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ISSUE 11

JUNE, 2022

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Welcome to the eleventh issue of Palm Coast magazine. So many things have happened in the past year or so that it's hard to remember everything but three things we know for sure is that the reception we're received from this community so far has been great, the magazine continues to grow (this issue is 48 pages, our largest yet) and things continue to look bright for the foreseeable future. National or even international factors may have some effect on our growth, and the growth of the entire Palm Coast community, but there's nothing we can do about things we can't control so it's up and at 'em every day regardless. We've been fortunate here in that the virus seems to still be staying away from us, maybe due to all of the vaccinations many of us have received, but whatever the reason, we're not experiencing the problems many other areas are so let's count our blessings. We've got some great issues planned for the coming months so please keep reading and let us know how we're doing if you have a chance. Thanks for everything.

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News Of The Palm Coast World



The butterfly garden in Linear Park.

Garden Club Ceremony Of Remembrance On Arbor Day

The Garden Club at Palm Coast held their annual Club Arbor Day Memorial Tree Planting Ceremony on May 13 along the St. Joe Walkway in Linear Park off Colbert Lane. This program honors members who passed away the previ-

ous year by planting a tree and placing a bronze plaque engraved with their names alongside the tree. However due to COVID, there has not been a ceremony since 2019. This year four members were honored: Angela Ricci (2019), Shirley

Stubbendick (2020), Joseph Fontaine and Jane Culpepper (2021).

The city assisted the club with a location and suggested the butterfly garden in Linear Park as Jane Culpepper aided in the planting of the garden in 2012. The city planted a bottlebrush and Japanese blueberry tree on May 10. Club members renovated the original garden and added 25 butterfly and native plants donated by a member of the club.

The ceremony was held Friday, May 13 and members and friends of those being remembered met at the facilities building for the memorial service and afterwards visited the newly planted garden.

Speakers included Denise Garcia, the newly installed 2022-2023 Club president, Robert Tabit (a past president) led the Pledge of Allegiance, Pastor Jack Pladdys (Palm Coast Bible Church) gave the invoca-

tion and Palm Coast City Manager Denise Bevan also spoke. Members of the club gave their personal remembrances of those that had passed and refreshments were served after the ceremony.



Above is pictured Alfred Ricci and Nina Ricci and below is Suzanne Wheeler and Dr. M. Frances Fontaine.



Historical Society Ceremony Remembers Mayor John Netts

The Palm Coast Historical Society would like to thank everyone who attended the mural unveiling and dedication to former Palm Coast Mayor Jon Netts. It was a collaboration on every level, with Mayor Alfin, Randy Stapleford, Bob Linton, Nick Klufas, Greg and Linda Hansen, Don and Wendy O'Brien, Joe Mullins, Milissa Holland, artist Bill Stead, the Flagler County Historical Society, The Garden



Club at Palm Coast, Grace Food Pantry, Tiger Bay, The Flagler Auditorium, PCAF, Priscilla Netts and friends, the city crew that helped so much and the Palm Coast Historical Volunteers and photographer, Ed Fuller.

John Netts was Palm Coast's second mayor and is credited with many policies and programs that helped Palm Coast to grow and prosper over the years.



Left: Bob Linton, Randy Stapleford, Mayor David Alfin, John Netts' wife Priscilla Netts and Art Dycke, Palm Coast Historian. Right: Kathy Reichard-Ellavsky (left) and Elaine Studnicki, vice-president and president of the Palm Coast the Historical Society.



Five Questions For Mayor David Alfin

What was the catalyst for bringing forward a pay raise for Palm Coast City Council members?

Mayor Alfin: This is about managing, planning for and protecting the future of Palm Coast with diverse, qualified leaders who have a smart management growth mentality.

How do you see this increase enhancing the quality of candidates who are willing to serve?

I believe that raising salaries would expand our pool of competent applicants, giving us a City Council we expect, need, and deserve. We should appeal to people who can afford to give us their time and talent — not only because they believe in service to their community, but also because they are suitably remunerated, based on their commitment and responsibility.

This interview originally published by Flaglernewsweekly.com

We deserve a City Council that represents the demographics and diversity of our community, and one that can relate to and have an understanding of all of the citizens in our great city.

While presented as a part-time job, being an elected official is really a full-time obligation. How does the increase more accurately reflect the time commitment and responsibilities of council members?

Palm Coast City Council members do not receive pensions, cost of living increases, health care or other service benefits like those received by county commissioners or school board members. Monthly workshops and business meetings, agenda analysis, city manager meetings, facility visits, public and municipal public appearances, and attendance at monthly appointed committee meetings in itself is a full-time job. Council members offering their

full share of skill, care, and diligence invest more than a full-time effort to the job.

As Palm Coast becomes more metropolitan, are there other opportunities on your radar to bring the city up to par with similar communities across the nation? If so, can you share?

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Palm Coast mayor David Alfin

health care services training. In addition to nursing programs, Palm Coast will offer a variety of well-paying and necessary

health care specialties that fulfill regional health care job requirements. The Palm Coast brand attracts young professionally minded job seekers to train and enjoy the amenity-rich lifestyle of Palm Coast. Additionally, our high level education institutions are a magnet for research labs, pharmaceutical companies, and other businesses that enjoy close proximity to education and hospitals. Palm Coast is developing into a unique and unrivaled location destined to make a significant impact on Florida's regional economy.

Do you think the increase makes public service more attractive for the next generation to get involved?

My business career spans nearly 50 years across 62 countries. The laws of supply and demand support the theory that hiring employees possessing valuable credentials are scarce and more demanded. Their employment is usually dependent on market or better compensation being offered.

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Local Happenings



Members of the Flagler County detachment #876 Marine Corps League held their first picnic after many years at the Palm Coast VFW Post 8696 Pavilion on May 7, 2022. For more information contact Ellen Werner at ellenwerner69@gmail.com.



The Diamond Referral Network held its weekly meeting at Carrabba's on May 4. The group meets every Wednesday and is comprised of local business owners. To get more information about the group, call Brad at 386-283-0955.



The Garden Club at Palm Coast had its last board meeting of the 2021-2022 season on May 3 at the home of Margie Brady as incoming president Denise Garcia took over from outgoing president Carol Walker. For more information about the garden club see their website at www.gardenclubatpalmcoast.org.



The Professional Women of Flagler County held their second anniversary party at Oceanside Beach Bar & Grill on May 18. The attending board members are pictured above. For more information about the group see their Facebook page.



At the FCSO First Quarter Awards Ceremony held Wednesday, May 4, employees received awards for various activities including life-saving. Pictured are Sheriff Staly, Deputy Fowler, DFC Horler, Deputy Quiroga-Joya, Commander Davis, MD Crosbee and Deputy Broomfield.



The Flagler County Detachment 876 Marine Corps League presented a Certificate of Appreciation in May to Randy Posner, Manager of Stoners Pizza Joint, for their monthly pizza donations to the Emory Bennett Veterans Home Marine Social.



The Palm Coast Professional Business Network held its weekly meeting at Carrabba's on May 12. The group meets every Thursday and is comprised of local business owners. To get more information about the group, call Tom at 386-237-4450.



The Professional Women Of Flagler County held their May breakfast meeting on the 6th with a program that highlighted womens' service in the military. Three members, Marie Mesa (left), Erica Rivera and Marilyn Edwards all served in the military.



The Palm Coast Coffee and Contacts networking group met May 19 for their free monthly meeting which is open to new members. For more information about the group you can contact Nina Gui-gliotto at 845-531-1673.



The Professional Women of Flagler County had their May board meeting on Cinco de Mayo (May 5). The entire club meets twice a month for a morning breakfast meeting and also an after-work networking meeting. For more information about the club see their Facebook page.

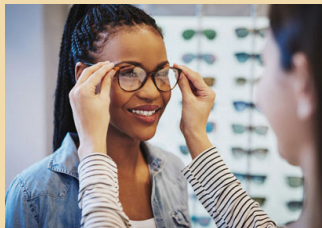


The Palm Coast Tiger Bay Club held its monthly meeting on May 18. Pictured are James Manfre, Amelia Fulmer, Linda Hansen, John Thrasher, former president of Florida State and guest speaker, Gary Walsh, and Don Madden.



The Flagler County Detachment 876 Marine Corps League had a pizza party send off for enlisted Flagler County high school Marines in May. Pictured is recruiter Sgt. Justin Harrison (center), Theodore Wintemhiemer, Dylan Vanore and Brandon Gonzales.

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Palm Coast People

Hometown Girl Promotes the City of Palm Coast

She's a year into her job as the City of Palm Coast Director of Public Information and Engagement and Brittany Kershaw still thinks it is her dream job.

"It is really cool to be able to tell the story of the city that we live in," Kershaw told the Palm Coast Magazine, noting that she enjoys being "in-the-know" regarding the area's development.

With 11 different departments within city government, Kershaw's job promoting the city's activities and work to the community at large encompasses knowing how to get the information for just about anything the city does.

"I think I am finally getting a handle on the different de-

partments and the key people within those departments to stay in touch with regarding city business," Kershaw said. "It definitely is a huge organization with a lot of moving parts. I am thankful for a long introductory period."

Kershaw has known Palm Coast for several decades. She was age four when her family moved here. Her father was in construction. She grew up in Palm Coast and went to college in Tampa. She didn't intend to return, but life had other plans.

Her husband, Blake Kershaw, opened a business in Palm Coast. Now he also works for

the city. Blake is employed in the city's information technology department.

So, do they ride to work together? Well, no, Brittany says with a chuckle. "I am often here later than he is," she said.

The couple have two children: A daughter, age 12, and a son, who is nine.

As a family, they enjoy the beaches, hiking the area's trail system and playing board games such as the Game of Life, Jenga, Monopoly and Scrabble, Brittany said.

Her kids are big fans of Holland Park. "It has an incredible playground," Brittany said.

On her own, she enjoys

running. It gives her time to clear her head, she said.

She's run several 5K events and recently she ran her first half marathon. It was the Tomoka Marathon in Ormond Beach and she loved it.

"So, I ran the half," Brittany said. "The course is so beautiful. Very nature-driven. You run by the water and down these tree-lined roads. It was definitely an escape for me," and then she added, "And I finished vertical."

When her family isn't enjoying the area's great outdoors, Brittany said they are busy being "foodies."

"We love going from restaurant to restaurant to try out all the new dishes," she said. "With summer approaching, there is always something new to try."

One of her favorite spots is the Brown Dog in the St. Joe's Plaza.

"I feel like it is still a hidden gem even though it has been there for about five years now,"

"It is really cool to be able to tell the story of the city that we live in."

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Brittany Kershaw

she said. "They have the most insane burgers you will ever have in your life. Their burger-of-the-month is always this crazy concoction and always having local beers on tap is great."

Kershaw looks at the future and growth of Palm Coast with excitement.

"A lot of people are coming

here. A lot of businesses are looking to come here. There is a lot on the horizon," she said. "We still have that small town feel. With a smart growth mentality, we can keep that. We don't have to become a Jacksonville or an Orlando. We can strike a balance."

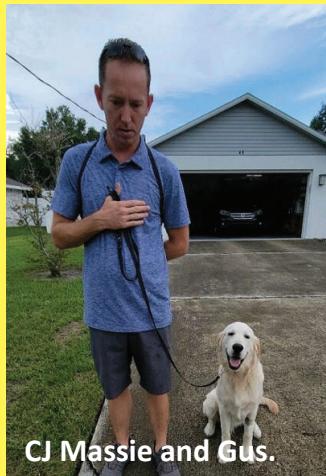
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Mid-July Is Target Date For New Goodwill Store

A 16,000 square-foot Goodwill store currently under construction at 420 Palm Coast Parkway SW across from AdventHealth's new hospital is anticipated to facilitate increased activity in Palm Coast by the charity retail thrift chain.

