty close to firing on all cylinders according to the annual report.

"We were delighted to get back to enjoying these special events together and being able to assist you and your family in creating special moments and memories that will last a lifetime," said Alfin.

Alfin spent time recognizing staff and departments for their hard work and award-winning contributions, before announcing three very special recognitions from the community.

Serving as president of the Junior Chamber of Commerce, Flagler Palm Coast

High School student Bryan Soudrain was recognized as the recipient of the 2021 Next Generation Award.

"The Junior Chamber is a growing group of more than 50 high school students locally, who have enriched their community and focused on their future. Bryan is a shining example to his peers and to us all," said Alfin, presenting the award.

Holding back tears, Alfin recognized Joe Rizzo, executive director of the Flagler County Education Foundation, whose passing last month came as a shock to all who knew him. Rizzo was named the 2021 Citizen of the Year, and his wife Teresa Rizzo

and daughter Caroline were on hand to accept the award on his behalf.

Also recognized posthumously, Bunnell Sgt. Dominic Guido, whose passing in November 2021 shook the law enforcement community, was named this year's recipient of the Public Service Award. "We did not know this was happening until the other day," shared Dominic's sister Andrea Feagle. "It's a very special award and unfortunately I'd rather him be here to get it than us. I think the more we go to these things you get in touch with people you wouldn't have realized he touched in his life."



Remembering Sgt. Dominic Guida, Palm Coast Mayor David Alfin presents his family with recognition on behalf of the city, during the 2022 State of the City address at the Palm Coast Community Center on April 21, 2022.



Kim Fitzgerald (left), Mike Chiuimento and Cindy Dalecki enjoying themselves at the reception following the State of the City address.

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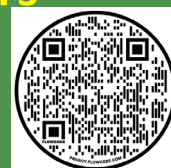


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— Suzanne M.

Marine Detachment 876 Helps Local VA Nursing Home

Since 1993 when The Emory Bennett VA Nursing Home opened, the Flagler County Marine Corps League Detachment 876 adopted them and have been bringing home-cooked and store-purchased food on the first Saturday of the month to the veterans within.

Volunteers spent hours with the residents until Covid shut them down and Wendy's

on Old Kings Road partnered with Detachment 876, donating hundreds of chicken nuggets (see picture below). Last year during Covid the detachment donated a pizza party for 15 months at a cost of \$275 monthly.

On April 27, 2022 at the Flagler County Auditorium the detachment presented to Flagler Palm Coast HS JROTC Cadet Colonel Patrick C. Galloway The Alice Messenger JROTC Memorial \$500 Scholarship and on May 4, 2022 at The Matanzas HS Auditorium Matanzas HS JROTC Cadet Command Sergeant Major Marine Brandon Gonzales will be presented with the Henry RED Gensch JROTC Memorial \$500 scholarship.

On May 7, 2022 there

will be a Mothers Day BBQ at the Palm Coast VFW. The detachment will also be hosting a pizza party for future Marines on May 17, 2022 at the detach-

ment's membership meeting at the VFW. All of these events are open to the public and the detachment encourages everyone to attend.



Marine Detachment 876 Commandant Frank Arce with a donation from Wendy's.

Palm Coast Historical Society to Unveil Original Mural In Honor of Jon Netts



Please join us on May 14 as we unveil an original historical mural commissioned in honor of Jon Netts. Jon was the second Palm Coast mayor, in office from 2007-2016. He served our community for more than 22 years with pride and a tenacity to make it a better place for everyone. His unexpected Covid death in early 2021 left a space that won't be filled soon, if ever. The unveiling will take place at 11 AM at the Palm Coast Historical Society, located in the James F. Holland Park on Florida Park Drive North.

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Local Happenings



The Professional Women of Flagler County held their April meeting on the 1st at the Hilton Garden Inn in Palm Coast with presentations focusing on the use of media. For more information about this group you can see their Facebook page.



The Boss Ladies of Flagler County were out in force at the Dash of Delish Bake-Off at the Elite Dance & Travel studio on April 10. For more information about this group you can see their Facebook page.



More than a dozen bakers and sweets artists from around Flagler County pulled out their favorite recipes and signature dishes to wow the judges for the inaugural Dash of Delish Bake-Off. The event was held at Elite Dance Studio on April 10.



At the April 19 Palm Coast City Council Meeting, Palm Coast Volunteer Associates Michelle LaMonica, Jim Lee and Howard Peiffer were recognized for their 30 years of service to the Palm Coast Fire Department.



Palm Coast City Councilmen John Fanelli, Ed Danko, Mayor David Alfin and Nick Klufas pause for a photo at the Palm Coast State of the City event at the Community Center on April 21.



The Palm Coast Professional Business Network group met April 21 at Carrabba's for their weekly get-together. For more information about this group and membership details, call Tom at 386-237-4450.



Flagler Tiger Bay Club President Greg Davis, Amelia Fulmer, Rebecca DeLorenzo, guest speaker Sharon Lamberton, Walker Douglas, FTBC VP Don Madden and FTBC Secretary Gary Walsh in April.



Flagler Tiger Bay Club Vice President Don Madden, Regan Hansen, Theresa Pontieri, Flagler County Commissioner Greg Hansen and Flagler Tiger Bay Club President Greg Davis at the club's April meeting.

Palm Coast People

At 92, Palm Coast's Jazz Queen Still Reigns

If you are in the mood for jazz, Muriel McCoy of Palm Coast is the woman you want to connect with.

Better yet, take a bus trip with her and other members of the North East Florida Jazz Association on May 28 when they head to the Jacksonville Jazz Festival. That's a Saturday and the legendary George Benson, a jazz guitarist whose career spans nearly 70 years, is on tap for the evening's performance.

"It is going to be good," McCoy told the Palm Coast Magazine.

Make that a vocal emphasis on the word "good" drawn out just for good measure.

McCoy knows just a thing or two about jazz.

She and her late husband, Eugene "Jeep" McCoy, found-

ed the local jazz association in 1985 when they as retirees from New Jersey moved to Palm Coast.

"There just wasn't any jazz here," she said.

That just wouldn't work out for the couple whose courtship, marriage and family life kept jazz at its center.

Jeep wooed her by bringing her the latest 45 records.

Jazz music played constantly in their home. Living across from New York City in Teaneck, New Jersey made it more than convenient to take in jazz shows.

But back in the mid-1980s, Palm Coast had no jazz clubs. Thus, Muriel and Jeep started a group dedicated to bringing top jazz performers to Flagler County.

The effort was a hit.

Since 1985, the NEFJA has been the improv behind more than 100 jazz concerts to the local area including one just held on April 3 featuring Gary Bartz, a world renowned saxophonist and Grammy Award winner with 40 solo albums and more than 200 guest appearances. He's the kind of artist that isn't usually going to appear in Flagler County.

That is unless Muriel and the NEFJA send the invitation.

The first NEFJA concert put on in 1987 included bands from Florida A&M, Stetson University and the University of North Florida. Numerous military bands have headlined NEFJA concerts. The Dave Burke Band has appeared several times. The Doug Carn Trio has as well.

And one of the biggest stars in American Jazz, Dorothy Donegan — a legendary pianist — agreed to perform after Muriel and Jeep met her on a jazz cruise.

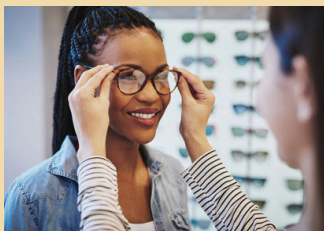
Of course, putting on the concerts is a gig Muriel enjoys, but it is the scholarships that the NEFJA gives to jazz students that really pulls her heart strings.

"I am on a mission to bring in world class musicians and give scholarships to college students at Florida universities who are enrolled in jazz studies," she said. "Over the years, I have been allowed to see these students grow in their music and many have come to perform. It is a thrill."

Prudently spoken words coming from a retired high school guidance counselor.

"Following these jazz students has been very rewarding," she said, noting that the NEFJA's commitment to local music students continues

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this summer by sending four Flagler County high school students to attend the week-long jazz camp at UNF this summer.

At age 92, one might not blame Muriel if she skipped a beat or two, pardon the pun. Instead, for Muriel, the beat and its associated music goes on.

The NEFHJA is attracting younger members. She is grateful for that as she knows she

won't always be around. For now, Muriel remains "brassy and sassy" — a compliment in the jazz world.

"It's the music," she said. "It just keeps me busy and I enjoy it."

You can learn more about the North East Florida Jazz Association online at www.nefja.org.

— Amy Armstrong

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New Facility Allows Cat Rescue to Expand Its Work

Springtime is kitten season.

That means that Jessica Myers, executive director of the Community Cats of Palm Coast, is a busy woman.

Between trapping reported homeless cats and taking in young kittens, her work is now aided by the organization having its own 1,500 square foot facility to take in felines.

A year ago, CCOPC secured its current intake location as well as 3,000 square feet next door for its thrift shop. But due to zoning issues unknown at the time of rental, the rescue was not able to take immediate residency. The space was zoned for warehouse use only and not for agricultural for animals and not for retail required for the thrift store.

The zoning issues were re-

solved in August 2021, but the delay also cost the cat rescue at least \$75,000 in donor support that scurried away due to the uncertainty, Myers told Palm Coast Magazine.

"It was very discouraging," she said. "A lot of the commitments we had went away when the time lapsed. We had to regroup. The floor plans we were planning on got thrown in the garbage."

Those plans included custom-built enclosures commonly used at cat rescues. Instead, the kitties waiting for their forever homes are having to do so in dog kennels.

Myers takes the changes with a grain of salt. She's thankful for the facility. Now the intake of felines can be done without having to involve

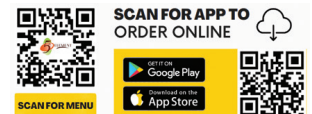
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the group's foster homes. Previously, CCOPC had to bring incoming cats directly to the homes of those fostering cats. It also meant potentially bringing undiagnosed diseases to foster homes.

"Now we have a place to assess the health of new cats as well as a place for storing supplies and an office space for me," Myers said.

Now she is busy spreading the word that the rescue is there and operating.

CCOPC — the only "cat-only" rescue in Flagler County — often picks up needs the Flagler Humane Society cannot handle, she said.

Earlier this year, CCOPC took in two pregnant mama cats. When the cats each gave birth,

they became a social media sensation — at least in Palm Coast. More than 500 viewers tuned in to get daily updates and to participate in a fundraiser. For \$3, one could guess when the first kitten from each litter would be born. Winners received a thrift store gift certificate and the opportunity to name the kitten.

In May, CCOPC will have its occupancy license to allow the public access to the facility.

Myers cannot wait. "I am very excited to have the public here to see what we are doing," she said.

Learn more about the Community Cats of Palm Coast online at www.communitycatspc.org.

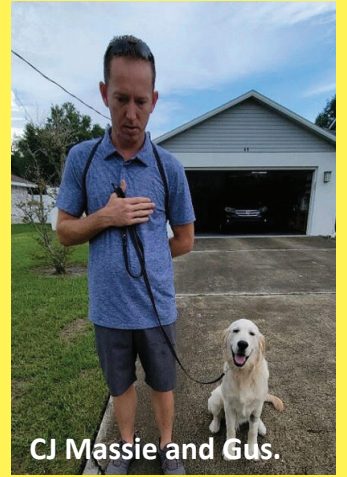
— Amy Armstrong

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Early Maps The Subject Of Latest Historical Society Speaker Series

Humanities and religion professor Victoria Machado began her presentation about “Sacred Waters” by inviting us to think about water as a character in a story, but not a story about state agencies. The story is about relationships, specifically our relationship to water, not merely as a commodity but as something sacred.

In this story Florida’s most vital natural resource is not a passive character but an active one. It can both heal and need to be healed. Machado cited examples of toxic algae blooms in 2016, 2017, and 2018 that created a State of Emergency. When green slime covered our

waterways it not only killed fish but also tourism. This in turn damaged livelihoods. The overwhelming stench created respiratory problems for humans. This harmed both the physical and financial health of Floridians.

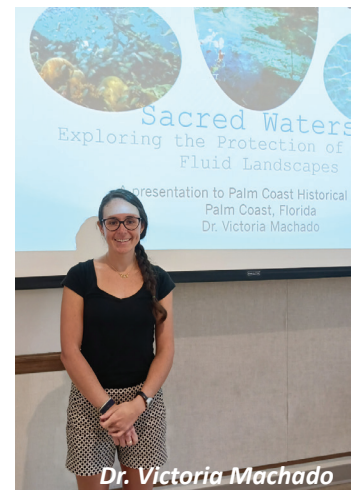
In 2014 Florida became the third most populous state in the country behind California and Texas and is growing rapidly. In 2018 Florida rated 10th in the nation for following clean water standards. Some of the largest offenders have been Tropicana, Mosaic Fertilizer, Florida Power & Light and Pilgrims Pride. Contaminated surface water is one problem. Stressing our aquifers by granting generous drilling permits to commercial water bottling

companies is another.

To cope with this situation some have turned to prayer as an alternative to protests and petitions. Groups such as the Sacred Water Tribe have held monthly spiritual events which emphasize mindfulness and positive energy forces. The goal is to use the power of consciousness to listen to the winds and the sounds of birds to connect to Nature and help create a clean, loving, and peaceful planet. Author Maseru Emoto explores this concept in his book “Healing Power Of Water.”

In addition various environmental groups have initiated the Rights of Nature Movement. Details are described in the book “Earth Democra-

cy” by Vandana Shiva. These groups holistically align their objectives with the Indigenous world view of Mother Earth as an entity that cares for humans, plants, and animals within her. One of those groups created



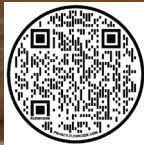
By Palm Coast Historical Society Vice-President Kathy M. Reichard-Ellavsky.

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SAFEBOR, an acronym for the Santa Fe River Bill Of Rights, located in near Gainesville.

Even the United Nations has recommended securing the highest legal protection for nature, citing that nature's rights are associated with human rights. They report that environmental degradation is advancing around the world. To avoid a major planetary catastrophe the UN suggests acknowledging our need to live in harmony with the natural world.