"We absolutely are excited about this new store," David Rey, CEO of Goodwill Industries of Northeast Florida, told Palm Coast Magazine in mid-May 2022. "We are excited to expand in Palm Coast. We love Palm Coast."

The new PC store also represents a location change for Goodwill, Rey said.

Goodwill thrift stores are commonly located in grocery shopping centers with other retailers nearby, he explained.

Being across from a hospital

is a new dynamic, he noted.

"It isn't typical for us," Rey said. "But with the number of people that will be working at the hospital, we look forward to seeing the response to the store."

Keeping his fingers crossed, Rey said Goodwill looks toward a mid-July 2022 grand opening celebration for the new store.

Supply chain delays — particularly the fact that structural steel was unobtainable for six to eight months — have delayed construction, Rey said.

For fans of thrift shopping and for those who regularly donate to Goodwill, the new store should be worth the extra wait for several reasons.

Rey explained the new location will be much for easier for commuters to access and

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expected to employ up to 25.

“Our mission is to remove barriers from employment,” Rey said referencing Goodwill’s human resources approach that offers jobs to potential employees such as those with disabilities, those needing a fresh start such as participants in work release programs or even teens needing a first job. “Part of the beautiful thing about Goodwill’s

leave with its larger entrance and exit.

The current location is 10,000 square feet. That means the new store will offer nearly double the retail space.

It will also employ more local people. The current store employs 12; the new store is

thrifting business is that our hiring is completely wide open across the board.”

Learn about Goodwill Industries of Northeast Florida online at www.goodwilljax.org.

The current Palm Coast Goodwill store is located at 20 Cypress Point Parkway.

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Historical Society Presents Weeki Watchee: City Of Mermaids

When writer and Florida native Lu Vickers began doing research for an upcoming novel she found the factual accounts associated with “tales of yesteryear” so enthralling that she decided to put fiction aside and write about history instead. What resulted was a book entitled “Weeki Wachee, City of Mermaids: A History of One of Florida’s Oldest Roadside Attractions.” Dr. Vickers shared oral histories, videos and vintage photographs about that attraction and its creator, Newton Perry, at a Palm Coast Historical Society Speaker Event on Saturday, May 21, 2022.

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

Florida has been attracting tourists to its warm climate and natural resources since the 19th century. Silver and Wakulla Springs not only attracted tourists but also movie producers to its crystal clear waters in the 1920’s and 1930’s.

Perry lived in nearby Ocala. Following a career as a swim coach and instructor he began appearing in newsreels while performing underwater stunts like riding a bike or drinking at a bar, earning the nickname the “human fish” for his incredible strength and stamina as a swimmer.

He befriended and influenced many in the business including Hollywood star Johnny Weissmuller whose classic Tarzan movies were shot on loca-

tion at the springs.

After World War II, when a number of entrepreneurs began developing roadside attractions, Perry dreamed of creating his own mythical world of mermaids. He eventually brought his fantasy to life at Weeki Wachee Springs in

1947. The name, derived from Seminole Indians, means “little spring” or “winding river.” According to folklore the locals nicknamed the area “weekly washing” because it was used as a swimming hole and laundry facility.

Reportedly, area residents



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were not happy to one day find the area roped off and access restricted, but local teens soon embraced the venture and auditioned to become mermaids and mermen. To pass the test they had to swim 400 yards across the spring which averages 74 degrees. Perry built a theater in the limestone with windows that looked out into the water.

Synchronized swimmers like the Aqua Belles from St. Petersburg performed in the initial shows. They executed their routines on the surface of the water without mermaid tails.

In the early days film crews recorded underwater scenes using cameras inserted into a steel cylinder and then submerged. The technology of waterproof cameras had not yet been invented. Set pieces were weighted. After performers acted underwater they re-surfaced to take a gulp of air. Scenes were later edited together.

Helmeted divers at Tarpon Springs inspired Perry to develop new concepts for breathing underwater. He built "air locks" which were small rooms where mermaids could retreat to take a breath. He wanted everyone to look natural and comfortable as they performed everyday tasks like eating and drinking. To be sure they were alluring he began attending beauty contests to recruit mermaids.

The American Broadcasting Corporation (ABC) bought Weeki Wachee in 1959 and built a new theater. With increased funding came new technology and more elaborate productions. The development of lycra and spandex allowed designers to create more intricate costumes. Hoses provided compressed air which allowed mermaids to perform longer routines that averaged 25 minutes while submerged in chilly water. Modern mermaids had to be incredible athletes.

To draw more visitors to the



A Weeki Wachee mermaid.

attraction Weeki Wachee incorporated in 1966 and officially became known as the "City of Live Mermaids" with a road sign along I-75. Initially when Disney World opened in 1970 it was good for other area attractions. As the complex grew, however, tourists remained on site which hurt attendance at other facilities. Ownership of Weeki Wachee changed hands several times over the following decades. By 2008 the

State of Florida purchased the property and designated it as a State Park. Weeki Wachee still offers mermaid shows and other opportunities for recreation. In January 2020 the legendary roadside attraction was added to the National Register of Historic Places, one of 1800 in the state.

To follow the events of the Palm Coast Historical Society you can visit www.palmcoast-history.org.

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Health & Wellness

Your golf game and your spine

The difference between complex movements and complicated motions is a degree of fine tuning. Such tuning can take a toddler banging pots and pans on the kitchen floor and make them into a concert pianist confidently striking all the right keys. Skill, maybe even innate talent, is inarguably a factor in athletic success yet it is wasted if the human body is unable to do what it is designed to do. Those dysfunctions that create predisposition to injury can hold a golfer back from playing his or her best.

This conjunction is where I step in. As a chiropractor certified in applied kinesiology who helps people not only heal from injury but correct underlying dysfunctions for the sake of optimal performance, I write to you now to give you a few tools to fine tune your body.

Let's look first at the movements of the spine during the set-up, pre-swing, swing and follow through. Upon set-up the spine will be neutral, and this includes the neck. By neutral I mean someone should be able to take a club and place the handle on the back of your skull and have the club rest along the tips of the vertebra between your shoulder blades and then again on the crest of your tailbone. During the wind up the spine should remain neutral as tension is generated in the shoulders, the core and down through the legs into the ground.

The spine remains neutral until the ball is hit and then tension is released in the follow

through as the neck extends slightly backwards and rotates, the middle back rotates and extends back and the lower back also extends. Strengthening the core with side planks,

tension on the wind up that tend to display the greatest degree of dysfunction. Balanced joints should be an asset for any athlete.

Speaking of balance, the

stored in this closed circle. If you have found tenderness at the breastbone I encourage you to stand, and swing your arms around to one side and then the other, picking up that back heel as you fully rotate, and breathing deeply in and out.

A minute or so of this motion should alleviate the tenderness on the breastbone and indicate reduced tension in the rib cage. Consider this flowing movement as part of your warm up before stepping up to the tee.

Lastly, as you read this article now, take a deep breath in and feel the pressure it pushes against the inside of your spine. Effective breathing will not only facilitate lung function but also provide stability for your skeleton. Consider the tires of cars on the road, for there is only air holding tons of metal off the tarmac. If pressurized air can do that for your car, imagine

what it can do for your spine. I encourage you to attempt some practice swings on both a full exhalation and a full inhalation in order to see how your body responds.

I encourage all of my patients and readers to pursue a safe and active lifestyle that is both fun and rewarding. If golf happens to be your favorite four letter word, then please ask your chiropractor what you can do to best invest in the health of your spine so that you can enjoy the game to the greatest degree for as long as you'd like.



among other exercises, will help a golfer to generate, hold, then artfully release tension into the ball without expense to their joints upon follow through.

Chiropractic adjustments throughout the spine and pelvis, along with skillful toning of the muscles of the shoulders and hips through types of manual muscle therapy improves mobility for such complex motions as a golf swing. Interestingly enough, in those golfers I've accepted as patients, it is the muscles that generate the

spine is intricately connected to other parts of the skeleton.

Let's consider the rib cage which consists not only of the ribs but the breastbone, or sternum, and the thoracic (middle) back. Right now, press your thumb strongly along your breastbone in four spots from top to bottom. If one or more of these spots are remarkably tender then that is a sign that there is undue tension stored in the rib cage. In my experience adjustments to the spine are the most direct and practical ways of releasing the stress

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.pivotalhealthsystems.com

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The logo graphic for Atlantic Benefit Consultants features a stylized sailboat or wave design. It consists of a blue wave at the bottom, a green sail in the middle, and a red circle at the top right, resembling a sun or a flag. The word "Atlantic" is written in a large, blue, sans-serif font, and "Benefit Consultants" is written in a smaller, blue, sans-serif font below it.

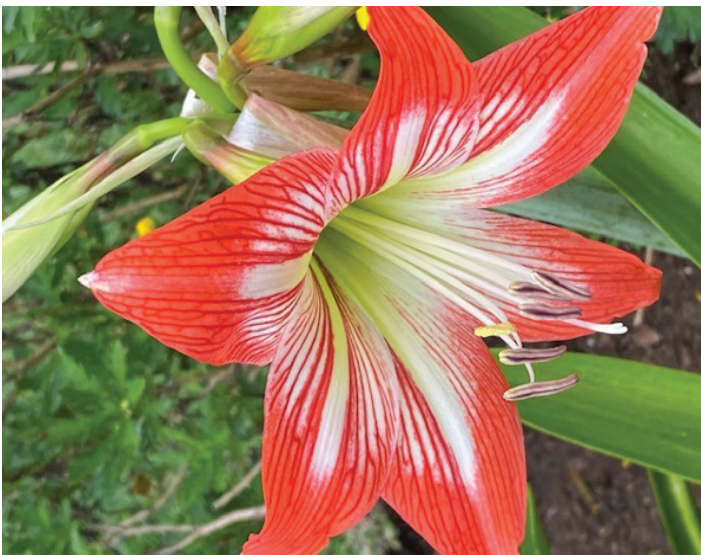
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Garden Of The Month

The May selection from the Garden Club at Palm Coast



The yard of Kathi and Jim Bradley of Bridgehaven Drive has been recognized as May 2022 Selection of the Month by The Garden Club at Palm Coast. The Bradleys' are from the Buffalo, New York area and have lived in Palm Coast for 12 years.

The front yard beds are surrounded with alternating dark pink surptunias and Blue My Mind blue daze flowers. They always change the flower colors every year. There are bright pink begonias, sweet alyssum, pink azalea, white scaevola, Hawaiian Ti, philodendron, pygmy date palm, junipers, podocarpus, schilling holly, plumbago and variegated ginger also.

The back yard has quite the diversity of plants: fuschia calla lilies, gardenia, Mona lavender, Indian hawthorn, pink camellias, Tibouchina grandiflora (Princess flower), hibiscus, bottle brush, bird of paradise, Southern magnolia, pink azalea, duet rose (white and burgundy), yesterday today and tomorrow, violas of various colors, orange gazania, red amaryllis, dahlia, jatropha, blue agave, hydrangea, Texas spider lily, bush daisy, red pentas, gold cape honeysuckle, and lantanas.

Along the fence are Confederate jasmine, bougainvillea, and red passion flower vine. On the fence are hanging pots of mixed petunias, white verbena, red begonia, large ferns, and white bacopa. For fruit trees, they have a lemon and lime. You can tell they love plants and color by the diversity in their landscape.