Making this fundamental shift means thinking beyond ourselves and instead thinking collectively about what water means to all of us. Machado cited Rick Kilby's book "Florida's Healing Waters: Gilded Age Mineral Springs, Seaside Resorts, and Health Spas." He states, "If Florida's healing waters are to be healed a paradigm shift needs to occur in the very way water is perceived. By changing our relationship we

are laying the foundation for larger environmental change."

Questions to ponder included:

- Can water feel the energy we send toward it?
- Does water heal and change through prayer?
- Will laws be a sufficient way of securing rights for nature?
- If we grant water its legal rights, who will speak for it?

Machado did not provide answers but recommended the writings by environmental journalist Cynthia Barnett as an additional source for exploring the protection of Florida's fluid landscapes. Sea level rise, drought, and red tide are just a few of the environmental issues for society to confront as we balance the relationship between economic development and population growth while working toward a better tomorrow.

The next Palm Coast Historical Society Speaker Event is en-

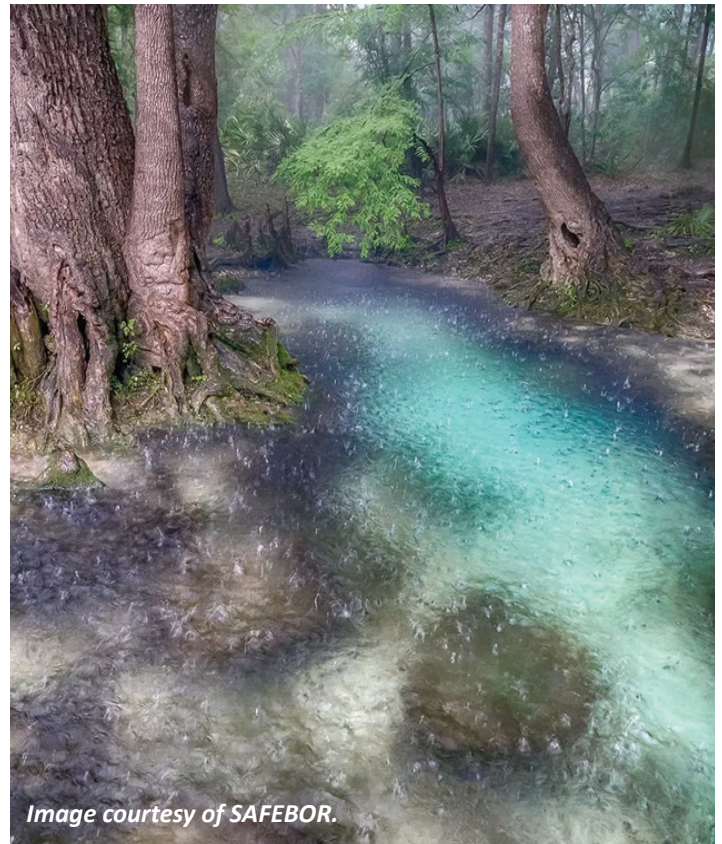


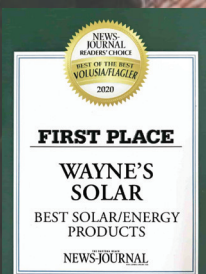
Image courtesy of SAFEBOR.

titled "Weeki Wachee: City Of Mermaids" by Lu Vickers happening on May 21. For more

details go to www.palmcoast-history.org or visit our page on Facebook.

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Health & Wellness

Imbalanced Neck Muscles and Chronic Pain

Balance in the human body, is important in many different ways including the balance needed between different muscle groups. This applies to all parts of the body and especially the neck, a place where many people experience pain and tightness.

For example, since there are muscles in both the front and back of the neck, what is optimal for your body that these muscles are equal in strength. If they are unbalanced then problems can be exacerbated.

What occurs as an inevitable result of bad posture and/or previous injury is the muscles in the back of the neck assume responsibility for not only their role but also the role of the muscles in the front of the neck. With more work to do, the back of the neck gets tired, fatigued and sore.

Through Applied Kinesiology and a skillful application of manual muscle testing I frequently witness a dysfunction of the sternocleidomastoid muscles, or the SCMs (highlighted in picture). They anchor the skull and jaw down into the collar bone and upper ribs. This dysfunction doesn't mean that the muscles or nerves are broken, but merely that they are not functioning optimally.

Weak front neck muscles result in overworked back neck muscles. When the neck is imbalanced pain persists to keep one from moving in such a way that would lead to further damage of the tissues of the spine and that which it innately protects, the

precious spinal cord. In a sense, the body goes into "lockdown" mode to protect itself.

The human body is intelligently designed to maintain balance, not just for the sake of avoiding falls or enjoying a surfboard on a wave, but to

of facilitating a return to homeostasis, normalcy, and balance of each joint of the body. When a joint is balanced pain often decreases, for there is no longer a need to deter the person from using the joint fully.

To better understand how

In order for a joint to utilize its full range of motion the muscles that pull it one direction must be able to do so while those muscles naturally in opposition must be fully relaxed. To further illustrate the complexity of joint balance lets consider a golfer's swing. To propel the club, the muscles of the chest and abdominals must contract, or shorten, quickly and powerfully.

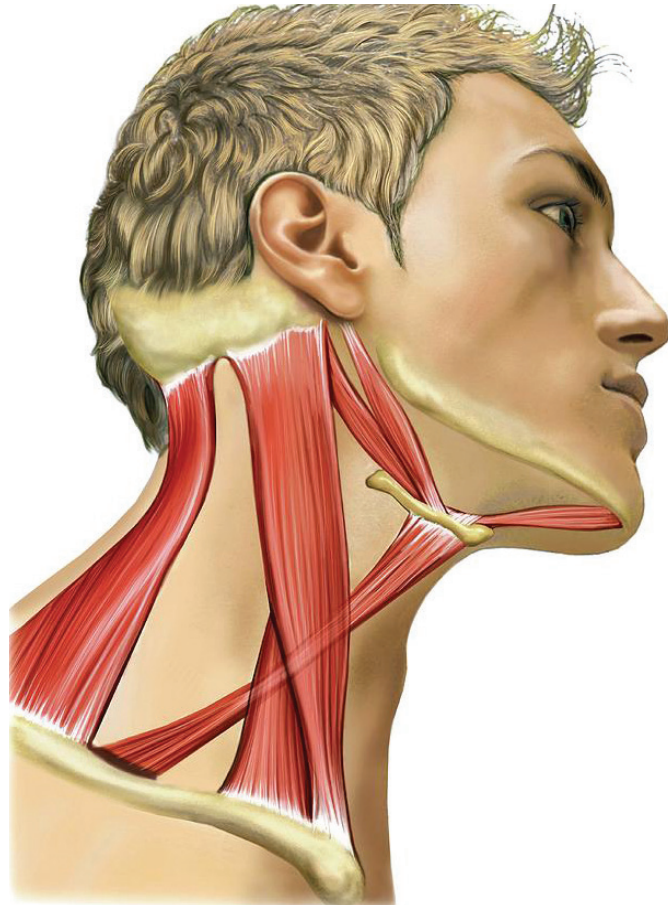
During that contraction the muscles of the back, which naturally oppose the chest and abdominal muscles, are relaxed. However, after the ball has been propelled (hopefully onto the green) opposing muscles contract themselves to slow the movement of the arm, protecting the shoulder and spine.

Interestingly enough, the majority of golfers I see have pain in their back and the back of their shoulders, not their chest. This pain is easily resolved through balancing the muscles and joints of the shoulder and trunk.

It is common to hear of people who store all their stress in their neck, but what does that mean? Lets unpack it. The skull weighs about as much as a small bowling ball and requires, during waking hours, consistent support from the muscles of the neck. Holding stress in the back of the neck is a sign that the front of the neck is not doing its job well.

I encourage all of my patients and readers to see exercise, diet, self care, rest and therapies all as investments in their health. If the muscles of your neck are going to be supporting your noggin for 18 hours a day, would it not be worth making sure that they are best able to do their job?

— Dr. Joshua Wright



keep joints from being injured, damaged and inflamed. As a chiropractic student, pursuing certification in Applied Kinesiology, I needed a biomechanical definition of homeostasis, one that encompassed the ability of joints of the body to withstand the stresses from without. Arthur Guyton's definition rang true: the inherent balance of a biological system. As I work with patients who have ankle pain, shoulder pain, neck pain and lower back pain etc., I assume the responsibility

of balanced muscles play into the health of joints lets look at the elbow. The biceps pulls the forearm up to bring a cup to our lips and then the triceps pulls the forearm down to rest the cup back on the table. However, in this simple motion much more is at play. As the bicep pulls the triceps must also relax, or else the movement becomes hindered. Such inefficient movement is termed a "reduced range of motion," and may be something health care professionals have spoken to you about.

Dr. Joshua Wright is a practicing chiropractor here in Palm Coast and he knows what he's talking about. You can reach him at 386-999-3363 and see his website at www.pivotal-healthsystems.com

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Flora and Fauna

Check out some of nature's beauty in our own backyard



1



2

1. Brown Pelican. Almost driven to extinction from DDT, the Brown Pelican has greatly increased its numbers. It is currently under protection of The US Migratory Bird Act. 2. American Bald Eagle. Our National Emblem since 1782. Eagles mate for life and return to the same nest yearly. 3. Great Blue Heron. The largest heron in North America, they can be seen in the shallow waters of our rivers, lakes and ponds. 4. Great White Egret. The boycott of using the plumage of these birds for women's hats led to the formation of The National Audubon Society in 1914.



4



3

Photos provided by Kim Zechnowitz, an ardent local amateur photographer who has been shooting birds and other nature subjects for many years. Look for our flora and fauna page in coming issues as we explore our natural surroundings here every month.

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Their Sculpture Art Differs in Theme But Shares an Aim to Create Change

Like son, like mother.

Yes, we recognize that is a reversal of the traditional statement about children following in the footsteps of their parents. However, in the case of two Palm Coast area artists, Paul Baliker, the son, and Joan Baliker, the mother, it is accurate in terms of their professional careers.

But that is just a first glance. It isn't the full story regarding the mother and son.

Palm Coast Magazine talked to both artists and we quickly discovered that while Paul's internationally-acclaimed career producing sculptures made from driftwood and or bronze started and flourished decades

before his mother's sculptures depicting leaders of world religions promoting peace came into existence, Joan was indeed an artist long before her son was born.

"My mother has always had natural ability as an artist. She has always been an artist," Paul said, noting his mother encouraged him at a young age to pursue his passion of carving driftwood. "She spent most of her life raising four boys. She was 69 when she started to sculpt seriously, but she always had the talent."

Now, at age 91, Joan remains an active sculptor and contributor to art in public spaces in the greater Palm Coast area.



ple find inner peace?" is how Joan describes her work when asked what her professional sculpting goals are.

At her son's self-named gallery, Joan's room called "The Peace Room" is full of sculptures of leaders of various faiths whose life's work is closely associated with peace seeking. Visitors will find Australian Aboriginal peoples, Buddha, Mahatma Gandhi, an Incan

She agrees with her son that she always had the talent; that she always was an artist.

As a young woman, Joan attended the Art Institute of Chicago. That training did not immediately lead to an art career.

"I just did not find anything inspiring that I wanted to do until I got into a spiritual quest," Joan said.

A bit more than 20 years ago, Joan completed, "A Course in Miracles," published by the Foundation for Inner Peace based in Novato, Calif., in the process of becoming an interfaith minister.

That effort became the basis of her sculpture career.

"My sculpting is my ministry," Joan said. "All the sculptures that I do are of different faiths. But instead of focusing on the differences, I do my art to show people that we are all one. We are all the same in that we are all seeking peace."

Joan said she has found peace by listening to and pursuing the direction her "inner voice" guides her to follow. She asks her "inner voice" to show her how to help others in their own journey to finding peace.

"What can I do to help peo-

medicine man, Martin Luther King, Jr., and Mother Teresa among other representations of peace seeking.

Joan welcomes visitors to simply soak in the expression of peace.

"It is quite an experience," she said. "I have seen people just start to cry because they are so overwhelmed. It brings healing."

While Joan's artwork highlights spirituality, Paul's work accents a call to preserve wildlife and raise awareness of the connection between humans and the animals coexisting with



Paul



Joan



Joan

“It is an urge for man to heed the call of conservation,” he said in a video on his website describing the piece, “Nature created the movement in the wood, I am just the tool used in expressing the ideas. If someone sees something in this sculpture which stimulates the desire to get involved in preservation and conservation — which is what we all must do to succeed and survive — then I will have accomplished what I intended. As go the animals, so go the people. It is only just a matter of time.”

them on Earth.

Baliker’s work is dominated by the relationship between humans and animals — both domestic and wild.

In his signature piece, “A Matter of Time,” Baliker makes an artistic plea for humans to consider their individual and collective role in conservation.

The piece features an image of a man holding the Earth in the middle. More than 40 different animals — many endangered — are depicted around the edges at the 12, 3, 6 and 9 o’clock positions. The piece, crafted in 2013, is 13 feet in diameter and took Baliker six months to complete.

The piece is a call to action, Baliker said.

Paul believes his mother greatly impacted his connection to nature.

“She does people, I do animals,” Paul said. “Her spirituality has certainly made an impact on my own pieces. A lot of people tell me I have a very spiritual connection to nature. I believe it comes from the nurturing by my mother.”

Paul, now age 67, with artwork installed in venues across the United States with one piece each in Colorado, Hawaii, Illinois and Oklahoma, two in Michigan and 12 in Florida with several in Daytona Beach and Ormond Beach venues, started his professional career in art at age 19.

He credits his mother with encouraging him to “make a living” as an artist when others thought he perhaps needed an economic reality check.

“She always believed in me,” Paul said. And he has always believed in her.

At age 69 when she came to her son telling him she was ready to start sculpting, Paul didn’t hesitate to support her.

He pulled out a lump of clay and said, “Okay, Mom, let’s see what you can do with this.”

With only one short course in sculpting to her credit — a course that Joan said she didn’t learn anything from — Joan started working.



Paul

She was pleasantly surprised at how natural it felt for her to sculpt.

“It just happened,” Joan explained. Turns out sculpting is her peaceful place.

Visit the Baliker Gallery located at 5922-5928 N. Oceanshore Bouvelard in Palm Coast on Saturdays and Sundays from 10 AM to 5 PM.