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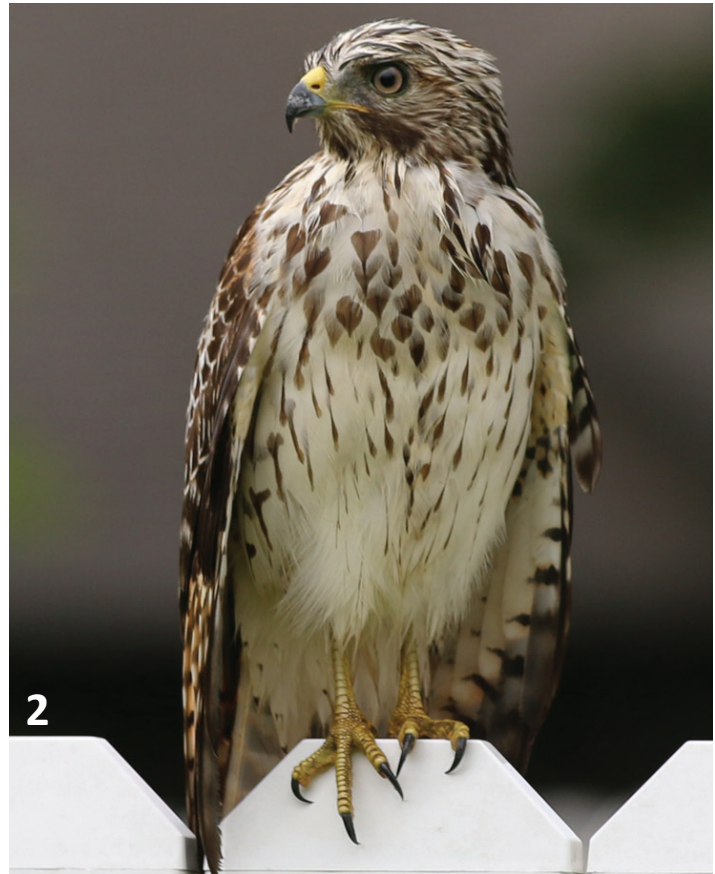
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Flora and Fauna

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



1. BROWN PELICAN: When seen flying along the ocean shore, Pelicans save energy by using updrafts generated by breaking waves to stay aloft without flapping their wings. They also like to just sit on piers and docks. **2. RED SHOULDERED HAWK:** Listed under the status of Least Concern, these birds live throughout the United States, Canada and Mexico. It's considered good fortune to see a Red Shouldered Hawk. **3. Yellow-Crowned Night Heron:** A year-round resident along the southern US Coast, these birds feed on crabs and crayfish. Despite their name, they do feed during the day. **4. LITTLE BLUE HERON:** Born white, they turn a beautiful blue-grey color after their first year of life. A very solitary and shy bird it's worth the effort to seek them out in our local rivers and lakes.



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.

Homeowners Corner

Tips on how to protect and maintain the exterior of your home

Is your exterior making your house look old? Do you want your home to look appealing all the time? If yes, this is what I recommend. It might help to know that most things you do to the exterior might not cost you much, but their overall impact will be significant.

Check the paint

If there is something that can protect your exterior, it is making sure that painted surfaces remain painted. If the paint is peeling, fading, molding, blistering, or otherwise, you want to stay ahead of it. First, make sure you are using the right paint grade for the exterior. Also, make sure you are following the correct painting procedures for the exterior, such as surface preparation and applying undercoats and sealers.

Declutter the exterior

If there are things all over the place, your exterior will always look unkempt and disorganized.

Declutter the place. If some of the old furniture or appliances are no longer needed, donate or sell them. If not, ensure you have storage space for them. Anything that cannot be kept safely in a storage area or neatly around the compound should be removed. Notice that decluttering has more benefits than just making your exteriors beautiful. It also ensures no hiding places for rodents, bugs,

Omar Rivera is the owner of Dr. Paint here in Palm Coast and he can help you with any painting or resurfacing needs you may have. Call 386-246-7999 or go to www.drpaint.com

lizards, and other animals.

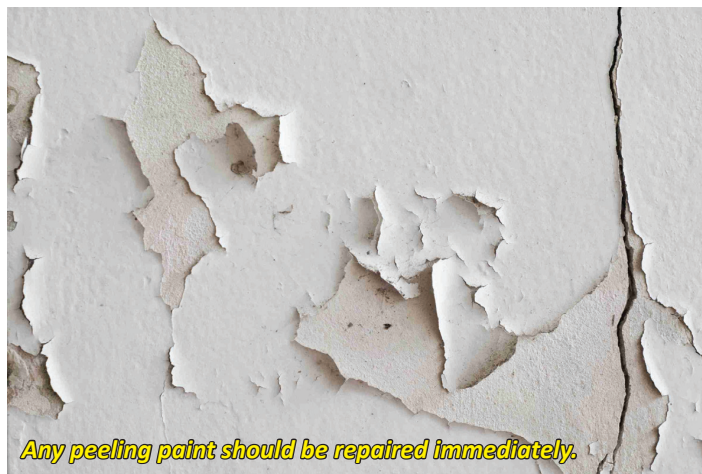
Clean gutters

Did you know that gutters fail more often than they are reliable? Now you know. Whenever gutters fail, they expose your home to water and mold damage. Checking the gutters periodically is imperative, especially when you want to keep your exterior in pristine conditions.

If you don't want stains on your sidings or damage near the home's foundation, check on your gutters. Check if they are fitted correctly, remove debris buildup, and ensure that the water flow is smooth. While looking at the gutters, inspect your roofing. Check for missing, damaged, or visibly worn-out shingles.

Trim trees and live fences

Adhere to the tree planting guidelines for your yard to ensure that the trees are not too close to your house. Also, plant the right type of trees and plants. Trim trees and hedges to ensure that only healthy trees and branches are left. Dead or dying branches can be a hazard. Whenever there are wind, storms, or precipitation, the branches will fall, potentially destroying the lawn, fence,



Any peeling paint should be repaired immediately.

and even the house itself.

Refinish the exteriors

Inspect the exteriors of your house, including windows, doors, sidings, deck, basement windows, and roofs periodically. You want to ensure that there are no gaps, holes, blockages on vents, or any other problems. Examine the caulk, weather stripping, and seal on the windows and doors. Check the integrity of the paint for all the painted areas, such as the fascia and soffit.

Remove mildew on the sidings. The moldy green on your sidings is not a sign of aging boards, it is mildew and can colonize your exterior. Wash the mildew. Be careful while at it; wear the right protec-

tive gear, such as gloves and a face mask. Do not overdo the household bleach while cleaning. One part bleach for every 4 parts water is the ideal mixture for mold cleaning. The bleach will prevent the mold from re-occurring immediately after washing.

Maintain and clean the driveways and walkways

Repair cracks on the concrete as soon as possible. Cracks tend to get worse over time. This is because of the constant contraction and expansion of the concrete. Repairing the concrete ensures that the walkways are safe and beautiful.

Wash the driveways regularly. Dirt and debris will collect over time staining the driveway, and making it unattractive. Pressure washing it once in a while revitalizes its colors, giving it a fresh new look.

Many other tips will ensure that your compound and curbs look attractive such as maintaining your picket fences and lawn care. All you have to do is to be a conscious homeowner. Keep a maintenance checklist, and your home will forever stay new.

— Omar Rivera



Caulking is important in maintaining the integrity of your home's outer surface.

Hot Fun In The Summertime

Summer adventure is just outside your door.

While that isn't an official slogan for Palm Coast's great outdoors, maybe it should be.

One doesn't have to go far to access a trail to bike or walk, a park to have a picnic at or build a sandcastle at the beach or head to a local lake — fishing and water sports abound at both locations.

Biking and Hiking

More than 125 miles of trails await bikers and hikers in the greater Palm Coast area. Some are more difficult than others.

The Graham Swamp Preserve Trail, accessible at 5135 Colbert Lane in Palm Coast, is nearly seven miles through

heavily wooded terrain and provides significant challenges. This trail is recommended for experienced bikers and hikers. It has numerous exposed tree roots, sudden dips and is considered a black diamond mountain trail.

The Mala Compra Greenway Trail is located in the Hammock area along the eastern coast and is 5.5 miles of challenging climbs, quick descents, tight inclined turns and flowing switchbacks. Again, this trail is for those with experience. It rewards users for enduring its challenges with rock gardens and sulfur springs. It starts at 115 Malacompra Road at Bings Landing, where parking is available.

For those needing (or pre-

ferring) an easier hike or ride, the St. Joe Walkway/Linear Park trail is far less challenging but just as rewarding aesthetically with views of the Intra-coastal and of its surrounding maritime forest and hardwood hammock trees. This shaded walkway provides relief from the summer heat and people using it are often walking or jogging, bird watching, cycling, enjoying a picnic, letting the kids burn off some energy at the playground or playing a game of shuffleboard. The trail is labeled "pet friendly." Access this trail at 305 Palm Coast Parkway.

Learn more about Palm Coast trails at these websites: www.trailink.com/city/palm-coast-fl-trails/ or www.alltrails.com/us/florida/palm-coast or www.visitflagler.com/things-to-do/outdoor-adventures/biking-hiking/.

com/us/florida/palm-coast or www.visitflagler.com/things-to-do/outdoor-adventures/biking-hiking/.

Get Your Game On

Starting now through the middle of August, the Palm Coast Parks and Recreation offers several opportunities to play a variety of sports. Starting in June and running through mid-August are an adult basketball league on Tuesday and Thursday nights, beginner's pickleball on Tuesday and Friday mornings at Holland Park, an adult open gym volleyball on Monday nights at Rym-fire Elementary in which new teams are created each week, and adult co-ed basketball on Wednesday nights also at Rym-fire.

Tournaments for wiffleball and pickleball are scheduled for Sunday, July 10, at Indian Trails Sports Complex for ages 15 and older and for Saturday, June 25, at Holland Park.

Register for team games and



The Palm Coast Parks and Rec department offers many programs and events throughout the summer.





The Daytona Tortugas play Single-A minor league baseball until the middle of September.

tournaments online at www.parksandrec.fun/.

Learn Some Defensive Moves

Commander Michael Lutz of the Flagler County Sheriff's Office leads this three-day class designed to teach women effective methods to ward off attackers, become more aware of one's surroundings and learn safety tips. Pre-registration 48 hours in advance is required. Participants are required to attend all three classes set for June 13, 20 and 27 from 6 to 8 PM. Ages 13 and older are welcome to attend this free class held at the Palm Coast Community Center. Register online at www.parksandrec.fun/adults.

Ballroom Dance Lessons

Do you watch television's "Dancing with the Stars" and wish you could float across the floor like that too? Now you can at least try. Tom and Jo Sanders of Dance with Me lead a Tuesday night one-hour class at the Palm Coast Community Center in which participants can learn the Foxtrot, the Tango, the Cha Cha and the Rumba. Cost is \$10 per class, weekly pre-registra-

tion is required but you don't have to bring your own partner. Beginners are welcome, so don't be a wallflower. Register online at www.parksandrec.fun/adults.

Public Swimming Pool

The Palm Coast Aquatics Center (the Frieda Zamba Swimming Pool) is located at 339 Parkview Drive and is open seven days a week starting after Memorial Day running through the summer months. The outdoor pool is heated, the facility is lighted for after hours rentals and has four pavilions available for reservation. The pool deck has numerous tables with umbrellas and chairs plus chaise loungers. Visit online at www.palmcoastgov.com/pool for a full listing of hours and admission/rental fees.

Daytona Tortugas

"Take me out to the ball game. Take me out to the crowd. Buy me some peanuts and cracker jack. I don't care if I never get back ..."