— By Amy Armstrong



Paul

Garden Of The Month

The April selection from the Garden Club at Palm Coast



Carlos and Lucia Sousa of Eric Drive are the Garden Club at Palm Coast's April selection for Garden of the Month. Their landscaping starts with the driveway with terra cotta landscape edging and red rocks with several Schefflera bushes planted on both sides. Inside the beds on both sides are several bird of paradise, Hawaiian Ti, red crown of thorns, Phoenix roebelenii, Chinese ixora, red camelia, purple vinca, mountain snow cap, Schefflera, persimmon fruit and a tangerine tree.

The front door area is flanked by two decorative pots with rubber trees. Along the side of the house are several 6-foot dragon fruit trees, mountain snow cap and Schefflera. The back yard has 25 different fruit trees: olive, several varieties of orange and tangerines, which have fruit on them, apple, avocado, lemon, fig, bananas, peach, plum, pear, loquat and kumquats.



Homeowners Corner

How do you help prevent pests from getting into your house?

Since we're here in Florida there are more opportunities to encounter insects of all types than in many other areas. There's not much you can do about insects when they're outside and obviously that's where we want them to stay. So what can you do to help keep bugs out of the house? Here are some common sense tips from a local pest control company that should help.

First, keep branches from shrubs trimmed off your house. Branches serve as a bridge for pests to get around pest treatments and gain entry into your home. Also if shrubs grow heavily into your house it prevents proper air flow between the shrubs and your house. This creates moisture under the overgrown area. Ants, termites and roaches will love this area because of the moisture.

Brad Ward is co-owner of Eagle Pest Solutions, a Palm Coast-based, veteran-owned company. You can reach him at 386-283-0955 if you have any questions about pest control.

Keep trees trimmed off of the house. Both off the house and the branches as far away as possible. Roof rats are great jumpers and can gain entry from these trees. Rats can squeeze through any opening as small as their head. Make sure all eaves, soffits and vents are secured to prevent entry.

Pests and termites love moisture. Rain gutters with proper downspouts running two feet from the house will help keep moisture away from you foundation.

Wood mulch is wood and holds moisture really well. Termites and other pests love wood mulch. It is highly recommended removing wood mulch and replacing with rock, stone or rubber mulch.

AC drip lines equal moisture. Run AC drip lines 2 feet from your foundation. If the AC drip is right by the foundation the possibility of pest and termite issues increase.

Wood stumps are an attraction for termites, yellow jackets, carpenter ants and other pests. We highly recommend

hiring a tree company to grind away the stumps.

Do not connect wood fences to your house. Termites feed on the cellulose in wood. Connecting a wood fence to the house can provide an entry point for termites directly into your house. The connection makes the soil treatment useless in this situation.

Do not store fire wood, leftover fence wood or any other wood against your foundation. Termites, carpenter ants and roaches will be attracted to it. Then they may find entry into your home.

Keep exterior lights off at night. These lights attract all kinds of pests. Highly recommended are motion detection lights.

Boxes delivered by Amazon, UPS, etc., may contain German Roaches, German roach eggs, silverfish or other pests. Recommend getting your delivery out of the box immediately and remove the box to your sealed trash can right away. Many pests are brought into the home by this method, grocer-



ies or family or friends visiting.

Also highly recommended is keeping dog food, cat food and all pantry food in sealed containers.

Many pantry pests including weevils are transferred to the house from your grocery shopping trip.

Check your roof, plumbing pipes, windows, doors and dry-wall regularly for water leaks. Moisture equals pests and termites. If termites have a moisture source they never have to leave your house for moisture. This means damage can happen much quicker.

Water leaks under cabinets are often not seen for months. Check the bottom framing of your cabinets regularly for water damage and mold. Roaches and termites will find this moisture before you do and create a major issue.

These are our recommendations to help you based on our decades of experience in the pest and termite control business.

Staying vigilant with these issues combined with using a solid, local pest and termite company will greatly improve the quality of your life and protect the investment in your home.

— By Brad Ward



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A1A Fisheries

5959 N. Ocean Shore Blvd, Palm Coast, 386-276-9014, Seafood

Ai Japanese Restaurant

208 St Joe Plaza Dr, Palm Coast, 386-446-0508, Japanese, Sushi, Asian

Anthony's

250 Palm Coast Pkwy NE #405, Palm Coast, 386-597-2600, Italian, Pizza, Veggie

Atlantic Grille

105 16th Rd. E, Palm Coast, 386-447-4610, American, Bar, Seafood

Bob Evans

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Burger Bros

1475 Palm Coast Pkwy, #102, Palm Coast, 386-585-4640, Burgers, American

Cantina Louie

10 Palm Harbor Village Way,

Red Crab's Food Belies Chain Restaurant Status

The Red Crab restaurant on Garden Street here in Palm Coast offers an interesting alternative to some of the area's local seafood places (Red Crab is a chain) that are here and in Flagler Beach. Although we have yet to try many of the restaurants at the beach, the ones we did sample were not really very good.

Some of the places we tried here in Palm Coast were no better so we made a trip to Red Crab recently and were pleasantly surprised. This wasn't because we were expecting a bad experience and were surprised that it was good, but because we had no real expectations going in.



Garlic noodles.

We didn't read reviews and didn't even look at their website beforehand so we had no idea of what to expect, which is sometimes a good thing. In a nutshell, the food was well done, the prices were reasonable and the service (by Ivy) was attentive and friendly. There's not much more you can ask of a restaurant than that unless you're seriously into the atmosphere of a place.

Quite honestly, Red Crab isn't a Valentine's Day spot, the ambiance having a bit of that chain feel to it, but once we were seated in our booth that didn't really matter. The food took center stage at that point and everyone at our table was more interested in what was on the plates than anything else.

We ordered a lot so we could taste enough of the food to have a good idea of what they're all



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Fried scallop basket.

tail, half a pound of snow crab and half a pound of shrimp. Both were nicely presented and both were quite tasty.

The two other entrees we ordered were the pasta with shrimp and the fried scallop basket. The scallops were easily the best we've had in the last several years and the shrimp dish was also very good and, like the scallops, was a large portion size. At \$14 for the scallops (eight pieces) and \$13 for the shrimp they represented great value for money, always our most important metric for any restaurant.

about here and also have plenty to eat the next day. And we accomplished both.

Two of our entrees were from the specials side of the menu, the Low Country Boil which our South Carolinian friend had to try, and which included half a pound of snow crab, half a pound of shrimp and half a pound of sausage, and also the Weekend Special combo that included a lobster

We didn't try the everyday seafood combo dishes they offer here, which entails picking the seafood you want — blue crabs, shrimp, mussels, lobsters, Dungeness crabs, crawfish, King crab legs and more are offered — then picking a sauce and, if you like it spicy, picking your spice level. That will have to wait until next time, but the



Low country boil.

dishes we did try, along with the side dishes we ordered, gave us a really good idea of what Red Crab is all about. All we can say is "We'll be back." Chain or not, Red Crab's food, and value, is worth your attention.

Red Crab, 60 Garden Street S., Palm Coast, 386-585-4245



Seafood avocado cole slaw.

Palm Coast, 386-585-4112, Mexican
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 5862 N. Oceanside Blvd, Palm Coast, 386-597-2888, American, BBQ
Carrabba's Italian Grill
 160 Cypress Edge Dr, Palm Coast, 386-246-9839, Italian, Veggie
China King Restaurant
 1475 Palm Coast Pkwy, Palm Coast, 386-447-8788, Chinese, Fast food
China One Restaurant
 120 Palm Coast Pkwy SW, Palm Coast, 386-445-7188, Chinese, Asian
Cinnamon Beach Grill
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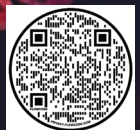
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JT's Seafood Shack

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King Palace

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Combo Special-\$35: 1/2 lb Shrimp (no head), 1 lb Snow Crab
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Combo Special-\$37: 1/1 Lobster tail, 1/2 lb each of Shrimp (no head), Snow Crab

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Entertainment

A Hollywood classic makes its local debut with a youthful cast

Hollywood's 1952 classic romantic comedy musical, "Singin' in the Rain," takes the stage at the Flagler Auditorium May 12, 13 and 14 with local high school students handling the bulk of its production.

Kelly Rivera, the musical's director for the local performance as well as the drama director at Flagler Palm Coast High School, was beaming with pride mid-April when she talked about the work her students were doing to prepare for the mid-May performances.

"I told them (the students), that if we were going to select this show, I said I will need your help," Rivera told Palm Coast Magazine.

That statement applies in general to the total production but took on special emphasis in terms of choreography and dance lessons for the actors.

"That is not my area of expertise," Rivera admitted. "We just decided that it was best if we had some students that have the time to commit to helping with our choreography."

Enter five students who are part of the school's dance team who have taken on the task of teaching the student cast how to dance.

That is a crucial element to the show, "Singin' in the Rain," which in 1952 featured the fluid dance steps of the legendary Gene Kelly guiding Debbie Reynolds, a 19-year-old new-



Donald O'Connor, Debbie Reynolds and Gene Kelly in 'Singin' in the Rain', 1952.

comer with zero dance experience at the time of filming, to mirror the movement of his feet in the show.

Kelly's character, Don Lockwood, is played by Seth Kirk, a FPCHS senior.

In the plot of "Singin' in the Rain," Lockwood is Hollywood's most sought-after actor in the 1920s as silent films are giving way to "talkies," which is an affectionate term used to describe films in which voices are heard.

Kirk, who has been a fan of the musical since his junior high school years said playing the role of Lockwood has been on his "to-do" list.

"I've wanted to play Don Lockwood forever," Kirk gushed, admitting that this role is a serious feather in his cap as

he pursues a bachelor's degree in fine arts and a career as an actor. "And, you know, it is nice to have this on my resume because they (casting directors) will be like, oh, he can tap and he can sing decently? Well, you know, this is more like a leading man."

In fact, Kelly's portrayal of Lockwood, an actor trying to shake the crush his leading dance partner has on him, set the bar for dance and voice performance as Hollywood was moving into color film production more extensively.

The FPCHS students taking on the gigantic task of presenting "Singin' in the Rain," the musical, is also stretching their horizons.

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Texas Roadhouse

Singin' In The Rain *from page 32*

the Flagler Auditorium, Rivera has a student assistant for music.

Alyssa Pimental, who is no stranger to musicals having played Cinderella for the local production of "Into the Woods," made visual charts for the cast members and re-wrote some of the music that was on handwritten scores Rivera described as "awful to look at." Pimental computer-

ized the scores to make them easier for the cast to read and she made audio tracks for the student actors to practice with outside of regular rehearsals.

"She is so good at technology," Rivera said. "She knew I had so much on my plate and she has been an enormous help."

Plus, Pimental is gaining hands-on experience that gives her a leg up once she graduates from high school.

The same is true for numerous other students at FPCHS whose participation in drama and musical productions provides them with the real-life experience and training that professional show producers desire.

From the actors on stage to line prompters and acting coaches to costume specialists to



Charlotte Fletcher, who plays Lina Lamont in the production.

those handling the backstage details of lighting, props and stage setting, the students take the lead guided by their instructors.

That, said Amelia Fulmer, director of the Flagler Auditorium, is the goal of the joint effort between it and FPCHS. That, and creating quality entertainment for the local community.

"People may not realize the quality of the shows that our students do," Fulmer told Palm Coast Magazine. "Last year when we did "Into the Woods,"



Director Kelly Rivera

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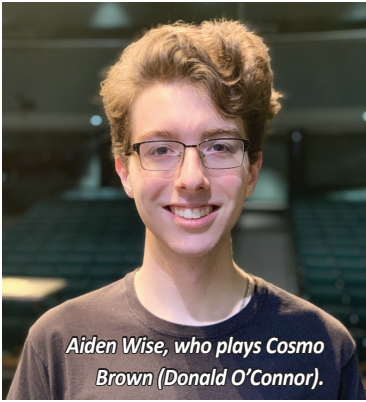


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Aiden Wise, who plays Cosmo Brown (Donald O'Connor).

and “Les Miserables,” so many came out to see the show and told us they just could not believe it was a high school production.”

Now with a slowdown of the COVID-19 pandemic, the Auditorium is back to full capacity seating, Fulmer said.

Noting that Palm Coast residents are of “an older generation,” Fulmer thinks those coming to the show will experience a nostalgic rendition of a show they are familiar with as well as community pride in watching a younger generation immerse

itself in the iconic show.

“Singin’ in the Rain is definitely a show that older folks know,” she said.

Interestingly enough, the Palm Coast production of “Singin’ in the Rain,” comes at a time when the 70-year-old musical is gaining new traction in the theater world.

Several national periodicals including the New York Post have recently run series of articles discussing its filming, the cast conflicts and rumors that Reynolds feet bled so much that doctors had to be called in to treat her.

Kelly’s widow, Patricia Ward Kelly, told the publication that her husband as well as others involved in the production of “Singin’ in the Rain,” never believed people would be watching it 70 years later.

Rivera isn’t surprised though at the musical’s continued popularity and she hopes the Palm Coast pro-

duction aids in helping the area overcome the challenges of the pandemic.

“We’ve all been through so much. Nostalgia has become popular again and I thought what a great way to bring an audience back into the theater,” Rivera said. “We have lots of singing and dancing and slapstick comedy and even a film within the play for our younger audiences to enjoy.”

— Amy Armstrong



Seth Kirk, who plays Don Lockwood (Gene Kelly).

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Flagler Artists

Arbitrary Style Suits Bunnell Artist

It's okay for an artist to paint a tree blue and the sky red.

After all, where in the art world is the rule written that trees have to be green and

skies have to be blue? Nowhere.

At least not in the world of artists such as JJ Graham, owner of the Salvo Art Project,

who paints in what is known as the "arbitrary" style. In the art world, "arbitrary" means the artist uses color to create a mood or suggest an emotion or a psychological statement that does not depict the object of the painting in its real world appearance. It's sometimes referred to as "expressionistic painting."

Pablo Picasso's "Blue Period" is a classic example.

Whatever label is chosen to categorize his work, "arbitrary" also gives Graham a great deal of artistic freedom.

"I paint really large scale arbitrary colored landscapes and figurative works that have some abstract quality to them with a bit of an image in there,"

Graham said. "With arbitrary color, I paint whatever I want to. If I think a blue tree looks good next to a red sky, then that is what I paint. I like that way of working."