If by now you are at least humming that familiar tune sung in the seventh inning

stretch at ballparks across America, then you are ready for 2022's rendition of the boys of summer, Daytona Tortugas style.

The team starts June with five games in Port St. Lucie against the St. Lucie Mets. But come Tuesday, June 7, they are back in town for six days of games at the Jackie Robinson Ballpark located at 105 East Orange Avenue in Daytona Beach against the Fort Myers Mighty Mussels. Games start at 7:05 PM except on Sunday when the start time is 5:35 PM.

June 14 through 19, the Tor-

tugas are in Lakeland playing against the Flying Tigers and on June 21 through 26 the Tortugas return home to host the Jupiter Hammerheads.

The team's schedule rotates one week on the road and one week home for the duration of the regular season through the middle of September. View the schedule and other club information such as rosters and statistics online at www.milb.com/daytona.

Home games also feature various promotions. There are too many to list here but some of the highlights include pink





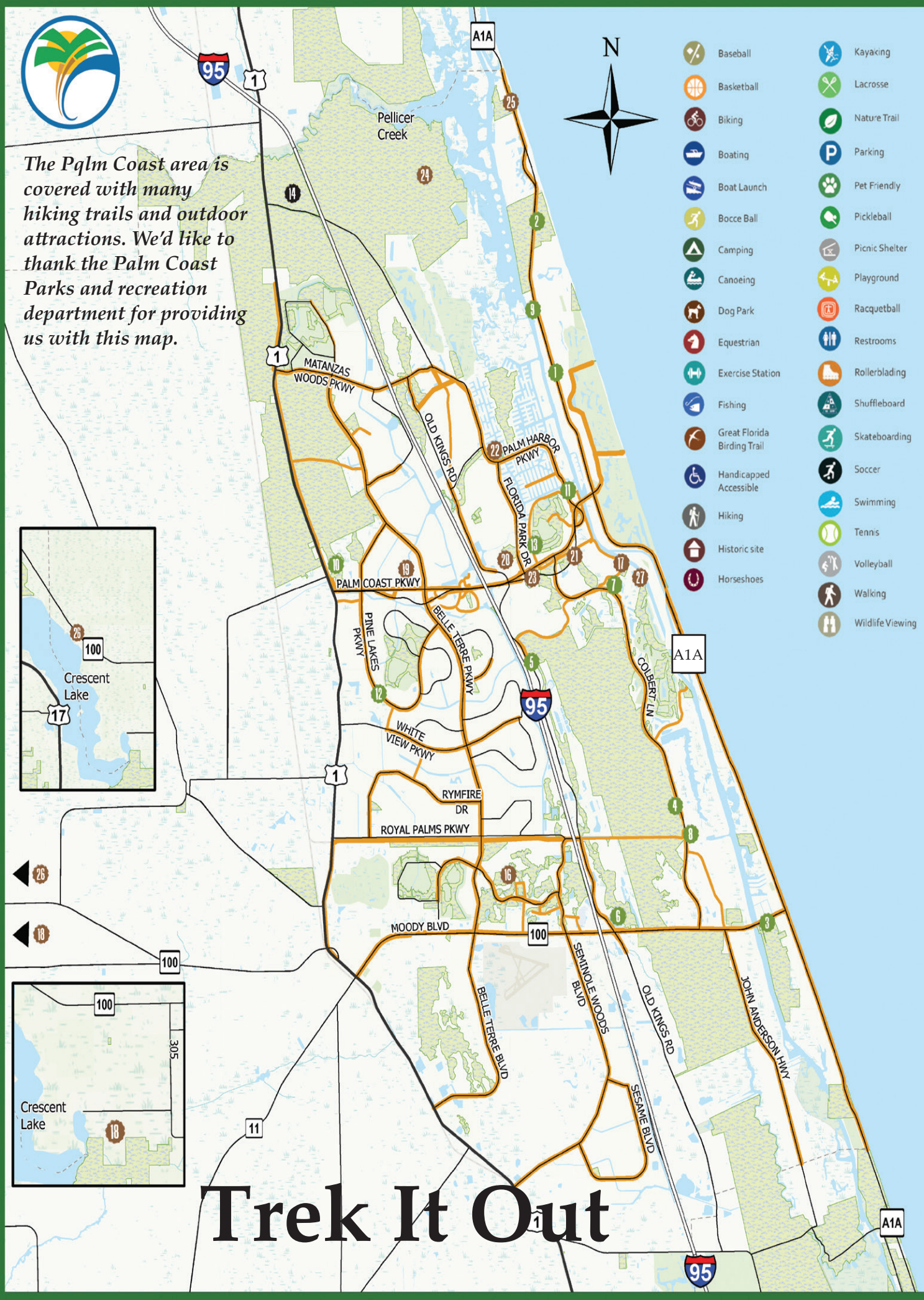
The Palm Coast area is covered with many hiking trails and outdoor attractions. We'd like to thank the Palm Coast Parks and recreation department for providing us with this map.



- Baseball
- Basketball
- Biking
- Boating
- Boat Launch
- Bocce Ball
- Camping
- Canoeing
- Dog Park
- Equestrian
- Exercise Station
- Fishing
- Great Florida Birding Trail
- Handicapped Accessible
- Hiking
- Historic site
- Horseshoes
- Kayaking
- Lacrosse
- Nature Trail
- Parking
- Pet Friendly
- Pickleball
- Picnic Shelter
- Playground
- Racquetball
- Restrooms
- Rollerblading
- Shuffleboard
- Skateboarding
- Soccer
- Swimming
- Tennis
- Volleyball
- Walking
- Wildlife Viewing



Trek It Out



Hot Fun *from page 23*

uniforms in honor of breast cancer awareness on June 7, Thirsty Thursday specials on fountain drinks and beer and First Friday Fireworks after the game each first Friday of the month when the Tortugas play at home.

The Tortugas are a minor league team in the Florida State League and the Single-A affiliate of the Cincinnati Reds of Major League Baseball.

They've been champions of the FSL six times and so, yes, "if they don't win, it's a shame."

Tickets are available online at vividseats.com or stubhub.com.

There's Always the Beach

So, technically, Palm Coast does not have a beach within its limits. Duh. But several are within just a few minutes' drive.

Flagler Beach: Probably the closest sandy destination for Palm Coasters; probably one of the most familiar as well with its locally-owned restaurants and touristy shops. It is six

miles of car-free beach, which can be an unusual-hard-to-find amenity with Florida beaches. Four parks nearby offer an alternative from the sand: Check out Silverlake Park, Veterans Park, Wadsworth Park and Wickline Park.

Note regarding lifeguarding services for 2022: The area scheduled for active lifeguarding through September from 9:45 AM to 5:15 PM isn't as large this year as in the past. For 2022, lifeguarding provided by the city of Flagler Beach is available on the beach between the two boardwalks.

As City Manager William Whitson told the city's commissioners at its February 2022 meeting, "It's going to be simpler for the public to understand. The guarded beach is from boardwalk to boardwalk. That's not confusing. If you want to come to a guarded beach, that is where we are going to guard."

Occasionally, when larger numbers of people remain on the beach in the evening hours, lifeguards will remain on duty

Fritz the Wonder Dog is always down for a summer time beach bash.



at their discretion. That isn't a given though.

In 2021, Flagler Beach lifeguards made more than 100 rescues — 84 were riptide related and 17 were surf rescues.

Gamble Rogers Memorial State Recreation Area:

Not just a beach. This park is 144 acres featuring bicycling trails, boat ramp, campsites,

raised grills, a nature trail and well, yes, unlimited access to the beach along the Atlantic Ocean. It also is bordered by the Intracoastal Waterway on its western side providing a completely different aquatic experience. Rent a kayak and explore the mangroves.

Its beach is a popular spot for those seeking a quieter ex-





The Flagler County Public Library also offers many programs and events throughout the summer.

perience. Its sand with its close to deep cinnamon color is also a welcoming change from latte or cocoa colors commonly found on the state's east coast. Its sparkle is a bit easier on the eyes and the heat it retains is a bit friendlier to bare feet.

Low tide at its beach attracts a feeding frenzy of shore birds and the opportunity to snap their pictures. The Great Florida Birding and Wildlife Trail runs through the park as well providing opportunities to see other types of native species.

Learn more about Gamble Rogers online at www.floridastateparks.org and click on the words, "Camping and Lodging," next to the yellow tent icon on the right side of the home page for overnight accommo-

modation and search for the park by name for other information. Accessible bathrooms and showers are available along with beach wheelchairs being available by reservation. Camping reservations, which can be made 11 months in advance, are recommended. Phone (800) 326-3521.

Washington Oaks Gardens State Park

The above-mentioned birding trail runs through this park situated on the Atlantic Ocean and the Matanzas River just south of St. Augustine. The trail is open to bicycle and foot traffic.

A formal garden featuring azaleas, bird of paradise, camel-

lias and roses is within this park.

Its beach along the Atlantic Ocean features gorgeous and unique coquina rock formations that facilitate tidal pool exploration and plenty of terrific photo opportunities. Accessibility again is a key feature of this park.

Covered pavilions with ten picnic tables, restrooms and broad walkways welcome visitors with special needs.

The park's "First Friday Garden Walk" led by a park ranger from 10 to 11:30 AM takes visitors on a guided tour of the park's formal garden and includes a narrative of its history. Wearing comfortable shoes and bringing water and bug spray is advised. Dates are June 3, July 1 and August 5.

Beyond the Beach ...

So, of course, hitting the beach will always be a big part of summer — especially here in Palm Coast with our geographic proximity to sand and surf.

But for those who aren't big fans of Mother Nature's elevated heat and humidity in June, July and August, there's most excellent news regarding the myriad of indoor activities this city boasts: There are lots of ways to beat the heat and stay cool with worthwhile activities.

Cooking, Learning and Reading

Let's start at the library where much more than just book reading is on tap.

"We have what can be called edutainment," noted Joe Saloom, assistant library director of the Flagler County Public Library. "It's definitely hot outside. It will keep you out of the heat by coming to the library and you will be learning a little while you are here."

Movie matinees are slated for two Fridays in June at 1 PM.

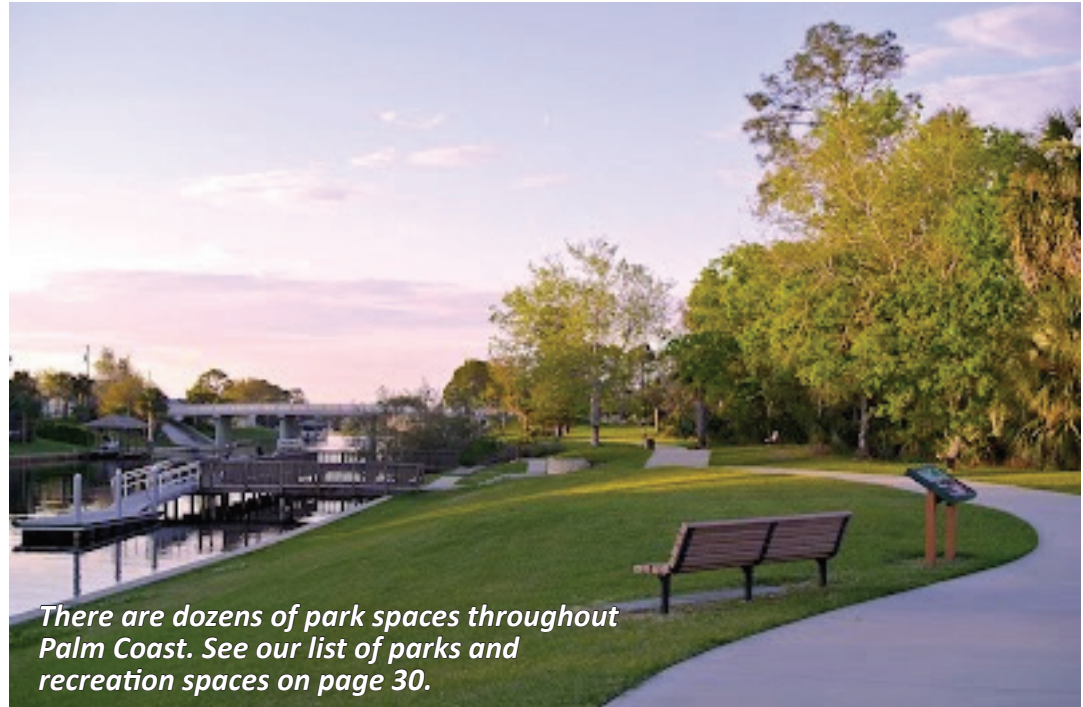
A cooking class with Chef Warren titled, "Healthy Southern Cuisine," is slated to teach attendees "how to transform traditional southern dishes into healthier ones without losing their essence," on Friday, June 10 at 2 PM.