His painting style isn't just about artistic freedom; it is also about having fun in the process.

"It is more fun to paint this way," Graham told Palm Coast Magazine. "I am very serious about having fun."

For Graham, the "fun" and creation of art isn't just about himself.

He founded the Salvo Art Project located in Bunnell as a place where other artists have space to create and a place for artists to show their work.

The art project is part school — prior to COVID, group classes were taught; now classes are presented on an individual basis — and part studio, part gallery and a springboard for arts-related events.

Graham's community-orient-



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ed art focus makes it easy to see why he and the late Tom Garguilo of the Garguilo Art Foundation became such close friends.

Garguilo — known as the father of the arts in Palm Coast — died earlier this year leaving the foundation he and Arlene Volpe created without its main leadership.

Graham, along with assistance from Melissa Reynolds and Skip Westphal, took on the time-consuming task of photographing thousands of paintings and other artwork pieces created by Garguilo throughout his decades-long career.

“I am finally getting to see some of his work from the early part of his career,” Graham said. “It is amazing.”

Graham helped Garguilo’s family clear the art from he and Arlene’s home in preparation for sale. Now, the art, which ranges from paintings on canvas, drawing on paper and some sculpture, is jam-packed

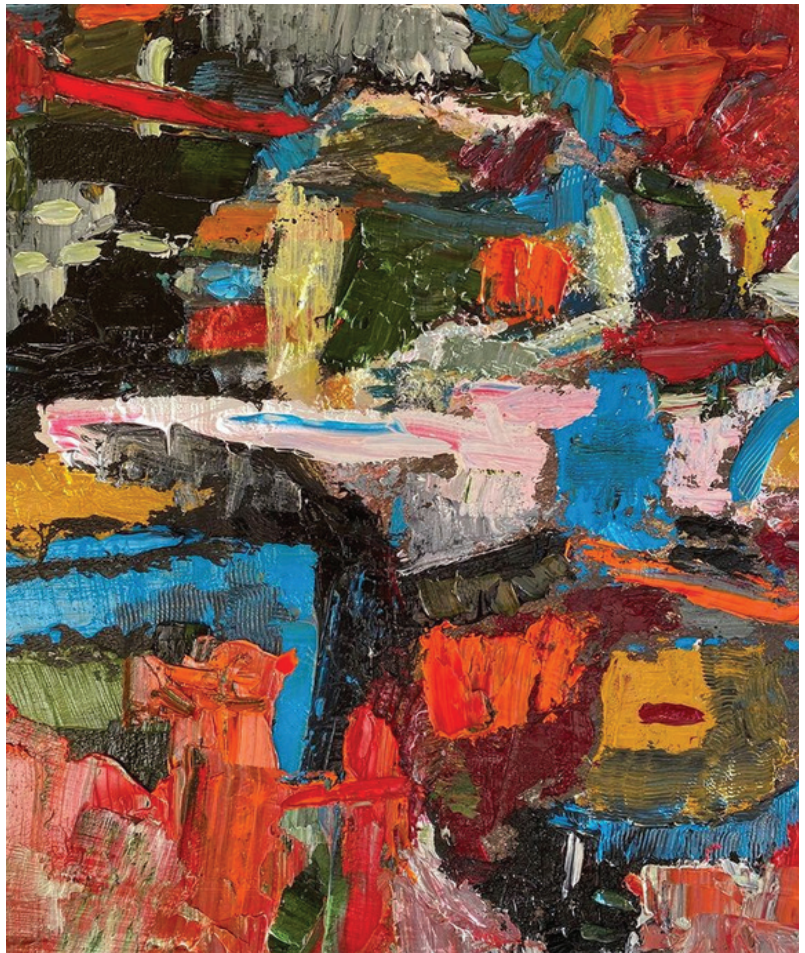
and overflowing from a large room in his residence upstairs from the Salvo Art Project.

It isn’t just Garguilo’s work. The collection is a veritable representation of art in Palm Coast and Flagler County for the past several decades as Garguilo collected work from a myriad of local artists — Graham included.

“We moved the collection to a safe, secure location,” Graham said. “This project will take a long time to photograph all of it, but this is something I want to do to honor a man who was a dear, close friend and who made an enormous difference for artists here.”

You can learn more about the Salvo Art Project online at: www.facebook.com/salvoart-project

— Amy Armstrong



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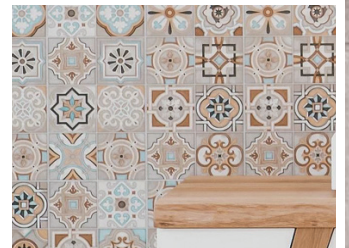
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Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
May 1, 8, 15, 22, 29 @12-4 PM
 European Village, 101 Palm Harbor Pkwy, Vendors include sellers of seafood, meats, dairy products, nut butters, many varieties of crafts and a lot more every Sunday.

First Saturday Creative Bazaar Arts & Crafts Market
May 7, Produced by The Palm Coast Arts Foundation, this is a bazaar flea market featuring arts and crafts every first Saturday of the month. Located at 1500 Central Avenue, Town Center.

Book Club
May 6, 10:30-11:30 AM, first Friday of the month, Palm Coast Community Center, free. Do you love to read? Each month will have a designated genre. You select and

read a book that falls within the monthly category. Book suggestions are available on our website if you need a little help. That month we will meet to share our impressions, reactions, and feelings. Go to www.parksandrec.fun/adults to sign up.

Palm Coast Historical Society Speaker Series
Saturday, May 21, 10-11 AM. Palm Coast Community Center, free. Presented in partnership with Florida Humanities, the Palm Coast Historical Society is pleased to present an exciting Speakers Series each month. This month: **Lu Vickers — Weeki Wachee: City of Mermaids.** The fascinating history of Weeki Wachee Springs told through vintage photographs of the mermaids from their earliest days performing silent ballets to the heyday when

ABC built them a million-dollar theater. When Newt Perry sank a theater into the edge of the spring in 1947, he had no idea his mermaids would become world famous Florida icons. Register: parksandrec.fun/adults

Are Your Ducks In A Row?
First Tuesday of every other month, June 7, August 2, October 4, December 6, 11 AM, Palm Coast community center, free. Presented by Lohman Funeral Home, includes the seminar with a guest speaker and a business expo and includes lunch. Call 386-224-6519 for more information.

Spring Bowling Bash
May 21, noon, Palm Coast Lanes, 11 Old King's Rd. N. The Lady Jaguars Cheer & Dance Organization of Flagler County is having a bowling fund raiser with prices at 20 for three

games of bowling plus shoes. Tickets sold at the door only. Check their Facebook page for more info.

Mother's Day Celebration/ Sewing for Charity Event
 Saturday, May 7, Cut Up & Sew, City Marketplace. Join in and help us sew for charity. We will be making Easy port access t-shirts that will be donated to children's hospitals. We would love for you to come in and sew but will be accepting donations of T-shirts (sizes 3T - Large) and/or money also. We will have crazy sales ALL DAY, door prizes and a grand prize giveaway. See you on May 7th. (See our ad below).