Hot Fun *from page 25*

At 10 AM on the first Saturday in June, the library's "Kids Summer Performer Series" kicks off with a show by Mark Alan Comedy Magic slated to also feature the kickoff of, and registration for, the library's summer reading program, "Oceans of Possibilities."

Other June presentations of the kids' summer performer series are scheduled for 9:30 and 11 AM on Tuesdays. These include Katie Adams of the "Make Believe Theater" as she discusses what treasures lie at the spot marked "X," on June 7. On June 14, "The Amazing Mr. A," takes watchers on a trip to see what is in Davey Jones' Locker. On June 21, the performer series changes from the topic of pirates to another one applicable to the lives of Florida kids: mosquitos. Nicole Graves, public information specialist at the East Flagler Mosquito Control District, will read from the book, "Mosquitos Can't Bite Ninjas," by Jordan Novak in an effort to teach participants how to help control mosquito populations while protecting themselves from bites, all the while giving a nod to the library's summer reading



There are dozens of park spaces throughout Palm Coast. See our list of parks and recreation spaces on page 30.

program. June's final presentation on the 28th is "Just Add Rhythm," during which kids will get to drum, move, and play games while working together. All programs are free but do require pre-registration by calling Youth Services at (386) 446-6763, ext. 3714 or via email at childrens@flaglercounty.org.

Kids ages four to eight get to work on their reading skills while telling a story with one of the Canine Ambassadors from the Flagler Humane Soci-

ety on Wednesdays from 4 to 5 PM, participating in the Paws 2 Read program.

Pixels and Perlers is a gaming club for students grades eight through 12 held every other Friday for June, July and August starting on June 10 at 3 PM in the Teen Spot room. The group plays Switch games and designs 8-bit art.

Other regularly-scheduled clubs held at the library for June, July and August include:

Anime Club: Teens in grades

six through 12 can hang out watching anime and munching down on snacks provided. The group meets at 4 PM every other Thursday starting on June 9.

Baby Storytime: Never too early to get kids interested in literacy. This half-hour program is for infants from newborn to 24 months accompanied by an adult. It features stories, songs and interactive play. This is every Thursday at 10 AM starting on June 2.

Tabletop Thursday: Classic board game play available to students in grades four through seven starting at 4 PM every other Thursday, starting June 2.

Tween Club: Hands on crafts and activities for student grades four through seven. Club is held every other Friday at 4:30 PM starting on June 3.

Flagler Technical College

Spend part of your summer learning.

As of our press time in mid-May, Pam Sarria, the coordinator overseeing the community education program at the technical college, said she was still verifying scheduling for summer 2022 classes.

However, she did confirm



Old-growth trees like the ones on this page and the previous one are part of Washington Oaks Gardens Park's floral attractions.

Hot Fun *from page 27*

that yoga, Zumba, a couple of aqua exercise classes, swimming lessons, a motorcycle driving class, a teen babysitting class, CPR classes, a Serve-Safe certification class and a stained glass creation class are planned.

The water-oriented classes will still be held at the Belle Terre Swim and Racquet Club. Non-water classes are scheduled to be held at the technical college's newest addition at 5633 N. Oceanshore Bouvelard right off from A1A opposite of the water tower and north of Publix.

Summer classes at the technical school could also help attendees maintain a schedule of sorts, Sarria noted.

"A lot of times, people's schedules get thrown to the wayside in the summer," she said. "But if you have a schedule you are following for say attending a class and you have

something to look forward to each week, then come fall, it isn't as hard to get back on track schedule wise."

Register for classes at Flagler Technical College online at fce@flaglerschools.com by calling the A1A office at (386) 446-6730.

Active Seniors

A free class to develop balance, coordination, core strength, flexibility and range of motion is offered on Thursdays at the Palm Coast Community Center from noon to 12:45 PM. It is coordinated in conjunction with the Florida Health Care Plans and is facilitated by Artie G., a senior fitness specialist. The class is gentle, upbeat and supportive of all fitness levels. Register online at www.park-sandrec.fun/seniors.

Two wellness workshops are also scheduled. Dates are

You can get up close and personal with sea life at Marineland.



Thursday, June 30, for "Skincare as we Age," presented by Mid Florida Dermatology and Thursday, July 28, for "Salad in a Mason Jar" presented by a registered dietician. Workshops are free of charge and run for an hour starting at 10 AM.

Senior Social Corner is scheduled for Tuesdays from 12:30 to 4 PM at the Palm Coast Community Center. It is a free event designed to get seniors out of the house and

socializing either catching up with old friends and or making new friends playing board games or just visiting over a cup of coffee or sipping a tea.

A widow/widower's support group is slated for Thursdays for an hour starting at 10:30 AM at the Palm Coast Community Center for those experiencing the loss of a significant other in their life. The group provides the opportunity to meet others in the same circumstance.



Both Palm Coast pools (Palm Coast Aquatics Center shown above) offer swimming classes throughout the summer.

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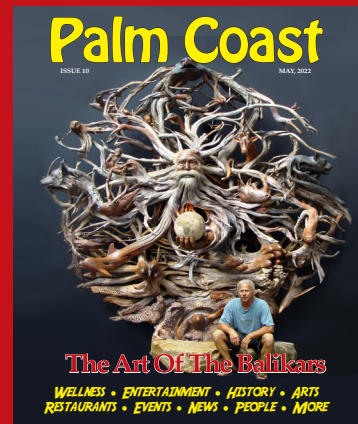
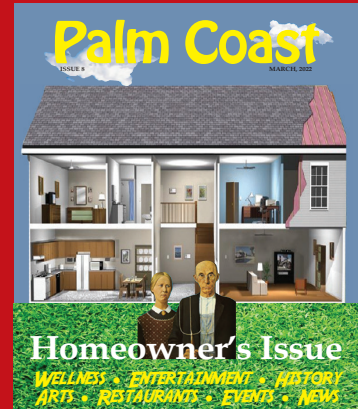
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Parks And Recreation In The City

The city of Palm Coast has no shortage of green spaces and recreation areas as you will find with a little exploring. We decided to make it a little easier to find a place that's perfect for your recreation, reflection and relaxation needs. The following list shows the major playground spots as well as parks, sports facilities and nature preserves. We visited each of these places and found them all to be well-maintained and easily accessible so don't hesitate to avail yourself of the amenities they offer.

Belle Terre Park • 339 Parkview Dr.

This park, located behind Wadsworth Elementary and Buddy Taylor Middle Schools, offers soccer fields, tennis and racquetball courts. Due to its proximity to the two schools, students often benefit from the park's recreational opportunities.

Parking • Pickleball • Picnic Shelter • Playground • Raquetball Restrooms • Soccer • Tennis



Bird of Paradise Nature Reserve • 179 Bird of Paradise Drive

A passive park providing the Indian Trails neighborhood residents a place to relax and enjoy the beauty of nature. This quiet spot is peaceful and it's also popular with fishermen.

Fishing



Central Park in Town Center • 975 Central Avenue

Drawing inspiration from towns and suburbs built in the early 20th century, this nine-acre urban park is situated in the heart of Town Center, Palm Coast's downtown area.

Geocaching • Parking • Restrooms • Walking



Children's Memorial Garden • 150 Waterfront Park Road

Nestled in the shade of old oak hammocks along the Intracoastal Waterway scenic trail just north of Waterfront Park, this special place serves as a peaceful sanctuary for all to rest, reflect and recall.

Parking



Community Center & Park • 2860 Palm Coast Parkway

The Palm Coast Community Center is the home for the Parks and Recreation administrative offices. It also serves as the host location for the Palm Coast City Council Business Meetings, advisory committee meetings, recreation programs and activities.

Basketball • Parking • Playground • Restrooms



Heroes Memorial Park • 5455 Belle Terre Parkway

Those in the military and law enforcement who have served and sacrificed for our country now have a place to be honored. Each Memorial Day, Veteran's Day and Fourth of July memorial services are held in this park to recognize those who have given their lives in the line of duty. Branches of the military are honored with engraved granite monuments of these names, along with a Purple Heart Memorial.

Geocaching • Parking



Indian Trails Sports Complex • 5455 Belle Terre Parkway

Host site of local, regional and state Lacrosse and Soccer Tournaments, the ITSC/ITMS site provides visitors with exceptional athletic facilities conveniently located off major transportation routes.

Baseball • Lacrosse • Parking • Picnic Shelter • Playground Restrooms • Snack Bar • Soccer



James F. Holland Memorial Park • 18 Florida Park Drive N

Holland Park is an important recreational and social hub in the community. Dog park and bocce ball courts attract residents to this most popular destination in the Palm Coast community.

Baseball • Basketball • Bocce Ball • Dog Park • Lacrosse • Parking • Pickleball • Picnic Shelter • Playground • Restrooms Shuffleboard • Soccer • Tennis • Volleyball • Walking



Long Creek Nature Preserve • 1050 Palm Harbor Parkway

Long Creek Nature Preserve is the newest jewel in the City of Palm Coast's park system.

Canoeing • Elevated Boardwalk • Fishing • Floating Boat Dock Hiking • Kayaking • Parking • Wildlife Viewing



Palm Coast Aquatics Center • 339 Parkview Drive

Heated pool with lanes available for lap swimming. There are plenty of lessons offered here for everyone from kids learning to swim to senior citizens doing aquatic exercise classes. Check out their schedule on the city's website.

Parking • Picnic Shelter • Restrooms • Swimming



Palm Coast Tennis Center • 1290 Belle Terre Pkwy

The Palm Coast Tennis Center, a 2010 USTA Facility of the Year Award Winner, offers 10 Hydro-grid clay tennis courts lighted to tournament standards. Leagues, lessons, events, tournaments and programs for players of all ages and abilities are offered.

Parking • Restrooms • Tennis



Ralph Carter Park • 1385 Rymfire Drive

Ralph Carter Park, adjacent to Rymfire Elementary School extends across 13.1 acres of land. It offers visitors lighted multi-sports fields, a mini skate park, a lighted basketball court, walking trail, playground, bar-b-que grills and restroom facility.

Basketball • Parking • Picnic Shelter • Restrooms Skateboarding • Soccer



Seminole Woods Neighborhood Park • 350 Sesame Boulevard

Seminole Woods Neighborhood Park creates an active, social environment for our visitors. The variety of recreational opportunities appeals to children, adults and seniors, making it a favorite family destination.