Classes

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Events, Meetings, Classes, etc. *from page 32*

Community Center, \$10/class. Got a green thumb and looking to learn more? Join Master Gardeners from the UF IFAS Agricultural Extension Office for these monthly workshops that will cover a variety of horticultural topics. May 27: Edible Gardening in a 5-Gallon Bucket Register: parksandrec.fun/adults

Learn Computer Basics

Tuesday, May 17, 10-11:30 AM.

Palm Coast Community Center, free. Want to learn more about your computer? These classes teach you how to care for your computer, different programs you may need to use, and the importance of internet security.

Register: parksandrec.fun/seniors

Adult Indoor Rowing Exercise Class

Thursdays, May 5, 12, 19, 26, 4:30-5:30 PM.

The City of Palm Coast and

the Palm Coast Rowing Club have teamed up to offer the community an indoor rowing development and exercise opportunity. An indoor rower, known as an ergometer, will be used with benefits to include: weight loss, cardiovascular conditioning, and strength training. This class may serve as an introductory step to rowing on the Intracoastal Waterway with the Palm Coast Rowing Club. Participants are encouraged to bring a towel, water, and a mat. Fee: \$7/class. Register: parksandrec.fun/adults

Activities

Sewing Studio

Monday, May 2, 9, 16, 26, 30,

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SINGIN' IN THE RAIN

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Singin' In The Rain is being produced by students at Flagler Palm Coast High School in what promises to be a great presentation.

working and sharing YOUR work, knowledge and talent with each other. We love to see what you can do. This is a sewing social and although you are free to work on any project you like, we will have educators available to help and assist you if needed.

Singles Round Robin Tennis

Fridays, May 6, 13, 20, 27, 6-8 PM. Palm Coast Tennis Center, \$6. In singles round robin, each player competes against every other player - it's a great way to get in a variety of games. These events, held twice per week, offer players of all ages and abilities a friendly and welcoming

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Events, Meetings, Classes, etc. from page 35

environment to practice and compete. It is a great way to meet new people. 18+ years Register: parksandrec.fun/tennis

Adult Open Gym Volleyball Mondays & Wednesdays Feb 7-May 25, 7-9:30 PM. Indian Trails Middle School, \$50/session or \$3 drop-in. Bring your friends or meet new ones in this co-ed volleyball program. New "teams" are created weekly. We will make every effort to notify participants of cancellations. 18+ years Register: parksandrec.fun/athletics

Yoga for All Tuesdays & Thursdays, Jan. 4-May 26 (no class on March 15 & 17), 9-10 AM. Palm Coast Community Center, \$5/class Relax and restore through stretching, yoga poses, breathing, and relaxation led by certified instructor Michele Cotto. All levels are welcome. Please

bring your own mat, towel, and water bottle. Register: parksandrec.fun/adults
Gentle Yoga Tuesdays, May 3, 10, 17, 24, 10:30-11:30 AM. Palm Coast Community Center, \$5/class. Start experiencing the many benefits of yoga through this safe and gentle modified chair version. Yoga work is done either standing or in a chair. This class includes low-impact stretching and strengthening, as well as breathing routines. Led by certified instructor Michele Cotto. No floor work. Register: parksandrec.fun/adults

Zumba® Wednesdays, May 4, 11, 18, 25, 9-10 AM. Palm Coast Community Center, \$5/class. Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba® routines incorporate interval training — alternating



John Fogerty, leader of Creedence Clearwater Revival, will appear at the St. Augustine Amphitheater on May 8. CCR's hits include Centerfield, Proud Mary, Fortunate Son, Born on the Bayou and more. He's a Grammy winner and is in the Rock & Roll Hall of Fame.

fast and slow rhythms — to help improve cardiovascular fitness. Register: parksandrec.fun/adults
Zumba Gold® Fridays, May 6, 13, 20, 27, 9-10 AM. Palm Coast Community Center, Fee: \$5/class. This class is perfect for active older adults looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. This class focuses on all elements of fitness: cardiovascular and

muscular conditioning, flexibility, and balance.
Water Aerobics Wednesdays and Fridays, May 4-27, 9-10 AM, Palm Coast Aquatics Center. Combine aerobics with strength training in our Water Aerobics class. Moving your body through the water creates a resistance that activates muscle groups without impact. 13+ years. Fee: \$50/session or \$8/drop-in. Register: parksandrec.fun/aquatics

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Songs By Nacio Herb Brown and Arthur Freed

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June 17, 2022 - 7 PM

June 25, 2022 - 7:30 PM

Check out these local events coming in May.

May 17, FPCS End of the Year Band Concert • May 25, FTC Graduation
May 26, Flagler Youth Talent Show



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Events, Meetings, Classes, etc. from page 36

Meetings

Flagler County Orchid Society

Tuesday, May 24 (fourth Tuesday of each month), 6:30 PM, Art League Room, A-208, City Market place, 160 Cypress Point Pkwy. We host knowledgeable speakers and growers and hold workshops on the care of orchids. Call Jeanne at 386-931-3156 for more information and see us on Facebook at Flaglercoun-tyorchid society.

Live Happenings

Concerts

St. Augustine Amphitheater, 1340C, A1A S., St. Augustine, 904-209-3746.

May 4 — Adam Lambert

May 5 — Rex Orange County

May 6 — Koe Wetzell with special guests Tim Montana & Dylan Wheeler
May 7 — Primus - "A Tribute to Kings" with special guest Battles

May 8 — John Fogerty Creedence Clearwater Revival)

May 14 — Yacht Rock Revue

May 19 — Leon Bridges "The Boundless Tour" with support from Chiiild

May 25 — Phoebe Bridgers

May 27 — Wallows, "Tell Me That It's Over" Tour

May 28 — Bright Eyes with special guest Hurray for the Riff Raff

May 31 — Bikini Kill

June 1-2 — Rebelution Good Vibes Summer Tour 2022 with Steel Pulse, DENM, & DJ Mackle

June 3 — Barenaked Ladies with guests Gin Blossoms and Toad the Wet Sprocket

June 4-5 — Fool's Paradise ft. Umphrey's McGee, Lettuce

Business Functions

Referral Diamond Network Meeting

May 4, 11, 18, 25 @ 8 AM, Carrabba's Italian Grill, 160 Cypress Park Dr. Weekly networking meeting of local business owners. Call Brad at 386-283-0955 for info.

Palm Coast Business Professionals Network Meeting

May 5, 12, 19, 26 @ 7:30 AM, Carrabba's Italian Grill, 160 Cypress Park Dr., Weekly networking meeting of local business owners. Call Tom at 386-237-4450 for info.

Professional Women Of Flagler County

May 6, 8:30-10 AM, Hilton Garden Inn, Palm Coast. Networking breakfast. Call Danielle at 386-843-0443 for more information.



MARK YOUR CALENDARS!!!

Lunch 'n Learns & Empower Hours

Every 1st Saturday

Sunshine 'N Sandals Social

(Next 2) May 7th & June 4th will have

Hurricane preparedness

**May 26th "Don't Be a Victim, Learn

May 12 "Medicare Questions Answered" 11:30-1pm
everything about insurance Fraud" FCAR Co-hosts 4101 E Moody Blvd

*May 19 "Car Accident, What To Do 1st" 11:30am to 2pm

11:30am-1pm

**Networking Nites

*May 21 "No Soldier Left Behind"

12pm-2pm

**May 26th 5pm -7pm Dance Amadis
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