Geocaching • Parking • Picnic Shelter • Playground • Restrooms Soccer • Tennis



St. Joe Walkway/Palm Coast Linear Park • 31 Greenway Court

Nestled between the eastbound and westbound lanes of Palm Coast Parkway, Linear Park's 57-acre jewel features many amenities for all to enjoy, including a playground, picnic pavilions, hiking and biking trails and bird watching.

Biking • Bocce Ball • Geocaching • Hiking • Parking • Picnic Shelter • Playground • Restrooms • Shuffleboard • Walking Wildlife Viewing



Waterfront Park/Intracoastal Waterway • 150 Waterfront Park Rd

Waterfront Park is the only city-owned waterfront property along the Intracoastal Waterway. This large waterside park never seems to be crowded and offers a variety of activities for nature lovers.

Biking • Fishing • Geocaching • Parking • Picnic Shelter Playground • Restrooms • Walking • Wildlife Viewing



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A Fusion Of Fine Eating

5949 Oceanshore Blvd, Palm Coast, 386-246-0700, American, Fusion, Veggie

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

100 Garden St S, Palm Coast, 386-246-5300, American, Breakfast

Burger Bros

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

Cantina Louie

10 Palm Harbor Village Way,

Fire In The Hole Offers Simple Basics Done Well

Fire In The Hole, a very recent addition to the dining scene here, reminds you, if you're from the northeast at least, of one of the hundreds of pizza places that inhabit that part of the country. Usually they were family-owned, and probably still are, in just about

every town of a certain size and they all seemed to have the same atmosphere too.

Pizza is always the main draw but there is always a menu of some Italian dishes, usually common standards, that were available too.

Fire In The Hole follows in this tradition and does a pretty fair job of things too. With thin crust pies and some good basic Italian dishes like meatballs, and garlic pasta, among a number of others, Fire In The Hole offers a comfort level for Italian food lovers that will remind you of that favorite neighbor-



Italian meatballs.



The clam pizza with pancetta.

hood pizza place from when you grew up. The simple menu of entrees includes chicken Parmesan, linguine with clams, penne vodka, spaghetti and meatballs and ravioli — all basic Italian fare, and all done quite well too.

How good is an Italian restaurant's food? We always check either the calamari or the meatballs for an indication of whether or not the chef knows

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Stuffed jalapenos.

what he's doing. Here we went for the meatballs and were pleasantly surprised to find they were almost as good as my Sicilian mother's and that's no small accomplishment.

The sauce on the meatballs, while not as complex flavor-wise as dear old mom's, possessed a fresh quality to it that was interesting and very tasty in its own way.

We also tried two dishes you probably won't find on any traditional Italian menu, stuffed jalapenos and fries with truffle oil. Both were interesting and really, just about anything with truffle oil tastes good, especial-

ly when you add Parmesan too.

But what about the pizza, you may be wondering. Well first of all it was thin crust which is the most important factor to us. We hate eating big slabs of pizza dough so this was perfect for us. And the combination of flavors was quite good, the chopped pancetta flavoring the chopped clams a bit, creating an interesting mix of flavors along with the sauce and cheese.

There are many other combinations available, of course, all in the Neapolitan style (from Naples) and separated into White and Red varieties, the red having tomato sauce and the white not.

And the drinks part of the menu contains a decent selection of beer and also wines, red and white, from Italy and California.

If you grew up with these tastes you can



Fries with truffle oil.

reconnect easily to your past here and if not, you'll still enjoy the food, only as a whole new experience.

Fire In The Hole, 5 Utility Dr, 386-302-3006.



Garlic pasta.

Palm Coast, 386-585-4112, Mexican

Captain's BBQ

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

519 Cinnamon Beach Ln, Palm Coast, 386-445-6999, American, Bar

Cork & Pint

101 Palm Harbor Pkwy, Palm Coast, 386-283-4139, Bar, Pub, Wine Bar

Cracker Barrel

4 Kingswood Dr, Palm Coast, 386-445-2127, American

Dominic's Deli & Eatery

160 Cypress Pt. Pkwy, Palm

Love At First Bite.

Pastrami • Corned Beef • Roast Beef • Italian Sandwiches • Reuben • Turkey Club • Veggie Wrap • Tuna Salad • Chipotle Chicken • Cajun Turkey • Chicken Breast • Maple GLazed Honey Turkey • Cole Slaw • Pasta Salad • Macaroni Salad • Bakery Breads & Rolls • Soups • 14 Draft Beers • Pale Ales • Lagers • Ales • Stouts • Pilsners • Wheat Beers • Imported Beers • Ciders • Hard Seltzers • Teas • Wines From All Over • Friday Happy Hour



Over 80 craft beers and wines.



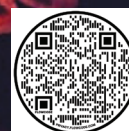
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Pub & Deli

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Coast, 386-445-8422, Quick bites, American, Soups

Don Luigi's Gourmet Kitchen
260 Cypress Edge Dr, Palm Coast, 386-585-4001, Italian

El Pollo Colorado
227 St Joe Plaza Dr, Palm Coast Pkwy, Palm Coast, 386-225-4548 Caribbean, Latin

Fancy Sushi
5290 E. Moody Blvd., Palm Coast, 386-586-5988, Japanese, Sushi, Asian

Great Wall
7 Old King's Rd N, Palm Coast, 386-446-3999, Chinese, Asian

Green Lion Café
20 Palm Harbor Dr, Palm Coast, 386-986-2584, American, Bar, Veggie

Hammock Pizza
5332 N. Oceanside Blvd #1 Palm Coast, 386-445-3768, Italian, American, Indian

Hammock Wine & Cheese
5368 N. Oceanshore Blvd, 386-445-3357, Appetizers, cheeses, desserts

High Jackers Restaurant
202 Airport Rd, Palm Coast 386-586-6078, American, Bar, Veggie

Houligan's Irish Pub
50 Plaza Dr, Palm Coast 386-447-3580, American, Bar, Pub

Stoner's Pizza
5 Utility Dr, Palm Coast, 386-446-4461, Italian, American, Pizza, Delivery

Ihop
212 Palm Coast Pkwy NE, Palm Coast, 386-264-6834, American, Veggie

Joe's New York Pizza & Pasta
1070 Palm Coast Pkwy NW Palm Coast, 386-445-1650, Italian, Pizza

JT's Seafood Shack
5224 N. Oceanside Blvd, Palm Coast, 386-446-4337, American, Bar, Seafood

Kawa Sushi
1475 Palm Coast Pkwy NW, Palm Coast, 386-986-2266, Japanese, sushi, Asian

King Palace
515 Palm Coast Pkwy SW Palm Coast, 386-597-2186, Chinese, Asian

La Piazza Café
101 Palm Harbor Pkwy, Palm Coast, 386-246-6366, Italian, Steakhouse, Seafood

Daily Specials

BURGER BROS

1475 Palm Coast Pkwy NW, #102
386-585-4640

Every Day

Flaming Cheetos Burger; with homemade chipotle mayo, fresh jalapeños, pepper jack cheese, and cheddar sauce, served with crispy fries.

Smokeyhouse BBQ Burger; with bacon bits, corn, fresh tomato and onion rings and smoked Gouda served with crispy fries.

Fish basket; 2 beer battered fish fillet, onions hushpuppies and crispy fries with a side of tartar sauce

CANTINA LOUIE

10 Palm Harbor Village Way
386-585-4112

Mondays

Fresh fruit Guavaritas for \$6.99

Taco Tuesdays

All tacos \$2.99, specialty drinks, \$5.99

Wednesday Hump Day

Flavored Margarita Louies, \$5.99

Thirsty Thursdays

1862 Margarita, \$5.99 all day

Guavarita Fridays

Fresh Fruit Guavaritas, \$6.99

Friday & Saturday

Top Shelf Margaritas - La Catrina & The Ultimate Patron Margaritas for \$8.99

Sangria Saturdays

Sangria, \$5.99 all day

Tamale Sundays

Tamales, \$2.99 all day

Happy Hour Every Day

2-5 PM, Margarita Louies and Fro-Jo Ritas, \$3.99 —all appetizers 1/2 off

HOULIGAN'S IRISH PUB

50 Plaza Dr
386-447-3580

Every Day Happy Hour, 4-7 PM

JT'S SEAFOOD SHACK

5224 N. Oceanshore Blvd
386-446-4337

Mondays

Margaritas are \$2 off

Wednesdays

Martinis for \$5

Thursdays

All You Can Eat Shrimp

Fri-Saturdays

Live Music

MEZZALUNA PIZZERIA

European Village
386-445-1004

Tuesday

Lunch: 2 cheese slices & soda, \$5.50

Dinner: Large 18" Cheese Pizza, \$10.99

Wednesday

Lunch: Buffalo Chicken salad, \$8.95

Thursday

Lunch: 1/2 Hero & french fries (Excludes Veal), \$7.95

Friday

Lunch: Chicken Panini, \$8.95

Dinner: Rice Balls, \$4.95, parm style \$5.95

Saturday

Lunch: Eggplant Florentine hero, \$10.95

Sunday

Lunch: Ravioli with meatball, \$7.95

MOONRISE BREWING

European Village
386-627-8614

Taco Tuesday

\$3 Chicken & Beef

\$4 Specialty Tacos

Burger & A Beer Wednesday

Starting at \$10

Trivia Thursday

Starting at 7:30p

Happy Hour Every Friday

2 for 1 select brews

Steak Night Saturday

Rotating selection of beef specials

Sunday Brunch

2 for 1 Mimosas & Sangrias during the Farmers Market

RED CRAB

60 Garden St S.
386-585-4245

Mon

Combo Special-\$29: 1/2 lb Black Mussel, Shrimp (no head), Snow Crab Tues

Combo Special-\$29: 1/2 lb each of Crawfish, Shrimp (no head), Snow Crab

Wednesday

Combo Special-\$31: 1 lb Shrimp (no head), 1/2 lb Snow Crab

Thursday

Combo Special-\$35: 1/2 lb

Shrimp (no head), 1 lb Snow Crab

Weekend Special

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

RED KOI

European Village
386-585-4088

Monday

Drink Specials, \$4 Mai Tais and Blue Hawaiis

SALSAS MEXICAN RESTAURANT

250 Palm Coast Pkwy
386-445-3096

Happy Hour Every Day

11 AM-Close

Mariachi Band

Every other Thursday

SONNY'S BARBECUE

25 Cypress Edge Dr
386-446-5700

Every Day Two for one draft beers for \$4.00

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Mon-Thurs 3-5 PM, \$10.99

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• Grilled BBQ Chicken Dinner

• Herb Crusted Chicken Dinner

• Country Fried Chicken Dinner

• Chicken Critters® Dinner

• Pulled Pork Dinner

• Grilled Pork Chop Dinner (Single)

• Grilled Chicken Salad

• Chicken Caesar Salad

• Chicken Critter® Salad

THE BRASS TAP

250 Palm Coast Pkwy, #201
386-585-4551

Every Day Happy Hour, 4-7 PM

Fireball, Even Williams Black

Payday, The Porch Swing, \$4

Select pints, house wine, sangria, \$5

Premium well drinks, \$6

Drink of the week, \$7

Brussels sprouts, cheese quesadilla, \$5

Cheese curds or pretzel pieces w/

white queso or five cheese flatbread

or 2 poblano chicken tacos w/chips

and salsa, \$6

Cheeseburger & Fries or 8 Boom

Entertainment

June's Entertainment Options Provide Plenty of Chances to Rock Out

No need to travel far for top-rated entertainment. Our local Flagler Auditorium boasts a significant line-up for the month of June.

Schoolhouse Rock Live!

Players from the City Repertory Theatre join forces with the staff of the Flagler Auditorium on Thursday and Friday, June 22 and 23, 2022, to present Schoolhouse Rock Live!

"We're so excited to be partnering with The Flagler Auditorium to bring this show to the youth of our community. We hope to provide a fun learning experience for the kids, and parents will have a great time remembering the songs they haven't thought about since their own childhoods," Beau Wade, CRT assistant director, told Palm Coast magazine.

The jukebox-style musical features a score of 20-plus songs from Schoolhouse Rock!, which is the 1970s television animated musical educational short films played during Saturday morning children's programming on ABC. Topics cov-



But wait... there's more

Boom shrimp, \$7
 Chicken nachos or 2 Korean BBQ
 pork sliders & fries, \$8
TOKYO JAPANESE STEAKHOUSE
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 386-447-9888
 Sushi Saturdays
 Selection of sushi rolls for \$6

ered included lessons in civics, economics, grammar, history, mathematics, and science presented in the format of catchy, easy-to-memorize tunes.

Remember the saddened piece of parchment paper rolled up like a scroll with the moniker, "Bill," on its chest? He sang, "I'm just a bill, yes, I'm only a bill, and I'm sitting here on Capitol Hill," as kids across the nation learned how the federal legislative process works.

Who recalls "Interplanet Janet"? Remember, she's a galaxy girl who took viewers on a tour of the planets? And who can forget "Conjunction Junction" that musical ditty explaining the vital role that words such as "and, but and or" play in "hooking up words and phrases and clauses" as the song goes?

This is a show for all ages to successfully enjoy... together. Grandparents most likely will know the words to the songs and perhaps find themselves inadvertently singing along with fond nostalgia in their voices as younger generations such as grandchildren discover the truth that the older generation learned the same basic educational subjects too.

The plot of the new version centers around Tom, a brand new teacher who is struggling to prepare for his first day on the job. The various characters associated with the les-

son-filled songs encourage him by reviewing their specific topic in the musical format. This performance begins at 7 PM both nights.

Winter Dance Party

For one night on Friday, June 17, the Auditorium welcomes summer to the Palm Coast area



with the "Winter Dance Party," tribute to Buddy Holly, an American singer and songwriter who helped pioneer rock-n-roll in the 1950s.

The dance party is a re-creation of the final tour of The Big Bopper (J.P. Richardson), Holly and Ritchie Valens in 1959 when the trio died in a charter airplane crash on Feb. 3. It is the only tribute show officially endorsed by the estates of Holly, Richardson and Valens. The performance lasts more than two hours and features unbridled, high voltage entertainment as the ground-breaking songs of the 50s such as, "Chantilly Lace," "La Bamba,"

Thursday
 Florida brand brewery & sandwich special, \$1.00 off drafts and 10% off bottles and cans of Florida beers. Order a Boar's Head sandwich and get 10% off as well.
Friday
 Finally Friday Happy Hour from 4-7 PM. Get \$1.00 off all drafts and wines by the glass as well as 10% off all bottles and cans.

VILLAGE PUB & DELI
 European Village
 386-225-4500
Tuesday
 Get Untapped. App members get 15% off all drafts, bottles, and cans of beers and hard ciders.
Wednesday
 Wine Down Wednesday, get \$1.00 off wines by the glass and 25% off all bottles.

- La Pizza Nostra**
 7 Old Kings Rd N, Palm Coast, 386-445-5608, Pizza, American
- Mamaling Asian Street Food**
 1280 Palm Coast Pkwy SW Palm Coast, 386-302-0777, Asian, Veggie
- Metro Diner**
 250 Palm Coast Pkwy NE #250, Palm Coast, 386-951-4490, American, Diner, Veggie
- Mezzaluna Pizzeria**
 101 Palm Harbor Pkwy #104A, Palm Coast, 386-445-1004, Italian, Pizza
- Millennium Bistro**
 9 Palm Harbor Village Way, Palm Coast, 386-225-4809, Brazilian, European, Portuguese
- Moe's Southwest Grill**
 250 Palm Coast Pkwy NE, Palm Coast, 386-585-4020, Mexican, Southwestern
- Moonrise Brewing Company**
 101 Palm Harbor Pkwy, Palm Coast, 386-627-8614, Gastropub, American, Bar
- My 5th Element**
 101 Palm Harbor Pkwy #126, Palm Coast, 386-302-0202, Indian, Veggie
- Napoli Pizzeria**
 4845 Belle Terre Pkwy, Palm Coast, 386-225-4569, Italian, Pizza
- Olive Garden**
 5924 E. Hwy 100, Palm Coast 386-586-2924, Middle Eastern, Veggie
- Outback Steakhouse**
 45 Plaza Dr, Palm Coast, 386-446-6280, American, Steak
- Palm Harbor Grill**
 9 Harbor Center Dr #11 Palm Coast, 386-283-5656, Barbecue, European, Portuguese
- Portugal Wine Bar & Grill**
 15 Palm Harbor Village Way Palm Coast, 386-225-4753, Seafood, Mediterranean, European
- Red Crab**
 60 Garden St S, Palm Coast, 386-585-4245, Seafood
- Red Koi**
 European Village, Palm Coast, 386-585-4088, Japanese, Sushi
- Red, White & Blues**
 101 Palm Harbor Pkwy, Palm Coast, 914-804-4975, American, blues music
- Rodie's Place**
 5115 N. Ocean Shore Blvd

Palm Coast, 386-283-4647, American, Veggie

Sakura Japanese Steakhouse
260 Cypress Edge Dr, Palm Coast, 386-447-9888, Japanese, Sushi, Asian

Salsas Mexican Restaurant
250 Palm Coast Pkwy NE, Palm Coast, 386-445-3096, Mexican, Southwestern, veggie

Sami's
4982 Palm Coast Pkwy NW Palm Coast, 386-246-5900, Italian, Pizza, Veggie

Sonny's BBQ
25 Cypress Edge Dr Palm Coast, 386-446-5700, American, Barbecue

Steak & Shake
1 Cypress Edge Dr, PalmCoast, 386-446-6936, American, Fast Food

Sushi 99
250 Palm Coast Pkwy NE Palm Coast, 386-302-0399, Japanese, Sushi, Asian

Sushi Bar At Hammock Beach
200 Ocean Crest Dr, Palm Coast, 386-447-4600, Japanese, Seafood, Sushi

Texas Roadhouse

Singin' In The Rain *from page 35*

"Peggy Sue," "Rave On," and "That'll Be the Day," are presented. This performance begins at 7 PM.

Ticket to the Moon

"Mr. Blue Sky," a present-day trio group aptly named for the 1977 hit by "Electric Light Or-



chestra" presents its tribute to the iconic 1970s English rock band on Saturday, June 25, in conjunction with the Flagler Youth Orchestra.

Rather than focusing on guitar for sound as many 70s

rock bands did, the "ELO" emphasized the sound of cellos, horns, string basses, violins and woodwinds. The idea was to pick up where "The Beatles" left off, according to "The Guardian," a daily British newspaper headquartered in Manchester, England.

Use of orchestral instruments for rock music produced a sound unlike anything else available at the time facilitating 13 years of active recording and touring during which more than 50 million records were sold world-

wide. Between 1972 and 1986, "ELO" had 27 top 40 songs on the United Kingdom Singles Chart and 15 songs listed in the top 20 charts of the US Billboard Hot 100. This show begins at 7:30 PM.

Road Trip

St. Augustine Amphitheater has performances scheduled for ten days in June. Here are the biggies.

Sheryl Crow and Jason Isbell

Bring your suntan lotion and "Soak Up the Sun," as you sing along to her 2002 hit that is sure to get the audience out of their seats dancing. Crow has released 10 albums, four compilations and two live albums along with contributing to several film soundtracks. Perhaps the most recognizable of the soundtracks being, "Tomorrow Never Dies," the theme song for the 1997 James Bond film of the same title. Joining Crow is Jason Isbell, a four-time Grammy award winner guitarist and singer-songwriter. Isbell is a former member of the "Drive-by Truckers," and went solo in 2007.

This is a two-day gig scheduled for Thursday, June 9 at 6 PM and Friday, June 10 at 6:30 PM.

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Happy Hour Every Friday
Steak Night Saturday
Sunday Brunch



Tue-Thur, 2-11 PM
Fri-Sat, Noon-1 AM
Sun, Noon-9 PM

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Jason Isbell & Sheryl Crow

Ringo Starr and His All-Starr Band

This show is rescheduled from June 26, 2020, and June 25, 2021, due to COVID-19 and thus very limited seating remains available. It is currently scheduled for Friday, June 24, at 6 PM.

But if you are lucky enough to still score tickets, you are in for a night of nostalgia as Starr performs anywhere from ten to 12 hits from his years with the “Beatles” and the members of the “All-Starr Band,” which rotates depending on performer availability, present

two to three of their top hits. According to a February 7, 2022, article in “Rolling Stone” magazine, the line-up for the 2022 “All-Starr Band” includes

Gregg Bissonette, a world class drummer who has played on albums for “ELO,” “Spinal Tap,” “The Mustard Seeds,” and “WaveGroup Sound.

Warren Ham of “Kansas” and “Toto,” Colin Hay of “Men at Work,” Steve Lukather, lead bass guitarist of “Toto,” Hamish Stuart of the “Average White Band,” and Edgar Winter, who played guitar, keyboard, percussion and saxophone as well as sang for “The Edgar Winter Group,” and played with David Lee Roth of “Van Halen.”

—Amy Armstrong



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Flagler Artists

The Camera Brought Him to Palm Coast

Not everyone's budget affords wall-size professional photography. Dave Bowers, an award-winning Palm Coast based photographer, has an

answer for that challenge.

During his current show at the Grand Gallery running through the middle of June, Bowers is offering a digital deal.

"For \$150, I will sell the digital file in a large size for the customer to print as many copies to their heart's delight," Bowers told Palm Coast Magazine.

"I just want to get more product out there. This is an opportunity for people to customize these images in their décor at a price that is very affordable. I am selling the digital image for two-thirds the cost (of photos printed and framed). This is that opportunity for people to have that same art in their homes and customize the siz-

ing to their needs."

Bowers' current show is divided into two parts.

The first titled, "Iron Men and Wooden Ships," has a navigational theme with a nod to old wooden sailing ships. The second, simply titled "Surrealism," is exactly that: Each of the individual images in that portion of Bowers' exhibit are multi-layered images that as Bowers explains creates something that never existed before through the layering effect to create a sense of surrealism.

"I have just fallen in love with this," he said with a clearly noted level of passion in his voice.

An example of Bowers' interpretation of surrealism is his "Feline Fashion Show" image.

While living in North Carolina, Bowers was hired by a ballet to do promotional photography of the dancers. That gig inspired him to combine images of paper dolls and the plethora of accessory options such as dresses and hats with



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photos of the heads of cats on the human body paper dolls.

“Oh, fun, is correct,” Bowers said when this writer was admittedly tickled by the idea upon hearing it during our phone interview.

Bowers, now 74, discovered Palm Coast in his mid-60s when he was driving from North Carolina to the Everglades for a photography gig documenting the negative impact python snakes released there were having on indigenous mammals.

“Palm Coast was about in the middle, about eight hours into the drive, and was a great spot to grab a hotel room,” he said. “I looked around a bit and said

to myself, ‘you know, I could live here.’”

At the time, Bowers first wife had recently died and so his household consisted of himself and a cat. That was about eight years ago.

Since then, Bowers has immersed himself in all things Palm Coast including becoming president of the Flagler Beach Photography Club. The club’s Facebook page currently has more than 3,200 followers worldwide, Bowers said, and he enjoys seeing images submitted daily from across the globe.

“Who knew?” he joked.

But then again, as Bowers said, one never knows where a camera will take you.

He started his career in photography taking photos of events at Madison Square Garden in New York City. During a circus, he was stationed underneath the pedestal that a lion sits on when not performing.



“I got gold,” he shared about the experience taking photos of lions jumping through flaming hoops from where he was safely stationed below the action.

“The camera has taken me to

places mere mortals dare not go,” he joked.

See examples of Bowers photography at the Flagler Beach Photography Club’s self-named page on Facebook.

— Amy Armstrong

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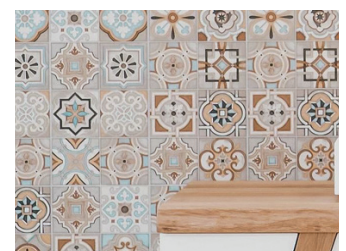
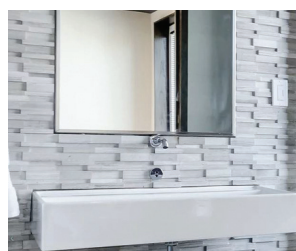


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Events, Meetings, Classes, etc.

Events

Palm Coast Farmer's Market
June 5, 12, 19, 26 @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
June 4, 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
June 3, 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. June: Reader's Choice. Go to www.parksandrec.fun/adults to sign up.

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.

Classes

Yoga for All
Tuesdays & Thursdays

June 7-Aug. 4, 9-10 AM, Palm Coast Community Center. 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. Fee: \$5/class, Register: parksandrec.fun/adults

Gentle Yoga
Tuesdays, June 7-Aug. 2, 10:30-11:30 AM, Palm Coast Community Center. 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. \$5/Class. Register: parksandrec.fun/adults

fun/adults
Diabetes Self-Management Education
Tuesdays, June 7-Aug. 2, 1-3 PM Palm Coast Community Center. Diabetes Self-Management Education classes are facilitated and taught by a Registered Dietitian from The Florida Department of Health. You will first have a one-on-one assessment, followed by three 2-hour long weekly sessions and 1 follow-up session. This program is designed for individuals who have already been diagnosed with Type 1 and 2 Diabetes. Classes are based on the International Diabetes Center (IDC) Curriculum and require a physician's referral. Please contact Alana Shawah at 386-313-7263 for assistance with the referral process. Free. Register: parksandrec.fun/adults

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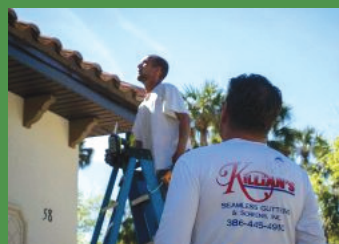


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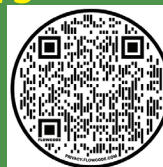


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Jeanine Sells Homes

Events, Meetings, Classes, etc. from page 40

Learn the Basics of Your Computer

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. Tuesdays, June 21, July 19, Aug. 16, 10 AM-11:30 AM, Palm Coast Community Center. Free. Register: parksandrec.fun/seniors

CPR/First Aid/AED

June 11, July 16, Aug. 13, 9 AM-4 PM, Community Center.

Presented by the City of Palm Coast Fire Department, CPR/AED Heartsaver First Aid is a 7-hour classroom course (includes 1 hour for lunch) that is designed to meet OSHA regulations. The course teaches basic first aid skills: Administering CPR to an infant, young child, or an adult, Using an Automated External Defibrillator (AED), Using a mask or barrier device,

How to stop visible bleeding Assist with a possible sprain or broken bone, Securing the scene for safety. Fee: \$50/person; pre-registration required at least 48-hours in advance Register: parksandrec.fun/adults

BAM! Balance and Motion Presented by FHCP

Thursdays, June 9-Aug. 4, 12-12:45 PM, Palm Coast Community Center. Presented in partnership with Florida Health Care Plans (FHCP). Get moving and join senior fitness specialist Artie G. for BAM! Balance and Motion. Develop balance, coordination, core strength, flexibility, and range of motion. This class is gentle, upbeat, and supportive of all fitness levels. Free. Register: parksandrec.fun/seniors

Wellness Workshops

Thursdays, June 30, July 28, 10-11 AM, Palm Coast Community Center.

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Sheryl Crow and Jason Isbell and the 400 Unit grace the stage at the St. Augustine Amphitheater on June 9-10. Jason Isbell has established himself as one of the most respected and celebrated songwriters of his generation. Sheryl Crow's fresh, updated spin on classic roots rock made her one of the most popular mainstream rockers of the '90s. Her albums were loose and eclectic on the surface, yet generally tied together with polished, professional song craft.

Presented in partnership with Florida Health Care Plans. Join the conversation as healthcare professionals discuss a new topic each month that focuses on health and wellness. June 30 — Skincare As We Age with Mid Florida Dermatology July 28 — Salad in a Mason Jar with FHCP Dietician. Free.

Register: parksandrec.fun/adults

Activities

Adult Basketball League
Tuesdays and Thursdays
June 7-Aug. 9, 6:30 PM, 7:30 pm, or 8:30 PM, Rymfire Elementary School. Come out and

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Events, Meetings, Classes, etc. from page 43



Ringo Starr and his All-Starr Band are coming to the St. Augustine Amphitheater on June 24. Joining Ringo will be Edgar Winter, Colin Hay, Hamish Stuart, Warren Ham, Greg Bissonette, Greg Rolie and Steve Luthaker.

show your skills in the Adult Basketball League. Register as a team for this 5-a-side style play.

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Beginner's Pickleball

Tuesdays and Fridays, June 3-Aug. 12, 8-10:30 AM, Holland Park. Do you want to learn how to play in a fun and friendly atmosphere? Try

out our Beginner's Pickleball. Please register early. Paddles, balls, and nets are available for use. Free. Register: parksandrec.fun/athletics

Wiffleball Tournament

Sunday, July 10, 9 AM-4 PM Indian Trails Sports Complex. Come to the first-ever City of Palm Coast Wiffleball Tournament at Indian Trails Sports Complex. Double elimination style tournament. Brackets will be determined by age groups. Ages: 15+ years, \$25/team Register: parksandrec.fun/athletics

Adult Open Gym Volleyball

Mondays, June 6-Aug. 8, 7-9:30 PM, Rymfire Elementary School. Bring your friends or meet new ones in this co-ed volleyball program. New teams are created weekly. We use two nets, with teams rotating in and out of play. One net is for competitive style play and the second net is for recreational style play. Fee: \$15/person. Register: parksandrec.fun/athletics

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Adult Open Gym Basketball

Wednesdays, June 8-Aug. 10, 7-9:30 PM, Rymfire Elementary School.

Play some hoops with your friends or meet new people. This adult co-ed basketball program is a non-competitive, recreation program. \$15/person. Register: parksandrec.fun/athletics

Pickleball Tournament

Saturday, June 25, 8-4 PM, Holland Park. Test your skills against the best in Palm Coast at our Pickleball Tournament! The tournament will be played in double-elimination style and will feature mens and womens doubles and mixed doubles. Level 3.5 and under only. Bracket space will be limited and tournament t-shirts will be available to the first 50 registrations, so please register early. \$20/person. Register: parksandrec.fun/athletics

Senior Social Corner
Tuesdays, June 7-Aug. 2,

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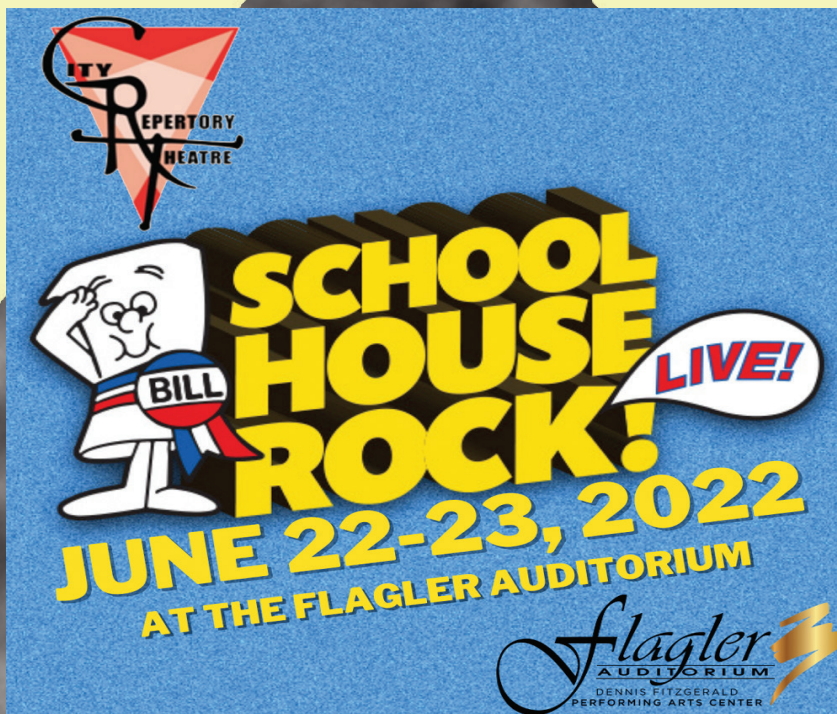
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Events, Meetings, Classes, etc. from page 44

12:30-4 PM, Palm Coast Community Center. Looking to get out of the house? Come out and make new friends or catch up with old ones. This is a great opportunity to sit, visit, and play games with other seniors. Free. Register: parksandrec.fun/seniors
Widow/Widower's Support Group

Thursdays, June 9-Aug. 4, 10:30-11:30 AM, Palm Coast Community Center.

Have you experienced the loss of your significant other? This is a chance to meet others who have had a similar loss in their life. Free. Register: parksandrec.fun/seniors

Caregiver Support Group
June 7, July 5, and Aug. 2, 11:30am-12:30 PM, Palm Coast Community Center.

Presented in partnership with Brookdale Senior Living. When caring for an aging parent or spouse, you may feel like no one understands what you are experiencing. Join our Caregiver Support Group and take a break with other caregivers. Come exchange valuable tips and suggestions with others who know just what you are going through. Free. Register: parksandrec.fun/adults

Meetings

Flagler County Orchid Society
Tuesday, June 28 (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 Flaglercountyorchid.society.

Live Happenings

Concerts
St. Augustine Amphitheater,

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

June 1-2 — Reblution 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, and more

June 9-10 — Sheryl Crow, Jason Isbell and the 400 Unit & Waxahatchee

June 12 — Flogging Molly & the Interrupters

June 21 — Nathaniel Rateliff and The Night Sweats

June 24 — Ringo Starr and his All-Star Band

European Village Live Music

Fri, 3rd — Bone Daddy, 7-10 PM

Sat, 4th — Ian Opalinshi, 7-10

Fri, 10th — Mike Hynes, 6:30-10:30

Sat, 11th — Rockin' Rohoff, 6:30-10:30

Fri, 17th — Chase Ryland & the Moonshiners, 7-9:30

Sat, 18th — Full Circle Trio, 7-10

Fri, 24th — Clayton Sturgeon, 7-11

Sat, 25th — Joel Dennis, 6:30-10

Business Functions

Referral Diamond Network Meeting

June 1, 8, 15, 22, 29 @ 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

June 2, 9, 16, 23, 30 @ 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

June 3, 8:30-10 AM, Hilton Garden Inn, Palm Coast.

Networking breakfast. Call Danielle at 386-843-0443 for more information.

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